SEPTEMBER 4, 1901.

BIBLE LESSON.

Abridged from Pelonbets' Notes, Third Quarter, 1901. JULY TO SEPTEMBER. JACOB, A PRINCE WITH GOD.

Lesson XI. Sep. 15. Genesis 32: 1-32. GOLDEN TEXT.

Men ought always to pray and not to faint .--- Luke 18 : I.

EXPLANATORY.

DETERMATION FOR A STATE OF A STAT

25. HE TOUCHED THE HOLLOW OF HIJ THEOH : AND THE HOLLOW OF JACON² THEOH WAS OUT OF JOINT, AS HE WRESTL. ID WITH HIM. It was the hollow socket of the hip joint which the angel at a touch dislocated.

For AS A PRINCE HAST THOU POWER WITH GOD AND WITH MEN. "Inred!" means powerful with God. "He could have been no common man who began his

HEALTHY SCHOOLMA'AM. Found Out How to Feed Herself.

HEALTHY SCHOOLMA'AM. Found Out How to Feed Herself. Many school teachers, at the end of hereir year's work, feel thoroughly ex-mentally. The demand upon the nerves and brain of a teacher is unusual and un-teas they are well feed and fed upon proper-tions. A little woman teacher at Gobleville, Mich, who has been teaching regularly for a number of years, has always found of the isomicu, until within the last year a robust, healthy, strong, vigorous woman, having galased in weight from 50 to 126; her nerves strong, here 'right and chery; and really a wonder to all her frienda, who constantly comment on her color and ther merves strong, fee 'right and chery; and really a wonder to all her frienda, who constantly comment on her color and the stributed, for in the years past living on ordinary food, ale has almost whereas the uning Grape-Nut, the change has been bronght about ; evidence prime facile of the value of Grape-Nut tooten down before the school year closed. Whereas ince uning Grape-Nut, the optime facile of the value of Grape-Nut tooten down before the school year closed. Whereas the uning Grape-Nut, the optime facile of the value of Grape-Nut tooten down before the school year closed. Whereas the uning Grape-Nut, the optime facile of the value of Grape-Nut tooten down before the school year closed. Whereas the uning Grape-Nut, the optime facile of the value of Grape-Nut tooten down before the school year closed.

The name of the teacher can be given by the Postum Cereal Co., Ltd., Battle

MESSENGER AND VISITOR.

The Sunday School

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seaon ; the blessing was infinite and for-ever. AND JACOB CALLED THE NAME OF THE FACE PRNIER (or "Penuel," v, 3;, both meaning the face of God). FOR I HAVE HERN GOD FACE TO FACE, AND MY LIFE IS presseavers. It was and to be impossible to see God and Hve (Ex. 33: 20; Dent. 5: a6; Judg: 13: 22), yet Moses spoke with him face to face, and in beaven the redeemed shall "see his face" (Rev. 22: 4). Indeed, while to look upon God with a timperfect heart is assuredly death. God set be being "whom to know aright," to see aright, "is life eternal." AND AS HE PASSED OVER PRNDEL THE WUN ROSS UPON HIN. "The light rises in his soul, never sgain to go down." AND he heat the to a face "How restle and prevail, but there will be touches of the enemy, which will leave their long and bitter memories."

The United States Post Office Department is now almost self-supporting. The report for the last fiscal year, has not yet been issued, but official esti-mates state that the year's deficit will mates state that the year's deficit will not exceed between \$2,000,000 and, \$3,000,000. This is the lowest deficit ever recorded. In 1893 the excess of expenditures amounted to \$5,100,000. It rose pretty steadily until 1897, when it reached \$11,400,000, and then began to fall rapidly, reaching \$5,000,000 in the twelve months ending June, 30, foot 1901.

The Most Reverend Frederick Tem-ple, Archbishop of Canterbury, who is so years of age, celebrated only his sil-ver wedding. He was not married un-til he was 53 years of age, yet he is an excellent specimen of Queen Victoria s favorite type of a bishop and happy family man. His wife, who is the daughter of a nobleman, is not a plat-form woman, but shows a live interest in her husband's faith in active work and temperance. Her husband justifies his own faith, for he walks daily from one engagement to another, and he never has a postponed one on account of ill health. The Spanish barque Jaime Mir ar-The Most Reverend Frederick Tem-

The Spanish barque Jaime Mir ar-rived at Vigo, Spain, and reports hav-ing been in collision with the British schooner Muriel Winter, which immedi-ately foundered, drowning oue member of her crew.

of her crew. Samuel H. Slusser, while gathering huckleberries on the South Mountain, Pa, a few days ago, came suddenly up-on a copperhead snake lying upon a rock, on a level with his face. He says he noticed that the reptile had its eye factened upon him, and when he at-tempted to hurry from it he found that he was powerless to move. He called for his wife, who was near by, and she chased the snake off with a club. Mr. Slusser says he was overcome by a strange numbness for several hours, and firmly believes he was charmed by the snake.

Among the notices of motion at the Dominion municipal convention now being held in Toronto is one by Ald. Macrae, of St. John, to provide means by which municipalities shall obtain information of invitations of other by which municipalities shall obtain information of legislation affecting their interests.

The Deutschland has broken the trans-Atlantic record of 5 days 12 hours and 29 minutes, made by herself, by 22 minutes.

The boiler of a steamboat City of Trenton, plying between Philadelphia and Trenton, N. J., exploded Wednes-day, killing 7 persons and injuring many others many others.

Wm. Montgomery, near Hellaire, Ohio, shot his wife on Wednesday and then committed suicide.

A woman highwayman has been operating about Darby, Pa. She has made several bold attempts to seize the purses and watches of other women on the streets

Mr. Tarte had a narrow escape from drowning on Georgian, Bay on Wednesday

The horses recently purchased in Canada for military proposes have been found too tall, and Col. Dent has re-ceived orders to accept none over 15 1-2 hande

A Run Down System

SHOWS THAT THE BLOOD AND NERVES NEED TONING UP.

This Condition Causes More Genuine Suffering Than One Can Imagine-How a Well Known Exeter Lady Obtained a Cure After She Had Begun to Re-gard Her Condition as Hopeless.

gate itel Contributes as Hoperess. From the Advocate, Exeter, Out. "A run down system !" What a world of misery those few words imply, and yet there are thousands throughout this condition. Their blood is poor and watery ; they suf-fer almost continuously from headaches; are unable to obtain restful sleep and the least exerction greatly failoures them.

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Gates' Certain Check

-FOR-

Summer Complaint

Summer Complaint Bayaide, June 21, 1907. Dr. A. B. GATER, Middleton, N. S. Drake Sta. --I received your kind letter mome time ago but was unable to snawer it until now. I am selling quite a lot of your medicines and consider i'l em wonder-ful remedica for sickness. About two years ago I was very muck RUN DOWN and in poor health generally. I began using your Bitters and Syrups and at once moticed a marked improvement is my health and acont was as well as ever. My son and daughter have both used your CERTAIN CHECK with the most wonder-ful results, and in the case of the latter I believe it was the means of suring how the everything else had failed. One gentleman, a doctor of Halifax, bought a bottle of your Certain Check for his little daugiter, who was suffering from dysen-tery, and it made a speedy cure. These and numerous other instances show what wonderful medicines yours are. Trusting that you may be spared many years to relieve the sick and afflicted. I am yours very truly. Mas. NOAR FADRE. Middleton, N. S.

Middleton, N. S. For sale everywhere by C. Gates, Son & Co.

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