

words, as older ones do, and take pleasure in reciting what they know well.

In beginning this lesson use the common but effective illustration of a glass filled with water.

Is there room in this glass, which brims over, you see, for a bottle of ink? Is there room for a bottle of whisky, either? No, it is full, and that means that nothing more can be put in. If it were empty, it might be filled with something else, but now the pure water crowds out anything black, anything poisonous. Suppose you had a peck measure full of ripe wheat, could you fill it with stones or with thistles? But as long as any cup, glass, or measure is empty there is a chance to fill it with what is bad. What is the best way, then, to keep the bad from getting in? Why, fill it up quick with what is good, of course.

Our Golden Text tells us what to be filled with—the Holy Spirit of God. If he is filling our hearts, there will be no room for what is sinful. But those who are drunk with wine, in which is always excess or too much of sin, too much of trouble, of sorrow, selfishness, pain, and every wrong thing, have no room for God's blessed Spirit. They are not temperate, but intemperate, which means going too far, especially in wine drinking. The only way not to go too far, or to excess, is not to touch strong drink at all. We will put the blessing of "Temperance" on our circle. The lesson to-day tells of one who was not filled with the Spirit, but who sat at a great feast, and must have been filled with wine, or he would not have gone so far wrong.

*The lesson story.* King Herod was the ruler over the land where Jesus lived, when the Lord was here. This king was not a good man. He did many wrong things, and among others took his brother's wife, which, of course, was against God's law. John the Baptist bravely told the king that this was sinful. Herod was angry, but the woman, Herodias, was more angry still, and wished John killed at once. Herod was unwilling to do this, for he felt that John was a good man. But when Herod's birthday came he made a great feast for his chief men. It is quite certain that they were not temperate, either in eating or drinking, and that there was what the text calls "excess" or too much of both.

When they were all merry the daughter of Herodias came in and danced to amuse

them, something she ought never, never to have done. It was not the place for a young girl. But the drunken men were amused, and Herod offered to give her anything she would ask for, if it was half his kingdom. The girl went to her mother to know what she should ask, and the answer was, "The head of John the Baptist." How wicked this was! And, though the king was sorry, he thought he must keep his bad promise, that should never have been made and would better be broken, and he gave it to her.

But think of John's change of the prison for heaven! The king could have his head cut off, but could not keep his soul from going to be with his Father in heaven.

The friends of John and of Christ took up the poor body and laid it lovingly in the grave, and then went and told Jesus all about it.

*Our duty.* What are we to learn from this lesson? What are we to do? We must be filled with God's Spirit, first of all, and then we shall not be filled with wine or strong drink or anything that goes too far and is wrong.

Let us go and tell Jesus about those who are hurt by others that drink wine or sell it, and let us do for them all we can. If our hearts are full of pity and love, our hands will find some way to help.



### Sub-Primary Hints.

**GOLDEN TEXT:** "Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me." Ps. 23. 4.

After reviewing the lesson on the mission of the twelve we get our connecting link by teaching that the name of Jesus was thus becoming known through the land. Stories of his wonderful works had at last reached the ears of Herod Antipas, troubling and

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