
purt and epit it away? Why, it would bo bettor to wrap it in a napkin and bury it than to whiff it into the thin air, or throw it, in solld or liquid form inte the cuspldor. Shame ou such Second.
ul. It You have found it unfalth hand and a given you a trembling -the colour approaching a tobacco worm. In lact, you are tast becomiag a tobacco pickle, for when you have not your cigar and cannot get it, you are in a "pickle" indeed. Some of your iriends 8ay that your disposition at such times is docidedly acidulated. So give up the plekling process and quit. Third. You have discovered it is filthy. You have tried hard to be a decont smoker, and suppose you have succeeded as well as the most fastidious. But tobacco has an ouour, and whatever may be thought of the "Iragrance of a smoke saturating clothes drapery of a room, itc, is simply papers, drapery of a room, etc., is simply abom inable.
Fourth. Your example is bad and corrupting. Why do boys smoke? Because they see their elders smoke, and so they do to be manly they try to do as one's infure What a shame it is to lend a wasteful, filthy encouragement of such Aloreover, how can any one maintain his self-respect or the respect of the puro and good, and yet iend himseit to such an indulgence?
Fifth. But worso than all that is thus far named is the loss of llberty. He who becomes addicted to smoking becomes a slare to his clgar. All who have contracted the hablt and then hare and to throw it off know what an awful and imperious mastery the weed assumes. How domineering is his master, anc what a master a cigar? Shame on of a master who who wears the chains him with surh odous whip and scourge baast of freedom? things! Do you clgar and see how Feak and petulant
or anywhere clse, a babit thet is all I havo sald of it Quit tho clgar and let ful, gullty hablt.

## LESSON NOTES.

FOURTH QUARTER.
stodies in tur acts and bpistles.
LERSON X.-DECEMBER 5.
CHRIST'S HUMILITY AND EXALTATION.
phll. 2. 1-11. Momory verscs, 5-8. GOLDEN TEXT.
Lot thls mind be in you, which was also in Chrlst Jesus.-Phil. 2. 6.

## OUTLINE.

1. The Loving Mind, v. $1,2$.
2. The Lowly Bind, v. 3.8.
3. The Loyal Mind, v. 8-in.

Timo and Place.-This spistle was written from Rome to the church ia Philipni in Macedonia, durlag Paul's imprisonment, about A.D. 63 .

## HOME REANINGS.

M. Christ's humility and exaltation.Phill. 2. 1-11.
Tu. Meckness of Christ.-IEa 42. 1-7.
Th. Lowly in heart. - Mat+. 11. 25-30.
F. Example of bumility.- John 13. 1-15. First and last.-Rev. 1. 1-8.
Su. Worthy the Lamb!-Rev. 5. 9-14
QUESTIONS FOR HOME STUDY.

1. The Loving Mind, v. 1, 2.

What four motives to love are named in verse 1?
What do "bowels and mercles" mean? Tender feellngs and compassion.
What does Paul ask them concerning his joy? That it may be made full or complete.
What is it to ta like-minded?
How is this staten in Rom. 12.16
What is it to have the same love?
Why should Christians be united in
Should those who love Christ love each other?
2. The Lowly Mind, v. 3-8.

What does the apostle forbld in verse 3?
What does he urge?
What is recommended in verse $\&$ ?
Hew is this to be construed?
What mind is recommended? Golden Text.
In what "form." or station, was Christ?
How is this stated in John 1. 1?
What is the meaning of rerse 6 , last clause? rhat Christ's equality with God was no act or robbery or selfish How
In whose Christ humble himself?
In whose lixeness was ha lound ?
For what purpose
1 Peter 3. 18.
What honour has God given to Christ ?

taE JunRIEISIA.
Jot cll as well why 1 took to the cigar as can tell why I quit, I should feet as much nshamed $n s$ now do for Laving to coness that I erer polluted my life and reath are luat in the smote of the so many are loat in ure not thought batile salves into clear canviction that it is a suty to quit."
There aro slx so.'.d reasous that should constrain you to forogo the fragrant ced.
First. It is mesteful. hioney, of which you have none to spare, is a possible talent for good. Why akould sou
and wretched you are: What a degra. dation and dishonour for a rational, íreo right for such a mess of pottasen birthmade of tobacco leares :
Sixth These thing
smoke is morally crings being 80, to smoke is morally wrong : It is sinful. To feel innocent ani carry about with you and into the presence of God in prayer,

What honour is due to the name of What should erers tongue confess? PRACTICAZ TEACHINGS.

Where in this lesson do we find-

1. That love brings joy?
2. That Christ is Lord of all
" What Noxt."
A mother sat stitching and stitching
It minod, ai, her weo ones were indoors at play,
When ono of them camo and leaned on her chair.
And said, with a touchingls weariod-out

- Wo've played every plty in the world that wo know

Betore poor mamma had a chance to Tho restly, of the lltte ones gathered closo by:
And the sum of tholr troubles all secmen the same-
We wish that we know some wonder. ful gano:
Wo've been sallors and soldiers, aud fought battles, too:
Now, what shall wo do ?"
7 lamma thought for a moment, then Bulld a palace of blocks, with a porticu wide,
And play that the owner had money to spend,
And wanted to decorate rooms without and,
And ordered some pictures painted by you:

Now each take a pencll and paper, and draw wonderful thing that you ever saw :
A ily, a sunset, a shore or a seanged butterfy chasing a
Or-three ilittle boys, that are crying. like you,
Now, what shall we do ?"'
The brightened ap children took pencils in hand.
( $\Lambda$ s amateur artists, you'll all understand).
And worked at their pletures untll it was plain
The funny gray clouds had forgotten to rain:
And ruamma had a rest (not a long one. 'its true).
From, "What shall we do ?"
Oh ! sweet, patient mothers, in this earnest $\begin{gathered}\text { nay, }\end{gathered}$
You are dolng life's mork while your little ones play
You are fashioning souls that hereafter shall rise
God's beautiful angels, winged, to the And hearen makes reply to your "What shall we do?" Since lore teaches you.

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