A REAL HERO.

"I wish I could be a hero," A little boy said to me :

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And when I grow up, a hero I really mean to be. Mean to be brave," he told me, While his face was all aglow :

I'll do something grand and noble That all the world shall know."

My little, unfledged hero, I've something to say to you: In the time when you're sorely tempted To your own self be true. Do right and let no one lead you Into the ways of wrong. And vou'll be as true a hero As ever roused poet's song.

Be kind to the poor and needy You'll meet with in the way : Your life be a light to lead them To loftier heights, I pray : Be steadfast, and work in patience; In all things do your best; Be a man, my little fellow, And you will be all the rest.

-Exchange.

LESSON NOTES.

THIRD QUARTER.

WORDS AND WORKS OF JESUS AS RECORDED IN THE GOSPELS.

> LESSON XIV.—SEPTEMBER 30. TEMPERANCE LESSON.

Gal. 5. 15-26; 6. 7, 8. Mem. verses, 7, 8. GOLDEN TEXT.

Wine is a mocker, strong drink is raging.-Prov. 20. 1.

LESSON STORY.

Here are some very solemn truths taught in this lesson. If people do not try to be good and to keep from wrongdoing they will have to suffer for their evil ways. There is no surer truth than way of the transgressor is hard and that our sins will find us out. When we read the "works of the flesh" we shudder and think what dreadful sins they are.

Let us rather turn from the beautiful "fruit of the Spirit." Think a great deal on these lovely qualities, and with Jesus' help we can have them all. It is so much better to think of good things than bad and it helps us

to be good. One reason why using wines and liquors is dangerous is because it leads people to do the "works of the flesh" rather than the "things of the Spirit." It leads to all sorts of sad and terrible

QUESTIONS FOR THE YOUNGEST.

1. What does "walk in the Spirit" mean? To do all things that our conscience tells us are right.

2. What does "walk in the flesh"

mean? Many sinful things that we know are wrong.

3. What are some of the "works of the flesh?" Hate, envy, selfishness, lies, drunkenness, etc.

4. What are some of the "works of the Spirit?" Love, joy, peace, gentle-ness, goodness, meekness and temperance.

5. What will happen if we do wrong? We will have to suffer.

6. If we do right what shall we earn? Life everlasting.

Les on I - October 7. THE TWO GREAT COMMANDMENTS. Mark 12, 28-34, 38-44, Mem. vs. 30, 31. GOLDEN TEXT.

Thou shalt love the Lord thy God with all thy heart .- Mark 12. 30.

LESSON STORY

Isn't it a beautiful thought to know that God knows our thoughts and actions and judges them rightly even though those in this world cannot always do so.

One day Jesus watched the people as they put money in the church's treasure-box. He noticed many rich people dropping in big coins, but also he saw a poor widow slip up and quietly drop in the smallest coin made. It amounted to very little, just half a cent.

But Jesus read her heart and knew the love and the sacrifice that went with it. So he said that she had given more than ail, for love had cone with the offering.

The same day Jesus gave two great commandments, that we must love God with all our powers and our neighbor as ourselves.

QUESTIONS FOR THE YOUNGEST.

1. What did Jesus say was the first commandment? To love God.

2. What is the second? To love our neighbor.

3. How are we to love our neighbor ? As ourselves.

4. How do we show sometimes that we love ourselves more than our neighbor? By being selfish.

5. What did the rich people put in the church's box? Large coin.

6. What did the poor widow put in? Two mites.

7. Which offering we most pleasing to God? The widow's.

S. Why? Because her's was a sacrifice

of love.

A WINSOME CHILD.

Who is the child that wins the love. The favor of our God above? The reverent, truthful, pure in heart. Such in his richest love have part.

Who is the child to whom we show Our kind affection here below? The gentle, meek, obedient, mild; All favor give to such a child.

Then, wouldst thou be beloved and

To God and man? Oh, live thou here Like him, the children's Pattern bright, The Holy Child, the world's true Light!

LITTLE RUNAWAYS.

Polly, Dot, and Teddy skipped out one bright spring morning.

"Let's work in our gardens."

" O, let's !"

"Here's a pansy coming up in mine!" cried Polly.

"Here's a seed sprouted in mine," said Teddy.

"Here's most a bud on my rosebush," said Dot.
"Let's go and get a hoe and a

They worked for a while, but did more patting with their little soft hands than anything else. Later they heard Aunt Jane's voice. She was taking care of them while their mother was away for her health.

"Who left the tool-house door open?" she asked. "The cow has got in and eaten the seed potatoes

Three careless little ones stared into each other's eyes. It had been done often before -so often that a punishment had been promised for the very next time. Aunt Jane was sorry, but she switched their hands with a tiny switch. It made them smart and burn.

"She needn't have done it," sobbed Poliy, when Aunt Jane had gone.

No," said Teddy; "we'd 'a' remembered without it.

The birds in the trees do just what they want to.'

So do the squirrels and rabbits."

"They never get whipped."

"Let's run away."

"So's to make Aunt Jane feel awfully bad."

The naughty three took hands and walked away over the fields. For a while they found it pleasant, and thought they were having a very good time: then they grew tired.
"I'm hungry," said Teddy.
"Birds have nice berries to eat,"

said Dot.

" Squirrels have nuts," said Teddy.
" Well," said Polly, "I don't know where there are any berries or nuts. We'll sit on this fence to rest. That will be most like being birds and squarrels."

They sat on the fence, but did not feel as happy as birds or son Teddy's lips were drawn down, and there was a tear in Dot's eye.

"The birds go to their nests-" began Dot.

"And the squirrels go to their holes," whimpered Teddy. Polly took their hands and again

they started on a long walk; but this time it was toward home. As they came near, they heard Aunt Jane's

They thought they had been gone a long, long time, but it was only a little over an hour, and Aunt Jane had not missed them. It was almost dinner time, and they were glad they did not have to live on berries and nuts.

"I guess I'd rather stay at home," whispered Dot to Polly.

"So would I," said Teddy.