

brain and a clean soul. The weak man physically is handicapped both in his fight for manhood and in his service to the world. The relatively large number of men in many centres rejected as unfit when the call came for men of strength to play a hero's part at the front, suggests the need to-day for wise and persistent physical training and an intelligent study of the laws that conserve health.

Games mean more than fun. In learning how to play baseball according to the rules and in the spirit of honorable sportsmanship, boys are learning how to play the larger game of life as it ought to be played. Clean sport has moral and spiritual values. In running, jumping and throwing, the chief controlling muscles of the body are exercised and self-control established. Above all, the use of cigarettes and alcoholic beverages of every kind, and the abuse of the body either by neglect or by vicious habits should be avoided.

We need *spiritual strength*. Jesus increased in favor with God. It is one thing to know of God and another to know God. To know God we must come into intimate relations with God. We must be conscious of God as a personal presence with us all the time, very near to us, very real. We come to have this consciousness mainly through worship. In worship we cultivate the feeling that God is with us, that he hears us and meets our needs, and we come to assume right attitudes to God, the attitude of reverence and love and

obedience. We strengthen our consciousness of God by giving expression to our feelings towards him in prayer and praise. In public worship where men meet together heart influences heart and one stimulates another. To gain spiritual strength worship is essential, and the place of social worship is the church. The scholar needs the church. He also needs the Sunday School, for there God speaks to him through the study of the Word, and his conception of God grows in its fulness and clearness.

But God speaks to men also through nature, art, poetry, good books, good men. While the church has a contribution to make to man's life that he cannot get elsewhere and that is of vital importance, there are many other channels through which God moves upon the spirit of man for its enrichment and inspiration, and the larger the number of points of contact with the life of God in the world, the fuller life becomes.

We need strength of will. Jesus increased in favor with man. The end of all our physical training and intellectual culture is to make good men of us, men of deeds and character. The strong man is the man who has developed to the full all the resources of his nature and who has consecrated those resources to the efficient service of mankind. "Our character is our will; for what we will we are." It avails us little to know and to believe if we do not do.

FOR TEACHERS IN THE SENIOR AND ADULT DEPARTMENTS

By Rev. M. B. Davidson, M.A., Galt, Ont.

Teachers in the Senior and Adult Departments should study carefully the scholars' materials in the *Home Study Quarterly* and the *Pathfinder*, respectively.

As an introduction to the lesson to-day, the teacher may say something in regard to the principle of growth, and how it pervades all nature and life. Point out that, as a rule, the more important the thing that grows, the slower the growth is likely to be. Quote from Epictetus: "If you tell me that you desire a fig, I answer you that there must be time. Let it first blossom, then bear fruit, then ripen." Say something, too, about the conditions that affect growth in general. Point out the advantage of a good start, and the necessity of a continual contact with the sources of strength. Quote from Browning:

"Progress, man's distinctive mark alone,

Not God's, and not the beasts': God is,
they are;

Man partly is, and wholly hopes to be."

1. *Our great example*, Luke 2:42-52. Show that, however we may explain the mingling of the divine and human in the personality of Jesus, he evidently went through the process of development. Help the class to see the value of the incident recorded in this passage as showing us how early Jesus began to understand that he had a special work to do. How does the conviction that we have a mission in