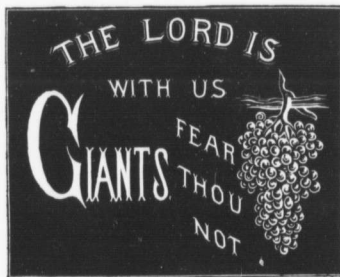


no use trying to be a Christian, there are so many hard things in the way, difficulties that are like giants; they are so strong we cannot overcome them." Shall I tell you the names of some of these giants? Anger, pride, envy, selfishness [print]. But others tell of the good things to be found. One man who knew (his name was Paul) gave this report; he said, "You will find love, joy, peace, faith" [print]; he called them "fruits of the Spirit." Paul knew about the giants, but he was not afraid; he said, "I can do all things," even conquer these giants, not by myself—O, no!—but "through Christ which strengtheneth me." And Christ is just as ready to help us, if we will go right ahead, trusting in him.

I read a story of a boy named Archie; he tried to do right, but Giant Anger met him one day; he came right into his heart and made him throw a knife at another boy. What a sad time he had! He thought there was no use trying, and was ready to give up, but his mother showed him he had been trying by himself, and how he could conquer with Jesus's help. So Archie took courage, asked to be forgiven, and with the Lord's help he went on and overcame. So can you and I. [Sing "Yield not to temptation."]



Kindergarten Hints.

BY MARY J. CHISHOLM FOSTER.

KINDERGARTEN DEPARTMENT. The Report of the Spies. Num. 13. 17-20, 23-28.

GOLDEN TEXT. "The Lord is with us; fear thou not" (Num. 14. 9).

AIDS TO THE KINDERGARTNER. Holy Bible, Josh. 1. 1-7; *Egypt to Palestine* (Bartlett), pages 155-185; *Researches* (Robinson), pages 1-85; *Through Bible Lands* (Schaff), pages 150-160; *Oratorio*, "Moses in Egypt."

ATTENTION STORY.

Our lesson for to-day is connected with the lesson we had at the very beginning of this year,

when we talked of John the Baptist and of his message to the people, when he told them that Jesus was coming. When you go home look at the lesson card you had then and you will see "fear not" upon it. Our lesson card for this week will remind you of the story of Zacheus which we had a little while ago, when we talked of the sycamore fig trees. This lesson is connected with that of one month ago, too, when we talked about the commandments, and the hard work was a bunch of grapes to be colored. Well, when the people in the wilderness were going to another country called Canaan, the minister, Moses, told some of the men that they might go up on a mountain and look away over into the land and see what kind of a land it was. He told them to notice whether the people were strong or weak, and whether they lived in tents or in houses, and whether there was plenty of fruit, and if there was a wood there. How much all those people liked woods and mountains and water and flowers and fruit! The men went as Moses had told them, and they saw a very, very pretty place, where there were milk and honey and a beautiful brook with a vine beside it. They cut one bunch of grapes from the vine, and two men carried it between them, after they had put it across a stick. They found pomegranates and figs, too, and they told Moses that the cities had walls built about them. Are you glad that the men told what they saw? That is just what we should do whenever we go away from home; we should notice all the nice things, and then tell about them when we come back to our home; we should talk of the places and the people we have seen, and of what people did and said. This is doing good, too, and being helpful to those who stay at home. If we do this way we will be careful to go only to those places and to do only those things which we shall be glad to talk about when we come home again. I will read something to you from this Bible in Num. 13. 17-20, 23-28.

Explain unusual words: "Dwelteth," "lean," "Esheol," "thence," "cluster," "Araun," "sendest."

OUTLINE.

Sunday. Attention Story, Golden Text, and Bible lesson.

Monday. The men journeyed together toward the south. Was it warmer or colder toward the south? Speak of the delights of companionship in journeying. We are companions in our journey through this world to another world of great beauty and joy.

Tuesday. When you play "I spy," do you mean "I see?" These twelve men who were sent out were called spies, and when they came back again they gave a report of what they had seen. That means, they told all about it. It was a nice story. They had what we would call in kindergarten an observation lesson. Some people see more than others do because they use their two eyes, then they think, and with the tongue they speak, so that they see, they think, they tell!

Wednesday. God has given these powers of description to each little boy and girl. Sometimes a little child says, "O, I cannot tell about it;" but he really can if he will try. How sorry and disap