im shopdoes not the dark included absolutenot add As well

place proheat crop s carts. containamounts. nan buys nds, are roduced. h larger n stock increaschange antity of

which ound in idence. es and it none n every orders n, peo-natural rossly urers: hasers

with niable cessive rkmen uction hants

eighs of a

nany

Nothing in the whole animal economy is so complex and so wonderful in my is so complex and so wonderful in its operations as the nervous system. All animals, even the lowest forms, an supplied with nerves of motion and sensation; but complication increases as we ascend from the lower to the high er forms of living organism, and with this increases the susceptibility to impressions from external surroundings as well as from internal disturbances of the regular operations of nature in the support of animal life. It is only in the higher and more refined classes of animal life. mals that the nerve power can gain such complete control of the muscular fibers complete control of the muscular fibers as to force them from their natural position and functions, and produce the distressing condition called spasms or convulsions. Who ever heard of spasms in a pig, or convulsions in a goose with its small brain. The cat and the dog, and other animals of a finer nervons and other animals of a finer nervous development, are more or less subject

THE NERVES.

The more cultivated of the human race are more susceptible to nervous impressions, and also to diseases and derangements of the nervous system, than the uneducated labouring classes.

This arises from the fact that the brain and spinal column—the great centers of the nervous system—are often overtaxed, or are not allowed sufficient time for repose after severe exertion or men-

These repeated strains without rest soon produce a disturbance of this wonderful system of minute lines of intercommunication through the whole body. This is immediately reported back to the nerve centers, and the whole ner-yous system sympathizes with the suffering part. By a reflex action on the vascular system an extra amount of blood is thrown into the disturbed part.

This often results in pain and inflammation more or less severe, according to the strain put upon the affected locality. If, however, the breaking down is primarily in the nerve centers then the whole nervous system will suffer. It must be remembered, however, that nervous sufferings are not a necessary attendant upon intellectual culture and refinement. They are the result of exhausted energies. When the compli-cated network of the nervous system is considered, instead of wondering way we suffer so much from nervous diseases, the great surprise should be that we suffer so little.

If telegraph and telephone operators were as careless about their apparatus as many are about the healthy condition of their nervous system, all lines of communication would soon be thrown into confusion.

The human body is compared to a house—a dwelling place for our higher nature, and as such it has various compartments with maryellous means of igstant communication from the center to the remotest parts of the habitation. How carefully do men handle delicately constructed machinery to keep them in good running order! Every cog and wheel and spring must be kept in their place. To neglect repairs would soon ruin the best constructed mechanical contrivance; but how roughly do many treat the finely attenuated nerve fibers. These proceeding from the brain and spinal column, meet at way stations called ganglion, distributed over different parts of the body, and from these meeting places—the distributing offices of the nervous system—the finer branches pass out to the parts for which they were intended from their original roots, retaining their peculiar functions to their minutest ramifications.

Among the marvellous things connected with the nervous system, is its action along the different branches in accordance with impressions made upon nerve centers through mental emotions. Our own experience and observation have taught us important lessons on this subject. A fit of anger may sometimes arouse the entire nervous force and stimulate the whole vascular system to such an extent that reason becomes dethroned, and a man for a moment is a mere furious animal, beyond accountability for his action; hence legal enactments make provision for this uncontrollable excitement. On the other hand, a pleasant remark, or a very trifling expression may cause the sensitive nerves to act on the small bloodvessels and send a beautiful blush to a young lady's face. Joy causes a nervous action on the heart, and kindles the eye d into a glow of love and affection. Excessive grief will start a message along the line leading to the lachrymal glands and open the little flood-gates through which tears flow out. Hunger, in the presence of good things to eat, will immediately dispatch a message to the glands in the mouth, and the water flows, and mysterious nature says to the tempting food, Come on I am ready for you. A dread of some approaching calamity will often act upon the kidneys and urinary organs, or cause the sweat to flow from every pour. All parts of the body are under the influence of the nervous system, and so completely does it ramify every part, that if every other part and tissue of the body could be removed, and the nervous system left entire, we would

still have a complete form of a human

We cannot touch the point of a needle to any part without pricking some sensitive nerve and producing pain. No one can enjoy good health with a broken down nervous system, and ne one can retain the strength and proper play of his nerves with his bodily health neglected.

INTERNATIONAL

BIBLE LESSONS. SECOND QUARTER-STUDIES IN THE NEW

TESTAMENT. A. D. 60. LESSON II. SECURITY OF BE-

LIEVERS; or, A Sure Salvation. Rom. 8. 28-38. July 13.

EXPLANATORY AND PRACTICAL.

Verse. 28. We know. The apostle speaks not in the uncertainty of a theory but with the confidence of sure knowledge. 1 The highest and clearest knowledge of God's plan is that which results from an experience of God's dealings. All things. We can easily see how some good things -prosperity, success, happiness-can be for our good. But the apostle, with the inner light of inspiration, sees that all things-sorrow, disappointment, poverty are a part of God's vast plan for our eternal well-being. 2. There is a heart of love and a mind of wisdom at the core of the universe. Work together. Under one directing will, all nature and all circumstances co-operate for one end. and that end is the best interest, here and hereafter, of every soul. Love God. Love to God is the spell which binds the universe to our chariot wheels, and makes all events minister blessing. 3. Every nature draws its own element. The heart of love extracts the balm of love from all things. The called. In a general sense, all mankind are called: but only those become "the called" who accept and follow the divine invitation. [Teacher, urge the question, "Are you among the call-

29, 30. Foreknow. From endless ages the omniscient God knew who would meet the conditions of salvation and constitute the invisible church. Predestrnate. "Foreordain, or pre-determine." Knowing before hand who would accept salvation, to these he gave the privilege of sharing in the likeness of his Son. Image of his Son. . The ideal, perfect character among the sons of men is that of Christ. and each true disciple, in proportion to his fidelity, possesses the traits of that character. 4. We are the sons of God according to the measure of our likeness of God's Son. First-born among many brethren. 5. How it lifts us up to regality as we recognize Christ as our Elder Brother, the first in the innumerable company of God's dear children. Called. See note on the previous verse. Justified. Accepted and recognized as righteous through their faith in Christ's atoning blood. See note on verse 1 in the last lesson. Glorified. Endowed with glorious privileges here. and eternal life hereafter. "God predestinates to glory only those whom he sees through time and space will finally meet the conditions requisite for that glorification."-Whedon.

31. 32. What shall we then say? From the chain of reasoning the apostle hurries to the triumphant conclusion, that, since the Spirit aids us, the Father overrules all in our behalf, and heaven awaits us, we have nothing to fear. If God be for us. He has already shown that God works in us, with us, for us, and will reward us. Against us. 6. One soul with God on its side is more than a match for the world. Spared not. The highest token that God is our friend and ally is in the fact that he was willing to surrender his own Son. With him ... all things. He that would give his son can withhold nothing from those whom he loves.

33, 34. Who shall lay anything. " Who shall bring any charge against God's elect?" As if in a court of justice, the apostles boldly challenges any one to bring accusation against those whom God has accounted righteous. God's elect. "God's chosen ones." Every one who has accepted Christ and obtained the forgiveness of his sins can count himself in that Godly fellowship. Christ that died. In other words, if Christ has died and risen again to save men, surely he will not condemn those who put their trust in him. 7. See how the atoning death of Christ enters into the whole scheme of Gospel doctrine! Rather, that is risen again. Not meaning that his resurrection was of greater value than his death, but that it affords another evidence of his love, since he rose to become our Intercessor before the throne. Intercession for us. This completes the climax of the apostle's thought, Love that has died for us now pleads for us. Just in what manner, no man knoweth, but in some

35, 36. Who shall separate us. strong is the apostle's confidence in the Christian's security that he proclaims no power in the universe as sufficient to shut out souls from Christ's love and salvation. From the love of Christ, This does not refer to our love for Christ, as if inquiring, "who shall prevent us from loving our Saviour?" but to his love toward us, which the apostle asserts nothing can change or keep back from us. Shall tribulation. He enumerates seven kindred troubles and trials, which some might take as evidence that God was not a friend, but an enemy; his purpose is to show that, however great may be our distresses, none of them should make us Steam Machine Paper Bag Manadoubt that Christ loves us. 9. No matter how great our misfortunes, let us still eling to the assurance of Ged's love in Christ. We are killed. A quotation, following the Septuagint, of Psa. 44. 52. referring to the sufferings of God's ancient people, but equally applicable to troubled saints in every age.

37. We are more than conquerors. Literally, " we over-conquer, obtain complete victory." So far from making us believe that God is our enemy, these very trials only reveal to us God's love all the more clearly. They show us his power to comfort : they show us the strength of our own faith, love and fidelity; they chasten and refine our characters, making us meet for heaven; they are over-ruled and controlled for our good by his power; they only lift us the more rapidly and the higher toward heaven. Through him. Our victory is through Christ, not by our won power.

38, 39. Neither death. Death, so far from shutting us out from God's love only enables us to enjoy it the more fully. Life. With all its allurements, life cannot turn us aside from the path of God's service, Angele. Whether good or evil; though only the latter would oppose our love to God, or the operation of his love to us. Principalities. Mysterious spiritual existences and orders often referred to, but not precisely named in the word of God. Things present, nor things to come. "Vicissitudes of the present, and unknown revelations of the future." Oreature. Oreation or created thing, whether animate or inanimate. In Christ Jesus. Who represents to us the highest measure of God's love to fallen man. In other words, nothing can keep the salvation of Christ, which is the manifestation of the Father's love, from its possession by a human soul.

GOLDEN TEXT : If God be for us, who can be against us. Rom. 31. DOCTRINAL SUGGESTION: The foreknowledge of God.

WORK AND OVERWORK

How many women fail to make this distinction; or, making it, fail to profit by it. How many pale faces, aching backs, sleepless nights, dyspeptic days grow out of this tendency among wives and mothers to overdo in some direction. It may be sewing, it may be cooking, it may be a laudable ambition to have the house in perfect order, or it may be care and training of children which so absorbs strength and energy, but in each and every case the aim, if followed too intently, will result in pain

and weariness. Moderation; a wise moderation in all things, is the only rule of success. Don't, you poor over-tired woman who may read this, don't attempt so much. Be satisfied to leave something for tomorrow. Let the day bring you a resting time as well as a working time. Suppose the curtains don't get up, or the hall carpet isn't put down until next week? Will it matter so much after all? Once more we say, at the risk of being tedious, be moderate. Work is a necessity in one way or another to all of us. Overwork is of our own making, and, like all self-imposed burdens, is beyond our strength.

Very often it happens that we have too much to do, because we fail to do the work of the hour in its season. An un wise postponement brings us into difficulties. What should have been accomplished conflicts with what is now necessary of accomplishment, and the result is confusion. Besides, the consciousness of behindhand fatigues one. The only way to avoid overwork is to be punctual, careful, and moderate.—Christian Intelligencer.

An oriental traveller describes this busy scene, witnessed on historic shores: "Our steamer landed on a beach which was the port of Antioch, where the disciples were first called Christians. There was no town at the water's edge, no people, no was no town at the water's edge, no people, no wharf. The passengers and the merchandise were put ashore in lighters, which ran up into the sand. A troop of camels, with their drivers, lay on the beach, ready to transfer the goods into the interior. Among the articles landed were boxes marked 'Dr. J. C. Ayer&Co., Lowell, Mass., U. S. A.,' showing that they contained medicines and whence they came. These with other goods were hoisted on the backs of camels, for transportation to Antoch. Thus the skill of the West sends back its remedies to heal the maladies of populations that inhabit to heal the maladies of populations that inhabit those-Eastern shores, whence our spiritual manna

It is a happily established fact that Fellows' Com way we are well assured. He lives to beseech divine mercy for sinners. S. But only those receive the benefits of Christ's intercession who will permit it on their behelf.

He lives to bethis a napplity established lact that Fellows Compound Syrup of Hypophosphites will retard vital
consumption, increase involuntary muscular power
and thereby harden the organs, promote vitality
and facilitate restoration. It consequently possesses the wonderful property of PROLONGING RUMAN WOODBURY BROS. DENTISTS, NEW YORK.

Dr. H. WOODBURY.

Graduate of Philadelphia Dental College, OFFICE OVER CONNELLYS BOOK STORS CORNER OF

GEORGE AND GRANVILLE STREETS Halifax, N.S. Entrance No. 97 Granville St.

CORNER GRANVILLE AND SACK VILLE' STREETS.

NOVA SCOTIA

factory THE CHEAPEST IN THE MARKET

SEND FOR PRICE LIST. ALSO BOOK BINDING,

INTERCOLONIAL RAILWAY. 1878-9 WINTER ARRANGEMENT

ON and after MONDAY, the 18th Nevember 1878, Trains will leave Halifax as follows: At 8.25 a.m. (Express) for St. John, Pictou, and intermediate points.

At 1.30 p.m. (Express) for Rivere du Loup, Quebec Montreal, and the west. At 5.80 p.m. (Express) for St, John and interme

WILL ARRIVE :-At 8.20 p.m. (Express) from St. John, Pictou, and intermediate stations. At 9.15 a.m. (Express) from St. John and intern e-

At 1.30 p.m. (Express) from Rivieredu Loup, Quebec Montreal, and intermediate stations. C. J. BRYDGES, Gen. Sapt. Gov't Railway Mencton, N.B., Nov. 13th., 1878. nov 23

CUSTOM TAILORING!

H. G. LAURILLIARD 19 HOLLIS STREET. HALIFAX N. S.

gency for New York Taskicus April 1876

MCSHANE BELL FOUNDRY. Manufacture those celebrated Bells for Chunomus ACADEMIES, etc. Price List and Circulars sent free Henry McShane &C o.. BALTIMORE, Md.

C E. FREEMAN is now selling and will becoalso supply any other Organs required ON REASONABLE TERMS as my motto is

SMALL PROFITS QUICK SALES.

Good discount to Churches, Ministers, Lodges, &c. Circulars with information free. GOOD AGENTS WANTED C. E. FREEMAM.

Provincial Building Society

St. John, N.B. SSETS 31st December, 1877 RESERVED FUND to Rest 5,090 90 Deposits Large or Small taken and interest at 6 per cent allowed, withdrawal on 30 days notice

Monthly Investing Shares yield 6 per cent com ounded monthly.

Paid up Shares give 7 per cent compounded Capital Stock has thus far paid from 8 to 10 per cent per annum. Shares mature in four years. The Society offers first class inducements For full particulars send for Circule -:-

THOMAS MI IN. A. A. STOCKTON,

JAS.& W. PITTS GENERAL

COMMISSION MERCHANT

Ship and Insurance Brekers,

WATER STREET · ST. JOHN'S NEWFOUNDLAND

GOSPEL HYMNS No. 3. By Sankey, McGranahan & Stebbing JUST PUBLISHED.

The songs in No. 3 are for the most part New, but very few of them having been issued in No. 1 or No. 2. The price is the same as No's. 1 & 2. Music and Words, stiff covers

Words only paper failed post at these prices. METHODST BOOK BOOM, Halifax.

MENEELY & COMPANY BELL FOUNDERS WEST TROY, N. Y.

fitty vears established. Church Bells and Chimes Academy, Factory Bells, &c., Improved Patent Mountings, Catalogues free. No agencies.

MACDONALD & Co., HALIFAX, N.S.

AND HOT WATER ENGINEERS,

Importers of Cast and Wrought Iron Pipe, with Fittings, Engineers' Supplies

Manufacturers of all kinds of Engineers' Plumbers' and Steam Fitters'

BRASS GOODS. AND THE HEAVIER CLASSES OF

BFASS and COPPER WORK ABSO

Vessels' Fastenings and Fittings.

Public Buildings, Residences and Factories supplied with

Warming Apparatus and Plumbing Fixtures. With all the Modern Improvements, fitted by Engineers thoroughly acquainted

SOLE AGENTS FOR THE SALE AND APPICATION OF

WARREN'S FELT ROOFING,

And Roofing Materials in and for the Province of Nova Scotia. Nos! 162 to 172 also 306 Barrington Street, Halifax.

WHOLESALE

DRY GOODS AND MILLINERY

25 DUKE STREET, HALIFAX

WE ARE SHOWING THE CONTENTS OF

500 PACKAGES

This Spring's importation. Nearly the whole of this Stock was imported UNDER THE OLD TARIFF.

OUR STOCK OF Millinery and Pancy Goods is the largest in the city

Orders by Mail carefully and punctually attended to

SMITH BRCS

MILLER BROTHERS. Charlottetown, P.E.I., or Middleton, Annapolis Co., N.S., IMPORTERS AND DEALERS IN

SEWING MACHINES, of both American and Canadian Manufacturers, over Iwenty different kinds in

Stock among which are THE RAYMOND THE MOST POPULAR MACHINE IN THE MARKET



Warrante



Sewing Machines

FROM \$5.00 to 100.00

HUTLES, NEEDLES, and Extras of all kinds in stock.

Also, Importers of and Dealers in

 \mathbf{ORGANS}

Mason & Hamlin, Geo. Woods, Prince, The Bell, &c.

PIANOS Weber, Steinway,

Emerson, &c.

OF BOTH AMERICAN AND CANADIAN MANUFACTURERS. Instruments guaranteed for five years and sold on easy terms. Liberal reduction Clergymen, Churches and Sabbath Schools. Good Local Agents wanted in Towns, where not yet appointed.

NEW BOOKS

Through Bible Lands—Schaff \$2 10 Leisure Hours with London Di-

vines Synonyms and Antonyms, 9 mith 195 The Scotch Naturalist—Smites The Scotch Geologist do A New volume of

THE BIBLE MUSEUM Ezra to Job-just receiveu. METHODIST BOOK ROOM

Meneely & Kimberly. BELL FOUNDERS, TROY, NY Manufacture a superior quality of Bells, Special attention given to CHURBH BELLS. Illustrated Catalogues Sent Free, Feb 8, 78 1y

SAMUEL A. CHESLEY, M. A Attorney-at-Law, &c.,

Lunenburg, N.S.

Just Out LECTURES ON PREACHING BISHOP SIMPSON

Mailed Prepaid for \$1.60. DISCIPLINE—Methodist

Church of Canada New ed. cloth 0.60 Limp Morocco 0.90 Life of Dr. Eddy

Life of Dr. Green METHODIST BOOK ROOM.

JOHN M. GELDERT, Jr., L L. B. Attorney-at-Law, Notary Public, Commissioner Supreme ourt, &c., &c. Has resumed practice on his own account

AT 42 BEDFORD ROW Moneys collected and all the branches of legal business carefully attended to.

JOB PRINTING neatly and promptly exe ented at this Office.