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#### The Sunday School at

#### BIBLE LESSON

Abridged from Peloubets' Notes.

Fourth Ouarter.

PSALMS OF DELIVERANCE

Lesson V. October 29. Psalm 85 and 126. Read Jeremiah 31. Commit Psalm 126. GOLDEN TEXT.

They that sow in tears shall reap in joy, Psalm 126:5.

THE SECTION.—A review of the story of the return as given in Ezra, together with the Psalms of the return.

DATE. — Perowne thinks that these Psalms belong to the times of Neh. 1-3.
B. C. 445, ninety years after the first returning caravan.

#### EXPLANATORY.

REPLANATORY.

I. A PRAYER FOR HELP.—85:1-7.
Title. FOR THE CHIEF MUSICIAN.
The leader of the choir to be used in public worship. Hence the Polychrome translates "For the Liturgy." THE SONS OF KÉRAH. The name of one of the choirs, taken from the famous Korah, one of bavid's chief musicians, just as now we have the Handel and Haydn Society, and speak of the Sons of the Revolution.
First there is a grateful remembrance of what God had already done for them.
I. THOU HAST BERN FAVORABLE UNTO THY LAND: shown by bringing BACK THE CAPTIVITY OF JACOB. This was a most marvelous event and not even to be hoped for in the natural course of things, requiring the reversal of the Babylonian policy, the overthrow of the greatest city in the world by a power which a short time before was insignificant and unknown to them.
This gracious deliverance was a proof that (v. 2) THOU HAST FORGIVEN THE INIQUITY OF THY PEOFIE. Cancelled it, as an account of debt is cancelled, or taken away as a heavy, crushing burden. COVERED ALL THERE SIN. Blotted it out of sight, covered it with a mantle, so that they were in God's sight as those who had never sinned.

Compare the three names for sin and the three for forgiveness in Psa. 32:1, 2.
3. WRATH... THE FIERCENESS OF THINE ANGER. Expressed in the devastation of the land and in the sufferings of the people in their long exile. Forgiveness was shown by their restoration to their own country. The most important thing is the forgiveness itself. But there is also necessary the expression of this forgiveness by outward manifestations of favor.

Second. We have a prayer for more of the same blessings. For their repentance had been imperfect and the outward blessings were, therefore, of necessity, incomplete. The process of restoration was very long. Enemies still hindered them. Jerusalem was still far from the picture that had been painted. Prosperity and peace had only partially come. The péople were disheartened.

Therefore they pleaded what God had already done as a reason for asking more.

peace had only partially come. The people were disheartened.

Therefore they pleaded what God had already done as a reason for asking more. He who had been so merciful and forgiving in the past must still be ready to forgive and help.

4. TURN US, or turn to us (R. V. margin), restore us (Polychrome). ANGER. Expressing "a mixed feeling of grief and indiguation."

5. ANGER TO ALL GENERATIONS The time of trial and tribulation seemed so long,—as if there were never to be an end.

6. QUICKEN US AGAIN. Give us new life, as the fields in the spring rains and sunshine.

"'Tis life of which our nerves are scant, Life, not death, for which we pant; More life, and fuller, that we want."

7. GRANT US THY SALVATION. From sin and departure from thee, from enemies and oppression, from disasters and sorrows, to holiness and happiness, prosperity and

II. THE ASSURANCE OF AN ANSWER.

II. THE ASSURANCE OF AN ANSWER.—

VS. 8-13.

S. I WILL HEAR, Or "Let me hear,"
WHAT GOD THE LORD WILL SPRAK. "He
would place himself in the attitude of
calm and quiet expectation. Like Habakkuk, he will betak himself to his watchtower and wait to hear what the Lord will
speak."

Peace. FOR HE WILL SPWAK DEACH.

tower and wait to hear what the Lord will speak."
Peace, FOR HE WILL SPEAK PEACE.
"A great word which sums up and comprises all eise." BUT LETTHEM NOT TURN AGAIN TO FOLLY. The folly of sin, idolatry, and all evil. For then the peace could not continue.
Salvation. 9 SURELY HIS SALVATION IS NIGHTHEM THAT FEAR HIM. However dark the night, the dawn must be near at hand. Salvation from enemies, oppressions, sorrows without, and from the enemies within.
Glory. That GLORY MAY DWELL IN OUR LAND. God's glory, "the manifest presence of God tabernaeling visibly among them as of old."

The cardinal virtues. 10. MERCY...
TRUTH ... RIGHTHOUNNESS ... PEACE.
These are the four cardinal virtues of
Christ's kingdom. Where these reign
among men there must be true and perfect
felicity. They belong to God's nepriect
felicity. They belong to God's nature. MET
TOGETHER ... KISSED EACH OTHER. All
the virtues are together in harmony, as
they always will be in a perfect character.
God's mercy will come in harmony with
the truth of his threatenings and his
promises. And there can be no peace
without righteousness. "The people being
willing to follow after righteousness, find
p-ace granted to them at once. 'The war
drum throbbed no longer, and the battleflags were furled.'" All are the different
parts of one anthem.

11. TRUTH SPRINGERH OUT OF THE
RARTH, etc. "The earth beings forth truth
as she brings forth the natural fruits, and
righteousness looks down from heaven
like some approving angel on the renewed
and purified earth."

Prosperity. 12 AND OUR LAND SHALL
VIELD HER INCRASE. As Haggai (1:
5-11) told them that drought, and mildew,
and meagre crops were the punishment
for their sins and irreligion, so now the
blessings of prosperity are promised as the
visible reward and sign of God's favor.

13. RIGHTROUSNESS, etc. "Righteousness shall be both his herald and attendant." Without this the blessings cannot
come.

III. A PSALM OF THANKSGIVING FOR The cardinal virtues. 10. MERCY

13 RIGHTROUSNESS, etc. "Righteousness shall be both his herald and attendant." Without this the blessings cannot come.

III. A PSALM OF THANKSGIVING FOR THE ANSWER.—126: 1-4.

1. WHEN THE LORD TURNED AGAIN THE CAPITIVITY OF ZION, caused the stream of captives that flowed to Babylon to turn back and flow to Zion, or as margin of R. V., brought back those that returned to Zion. WE WERE LIKE THEM THAT DREAM, i. e., "so unexpected and so wonderful was our redemption from the exile, that we could scarcely believe it was true, and not a dream."

Professor Vincent calls attention to three things which greatly astonished the Jewish exiles. (1) The first was the capture of Babylon by the Medes and Persians. "The popular feeling of amazement is reflected in the vision of Isalah portrayed in the Swenty-first chapter of his prophecy. Those who intelligently read this prophecy will see with what wonder the captives of Judah saw the great empire of the east give way before the comparatively unknown tribes of Persia." (2) "The second source of wonder was the escape of the returning exiles from the perils of the journey." It was a four months' journey over a vast desert, with occasional wells and walled stations. "Ferocious herds of Bedouin robbers then as now swept the whole tract." The journey filled the exiles with all manner of terrors, and yet God made their homeward march a royal procession. The way was prepared, mountains of difficulty were leveled, the stones of hindrance were cast out, the dry lands became springs of water. (3) The third thing which amazed these exiles was, that they should have been permitted to return at all. How could they dream that Cyrus, the Persian, would acknowledge the God of their fathers.

2. LAUGHTER. . . singing were the natural expressions of joy at this wonder ful deliverance. THEM SAID THEM-AMONG THE NATIONS. The nations that looked on recognized the wonder, and acknowledged that there must have been an interposition of divine power.

4. TURN AGAIN OUR CAPTIVITY, or, turn again to us o

with an expression of faith, a claim on the promises of God in nature and in his Word.

5. They that sow in tears. "Not far from the literal fact," as when the supply of grain "is so scanty that to use it for sowing is almost to take the bread out of the children's mouth's." "There is much to make the eastern farmer's seed-time a time of sorrow, and weariness, and danger." He sometime's has to go six or seven miles from his village to his field, exposed to robber bands. (Compare Job I. 15.) Shall Reap in Joy. As with the slide of a magic lantern, the palmist puts beside this picture of the sad faced sower another picture of the gladness of harvest. "The valleys stand thick with corn." There are no tears now, but only the shouting and the happy faces of the reapers as they gather the full ears. V 6 is a magnified picture of the same scene, and a reinforcement of the same promise.

Why People Call Her "So Nice."

Always shielding others at her own

Making a sacrifice cheerfully whenever

Avoiding discussions in the presence of a third party.

Apologizing without reservation when an apology is needed.

Conforming her tastes, when visiting, to those of her hostess.

Always repressing criticism when there is anything to praise Inquiring after the friends and families

of those whom she meets.

Expressing an interest in that which she

sees is interesting to others.

Avoiding jokes of a personal nature likely to wound another's feelings.

Wearing the breast-plate and shield of

malice toward none love for all."
Showing "small courtesies" to hamble people w thout an air of patronage.

Looking at people and speaking pleas-antly, although she may feel disturbed.

Taking no notice of accidents which happen to others, unless she can give aid. Drawing checks on her own happiness to bridge over the impending bankruptcy

of another Never refusing a gift when it evidently comes from the heart and is bestowed with

Making no unnecessary allusion to any subject which is known to be disagreeable to another.

Dressing suitably, with consideration for the feelings and the wardrobes of tho about her.

Writing letters to those who have benefied her in any way, or to whom she may give help or cheer.

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This old, reliable, progressive business training school is better equipped than ever this year to train young men and women to fill positions as bookkeepers, stenographers, office assistants, etc.

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S. E. WHISTON, 95 Barrington St., Halifax or J. C. P. FRAZEE, Truro, N. S.

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They do not complain of anything in particular. They eat enough, but keep thin and pale. They appear fairly well, but have no strength. You cannot say they are really sick, and so you call them delicate.

What can be done for them? Our answer is the same that the best physicians have been giving for a quarter of a cen-tury. Give them

### Scott's Emulsion

of Cod-Liver Oil with Hypophosphites. It has most remarkable nourishing power. It gives color to the blood. It brings strength to the muscles. It adds power to the nerves. It means robust health and vigor. Even delicate infants rapidly gain in flesh if given a small amount three or four times each day.

50c. and \$1.00; all druggists.
SCOTT & BOWNE, Chemists, Toronto,

AMONG THESE LETTERS

## DWPMPWGB

The initials of a manufacturer and of a very popular article

# Mr.G.O. ARCHIBALD'S CASE.

## Didn't Walk for 5 Months. Doctors said Locomotor Ataxia.

Milburn's Heart and Nerve Pills | Cure a Disease hitherto regarded as Incurable.

The case of Mr. G. O. Archibald, of Hopewell Cape, N.B., (a cut of whom appears below), is one of the severest and most intractable that has ever been



reported from the eastern provinces, and his cure by Milburn's Heart and Nerve Pills the more remarkable from the fact that he was given up as incurable by worthy and respected physicians.

The disease, Locomotor Ataxia, with which Mr. Archibald was afflicted is considered the most obstinate and incurable disease of the nervous system known. When once it starts it gradually but surely progresses, paralyzing the lower extremities and rendering its victim helpless and hopeless, enduring the indescribable agony of seeing himself die by iaches.

indescribations and the state of the state of the state of the state of such severity ought to encourage those whose disorders are not so serious to try this remedy.

The fellowing is Mr. Archibald's interest

MESSRS. T. MILBURN & Co.—"I can assure you that my case was a very severe one, and had it not been for the use of Milburn's Heart and Nerve Pills I do not believe I would be alive to-day. I do not know, exactly, what was the cause of the disease, but it gradually affected my legs, until I was unable to walk hardly any for five months.

"I was under the care of Dr. Morse, of Melrose, who said I had Locomotor Ataxia, and gave me up as incurable.
"Dr. Solomon, a well-known physician of Boston, told me that nothing could be done for me. Every one who came to visit me thought I never could get better.

"I saw Milburn's Heart and Nerve Pills advertised and thought I would try them anyway, as they gave more promise of helping methananything Iknewof.

"If you had seen me when I started taking those wonderfu pills—not able to get out of my room, and saw me now, working hard every day, you wouldn't know me.

"I am agent for P. O. Vickey, of Augusta Maine, and have sold 300 subscribers in 80 days and won a fifty dollar prize.
"Nothing else in the world saved me

scribers in 80 days and won a fifty dollar prize.

"Nothing else in the world saved me but those pills, and I do not think they have an equal anywhere.

"The seven boxes I took have restored me the full use of my legs and given me strength and energy and better health than I have enjoyed in a long time."

G. O. ARCHIBALD.

Hopewell Cape, N. B.

Hopewell Cape, N. B.

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