

SUNDAY SCHOOL LESSON

July 4th, 1930
David in Camp and Court
40-49; 18:5-9.

Commentary:—1. Israel's armies defeated (17:11). The armies of the Philistines and of the Israelites were facing each other in a narrow part of the valley of Elah. The crests of the hills are about a mile apart and five or six hundred feet high. One army occupied the highland on the north and the other the highland on the south. For one army to leave its place of defence and descend into the plain and ascend the hill on the other side would be to give the other army an advantage and invite defeat. Each army waited thus day after day hoping that the other would do so. At last the Philistines challenged the Israelites to decide the struggle by single combat. They named Goliath as their champion. He offered to fight any one of Israel. It was probable that he was of the remnant of Anakim, nearly all of whom Joshua destroyed, which remnant became identified with the Philistines. Goliath was from eight to ten feet in height. The cubit is the length of the forearm from the tip of the middle finger to the point of the elbow, hence varies so much that the cubit is said to be from sixteen to twenty-one inches. He wore metallic armor weighing from ninety to one hundred and fifty pounds.

II. Goliath's challenge accepted (17:12-47).—David was the youngest of Jesse's eight sons. The three eldest sons were in Saul's army and Jesse sent David from his home in Bethlehem to the valley of Elah with a supply of food for them. When he saw Goliath's defiance of Israel and their God, his courage arose and he declared that he was willing to meet the giant. Elah, David's eldest brother, was displeased with David's offer and desired that he should be quiet. When David's statement was reported to Saul, he sent for him at once. Saul doubted his ability to defeat Goliath, but when David told of his successful combat with a lion and a bear and expressed his faith in God, he consented to let him act as the champion of Israel.

III. David's victory for Israel (17:38-58). 38, 39. In preparation for David's encounter with Goliath, Saul put his own armor upon him, but David was not accustomed to such equipment and was sure he could not use it successfully. 40. Staff.—The shepherd's crook. Choose him five smooth stones.—Smooth stones would pass more easily through the air than rough, and would be more likely to hit the mark. Out of the brook.—Through the centre of the valley ran a brook in a ravine, and there was an abundance of pebbles in the bed of the stream. 41. A small bag for carrying his belongings. 42. The man that bore the shield.—Goliath, mighty in physical strength and clad with weighty metallic armor, advanced toward David accompanied by his shield bearer. David was alone, a youth and with no weapon of defence. 43. Disarmed him.—Goliath felt insulted when an unarmed youth presented himself for combat against him. A youth.—He may have been from twenty to twenty-five years of age. Ruddy.—Auburn-haired. 44. Am I a dog.—It was customary for combatants before engaging in the fight to hurl abusive remarks at each other. Goliath's speech was full of venom, but David's was full of pious trust in the God of Israel. Cursed David by his gods.—The gods of the Philistines were Dagon, Baal and Ashtoreth. Goliath called down upon David the curses of these gods. 45. I will give thy flesh, etc.—The giant believed he could easily vanquish his adversary. He had no regard for God, in whose name David trusted.

46. Then said David.—It was not simply a contest of man with man, but of the true God with false gods. David expressed his firm reliance upon his God. 47. The Lord will deliver thee into mine hand.—Goliath boasted in himself, but David depended upon Jehovah, that all the earth may know.—David was not considering his own exaltation from the expected victory, but had the honor of God in view. 48. The battle is the Lord's.—From a human standpoint the advantage was entirely in Goliath's favor. His helmet of brass, coat of mail, greaves and shield promised complete protection from any missile his youthful antagonist could hurl, but David looked higher than that natural. He believed God would interpose in his behalf. 49. David hated.—He was eager to meet and defeat the foe of God and Israel. 50. smote the Philistine in his forehead.—The stone either struck an unprotected spot or pierced the giant's helmet. David did his best in slinging the stone and trusting God, and God gave the victory. 50-58. Having laid Goliath low with his sling and stone, David ran and covered his head from the body with the giant's own sword. When the Philistines saw that their champion was dead, they fled in a panic, and the armies of Israel pursued them to their strongholds, Ekron and Gath. David took the giant's head to Jerusalem and kept his great sword for himself.

IV. Saul's anger toward David (18:1-9). 1-4. Jonathan, Saul's son, became greatly attached to David at once, and their friendship continued until Jonathan's death. Saul kept David in his court. 5. David went, etc.—David was obedient to the king, behaved himself wisely.—He exercised foresight and was successful in the discharge of the duties Saul placed upon him. over the men of war—



The king promoted David to have charge of his military forces. 6 came out. . . with instruments of music.—To celebrate the victory over the Philistines. 7 Saul. . . his thousands. . . David his ten thousand.—Honor was bestowed upon David. 8. Saul was very wroth.—Saul was possessed of a spirit of envy and jealousy. He feared David's popularity. 9. Saul eyed David.—The prophet had distinctly told him in the day of his sin, that the Lord had reared his kingdom from him, and had given it to a neighbor, that was better than he; and in David he could read the marks of such a man.

Questions.—What positions did the armies of Israel and the Philistines occupy in the opening of the lesson? What plan was offered for deciding who should be the victor? Describe Goliath and his armor. How long did Goliath defy Israel? Describe the coming of David to the camp of Israel. What offer did he make? What equipment did he have? What was the outcome of the combat? Why did David undertake the contest against Goliath?

PRACTICAL SURVEY

Topic—Overthrowing modern Goliaths.
I. David's victory.
II. Saul's envy.
Jamieson concludes that the events of the lesson occurred about twenty-seven years after the Philistine overthrow at Michmash. They occurred about eleven miles southwest of Jerusalem, and appear to have been the conclusion of a long campaign. Saul's culminating act of disobedience, and consequent rejection, appear to have been followed by a fresh assault and invasion on the part of the Philistines (17:1). To complete his preparation for his future dignity, David was introduced to the associations of court life. It is apparent that previous to the events of the lesson his presence had been intermittent, interspersed with frequent returns to his father's house and to his former occupation (17:15, 28). His prowess on this occasion led to his being permanently attached to the royal retinue (18:2) until the insanely jealous persecution of Saul necessitated his departure. With the lesson began the prolonged succession of events which both displayed and braced his own character, and culminated in his elevation to the throne to which he had been anointed.

I. David's victory. The alleged dismay of Saul and "all Israel," in the presence of the persistent Philistine challenge, is no small evidence of the decadent morale resulting from dis-



obedience, and the consequent withdrawal of "The Spirit of the Lord" (1 Sam. 18:14). The hold of faith had been broken, and they possessed neither courage nor champion. The opportune visit of David brought forth The Spirit which rested upon him (1 Sam. 16:13) moved him with indignation at the reproach upon Israel and upon their God. Equally heedless of Elah's jealous taunt and Saul's anxious dissuasions, and equipped with his simple shepherd weapons, "in the name of the Lord of hosts," he accepted the challenge, removed the reproach and transformed defeat into triumph. The secret of David's strength was his trust. He represents the spiritual, simple, reverent, trustful, contending not for self, but for truth. Goliath represents the material, towering, terrible and defiant.

II. Saul's envy. It is always the lot of excellence or achievement to be envied. None are more inclined to this unworthy and belittling passion than those who are conscious of forfeited possibilities. In Saul's life had come almost unparalleled opportunities. With the growing consciousness of failure and forsakenness came increasing envy, deepening into revengeful jealousy of David's achievements and consequent popular favor. As David became more and more fitted for the exalted place he was to occupy, Saul became increasingly unfitted for kingship. The lesson leaves him where it finds him in external position; but given in detail some of the steps by which he descended to moral levels lower and lower still, David's divinely imparted discretion was his safeguard, and more terrible than any anger could be. He was neither cringing nor defiant. He executed every trust with exacting faithfulness (18:14, 15). "The Lord was with him." The "armor of righteousness" is a suer defence, and faithful-ness an invulnerable panoply.

Whether the corn be of old or new growth, it must yield to Holloway's Corn Cure, the simplest and best cure offered to the public.

A Clever Baboon.

An almost incredible instance of the human-like ways of a baboon is recorded in an interesting volume, "The Natural History of South Africa." Jack was a baboon who for 15 years previous to 1890, when he died of tuberculosis, served as under-study to a legless postman and sign-man on the Graff Reinet line called Wide, wheeled him in a lorry to and from his work, assisted him in his garden and in his household operations, and for years worked the levers at the signal station without error or accident. "A gentleman told me how he watched Jack adjusting a trolley on the rails in front of his master's cottage. This job completed, he went into the cottage for Wide's walking-stick, which had been forgotten, and on emerging he carefully locked the door and handed both key and stick to his master, who was sitting on the trolley."

HEALTHY CHILDREN ARE HAPPY CHILDREN

The well child is always a happy child—it is a baby's nature to be happy and contented. Mothers, if your little ones are cross and peevish and cry a great deal they are not well—they are in need of medicine—something that will set their bowels and stomach in order, for nine-tenths of all childhood ailments arise from a disordered state of the bowels and stomach. Such a medicine is Baby's Own Tablets. They are a mild but thorough laxative which regulate the bowels, sweeten the stomach, and thus drive out constipation, indigestion, break up colds and simple fevers, and make the baby healthy and happy. Concerning them, Mrs. Albert Hanco, Pierreville, Que., writes: "Baby's Own Tablets are the best medicine I know of for little ones. They relieved my little girl from constipation when nothing else would and I can strongly recommend them to other mothers." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

A King's First Smoke.

King Alfonso has been telling the story of his first cigarette. The incident, it is said, occurred immediately after he had been formally crowned as King of Spain on attaining his majority on his sixteenth birthday. Up till that time he had not been allowed to smoke, nor even then was it prohibition withdrawn. Nevertheless he came to the conclusion that, as a ruling monarch, he might as well do as he liked in this respect. Accordingly he asked his brother-in-law, the Prince of Asturias, for a cigarette. "I haven't got one," said the prince, faithfully to the family orders. Then the king applied to the officer of the guard, who said solemnly: "I regret that I do not smoke them." At last the young king made his way to the sentry at the palace door, who amiably produced a plug of black tobacco from his trousers' pocket and rolled a cigarette for his majesty, who smoked it proudly through the palace. "It made me violently sick later on," he said, in telling the story, "but I enjoyed it at the time. I felt, as I puffed and puffed, that I was really and truly grown up at last."

The Works of Peace.

There remains to us a great duty of defence and preservation; and there is open to us also a noble pursuit, to which the spirit of the times strongly invites us. Let us advance the arts of peace and the works of peace. Let us develop the resources of our land, call forth its powers, build up its institutions, promote all its good interests, and see whether we also, in our day and generation, may not perform something worthy to be remembered.—Daniel Webster.

Miller's Worm Powders act mildly and without injury to the child, and there can be no doubt of their deadly effect upon worms. They have been in successful use for a long time and are recognized as a leading preparation for the purpose. They have proved their power in numerous cases and have given relief to thousands of children, who, but for the good offices of this superior compound, would have continued weak and unteachable.

To Handle Dates Easily.

Take off the cardboard wrapping and place the package of dates in a warm oven for a few minutes. The paper comes off like magic and the dates are softer and just enough to come apart and stone easily, without being at all sticky.

Wiegand—Do you believe there is luck in odd numbers? Henpeckke—To the extent that I have only been married once.

Salads For The Summer

These are salad days. The housewife can go into her garden and get the wherewith to make suitable salads for every meal. Nothing gives greater relish to our daily food than a good salad adjunct. Here follow some careful salad recipes:

SALAD OF PEAS
Cook some peas until tender. Season them with pepper and salt, as usual. When done and cool drain off the liquid and turn into bowl. Grind an equal quantity of helled and skinned peanuts. Add a little minced sour pickle and a touch of salad dressing to moisten the ingredients thoroughly. Toss and serve on crisp lettuce leaves.

BAVARIAN SALAD
Yolk of one egg, one level tablespoonful finely-minced onion, one-half level teaspoonful salt, one fourth level teaspoonful each paprika and mustard, four tablespoonfuls oil, two tablespoonfuls vinegar, two cups cold boiled diced beef, one head lettuce. Beat the egg yolk, then add the onion, salt, paprika and mustard. When well mixed add the oil and vinegar very slowly, alternating. Have the lettuce washed and crisp. Pile the beef lightly on it, and pour over the dressing.

SPANISH SALAD
Remove the skin from six ripe tomatoes and put in a stewpan with one onion and three sprigs of parsley, the two latter chopped fine. Add a good-sized piece of butter, salt, pepper to taste and boil 20 minutes. Dissolve a teaspoonful of cornstarch in a little milk and add this, stirring continually. Cook two minutes and remove from the fire, then add three eggs, beaten very lightly. Add a little more salt. Serve on toast.

FROZEN TOMATO SAUCE
This is most refreshing. Peel and chop rather fine half a dozen ripe, solid tomatoes; season with salt, white pepper, a tablespoonful of tarragon vinegar and a tablespoonful of some hot meat sauce, such as Worcester-shire. Freeze the pulp solid in an ice cream freezer. When hard packed in fancy molds let stand two hours in salt and ice; then turn on crisp lettuce leaves. Serve with a spoonful of mayonnaise.

POTATO SALAD
Ordinary potato salad may be transformed into an attractive and appetizing dish by making French dressing and pouring it over two cups of potatoes cut into small cubes. Heat the mixture on a platter with a border of lettuce leaves. On the top of the potatoes at each end spread small cubes of beef divided on one side by the sliced whites of hard-boiled eggs and on the other side by the sliced yolks, garnished with lettuce and sprigs of parsley.

Helps a Weak Throat Strengthens the Voice Cures Bronchitis

By Breathing the Healing Balm of Catarrhoxone You Are Cured Without Using Drugs

You breathe through the Catarrhoxone Inhaler medicated air that is full of healing, soothing balsams, full of piney antiseptic essences that resemble the air of the pine woods in the Adirondacks. This piney vapor has a truly marvelous action on weak throats. It brings strength and health to the bronchitis, stops that hacking irritating cough, prevents hoarseness and difficult breathing. You can't find anything for weak-throated people on earth more beneficial than Catarrhoxone. It means heaven on earth to the man that has had bronchitis, catarrh or throat irritation. You will realize this the first time you use Catarrhoxone which is a scientific preparation specially designed for diseases of the nose, throat and bronchial tubes. Get the large size, it lasts two months, costs \$2.00; medium size 50c; sample size, 25c. All storekeepers and druggists or the Catarrhoxone Co., Kingston, Canada.

CERTAINLY NOT

Oscar—"Why did you have the telephone taken out of our office?" Jim—"Do you care for anything a modern improvement which gives your wife a chance to ask for money during business hours after going through your pockets the night before?"—Houston Post.

They Cleanse While They Cure.
The vegetable compounds of which Parnell's Vegetable Pills are compounded, mainly dandelion and mandrake, clear the stomach and intestines of deleterious matter and remove the deranged organs to healthful action. Hence they are the best remedy for indigestion available today. A trial of them will establish the truth of this assertion and do more to convince the ailing than anything that can be written of these pills.

Silliness—Somehow or other we never look up to people till they are dead. Cynicism—And even then we can never be sure we are looking in the right direction.

Many mothers have reason to bless Mother Graves' Worm Exterminator, because it has relieved the little ones of suffering and made them healthy.

PALE AND WEAK WIVES AND MOTHERS

Can Regain Health and Strength Through Dr. Williams' Pink Pills.

Many women who had a good color in their girlhood grow pale and colorless when they become wives and mothers. When the fading color in the cheeks and lips is accompanied by a loss of brightness in the eyes and an increasing heaviness in the step, the cause will be found in the state of the blood.

Many causes contribute to the condition of the blood known as anemia. Overwork in the home, a lack of outdoor exercise, insufficient rest and sleep, improper diet—these are a few of them. The important thing is to restore the blood to normal, to build it up so that the color will return to cheeks and lips, brightness to the eyes and lightness to the step. Dr. Williams' Pink Pills are the great blood builder and nerve strengthener. They begin with the very first dose, and through a fair use make new blood that carries strength and health to every part of the body. The appetite increases, digestion becomes more perfect and energy and ambition return. The case of Mrs. Wm. McNish, Abbott Street, Brockville, proves the value of Dr. Williams' Pink Pills in cases of this kind. Mrs. McNish says: "I was quite young when I married, and in raising my family I became all run down and a nervous wreck. I became so weak that I could hardly walk across the floor without sitting down to get my breath. I slept poorly and at times my nerves would twitch so that I could not keep still, and I was in constant misery. I tried many medicines, but they did not help me; indeed my condition was growing worse until one day a friend told me that she had been in a somewhat similar condition and had been cured by Dr. Williams' Pink Pills, so I decided to try this medicine. After the use of a couple of boxes I felt they were helping me. My appetite was better and I slept better. By the time I had used half a dozen boxes I felt like a new woman, my health had fully returned and I could do my household work with ease. In view of what Dr. Williams' Pink Pills have done for me, I cannot recommend them too highly." The best time to begin taking Dr. Williams' Pink Pills is the moment you feel the least bit out of sorts. The sooner you do so the sooner you will regain your old time energy. You can get these pills through any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams Medicine Co., Brockville, Ont.

DEATH ENTRY TO JOY.

Apart from the mystery of lives cut off in their early prime, and this is the horrid catastrophe of war, it is certain that in our natural clinging to life we exaggerate the importance of the incident of death. "Will you never find an abiding peace?" said a friend to a restless poet. He replied, "All life is a wandering to find home." Michael Fairless writes in the Road Mender: "To the large majority death in Plato, king of the dark unknown whence no traveler returns, rather than Azrael, brother and friend, lord of the mansion of life. Strange how men shun him as he waits in the shadow, watching our straining after immortality, sending his comrades sleep to prepare us for himself. When the hour strikes he comes—very gently, very tenderly, if we will have it so—folds the tired hands together, takes the way-worn feet in his broad, strong palm; and lifting us in his wonderful arms he bears us swiftly down the valley and across the water of Remembrance. Very pleasant art thou, O Brother Death, thy love is wonderful; passing the love of woman."

An Oil for All Men.—The sailor, the soldier, the fisherman, the lumberman, the out-door laborer and all who are exposed to injury and all the elements will find in Dr. Thomas' Electric Oil a true and faithful friend. To ease pain, relieve colds, dress wounds, subdue lumbago and overcome rheumatism, it has no equal. Therefore, it should have a place in all home medicines and those taken on a journey.

TELL THEM BOTH ONE

As Mrs. Lushington tossed to and fro one night the clock struck three, and the voice of a child came plaintively from a crib: "Mamma!" it said. "Yes, love." "Mamma, I can't sleep." Won't you please tell me a fairy story, mamma dear?" "Wait, my love," said Mrs. Lushington. "Your father will soon be home now and he will tell us both one."

Dust Causes Asthma. Even a little speck too small to see will lead to agonies which no words can describe. The walls of the breathing tubes contract and it seems as if the very life must pass. From this condition Dr. J. D. Kellogg's Asthma Remedy brings the user to perfect rest and health. It relieves the passages and normal breathing is firmly established again. Hundreds of testimonials received annually prove its effectiveness.

A woman is inclined to feel that she has lost her grip when she can no longer twist a man around her little finger.