

THE SUNDAY SCHOOL

OCTOBER 15. THE LORD'S SUPPER. MARK iv. 22-31.

The first section of our lesson (verses 22-25) record the institution of that ordinance which is most commonly known as the Sacrament of the Lord's Supper. That He intended by His actions and words on this solemn occasion to institute a new ordinance, which should for His followers take the place of the Passover is evident from Luke xiii. 19, and also from that important passage in St. Paul's writings, which treats of the proper observance of the ordinance (1 Cor. xi. 23-34). It is remarkable that the only other direct and definite teaching on the subject after the first institution should be from the pen of St. Paul. He was the only one of the Apostles not present at the time of its institution, and the legitimate inference from his words "I received of the Lord that which also I delivered unto you," is that he received a special revelation on the subject. As he was the apostle of the Gentiles, and was writing to the Corinthians, these authoritative words of his would have the double effect of preventing the Jewish Christians from restricting the privilege to themselves, and the Gentiles from considering that the obligation to this observance is placed beyond all question.

The remembrance had a special meaning for the first disciples which it has not for us. But whenever we join in this holy service, we are taken back to the same scenes; we commemorate the same love, suffering, and death. It is necessary to impress upon the children's minds as forcibly as possible that the bread and wine are simply emblems of the body and blood of our Lord, and that the only true "real presence" of Christ in the Sacrament is the spiritual one, in which it is always true that He is present when two or three of His people are met together in His name. The expressions, "This is My body, and this is My blood," can only mean, this represents. We need not go far to prove that this is, often means, this represents; for it is a common mode of expression amongst ourselves. When about to show a photograph of some friend, do we not say, "Who is this? or, This is such a person," when what we have in our hands is only a representation of the person.

"That the bread was not the real body of Christ, but only its emblem, is proved equally to sense as to reason; for if it had been the body of Christ, or transubstantiated into His very body, then was the body of Christ eaten by the eleven Apostles, whilst yet their Lord remained before them; and if the body of Christ was thus eaten by the disciples, what was it that Judas betrayed and delivered into the hands of the officers of the chief priests a few hours afterwards?

As the bread and wine are emblems of Christ's body and blood, so the partaking of them in the sacrament is a figurative representation of our reception of Christ's sacrifice by faith. As we physically eat the bread and drink the wine, so do we spiritually feed on the body and blood of Christ, through faith (John vi. 53-55). "All these expressions show that it is the life of the soul of which our Lord speaks, which could not be affected by a carnal eating of the real body of our Lord, but which is communicated through that vital and renewing influence of God upon the heart which is procured for us by the meritorious death of our Saviour, effected by the agency of the Holy Spirit, and received by the instrumentality of trusting in Christ as the true and only sacrifice for sin."

No regulations are given in the New Testament as to the times when, or the mode in which the Sacrament of the Lord's Supper should be administered. All details are left to the judgment of those in authority in the churches concerned. But to this more strongly than to any other religious service the Apostolic injunction applies, "Let all things be done decently and in order." It follows that the administration should be: 1. By a regularly ordained minister under all ordinary circumstances. 2. To those only who profess faith in Christ and whose lives evidence the sincerity of their profession. 3. As frequently as may be judged expedient. The essential conditions of a profitable reception of the Lord's Supper are: 1. A reverent, spiritual, and penitent frame of mind. 2. A thorough conviction of the absence of all efficacy in the mere Sacrament and merit in the mere act. 3. Above all, true faith in Christ.

2.—When they had sung the concluding hymn of the paschal supper, Jesus and His disciples went out into the Mount of Olives, and then the Master began to tell them that that same night they would all be offended because of Him. The Divine agency in the sacrifice of Christ overruling human passion and interfering to the accomplishment of the great end is plainly seen. The scattering of the sheep was very speedily accomplished after the words of Jesus were spoken; and though Peter boasted so loudly, as we shall see subsequently, he proved no exception.

The serene, silent beauty of a holy life is the most powerful influence in the world, next to the might of the Spirit of God.—Spurgeon.

WHO GETS THE BENEFIT?

BY ANNA W. KIRKWOOD.

Two middle-aged men, who had once been school-mates, met upon an occasion which was of interest to both. One of them, being called upon, made an address, finished, eloquent, and effective.

His friend listened with pleasure and surprise, and at its close, congratulating him, said, "Joe, I didn't know you could make such a good speech."

"Do you know why I can make a speech and you can't, Sam? Because I stayed in Sunday-school, and you didn't."

This rejoinder, uttered in a joke, as the two friends grasped hands warmly, contains a suggestion. Faithful, persevering work in Sunday-school is not easy. Hot summer days, cold wintry days, and long stormy ones, are trying to one's resolutions. To grow "weary in well-doing" is the first and a frequent temptation that meets us. Many begin with a flourish of trumpets, but to "stand in one's lot" at the end of the days is not so common. Those who do, are inclined to think themselves very self-denying and disinterested; but, after all, they are really the ones who get the most benefit.

As a student, with no particular sense of responsibility, one is slow to grasp even the outlines of a subject, has vague and indistinct impressions of events and localities, and an argument is an intangible as a fog-bank. But in the effort to make another see clearly one's own ideas become better defined. In seeking to unfold a subject to another, to bring out its points and bearings, one's own mind becomes—gradually, it may be, but surely—a well-ordered store-house instead of a heterogeneous mass of rubbish.

One cannot handle year after year the grand and wonderful doctrines of the Bible, become familiar with its wise precepts, its beautiful, simple stories, and its glowing imagery, without a widening and growing development of mind which will naturally brighten and beautify one's style, give ease, grace, and elegance in discourse upon all other subjects and questions.

Facilities for preparing for Sunday-school were never greater than now. Through the impulse given to biblical study by the International lessons, material is provided which has never before been within the reach of the masses. History, poetry, science, and literature are brought in to illustrate Scripture truth. The light of the best talent and scholarship of the world is thrown upon it. Pictures, maps, and memorials are in the hands of every one.

Human "creatures escape knowledge" with great facility, but it seems as if it were impossible for this generation to escape from the illuminating rays of these last years of biblical instruction. Those not immediately engaged in either teaching or learning are losing all this. Losing more than they can afford to lose, if not more than they are willing to lose.

We look with a feeling of compassion upon those whose lives are so ordered that they cannot enter this grand arena. What of those who, through indolence or sloth, neglect the opportunity of doing good to others not only, but of improving their own talents, and lifting themselves to a higher level of intellectual, moral, and spiritual culture?

CHEAP FOOD AND GOOD FOOD.

Dr. Dio Lewis says: To make the best bread that can be made of wheat, obtain good wheat and grind it without boiling, mix it with cold water until it is as thick as can be well beaten with a spoon; after it is thoroughly beaten down, put it into a large iron pan composed of many little ones, which must be first made hot; put it then quickly into a hot oven, and bake it as rapidly as possible.

Indian corn makes excellent nourishment. It contains a large amount of oil, has remarkable fattening qualities, and is likewise remarkable as a heat producer.

Rice keeps its consumers fat, but it lacks the elements which feed the muscles and brain.

Potatoes, both Irish and sweet, are very poor for brain and muscle.

Of meats the best for heat and fat are pork, mutton, lamb, beef and veal; for muscle, brains and nerve, beef, veal, mutton, lamb and pork.

In cold weather eat meat, butter and the like will keep the body warm; and in warm weather, milk, eggs, bread and summer vegetable will keep it cool.

There is no difficulty in a poor man's having meat for his family every day. Take, for example, what is called a shank of beef. The very best can be bought for a fraction of what the dearest parts cost. A single pound cooked in a stew with dry bits of bread will make a meal for an entire family.

INFORMATION.

Rheumatism is the most painful and most troublesome disease that afflicts humanity. It comes when we least expect it and when we have no time to be interviewed by it. The only reliable remedy that we need is Johnson's Anodyne Liniment. Nearly all diseases that afflict humanity originate in the stomach, liver or bowels, and might be prevented if people would use a little common sense but they will not. They rather take Parson's Purgative Pills, because one is a dose.

PAIN IN THE SIDE.—Mr. W. A. McMillan, Waterville, N.S., says:—"I had for ten years suffered with pain and soreness in my side, caused by a sprain or stress, and was so weak that any extra exertion would cause so much pain that I could hardly use my arm, until some sixteen years ago when suffering unusual pain from a recent stress, that I used Graham's Pain Eradicator and Pills and was completely cured by using them a few times."

COLDS IN THE HEAD CAUSE CATARRH. Catarrh if neglected will cause BRONCHITIS. Bronchitis commonly terminates in CONSUMPTION. GRAHAM'S CATARRHINE will cure the Catarrh and prevent the others.

THE REPRESENTATIVE PIANO MANUFACTURERS.—Wm. Knabe & Co., this firm is one of the oldest in the country. Their growth has been solid and steady, not an ephemeral upspringing, and their position, therefore, is unsurpassable an unassailable. They have relied upon the real merits of their instruments, and avoided all clap-net and trickery. The outcome is a business whose firm and steady prosperity is unequalled. The relative value of Pianos is pretty well known, but a few brief words about the "KNABE" will be of interest. The Tone combines volume and richness, with sweetness and purity, and evenness through the entire scale. With so elastic a Touch that the player can bring out the subtlest expressions without the pedals. In another quality yet this Piano is especially supreme—tenacity of holding Tune. Evidence of this is found in their extensive use in conservatories, where the severest of all tests is applied.—New York Observer.

If cleanliness indeed be next to Godliness, we know of no one that is doing more to promote this virtue than James Pyle, through the introduction of his Pearline.

CONSUMPTION.—From H. B. Smith, Esq., a prominent merchant of Beaufort, Kent County, N. B., under date June 8, 1877:—"Dear Sir—I have suffered for some years past with Cough from Affection of the Lungs, Spitting of Blood, Weakness of the Chest, and Want of Appetite, and have tried many so called remedies but without any effect whatever until I commenced ROBISON'S PHOSPHORIZED EMULSION. I have now taken 8 bottles and find this quite equal to what it is represented to be, for it has WORKED LIKE A CHARM, and I can cordially recommend it to all who are affected as I have been, as I feel it is going to make a perfect cure of me. I still continue it, and I must say I never took anything equal to it. I have no more any of these troubles for the benefit of yourself and the world at large you can do so, for I think it should be known."

I remain, yours truly (Signed) H. B. SMITH.

ROBISON'S PHOSPHORIZED EMULSION OF PURE LACTO-PHOSPHATE OF LIME is prepared solely by Hanington Bros., Pharmaceutical Chemists, St. John, N. B. For sale by Druggists and General Dealers. Price \$1.00 per bottle; six bottles for \$5.00.

Oct 1.—1m.

It matters little by what name we designate such complaints as Scrofula, Erysipelas, Salt Rheum, and all skin eruptions, their origin is in the blood, and by the use of no outward application can a cure be effected. The blood must be purified and the stomach kept in a healthy condition. To do this use Hanington's Quinine Wine and Iron, and Tonic Dinner Pills. Beware of Imitations. See that you get "Hanington's," the original and genuine. For sale by all druggists and general dealers in Canada. Sept 15 1m.

MOTHERS! MOTHERS!! MOTHERS! Are you disturbed at night and broken of your rest by a sick child suffering and crying with the excruciating pain of cutting teeth? If so, get at once and get a bottle of Mrs. WINSLOW'S SOOTHING SYRUP. It will relieve the poor little sufferer immediately—depend upon it; there is no mistake about it. There is not a mother on earth who has ever used it, who will not tell you at once that it will regulate the bowels and give rest to the mother, and relief and health to the child, operating like magic. It is perfectly safe to use in all cases, and pleasant to the taste, and is the prescription of one of the oldest and best female physicians and nurses in the United States. Sold everywhere. 25 cents a bottle, freely.

REST AND COMFORT TO THE SUFFERING.—Brown's Household Panacea has no equal for relieving pain, both internal and external. It cures Pain in the Side, Back or Bowels, Sore Throat, Rheumatism, Toothache, Lumbago and any kind of a Pain or Ache. "It will most surely quicken the Blood and Heal, as its acting power is wonderful." "Brown's Household Panacea," being acknowledged as the great Pain Reliever, and of double the strength of any other Elixir or Liniment in the world, should be in every family handy for use when wanted, "as it really is the best remedy in the world for Cramps in the Stomach, and Pains and Aches of all kinds," and is for sale by all Druggists at 25 cents a bottle febr/10.

Remember This.

If you are sick, GOLDEN ELIXIR will surely make you well again, WHEN ALL ELSE FAILS. If you are comparatively well, but feel the need of a grand tonic, and stimulant, never rest easy till you are made a new being by the use of GOLDEN ELIXIR.

If you are COITIVE or DYSPERSIC, or are suffering from any other of the numerous diseases of the stomach or bowels, feel no cure but your own fault if you remain so, for GOLDEN ELIXIR is a sovereign remedy in all such complaints.

If you are wasting away with any form of KIDNEY or urinary disease, STOP TEMPTING DEATH by the use of GOLDEN ELIXIR. If you are sick with that terrible sickness, Nervousness, you will find a "Balm in Gilead" in the use of GOLDEN ELIXIR.

If you are a frequenter or resident of a malarial or miasmatic district, barricade your system against the scourge of all continents—ague, biliousness, malaria, yellow fever, and intermittent fevers—by the use of GOLDEN ELIXIR.

If you have rough, pimply, or scaly skin, bad breath, or indigestion, feel no cure but generally, GOLDEN ELIXIR will give you a fair skin, rich blood, the sweetest breath, health and content.

In short, it cures ALL diseases of the Stomach, Bowels, Liver, Nerves, Kidneys, etc., and \$100 will be paid for a case it will not cure, or for anything injurious found therein.

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Fever and Ague cured for 25 cents. There is not a remedial agent in the world that will cure Fever and Ague and all malarial, Bilious, Scarlet, Typhoid, Yellow and other Fevers so quick as Fellows' Speedy Relief. It will in a few moments, when taken according to directions, cure Cramps, Spasms, Sour Stomach, Heartburn, Sick Headache, Diarrhoea, Dyspepsia, Colic, Wind in the Bowels, and all in malarial.

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FELLOWS' SPEEDY RELIEF is for sale by Druggists and general dealers at 25 cents a bottle.

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This Liniment should be liberally applied to the parts affected, three or four times a day (and even more frequently in severe and dangerous cases), and rubbed well into the skin with the hands and fingers, or with a small piece of flannel, saturated with the liniment, so that more or less irritation, or smarting is produced in the parts to which it is applied.

CUTLAINS.—They are inflammatory swellings of the feet, especially about the toes and heels, and are caused by exposure to cold. Sometimes the fingers and hands become badly affected. Treatment.—Wash with castile or soap, and apply UNIVERSAL LINIMENT freely. Rub the Liniment saturated with the Liniment and keep it on during the day. Keep the feet warm and dry during the day.

LAMENESS.—It is the result of over use. This is soreness, accompanied by pain on exertion, in the affected part. The celebrated UNIVERSAL LINIMENT is unequalled in soothing the tender portion with the Liniment at night, and on going to bed, and again in the morning.

BURNS.—They consist of enlargement or swelling of the skin about a point, usually that of the big toe of the foot. Caused by light burns. Treatment.—An easy foot should be essential. Rub on hot soot with the UNIVERSAL LINIMENT and cover with oil silk every night.

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