

THE SUNDAY SCHOOL

JUNE 1.

CHRISTIAN LIBERTY.

GAL. 4: 1-16.

NOTES.

Galatians, originally Gauls or Celts, who, 300 years before Christ, moved from the regions of the Rhine back towards the East, and there mingled with Greeks and Jews. Their character combined quick temper, prompt action, inconsistency and love of change. They received Paul at first with great affection, but soon wavered in their allegiance to the gospel and listened as eagerly to Judaizing teachers as they had before to him. *Abba*, the Chaldeic form of the Hebrew word *Ab*, meaning father. The Hebrew syllable *Ab* is often found in the composition of Jewish names, as Absalom, Abner, Abigail, Abihu, Abijah, Abimelech, etc.

EXPLANATIONS.

Heir, but not in possession of his inheritance. A child, under age; with as a child, is "of age" when twenty-one. *Lord of all*, by his title and rightful ownership. *Appointed of the father*, when a father gives his sons their inheritance; the time is for him to designate. *Children*, minors in training. *Bondage*, like servants; under discipline. *Elements*, rudiments of the world, that is, the Jewish institutions which were elementary, the ABC of religion. *Fulness of the time*, the period set by the Father. *Koloss*, from the bondage of sin and from the law. *Adoption*, having lost the right of sons, we could come into God's family by adoption only. *The Spirit*, the spirit which filled the Lord Jesus. *No more a servant*, no longer a bondservant; those of you who are Christians. *Then an heir*, a son is an heir unless disinherited. *Knew not God*, as the Creator and Redeemer, before Paul preached the gospel to them. *Known of God*, they did not first know God, but God in mercy recognized them and sent his servants to call them into his grace. *Bogartly elements*, or rudiments; "having known the fulfillment of the law," why turn back to it and the Jewish ceremonies? Like a schoolmaster turning back to learn ABC. *Ye observe*, Paul names some of the things they did to show them precisely what he disapproved. *Afraid of you*, that you have no spiritual and real piety; only formal religion. *As I am*, not following Jewish customs. *Not injured me*, when I preached unto you. *Infirmity*, the thorn in the flesh, 2 Cor. 12: 7-9. *Despised not*, did not think less of me for my trials and infirmity of body. *Blessedness*, joy of soul, or rejoicing that I was with you. *Tell you the truth*, this implies that Paul had seriously offended the Galatians by his faithful reproof. He aims to show them that it an enemy, he would flatter them; only a true friend will speak the truth, when it is painful, yet needful, to do so.—Hand Book.

A VEGETABLE DIET.

In a recent issue of the *London Times* appeared an article which will have some interest for eaters of flesh, as well as those who are occupied in producing meat, since it attempts to show that "if it were not for flesh food physicians would have very little to do." The author, Dr. Allinson, holds that few domestic animals are free from ailments, but ones particularly, being more or less diseased. The liver, kidneys, and lungs of eaters of meat are overtaxed to rid the system of the excess of nitrogen taken in with the meat diet, and disease results. Those who live in towns cannot eat with safety much flesh, because they do not get oxygen and exercise enough to burn up the excess of nitrogen. If they eat much flesh they must suffer from many complaints, such as indigestion, bilious attacks, congested liver, hemorrhoids, gastric catarrh, and other gastric troubles. If the habit be continued, gall stones or urinary calculi may follow, or rheumatism and gout. Then the kidneys become diseased, and more work is thrown on the heart, which also becomes diseased; the end is death by one of the lingering diseases, which shows a diseased organ somewhere. Even epilepsy and many nervous diseases are aggravated by flesh. Of course, holding such views, Dr. Allinson is a believer in a diet of a purely vegetable nature, the advantage of such a diet lying in the fact that it can be obtained without cruelty; that it can easily be seen whether it is in a wholesome condition or not; that the human system is formed to assimilate such diet with little expenditure of vital force; it affords abundant nutrition at slight cost; by its use much disease is prevented, while a varied list from which to choose is offered. This list includes wheat, oats, barley, maize, rice, sago, tapioca, semolina, hominy, peas, beans, lentils, etc., all being concentrated foods, very rich in nutriment. Potatoes, parsnips, beets, carrots, turnips, onions, cabbage, sprouts, etc., give variety, bulk and flavor; to these may be added the sweet herbs for making savory dishes. Apples, pears, currants, gooseberries, plums, strawberries, blackberries, and other fruits, with melons, grapes, etc., are highly palatable but wholesome fruits. Dried fruits, as dates, figs, apple rings, currants, raisins, etc., are cheap and good. To this rich list may be added eggs, milk, butter, cheese, and honey, without cruelty to animals. That a diet of such as is described above

may be cheap, nutritious, and palatable cannot be denied. The use of meats is a relic of a savage age, beyond question; but the fact that the most progressive races have been eaters of meat, while those which subsist on vegetable diet are, to put it mildly, not the dominant races in art or in science, may be worthy of a moment's consideration.

PLAIN WORDS.

In a vigorous editorial on "Woman's Work," the *Wareham* (Massachusetts) *News* takes the bull by the horns as follows: "While the husband is toiling from Monday morning till Saturday night to furnish the means of living, the wife and daughters, as well as the sons, should do something practical with their own hands to save expenses and help in the good work. We have too many wasteful Bridgets in the kitchen, reckless Susans in the laundry, and airy waitresses, chamber-maids and seamstresses in other parts of the house. People of wealth may employ servants and seamstresses, and devote themselves to art and the elegancies of life; but when the husband is earning his daily bread in the sweat of his face, no hands in the household should be idle. We must come to this if men without money are to marry, and if the household is to eat its daily bread honestly acquired. No young man, starting in life without a cash capital, can honestly earn enough to keep a wife and family in idleness, and pay Irish and German servants to wait upon them."

USEFUL HINTS.

Ten stitches in a harness may save your neck.

Dissolve some alum in the white-wash to keep it from rubbing off.

Oxalic acid will almost always remove stains left by mud which cannot be removed with soap and water.

Many farmers feed roots without first freeing them from dirt. This is an injurious practice, and harmful to cattle.

Do not forget that when you have an overplus of milk it is good for the hens. They will pay back in eggs.

A screw bolt, on hand, may save a day lost with a disabled machine, and may save the crop ruinous weather.

A VICTIM OF MISPLACED CONFIDENCE.—The individual who places trust in many of the claims of advertised remedies is often sadly disappointed, but the array of facts regarding the honest virtues of Burdock Blood Bitters are indisputable. It positively cures diseases of the blood, liver and kidneys. Investigate the proofs and testimonials.

A new observatory is being built at Nice. It is proposed to make it one of the first in Europe and when completed will cost about £150,000.

ADVICE TO MOTHERS.—Are you distressed at night and broken of your rest by a sick child suffering and crying with pain of cutting teeth? If so, send at once and get a bottle of Mrs. Winslow's SOOTHING SYRUP FOR CHILDREN TEETHING. Its value is incalculable. It will relieve the poor little sufferer immediately. Depend upon it, mothers, there is no mistake about it. It cures dysentery and diarrhoea, regulates the stomach and bowels, cures wind colic, softens the gums, reduces inflammation, and gives tone and energy to the whole system. Mrs. Winslow's Soothing Syrup for Children Teething is pleasant to the taste, and is the prescription of one of the oldest and best female nurses and physicians in the United States, and is for sale by all druggists throughout the world. Price 25 cents a bottle.

TESTIMONY OF WORTH.—Mr. G. H. Hutchins, of Rosaway, Digby County, states that his wife had been sorely afflicted with Salt Rheum in the hands for a long time, and could find no relief from the pain and distress until she used Gates' Nerve Ointment which, after using for a short time relieved her of all pain and soreness. He recommends it very highly to those similarly afflicted as a powerful and speedily healing Ointment.

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In order to have a good supply of good currants, put tobacco stems on the ground under the bushes, and put them there now. You can get these stems of the manufacturer in your nearest town. They will kill the worms. With good bushes you have found any coarse tobacco, dearer than in the stems, to pay.—*N. Y. Herald*.

A London sanitary paper gives this good advice:—"To none but the strongest is a perfectly cold bath in cold weather either pleasant or profitable. The water, as a general rule, should be of the same temperature as the body, so that no disagreeable shock is caused by plunging into the sea; while on no account, in the case of a bath, should it be so warm as to prevent an invigorating and refreshing sensation on emerging. Sir James Paget, the eminent English surgeon, says:—'Have the temperature of the water just as you like it.'"

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