

DARE TO SAY "NO."

DARE to say "No" when you're tempted to drink, Pause for a moment, my brave boy, and think—
 Think of the wreck upon life's ocean tossed For answering "Yes," without counting the cost;
 Think of the mother who bore you in pain! Think of the tears that will fall like the rain;
 Think of her heart, and how cruel the blow; Think of her love, and at once answer "No!"
 Think of her hopes that are drowned in the bowl;
 Think of the danger to body and soul;
 Think of sad lives once as pure as the snow; Look at them now and at once answer "No!"
 Think of a manhood with rum-tainted breath;
 Think how the glass leads to sorrow and death;
 Think of the homes that, now shadowed with woe,
 Might have been heaven had the answer been "No!"
 Think of lone graves both unwept and unknown,
 Hiding fond hopes that were fair as your own;
 Think of proud forms now for ever laid low,
 That still might be here had they learned to say "No."
 Think of the demon that lurks in the bowl,
 Driving to ruin both body and soul;
 Think of all this as life's journey you go,
 And when you're assailed by the tempter say "No!"

—Selected.

"I WAS GOING TO."

CHILDREN are very fond of saying, "I was going to." The boy lets the rats catch his chickens. He was going to fill up the hole with glass, and to set traps for the rats; but he did not do it in time, and the chickens were eaten. He consoles himself for the loss, and excuses his carelessness by saying, "I was going to attend to that." A horse falls through a broken plank in the stable and breaks his leg, and is killed to put him out of his suffering. The owner was going to fix that weak plank, and so excuses himself. A boy wets his feet and sits for hours without changing his shoes, catches a severe cold, and is obliged to have the doctor for a week. His mother told him to change his wet shoes when he came in, and he was going to do it, but he did not. A girl tears her new dress so badly that all her mending cannot make it look well again. There was a little rent before, and she was going to mend it, but she forgot. And so we might go on giving instance after instance, such as happens in every home with almost every man and woman, boy and girl. "Procrastination is" not only "the thief of time," but it is the worker of vast mischiefs. If a Mr. "I-was-goin'-to" lives in your house, just give him warning to leave. He is a loungeur and a nuisance. He never did any good. He has wrought unnumbered mischiefs. The girl or boy who begins to live with him will have a very unhappy time of it, and life will not be successful. Put Mr. "I-was-goin'-to" out of your house, and keep him out. Always do things which you are going to do.—*Youth's World*.

It is claimed that out of 1,360 criminal convictions in Iowa, during 1881, 671 of the criminals convicted were saloon-keepers. It is not stated how large a proportion of the remaining number were saloon hauners.

SMILES.

THE cigarette smoking young man is referred to by the *Cleveland Leader* as "third-class male matter."
 REMEMBER that your good reputation is like an icicle. If it once melts, that's the last of it.
 "WHY," exclaimed a tourist, "a donkey couldn't climb that hill;" and then he added, "and I'm not going to try it."
 It is easy to be philanthropic over other people's misfortunes. Any one can stand the toothache in another fellow's jaw.
 An old lady in Texas says she never could imagine where all the Smiths came from until she saw in a town a large sign, "Smith Manufacturing Company."
 "FATHER," says an inquisitive boy. "What is meant by close relations?" "Close relations, my son," replied the father, "are relations who never give you a cent."
 "WHAT does the word 'pedigree' mean, John?" "It means 'descent.'" "Write a sentence on the board containing that word." John went up and chalked off the following: "We pedigreed down the hill."
 MEN seldom die of hard work, activity is God's medicine. The highest genius is willingnes; and ability to do hard work. Any other conception of genius makes it a doubtful, if not a dangerous, possession.
 FATHER: "And so papa's dear little boy is very ill. Now, is there anything I can get for him that will make him feel better?" Invalid: "I don't know, papa—but—I think I would like a gong."

A REVEREND sportsman was once boasting on his infallible skill in finding a hare. "If I were a hare," said a Quaker, who was present, "I would take my seat in a place where I should be sure of not being disturbed by thee from the first of January to the last day of December." "Why, where would you go?" asked the sportsman. "Into thy study!" replied the Quaker.

LESSON NOTES.

THIRD QUARTER.

B.C —.] LESSON XI. [Sept 14.

WAITING FOR THE LORD.

Psa. 40. 1-17. Commit to memory vs. 1-4.

GOLDEN TEXT.

I delight to do thy will, O my God. Psa. 40. 8.

OUTLINE.

1. Saved, v. 1-4.
2. Serving, v. 5-10.
3. Pleading, v. 11-17.

EXPLANATIONS.—I waited patiently—This psalm was written after a time of trouble, from which David had been delivered. Horrible pit—Literally, "pit of darkness;" troubles like a pit. New song—A song of praise for deliverance. Fear—The fear of God, which springs from love. The proud—Here meaning those who have no respect for God. Lies—Wrong doings. Offering thou didst not desire—God wishes obedience, rather than sacrifice. Ears hast thou opened—To hear the word of the Lord. In the volume—"In the roll;" as books were in ancient times rolls. Preached righteousness—Declared man's duty toward God. Evils have compassed me—The psalmist here speaks of enemies who were against him, and opposing the Lord. Seek after my soul—Rather, "my life." Aha—A word of contempt. Those that seek thee—By prayer and praise. Poor and needy—The psalmist, even though a king, felt the need of God's help.

TEACHINGS OF THE LESSON.

Where in this lesson are we shown—
 1. The benefit of confidence in God?
 2. The need of willing service?
 3. The only hope of the guilty and the needy?

THE LESSON CATECHISM.

1. Who is blessed? He that makes the Lord his trust. 2. What is said of God's works and of his thoughts to us? "They are more than can be numbered." 3. What should we delight in doing? The will of the Lord. 4. Why did David's heart fail him? Because of the number of his iniquities. 5. What should they say who love the salvation of God? "The Lord be magnified." DOCTRINAL SUGGESTION.—God's answer to prayer.

CATECHISM QUESTIONS.

95. What lesson does this teach us? The high honour put upon human nature, and the great virtue of humility.
 96. Was not the Redeemer still further humbled? He was "tempted of the devil" (Matthew iv. 1), though he was the Son of God who could not sin.
 97. What do we learn from this? We learn that temptation is not itself sin, and also that our Saviour will help us when we are tempted. Hebrews iv. 15. [Hebrews ii. 18.]

B.C —.] LESSON XII. [Sept. 21.

A SONG OF PRAISE.

Psa. 103 1-22. Commit to memory vs. 1, 5.

GOLDEN TEXT.

Bless the Lord, O my soul, and forget not all his benefits. Psa. 103. 2.

OUTLINE.

1. The benefits of the Lord, v. 1-7.
2. The mercy of the Lord, v. 8-18.
3. The praise of the Lord, v. 19-22.

EXPLANATIONS.—Healeth all thy diseases—God's mercy is shown in restoring health to the sick in answer to prayer. Youth is renewed like the eagle's—Referring to the new feathers which come to the eagle every year, making it seem young. Righteousness and judgment—Giving justice to those who are wronged by men. His ways unto Moses—Revealing to Moses his purposes. Child—Rebuke for sin. Removed our transgressions—By his forgiveness. Pitieth his children—Feeling a love for them even when they do wrong. Knoweth our frame—God knows how to make allowance for our weakness. Days are as grass—Grass in the East withers in the hot summer. Keep his covenant—Keep the promises made to fulfil God's law. Ye his angels—God's angels fulfil his commands. Ministers—Servants. His hosts—The armies of the heavens, stars and heavenly bodies. His dominion—The universe.

TEACHINGS OF THE LESSON.

Where in this lesson do we see—
 1. The abounding grace of God?
 2. The wonderful mercy of the Lord?
 3. The completeness of the redemption from sin?

THE LESSON CATECHISM.

1. How great is God's mercy? As the distance from earth to heaven. 2. How far does it extend? "From everlasting to everlasting." 3. How does God pity them that fear him? "As a father pitieth his children." 4. To what are the days of man likened? To the grass. 5. What is the oft-repeated strain of David's rejoicing? "Bless the Lord, O my soul." DOCTRINAL SUGGESTION.—The mercies of the Lord.

CATECHISM QUESTIONS.

98. What was the Lord's deepest humiliation? He was "reckoned with transgressors" (Luke xxii. 37), and endured the shameful death of the cross. [Luke xii. 50, xxii. 52; Galatians iii. 13; Hebrews xii. 2.]
 99. Was this humiliation unto death necessary? Yes; to fulfil the purpose of God, which was declared in the predictions of Scripture. [Matthew xvi. 21, xxvi. 54; Mark xiv. 49; Luke xxiv. 44.]
 100. Do we know any further reason why it was needful? It was necessary, that our Saviour might offer a full satisfaction and atonement for the sin of man. 1 John ii. 2.

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