# of The Sunday School of

### BIBLE LESSON.

Abridged from Peloubets' Notes. First Quarter, 1903.

TANUARY TO MARCH. Lesson VII. FEBRUARY 15 1 Cor. 8: 4-13.

GOLDEN TEXT.

Let us therefore follow after the things which make for peace.—Rom. 14:19

#### EXPLANATORY.

THE PRINCIPLES UNDERLYING THE SETTLEMENT OF THESE QUESTIONS -- Va. 4-13. I. KNOWLEDGE The solution SETTLEMENT OF THYSE QUESTIONS --Va. 4-13. I. KNOWLEDGE. The solution does not lie in the realm of the intellect alone. WE ALL HAVE KNOWLEDGE more or less. Becoming a Christian always tends to enlarge the mind and increase intelligence. It often makes an intellec tual era in a man's experience But knowledge alone PUFFERT UP. Greek, "inflates fills with wind." as a bubble The same material, but seeming much larger when inflated A conceited person is one whose nature is so inflated with self-opinion that he sppcars to him elf vastly greater than he really is. 4 WE KNOW THAT AN IDOL IS NOTH-ING BY THE WORLD. The lunge is noth-ing but wood or brass or stone. It has no existence as a deity. Nor did the beings represented by them have any real exist-ence.

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FED THE DOCTOR

How He Made Use of Food

HED THE DOCTOR. How He Made Use of Food Sometimes it is the doctor bimself who finds it wise to quit the medicines and care bimself by food. "In looking around for a concentrated platable prepared food I got hold of Grape-Nuts and immediately began using it four times a day, exclusively for break-fast with milk; for luncheon and dinner as dessert, and a cup on reliting," says a physician of Mt. Zion, III. "In do had nervous dyspepsis for over a wear My normal weight is 140 pounds but had been steadily losing flesh utils month sgo I only weighed 122 pounds. I concluded it was time to throw 'physic to the dow's in my case. Twenty-four hours after starting the Grape-Nuts regime the fullness and distress after easting had plathon of th heart and other symptoms that had resident we for over a year that had a stomach, noon disappearsd and I can now eat a square meal and feel good atteraards. "The devosterday and was surprised to fud that I had gained. Sponnds in a moth, and the can is not yet." "The nervons symptoms have entirely desappeared and I am stronger than I have been for two years. I thenk younfor plac-ing Grape-Nuts at the disposel of those atterance with control of thome

MESSENGER AND VISITOR.

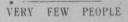
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Juning its charactery, by misrepresenting his spirit and charac-ter. III. LOVE. SUPPORTED BY KNOWLEDGE AND LIBERTY, is the only method of solu-tion. 13. WHEREFORE, IF MEAT (Old English for food in general) MAKE MY BROTHER TO OFFEND Cause him to starble and fail into sin Christ declares that we had better have a milistone tied to our neck, and we be sunk into the sea, than to offer d the least of his disciples (Matt. 18:6) I WHLL EAT NO FLESS. In odder to insure my avoiding firsh offered to ifols, I would, if necessary, ab-stain from all kinds of fiesh in order not to be a stumbling block to my brother. AFFLICATIONS TO TEMPERANCE -I. There is a possible right u e of alcohol. The lawful domains of King Alcohol may be very small, but it is not necessary to define their limits, or to agree upon them. II I it is conceed on all han's that the use of intoxicating liquors is dangerous to all, and deadly to many. There is no question shout their tendency to destroy life, squander, property, debsse character, injure health, mar haspiness, corrupt the tate, incite to orime, spoil families, ruiu "h coul. III. There is no question about the in-

The term is an imprise of the first of the first in the provide state, incide to crime, spol families, ruit the soul. III. There is no question about the in-sidious character of intoxicating drinks; and that no one intends to so so far in their use as to bring these evils upon themselves or others. IV. Knowledge corcerning strong drink and its effects, the dangers of the lighter drinks, the methods of dealing with the traffic, and of overcoming its tempiatous for ourselves and the com-munity, are all essential Temperance teaching in the day schools and Sunday schools is necessary and effective. But knowledge alone will not preserve the in-dividual or the nation from its disastrous effects. eff-cts.

V Liberty as to the use of intoxications offsets. V Liberty as to the use of intoxication difference of the set of the

R AND VISITOR. VI. towe. With due knowledge and concious liberty we have a right to obey onresives, and use out iberty to give ap the law of love (loving our neighbors on released in the store of the store of the store of the word needless risks to ourselves. All of the store of the store of the boy; and to christians have a right to give up the use of the store of the right on give on the use of the store of the right of give on the use of the store of the store over the young the store of the right on give on the use of the store of the right of give on the use of the store of the right of give on the use of the store of the right of give on the use of the store of the right of give on the use of the store of the right of give on the use of the store of the right of give on the use of the store of the right of the store of a provo-ment of the store of love to give up to the store of the right of the store of a provo-tore of the store of the store of the store of a store of the store of a store of a store of the store of the store of a store of the sto



## Are Free From Some Form of Iudi-"gestion.

Very few pople are free from some form of udgestion, but scarcely two will have the same symptoms. Some suff r most directly after eating, bloating from gas in stomach and bowels, others have heatburn or sour risings, still others have palpitation of heart head-aches, sleeples nears bains in chest and

still othere have paiptiation of heart head-aches, sleeples ness, pains in chest atd under shoulder blades, some have extreme nervousness, as in nervous dyspepels. But whatever the symptoms may be the cause in all cases of indigestion is the same, that is, the stomach for comercesson fails to properly and promptly digest what is eaten.

same, that is, the stomach for some reason fails to properly and promptly digest what is eaten. This is the whole story of stomach troubles in a nurshell. The stomach must have rest and assistance and Stuart's Dys-pensia Tablets give it both by aupplying those natural digestives which every weak stomach lacks, owi 'g to the failure of the pentic glands in the stomach to secrete andiciant and appoint to thoroughly digest and assimilate the food eaten. The pentic glands in the stomach to secrete structure of the scilve principle in Strart's Dyspecial Tablets will digest succo grains of meat, eggs or other whole some food, and this claim has been proven by actual experiment, which anyone can perform for himself in 'h' following man-ner : Cut a hard boiled esg into very small pieces, as it would be if masticated; place the egg and two or three of the tab-lets in a bottle or iar containing warm water heated to 95 degrees (the tempera-ture of the body) and 'keep it at this tem perform for binker and a hall hours, and at the end of which time the egg will be as completely digested as it would bave bern in the healthy stomach of a hungr boy. The point of this experiment is that

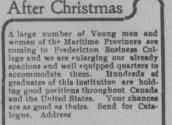
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In ordering goods, or in making

inquiry concerning anything advertised in this paper, you will oblige the publishers and the advertiser by stating that you saw the adver-ER AND VIST.



Equity Sale.



W. J. OSBORNE, Principal. Fredericton, N. B.

## Equity Sale.

Equity Sale. There will be sold at Public Auction on Saturday, the seventh day of February, A D. 1903, at 12 o'clock, noon, at Saturday, the seventh day of February, A D. 1903, at 12 o'clock, noon, at Saturday, and a seventh day of Court in Equity made on the set day of Normber 1902. The matter of Leonors Gertrade Francis of Cambridge, in the County of Middles x, in the Commonweath of Mass-nehnsetia, one of the United States of A merica-An insane person-and accord-ing to the provisions of the Fourth Chap-ter of the Acts of the General Assembly of harden the fifty-third year of the reign of the foreince of New Franswick made and passed in the fifty-third year of the reign of the facts of the General Assembly of harden the fifty-third year of the reign of the facts of the General Assembly of harden the fifty-third year of the reign of the facts of the General Assembly of harden the fifty-third year of the reign of the facts of the Supreme Court in the facts of the said Lunster in the of state lying and being in the City storessid, fronting on Leinster Street, and pown and dividing unable ing in the City storessid, fronting on Leinster Street, and pown and Lydia Jane his wite. The the Solicitor on Refereer. Matters of the said of the particular and the fact of the said Assembly of the the Solicitor on Refereer. Matters of Solicitor on Refereer in Raguits and the fact of the said of the said as the said the said of the Solicitor on Refereer. Matters of Solicitor on Referee in Raguits and the said of the said of the said of the solicitor. Referee in Raguits and assembly of the Solicitor on Refereer in Raguits and the said of the said of the said of the and assembly of the Solicitor on Refereer in Raguits and the said of the said of the said assembly solicitor and assembly of the Solicitor on Refereer in Raguits and the said of the said of the said of the and assembly of the Solicitor on Refereer in Raguits and the said of the said of the said of the and the said o



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