

HOW HE HELPED HIMSELF.

"Help yourself, help yourself, little boy. do;
Don't wait upon others to wait upon you."
Grandma was holding her afternoon chat, Knitting and rocking away as she sat.

"Look at the birds, how they build their own nest;
Watch the brown bees, always toiling their best;
Put your own hands to the plough, if you'd thrive;
Don't waste your minutes in wishing, but strive."
Up in her face looked a mischievous elf.
"Don't forget, darling," said she; "help yourself."

Afternoon shadows grew drowsy and deep, Grandma was tranquilly folded in sleep; Nothing was heard but the old farm-house clock,
Plodding along with its warning tick-tock.
Out from the pantry there came a loud crash;
Pussy jumped out from the hearth in a flash.
Back to her chair came this practical boy, Steeped to the ears in jam, custard, and soy.
Frightened, he cried: "Please, I've upset the shelf;
Grandma, I minded; I did help myself."

LESSON NOTES.

SECOND QUARTER.

STUDIES IN THE ACTS AND EPISTLES.

LESSON XII. [June 20.

PERSONAL RESPONSIBILITY.

Rom. 14. 10-21. Memory verses, 19-21.

GOLDEN TEXT.

It is good neither to eat flesh, nor to drink wine, nor anything whereby thy brother stumbleth.—Rom. 14. 21.

OUTLINE.

1. Living to God, v. 10-12.
2. Living in Love, v. 13-18.
3. Living for Others, v. 19-21.

THE LESSON STORY.

Paul wrote a letter to the Christians in Rome to teach them many things they needed to know. We need to learn these same lessons. One that is given us to-day teaches us to watch that we do right ourselves, instead of watching others to find faults in them.

Christ is our Judge, and we shall all stand before him one day to give an account of ourselves and not of others. So, our business is not to judge other people, but to see that we do not put a stumbling-block in the way of another. The Jews thought that the eating of cer-

tain kinds of meat was wrong. Paul did not think as they did, yet if he found people who were grieved at his eating these meats he would not do it. There are many people who can drink wine and not be harmed. But if their example leads others to drink it who will be harmed, then if there is love in their hearts they will not do it. Because we are strong we must not despise those who are weak. Christ died for the weak, and if we are trying to be like Christ we will deny ourselves, so that we may help the weak. By such self-denial we serve Christ, and God is pleased with us.

LESSON HELPS FOR EVERY DAY.

- Mon. Read what Paul said about love. Rom. 13. 8-10.
- Tues. Read the lesson verses. Rom. 14. 10-21.
- Wed. Learn the better way for us. Golden Text.
- Thur. Read about the "more excellent way." 1 Cor. 13.
- Fri. Learn the Royal Law. James 2. 8.
- Sat. Learn how good the kingdom of God is. Verse 17.
- Sun. Learn something to make you happy. Luke 12. 32

QUESTIONS ON THE LESSON STORY.

To what Christians did Paul write a letter? What are Paul's letters to us? God's word. Whom does this letter teach us to watch? Who is our Judge? What must we give some day to him? What did the Jews think was wrong? Did Paul think so? Why should we be careful of our example? What will make it easy to deny ourselves? Love in our hearts. For whom did Christ die? How can we become like Christ? By doing as he did.

LITTLE CHRISTIANS—

- Watch themselves, and not others.
- Try to help and not hinder others.
- Deny themselves for the sake of others.

SECOND QUARTERLY REVIEW.

June 27.

GOLDEN TEXT.

This gospel of the kingdom shall be preached in all the world for a witness unto all nations.—Matt. 24. 14.

Titles and Golden Texts should be thoroughly studied.

1. P. W. M. - - Jesus Christ—
2. C. of C. - - Whosoever believeth—
3. G. C. at A. - Then hath God also—
- 4 P. D. from P. - The angel of the—
5. P. B. his F. M. J. Go ye into all the—
6. P. P. to the J. Through this man—
7. P. P. to the G. I have set thee to—
8. The C. at J. - Through the grace—
9. C. F. L. to G. W. I will show thee—
10. S. of the T. - Keep thy tongue—
11. P. A. to T. - From a child thou—
12. P. R. - - - It is good neither—

HOW TO HAVE A "GOOD" MOTHER.

"Johnny's mamma never scolds and never frets and is always just as good as she can be," said little Frank. "I wish my mamma was like that."

"What kind of a boy is Johnny?" asked his aunt, to whom he was talking.

"O, he is a good, kind little boy. Nora says that he is the best boy to 'mind' she ever saw. Nora used to work at his house, you know. Why, auntie, he likes to have other folks have a good time better than to have a good time himself."

"Perhaps that is the secret of his mamma's never scolding," said Frank's aunt. "Good boys make happy, good mothers."

A CLEVER HORSE.

I want to tell you about something I saw on the street the other day. There was a cart with two horses standing in front of a store and the driver was inside. The wind was blowing very hard indeed, and it blew the blanket partly off one of the horses. The horse, I suppose, began to feel cold, so he reached his head around, and catching the corner between his teeth, pulled the blanket over himself again, and when the wind blow the cover back, the horse very cleverly pulled it up until the driver came and fixed it but the driver, I am sorry to say, gave the horse a hard hit on the nose for biting at his cover. He did not know how clever his animal was.

TOMMY TILTON'S VERSE.

TOMMY TILTON was going to church for the very first time one bright Sunday morning. His heart was as full of sunshine as was the day, as he walked along with grandpa and grandma towards the village meeting-house. Grandpa carried a book; so Tommy must have one too. The book was almost as big as he, but what did he care for that? He was almost a man to-day.

Tommy walked into the church very soberly, and tried to keep very still. But it was a tired little boy that went home at noon; for the seats were not made for little people like him, and Tommy was not used to sitting still. But the boy learned one thing that day that he never forgot. It was this short verse: "I love them that love me; and those that seek me early shall find me."

"Why," said Tommy, as with bright eyes he told his mother all the doings of the morning, "the minister said it over so many times it would not go away."

"Why, yes," said grandma, "that was the text."

Tommy went with grandma every Sunday after that.

Ever may my soul be fed,
With this true and living bread,
Day by day, with strength supplied,
Through the life of Him who died.