

## SCIENTIFIC TEMPERANCE.

A SERIES OF LESSONS FOR BANDS OF HOPE, ETC.

(By Mrs. Howard Ingham.)

LESSON XXXI.—Further Effects of Tobacco.

1. What did you learn in the last lesson of the effects of tobacco?

That it poisons the blood and through it all the organs of the body.

2. Does it produce many positive diseases?

Yes, Dr. Shaw, a celebrated physician, counts eighty diseases produced by the use of tobacco.

3. Can you mention any of them?

Paralysis is often caused in this way. The soothing power of the poison means the destroying of strength, and the nerves, robbed of their power, finally become perfectly dead.

4. Have you ever heard of such a case?

Many cases are recorded by physicians. One is described as a progressive paralysis. First sight was lost; then speech; next motion of the neck, and then of the arms, and so on through the body. For a week before death the poor man was unable to move or to communicate what he wished to his friends, though he was perfectly conscious and terribly anxious to tell them his thoughts.

5. How does tobacco affect the memory.

It destroys the memory. Many cases are on record in which educated men have lost nearly all the knowledge gained by years of study. Some of these men have been brave enough to give up the cause of their trouble, when they have gradually regained their power of mind and memory.

6. What other diseases have you heard of as caused by tobacco?

Epilepsy is another, in which the sufferer has terrible convulsions. A boy of fifteen was subject to this trouble. Finally his parents discovered that he was using tobacco and kept it from him, and he recovered from his disease.

7. How does tobacco affect all the work of the brain?

Tobacco destroys the brain power. Nearly all old tobacco-users are stupid and half-idiotic, with wretched memory and unable to do anything bright and clear.

8. Does tobacco ever produce insanity?

Yes, many times. Such cases are sometimes mentioned in the papers, and many are recorded in medical journals. Sometimes even delirium tremens results from the excessive use of tobacco.

9. What other horrible disease did we mention in the last lesson as caused by tobacco?

Cancers are very often caused in this way, and may be on the face, the lips, the tongue or the throat.

10. How are these great sores produced?

By the constant irritation of the surface by the poison of the tobacco. Chewers often have cancer of the tongue, that side of the tongue being affected against which the tobacco is constantly held.

11. What do you know about cancers of the lips?

A medical journal some years ago mentioned 127 cancers cut from the lips of patients, nearly all of whom were smokers. Sometimes the whole lower jaw has to be cut away to arrest the disease.

12. Do these diseases cause great suffering?

Yes, indeed. The suffering is too great to be endured.

13. Do tobacco-users easily recover from ordinary diseases?

No; their poisoned systems cannot resist disease. Mild cases of typhoid fever are often fatal to the tobacco-user. Slight wounds fail to heal, and in case of epidemics of any kind the tobacco-user is almost sure to become a victim.

14. Why is this?

Because the whole body is full of poison.

## HINTS TO TEACHERS.

The present lesson will be full of interest to the children if carefully taught. Explain all the unfamiliar

words, and draw out from the children their own knowledge concerning the topic, and be careful so to impress the lesson that they may never forget its awful warnings. Dr. Edward P. Thwing's little pamphlet, 'Facts about Tobacco,' will be found exceedingly helpful for further truths and illustrations.

## TOO OLD FOR SUNDAY-SCHOOL.

As it is the tendency on the part of a large number of boys and girls, when they reach the age of fifteen years, to feel too old to go to Sunday-school, we must cease calling the school the 'nursery' of the church, and substitute for it 'the Christian Church engaged in studying the Holy Scriptures,' for not till then will these growing young people be held in the school.—'Morning Star.'

## SCHOLARS' NOTES.

LESSON XI.—March 15, 1896.

Luke 11: 1-13.

TEACHING ABOUT PRAYER.

Commit to memory vs. 9, 10.

GOLDEN TEXT.

Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you.—Luke 11: 9.

## THE LESSON STORY.

The little prayer that Jesus taught his disciples is so short and simple that children can learn it and understand its beautiful meaning. Jesus loved to pray alone, and one day when he came down from a quiet hillside after praying, some of the disciples asked him to teach them to pray, as John the Baptist taught his disciples.

Nearly two years before Jesus gave the disciples a short prayer to use. But the Pharisees used very long prayers and liked to pray where they could be seen and heard. They had a prayer for every hour in the day, and perhaps the disciples thought they ought to have long prayers too.

But Jesus gave them again the same short simple prayer that he had given them before in Galilee. Have you counted the words in it? Have you thought how many people say it every day in all parts of the world? Let us look at this wonderful prayer and see why it is so dear to hearts everywhere. In it we call God our Father and ask him to let us help to bring heaven down to earth. We only ask one gift for ourselves, food to eat each day, and we ask to be forgiven our wrong-doings as we forgive those who do wrong by us.

Then Jesus taught a parable about praying, to show that we must be earnest, and he gave a beautiful promise about God's willingness to give us what we ask.—Berean Lesson Book.

## HOME READINGS.

M. Luke 11: 1-13, Teaching about Prayer

T. Luke 11: 14-26, The Blasphemy of the Pharisees.

W. Luke 11: 27-36, Warning the Pharisees.

Th. Luke 11: 37-54, Denouncing the Pharisees.

F. Gen. 32: 24-32, A Prevailing Prayer.

S. Acts 12: 1-17, The Prison Opened by Prayer.

S. James 5: 13-20, The Power of Fer-vent Prayer.

## LESSON OUTLINE.

I. Teaching by Example. vs. 1-4.

II. Teaching by Parables. vs. 5-8.

III. Teaching by Illustrations vs. 9-13.

Time.—A. D. 29; shortly after the last lesson.

Place.—Perea; Jesus on the way to Jerusalem.

## HINTS AND HELPS IN STUDY.

It was shortly after Jesus had spoken the parable of the Good Samaritan. He had been praying privately as was his wont. When he had finished, one of his disciples asked him to teach them to pray, as John the Baptist had taught his disciples. In response Jesus taught them what is known as 'The Lord's Prayer.' Compare Matt. 6: 9-13. At the same time he taught by forcible illustrations the duty of importunate, believing prayer. Monday's Reading. In Tuesday's, Wednesday's and Thursday's Readings is shown the bitter enmity of the Pharisees towards Jesus. His terrible denunciations of their hypocrisy are also given. The examples of prevailing prayer found in Friday's and Saturday's Readings, and the plain teachings on the subject in Sunday's Reading, should be carefully considered. Look up other similar examples and teachings, for instance, Luke

18: 1-4. In Rom. 8: 26, 27, we learn who teaches us how to pray acceptably.

## QUESTIONS.

What is prayer? What rule hath God given for our direction in prayer? What did one of Jesus's disciples request? What did Jesus teach them? Where else is this prayer recorded? Repeat the Lord's Prayer as there given. By what parable did Jesus teach his disciples how to pray? What reception did the prayer in the parable receive? What assurance is here given as to the result of persevering in prayer? What command did Jesus give about prayer? v. 9. What promise is made to those who thus pray? How did Jesus illustrate God's willingness to answer prayer?

## WHAT THE LESSON TEACHES.

1. When we do our duty others are influenced.
2. We ought to learn how to pray, that we may get blessings from God.
3. We may bring to God in prayer all our needs and desires.
4. We should pray earnestly and importunately.
5. We should pray to God as his children, sure of his love.

## ILLUSTRATION.

Appreciate the power of silent influence. The devotion of Jesus influenced the disciples. They said, 'Lord, teach us to pray.' v. 1. We influence others most when we are unconscious of it. And the record of our lives on the hearts of those about us or on the printed page may help others long after we have gone to our reward. It was the memory of my mother's last prayer before I went away that kept me from falling into sin in the army, an officer said when asked how he had retained his integrity against such fierce temptation. A thoughtful girl of sixteen, living so far from the church that attendance was irregular, read one Lord's day the memoir of a Christian woman. Closing the volume, she said to herself, 'That was a beautiful life.' After a little she thought, 'And I should like to live such a life.' A few minutes later, she kneeled down and said, 'Lord, I will try from this time.' The decision was made. Her life grew to be as beautiful as the life of the one who had inspired her resolution.

Think of God as your Father. Vs. 2, 11, 13. If you are born of God and are his child, always go to him as a Father who sympathizes with you, not as a school-master who delights to discipline you, or a task-master who enjoys imposing burdens upon you, or as a censor who has only harsh criticism for all you do. Mark Guy Pearse heard one of his little ones say to the youngest in a threatening tone, 'You must be good, you know, or father won't love you.' He called his child to him and said gravely and kindly, 'Do you know what you have said? It is not true, my boy, not a bit true.' 'Isn't it?' asked the little one, doubtfully. 'No,' said the parent, 'It's far away from the truth.' 'But you won't love us if we are not good, will you?' he questioned, surprised. 'Yes,' was the answer, 'I can't help loving you. I shall love you forever and forever, because I cannot help it. When you are good I love you with a love that makes me glad; and when you are not good I love you with a love that hurts me; but I can't help loving you, because I am your father, you know.—Arnold's Practical Commentary.

LESSON XII.—March 22, 1896.

Luke 12: 37-48.

FAITHFUL AND UNFAITHFUL SERVANTS.

Commit to memory vs. 37, 38.

GOLDEN TEXT.

Be not drunk with wine, wherein is excess; but be filled with the Spirit.—Eph. 5: 18.

## THE LESSON STORY.

One of the ways in which Jesus taught was to tell short stories which meant something good and true. Sitting outside a village of Galilee one day, in the shade of a great tree, he talked in this way to the crowd of people that came to hear. One of his stories was about servants, and as many of his class were listening they understood him easily.

He told them to be like the good servants who watched for their master and were ready to open the door to him as soon as he came from the feast. A good servant will not grow weary, but will watch patiently until the master comes. And so Jesus bade them watch for his own coming again, because he should come at a time when they did not expect him.

Peter asked if this story was meant for all the people, and Jesus told another story which showed that he meant everybody. He said that a good servant was sometimes put in charge of the master's house. If he was faithful the master would be pleased and reward him. But

if he grew careless and began to eat and drink and be drunken, then the master would be angry and punish the bad servant. Jesus said, too, that the servant who knew what was right and yet did wrong would be punished more severely than the one who was ignorant and foolish.—Berean Lesson Book.

## HOME READINGS.

M. Luke 12: 1-12, Faithful Discipleship Encouraged.

T. Luke 12: 13-21, The Rich Man's Folly.

W. Luke 12: 22-36, Our Heavenly Father's Care.

Th. Luke 12: 37-48, Faithful and Unfaithful Servants.

F. Luke 12: 49-59, Persecution Foretold.

S. Eph. 5: 1-21, Be not drunk with wine.

S. Rev. 3: 1-22, Rewards of Vigilance.

## LESSON OUTLINE.

I. The Duty of Being Always Ready. vs. 37-40.

II. The Blessing of Being Found Faithful. vs. 41-44.

III. The Penalty of Unfaithfulness. vs. 45-48.

Time.—A. D. 29, December.

Place.—In Perea on Jesus's journey to Jerusalem.

## HINTS AND HELPS IN STUDY.

While in Perea, on his way to Jerusalem, Jesus dined with a Pharisee. Last Thursday's Reading. His denunciations of the Pharisees on this occasion enraged them. They vehemently cross-questioned him, hoping to find cause for his arrest. A crowd had gathered, and in their hearing he warned his disciples against the hypocrisy of the Pharisees, and encouraged them to fidelity. Monday's Reading. Then followed the discourse given in Tuesday's to Friday's Readings inclusive. Compare to-day's lesson (Thursday's Reading) with Matt. 24: 42-51, which is part of Jesus's address on the Mount of Olives some four months later. From Saturday's Reading we learn what is true temperance, and how to live as faithful servants. In the Reading for Sunday the rewards of fidelity and vigilance are described.

## QUESTIONS.

Of what is to-day's lesson a part? Whom did Jesus pronounce blessed? How will watchful servants be treated? How is their fidelity described in verse 38? How did Jesus illustrate the importance of watching? What warning did he give his disciples? What is meant by being ready? Why should we be always ready? What has temperance to do with watchfulness and being ready? Whom does the faithful and wise steward represent? What is his reward? What will an unfaithful servant say in his heart? How will he act? How are unfaithfulness and intemperance associated in verse 45? What shall be done to the servant who is knowingly unfaithful? To the ignorant servant?

## WHAT THE LESSON TEACHES.

1. We are all Christ's servants set to watch till he returns.
2. The time of Christ's sudden coming no one knows.
3. To be sure of being ready we must be always ready.
4. True watching is faithfulness in all duties.
5. There will be a reward for all who are found faithful.
6. Those found unfaithful must suffer sore penalties.

## ILLUSTRATION.

'Mary is dying, and wishes to see you immediately,' said a fond father to me, as I entered his home. I followed the weeping father to the room, where his darling child was struggling with disease. In a tone that startled everyone in the room, she exclaimed: 'Oh, Mr. B—, I am dying, and what will become of my soul?' I took her cold and clammy hand, and pointed her to Jesus, the Saviour of sinners. She heard me with fixed attention. 'Oh,' said she in reply, 'these things and the eternal world are so dark to me.' I prayed with her, but she sank into unconsciousness, and I saw her no more. Mary was the child of pious parents, and was instructed in the truth; but her heart was wild and wayward, and she put far from her all serious things. She intended to be a Christian some time, but death came suddenly, and she found herself all unprepared. Thick darkness gathered around her soul, and she seemed plunging into an eternal night.—Family Treasury.

Richard Knill was one day talking to some military officers in Madras, when one of them asked 'What do you missionaries mean? Do you think that poor black fellow will be damned?' 'I hope not,' replied Knill, 'but if he is, I think his punishment will be very light compared with yours if you neglect God.' The words so struck home to his heart that the officer lifted up his hands, and said, 'I believe it, I have long thought so.'—Arnold's Practical Commentary.