

## The Sunday School

### BIBLE LESSON.

Abridged from Peloubet's Notes.

Third Quarter, 1903.

JULY TO SEPTEMBER.

Lesson XIII.—September 27.

REVIEW.

Read Psalms 8, 19, 27.

GOLDEN TEXT.

The Lord is my light and my salvation.—Psa. 27: 1.

Several forms of review are suggested, that the teacher may select the one that seems best adapted to the class.

EXPLANATORY.

#### I. THE REVIEW OF FOUR HEROES.

The lessons of the quarter centre around four great characters: Samuel, Saul, David, and Jonathan. Write these names upon slips of paper, and have your scholars draw the slips at random. There will be two slips marked "Samuel," one "Samuel 1" and the other "Samuel 2," and so for the remaining names.

The scholars that have drawn the slips marked 1 will now, in turn, catechize the class on their respective subjects. For instance, the one that holds "Saul 1" will ask the class all the questions about Saul he can think of. When he is through, invite the class to ask him other questions, if he has omitted any, and the teacher may do the same.

After the first set of slips have thus been used, turn to those marked 2. Each holder of these must submit to be questioned by the class on his subject. "David 2," for instance, must answer all questions put to him about David. The questions should come from the class, but the teacher may add what the class omits. In this way the review will be conducted twice, and briskly each time.

#### II. CHRONOLOGICAL REVIEW.

Provide a board, or a large sheet of paste-board, furnished with forty or fifty little hooks, at equal distances. Provide also little squares of cardboard, perforated for hanging on the hooks.

First get the class to name as many events of the quarter as they can think of. As these are named, let some good writer among the scholars write them in brief form upon the cardboard squares.

The next problem is to place the squares on the hooks in chronological order. Let each scholar hold his share of the squares. The scholar that has in his hands event number one—or thinks he has—will put it in its position; and so on with the other events.

Close by distributing the events among the scholars, each to question the class upon the events that he holds.

#### III. A REVIEW BY CHARACTERISTICS.

Take up one by one the heroes of our quarter's lessons and ask the class to describe their characters. Such was modest, trustworthy, brave. He became jealous, suspicious, disobedient, moody, violent, murderous. \* Thus discuss Samuel, David, Goliath, Jonathan, Abner, Joab, Ish-bosheth, Eliab, etc.

\* As each character is reviewed, write the

#### DOCTOR SAID

"Quit Wrong Food and Eat Grape-Nuts."

An Illinoisan who has been through the mills says: Last Spring I was so bad with indigestion I could not digest even soft cooked eggs and doctor said I must eat predigested food and prescribed Grape-Nuts. I changed for the better before I had used one package, eating it three times a day.

"My improvement on Grape-Nuts food was so wonderful that I concluded to use your food-drink Postum in place of tea and to make a long story short I have not been without Grape-Nuts and Postum since and my present health proves my doctor's wisdom in prescribing Grape-Nuts. I have got strong as a horse and well and I owe it all to your delicious food and Postum." Name given by Postum Co., Battle Creek, Mich.

In the making of Grape-Nuts food all the indigestible starches of the grain are transformed into Post sugar. Every particle of Grape-Nuts is digestible in the weakest stomach. Physicians have never found a stomach too weak to digest and assimilate it.

Look in each package for a copy of the famous little book, "The Road to Wellville."

descriptive adjectives upon the class black-board, or, if you have no black-board, upon a large sheet of paper in view of the class.

When the list is completed, review it a second time in reverse order. First cover it, and ask the class what person of the quarter's lessons was notable for intercessory prayer; for musical power; for fits of religious frenzy, and the like. Then restore the list, and, following the adjectives in order, ask the class to give incidents illustrating each; as, "When did David show himself merciful?" "When did Jonathan prove his courage?" "What was the beginning of Saul's disobedience?" In this way you will cover the ground twice, and also gain a conception of the characters as a whole.

#### IV. A REVIEW BY CHART.

It will aid the class to gain a clear conception of the progress of history if together you construct a chart of the quarter's events.

#### THE TONGUE.

The boneless tongue, so small and weak! Can crush and kill," declared the Greek.

"The tongue destroys a greater herd,"

The Turk asserts, "than does the sword.

A Persian proverb wisely saith

"A lengthy tongue—an early death."

Or sometimes this form instead,

"Don't let your tongue cut off your head."

The tongue can speak a word whose speed,

Says the Chinese, "outstrips the steed."

While Arab sages this impart,

The tongue's great storehouse is the heart."

From Hebrew wit the maxim sprang,

"Though feet should slip never let the tongue."

The sacred writer crowns the whole.

Who keeps the tongue doth keep the soul."

#### WHY NOT SMILE?

Smile, once in a while,

"Twill make your heart seem lighter,

Smile, once in a while,

"Twill make your pathway brighter.

Life's a mirror, as we smile,

Smiles come back to greet us;

If we're frowning all the while,

Frowns for ever meet us.

—Nixon Waterman, in "In Merry Mood."

#### RARE INTELLIGENCE.

An instance of the rare intelligence of a mare comes to us from a neighboring farm, which may be hard to believe and yet it is true. Some days ago Mrs. Hutchinson, widow of the late Andrew Hutchinson heard one of the mares on the place come tearing up toward the house making signs of uneasiness and distress. Mrs. Hutchinson came out and the animal came up to the fence, evidently wanting something. She went out and the mare immediately turned and signified that she was in trouble. At first, Mrs. Hutchinson tried to drive her away, but she so clearly showed that something was wrong and wanted Mrs. Hutchinson to follow her, that the lady did so, the mare trotting hurriedly off to a small branch that runs through the place.

On arriving at the creek, imagine her surprise at seeing a new born colt standing in the water half way up its sides and unable to get out. It had evidently been born near the bank of the creek and in trying to get up had stumbled into the creek. In the meantime the mother had been in great distress, and not knowing how to rescue her offspring had gone to the house in search of help and had brought Mrs. Hutchinson to the rescue. The lady called her son Frank from a neighboring field and the colt was taken out of the water. During that process the mare was very uneasy and fearful lest the colt would be hurt, and rubbed her head and shoulder very excitedly against Frank while he was at work with the colt. But the colt was saved and wrapped up in a blanket and kept warm until it was fully dry, and suffered no inconvenience from its misfortune.

Here is a case of "horse sense" hard to beat. Xenia (Ohio) "Daily Gazette."

If, instead of a gem, or even a flower, we would cast the gift of a lovely thought into the heart of a friend, that would be giving as the angels must give.—George Macdonald.

Heaven is not a stranger's country but our Father's house.

## LIFE ON A FARM.

### PARTICULARLY TRYING TO THE WIVES AND DAUGHTERS.

A Place Where Woman's Work is Never Done—The Reason Why There are so Many Prematurely Aged and Worn-out Women.

It has been very truly said that "woman's work is never done," and this is perhaps, especially true when applied to the wives of Canadian farmers, who are kept busy with their manifold duties from daylight till dark, and who find, even under the most favorable circumstances, but little time for relaxation and social enjoyment. They are a class of women whose pluck and endurance everyone must admire; they are helpmates in the broadest sense of the word, and unfortunately too often pay the penalty either in a complete breakdown of health, or in premature aged appearance. A case in point is that of Mrs. J. Marais, the wife of a well known and well-to-do farmer, living near Riviere du Loup, Que. Mrs. Marais is the mother of a large family, and like her husband, was ambitious for their welfare. As a consequence she overtaxed her strength, and after the birth of her last child failed to regain her former health. Several months passed and still Mrs. Marais was confined to her bed. Her strength had completely passed away. She was troubled with headaches, was extremely nervous, subject to pains in the back, and unable to take food with relish. She was under the care of more than one doctor, but did not gain her strength, and her family and friends believed that there was but little hope for recovery. Then a neighbor strongly advised her to try Dr. Williams' Pink Pills, and she began doing so. Soon, under the use of the Pills, she began to recover her strength, was able to be up and go about. Day by day further beneficial results followed the continued use of the pills until after the use of eight boxes Mrs. Marais was fully restored to her old-time health and vigor. She speaks of Dr. Williams' Pink Pills in very warm terms, and loses no opportunity to praise them.

Dr. Williams' Pink Pills are a boon to overworked, weary and despondent women everywhere. Every pill helps increase the flow of rich, red blood through the veins, stimulates the nerves, and in this way restores health, strength and vitality. Only the genuine pills can do this, however, and the purchaser should see that the full name, "Dr. Williams' Pink Pills for Pale People," is printed on the wrapper around every box. If in doubt send direct to the Dr. Williams' Medicine Co., Brockville, Ont., and the pills will be mailed post paid at 50 cents a box or six boxes for \$2.50.

#### CRUCIFIED WITH CHRIST.

How is it that in yonder slum the missionary may go unharmed where the police officer does not come? Because she is crucified with Christ, and the crucifixion expresses itself in an outpoured life in sacrificial service. How have the far distant places in the world been won for Christ? By crucified men and women, who have gone out, counting not their lives dear to them, rejoicing in the privilege of having fellowship with the sufferings of Christ, and sharing the throne of his power. If we would be men and women of power, we must pass to crucifixion. We must know experimentally what identification with Him in the cross means—the end of self, the following of God, the perishing of all motives that are low, and the enthronement at the centre of the being of the one perfect motive of all life and of all action. There is no throne of power for the saint but that which is found in the way of the cross.—G. Campbell Morgan.

#### OUR DEEPEST SELF.

Humanity asserts its divinity, so we cannot do without God. For in our deepest and most solemn moments, when we take ourselves seriously, we have, and can only have, communion with him. I think it is only practicable to say that the deepest self in every man is God, and when you have found your own soul, you are in communion with God.

We are least alone when we are most alone, and nearer to any one of us than ourselves is God, who is the breath of our breath and life of our life. We are seeking him everywhere but in the right place because, as Fenelon, the French mystic says, "Thou art so nally within ourselves, O our Father, where we seldom or never look, that thou art to us an unknown God."—R. I.

## You are the Man

If you are a total abstainer, and in good health, who can obtain specially good terms and rates from the MANUFACTURERS LIFE INSURANCE COMPANY. This Company is the only one in Canada which offers abstainers better terms than non-abstainers. It does this on all plans; but make special enquiries about the Abstainers' Guaranteed Investment Plan. It combines all the best points of insurance. Write for further information, rates, etc.

THE E. R. MACHUM CO., Ltd.  
ST. JOHN, N. B.

Agents Wanted.

Bells 100 lbs. to 10,000 lbs. McShane's  
Any tone desired—Chimes, Peals, Single.  
McSHANE BELL FOUNDRY, Baltimore, Md., U.S.A.

## Piano Bargain.

Best Evans Piano mandolin attachment, as good as new, cost \$150 cash. Husband died, widow must sell. Price only \$225. Piano guaranteed. Apply to W. J. GATES, General Agent, 95 North Street, Halifax, N. S.

## BEWARE

Of the Fact that

## White Wave

disinfects your clothes and prevents disease

## Gates' Certain Check

is well known everywhere as the best thing obtainable for

## Summer Complaint,

Diarrhoea, Dysentery, Cholera Morbus and similar diseases.

For Children or Adults.

## Price 25 Cents

—Manufactured by—

C. Gates, Son & Co.

MILD. ETON, N. S.

We Expect

September to be a record-breaking month.

Many have notified us of their intention to enter then for the Fall Term, and we are ready for a big rush.

We are better prepared than ever before; more experience, complete equipment, improved courses of study; everything to date.

Catalogues to any address.

S. KERR & SON.

THERE IS NOTHING LIKE K.D.C. FOR NERVOUS DYSPHEPSIA  
HEADACHE, DEPRESSION OF SPIRITS, ETC.  
FREE SAMPLES K.D.C. AND M.C.