

THE SUNDAY SCHOOL.
OCT. 28, 1883.

SAUL CHOSEN KING.
1 SAMUEL X. 17-27.

The Lord made known to Samuel that Saul was the young man He had chosen as first king of Israel and instructed him to anoint him. These instructions Samuel fully carried out. The private anointing was only as a designation to the office; Saul was to return home, the matter to be a secret between him and Samuel until the time he made public choice. The same course was followed in the case of David (chap. xvi. 12, 13); and in both cases the anointing was followed by a special baptism of the Holy Spirit. In subsequent times this ceremony was performed by the high priest. It was from the beginning intended to intimate to the kings of Israel that they were dependent on Divine power for the maintenance of their authority and the prosperity of their kingdom. Everything was done in these initiatory transactions to make it plain, he held his crown in trust from God, to carry out his purposes; and this made subsequent disobedience all the worse.

When Samuel thought the proper time arrived, he called a national assembly at Mizpeh. This seems scarcely in accordance with what he had previously said to Saul (verse 8). Perhaps the reference to Gilgal was intended only as a general instruction for Saul to act upon in any crisis after becoming king; when circumstances required the intervention of Samuel, Saul was to go down to Gilgal and wait his arrival. We note that the kingdom was renewed there after the interval during which Saul's authority had been disputed by certain parties (chap. xi. 14-15.)

At Mizpeh the representatives of the nation assembled. Samuel began the proceedings by reminding the people of the sin they had committed in asking a king; and then proceeded to show that though the Lord had condescended to grant their request, they were to have a king whom the Lord had chosen. They were called together, not to choose a king, but to discover by casting lots on whom the Lord's choice had fallen. Samuel and Saul were the only persons who knew on whom the lot would fall. When the question was decided, the chosen king could nowhere be found. With that modesty which seems to have been natural to him in the earliest part of his career, he hid himself away among the "stuff," probably the baggage, which in so large an encampment was considerable. The Lord, however, made known his hiding place, and he was brought out; when his commanding appearance seems to have made at once a favorable impression. Samuel took advantage of this, and immediately proclaimed him king; and the people responded with the well known words, "God save the king."

Samuel told the people the manner of the kingdom, and wrote it in a book, and said it before the Lord (verse 25.) Before the assembly he gave an address, probably an exposition of Deut. xvii. 15-20; and then he wrote the substance of this address, and deposited it with other sacred records in the keeping of the priests. The book probably contained "a definite explanation of the place the earthly monarchy held in relation to theocracy—the precise duties the king owed to the Heavenly King on the one hand, and to the people on the other." In order that the constitution might be ratified with all due solemnity, the charter of this constitutional monarchy was recorded and laid up before the Lord, i. e. deposited in the custody of the priests, along with the most sacred archives of the nation. The same safeguard against royal usurpation by the deposit of the charter limiting the royal prerogative, was taken in the case of his successor (2 Sam. verse 3; 1 Kings xii. 4; 2 Kings xi. 17)

Saul returned to his home at Gibeah, his capital during his reign, and afterwards always known as Gibeah of Saul. Some men accompanied him, probably to be his advisers and chief officers, "whose hearts God had touched." This may mean that they were well disposed towards the new king; or they may have been some with whom he had associated when the Spirit of the Lord came upon him and he prophesied. A disaffected feeling was, however, soon raised up by some who are spoken of as children of Belial. They "displeased" the new king, and brought him no presents. The extent to which the people acknowledged the right of a king was tested to a great extent in those days by the number and value of the presents made him on his accession; and Saul, chosen from a humble lot, was dependent on such manifestations of good will for the means of setting up an establishment suitable to his dignity. Those means were withheld to such an extent, and the dissatisfaction so widespread, that Saul was unable to assume his rightful position, and exercise his authority for some time. We thus see the fickleness of human nature. But he held his peace. This was very wise and quite in keeping with the character he had manifested during the previous incidents; but in striking contrast with the fierce ebullitions of passion which afterwards so fearfully marred his character and his career.—W. M. S. S. Mag.

Christ does not force allegiance. He waits for it. The crown of our individual love and loyalty must be offered by our own hands.

FROSTY NIGHTS.

Damp evenings and cold nights have returned, which fact suggests unusual care of the health, as connected with colds, the more immediate cause of most of our diseases. Following the debilitating influences of the "heated term," predisposing to diseases, it is probable that there is no time in the year in which there is more occasion for special caution in reference to undue exposure, not even in Spring. This latter season comes upon us no more abruptly than the Autumn, with this advantage, that we have been invigorated by the bracing effects of cold weather, in which, so to speak, we acquire a stock of health needed to carry us through the hot weather. It, therefore, one would guard against colds, so prevalent at this season, it is imperative to make such changes in the clothing as may be needed for the purpose of securing comfort, which should be secured, though with the smallest amount of clothing available, as too much clothing, more than is needful, tends to induce debility. Still, let one be comfortable. This will require a change each day, since it may be quite warm during the day, but frosty at night.

I will know that some may regard this changing as a little laborious, but it will be less so, even if such may be made several times, than the care of the sick. During a cold Northeast storm, at night, especially, as much protection may be needed as in Winter, that one may be comfortable. As a general principle, the feet demand more care than any other similar surface of the body. To keep the head cool and the feet warm is a cardinal health rule. If the fur caps and the thick and warm felts, so often used to keep the head uncomfortably hot, could be employed for the protection of the feet, an important advance would be made in preventing disease. During these cold and stormy nights, the "arctics" or rubbers are imperatively needed. I will add that the rubbers must not be unnecessarily worn any considerable length of time, unless they are the "ventilated" kind. These secure a constant change of air, thus preventing an accumulation of dampness.—Golden Rule.

USEFUL HINTS.

Never put ginger snaps in a jar while they are hot; take them from the tin and lay them on plates to cool, otherwise they will steam and become moist, and will not be crisp and brittle.

The English medical writer, Dr. Goldie thinks that epidemics are often spread by milk which before its delivery to consumers has been kept in vile places, where it has "licked up" infection from the surrounding atmosphere.

The heat of a room is made much more endurable by the vapor arising from a dish of water kept on the stove. Some stoves are constructed with a sort of ornamental urn for this purpose, but how many women see to it that this is kept filled?

The wood pavement is to be given up in London. It has not only failed to realize the promised advantages, but has led according to Prof. Tyndall's report, to serious affections of the eyes and lungs. By continual watering the wood became saturated with the nastiness of the London streets, and then, under the influence of the hot sun, gave forth a species of dust which was pernicious. The old macadam system is to be restored.

In stewing prunes wash 1½ pounds of prunes quickly in cold water to remove the grit. Put them into a pudding basin with one fourth pound of sugar and enough cold water to cover them; put a plate over the basin, and set it in a moderate oven, to remain there till the prunes are sufficiently done for the stones to be easily pressed out of them, which must be ascertained by trying them from time to time with a silver fork.

Many dislike oatmeal because too often it has a bitter taste. This is caused by rapid cooking by which it is apt to be burnt. When cooked by this recipe it is a delicate, delicious and most healthy food: One cup of oatmeal, one teaspoonful of salt put in one pint of cold water in a covered vessel, immerse the pail in a kettle of boiling water, and cook one hour. Do not stir it. We cook it the day before and steam it over for breakfast, as it saves time.

An excellent remedy, when one feels the first symptoms of having taken cold, is to inhale the fumes of camphor through the nose frequently, before the cold gets settled upon one. Hartshorn used in the same way is good. Or, put a few drops of camphor in a tumbler of water, and sip a little once an hour or so. Water, as warm as can be sipped—one cup or more an hour before meals—has relieved more cases of indigestion and dyspepsia than all advertised remedies ever will.

A most beautiful and fragrant growth for a window may be obtained by soaking a sea-sponge in warm water and sowing in its cells the seeds of umbrageous grasses and wild flowers, with here and there the delicate fern and creeping wild berry, known as mock strawberry. The hanging may be done by a glided rod or ornamental cords. The sponge may be kept moist and distended by daily sprinkling with blood warm water. The sponge thus treated is lighter, prettier and more surely verdant than any other spring basket.

Loss and Gain.

CHAPTER I.

"I was taken sick a year ago With bilious fever."
"My doctor pronounced me cured, but I got sick again, with terrible pains in my back and sides, and I got so bad I could not move!"
I shrunk!

From 228 lbs. to 120! I had been doctoring for my liver, but it did me no good. I did not expect to live more than three months. I began to use Hop Bitters. Directly my appetite returned, my pains left me, my entire system seemed renewed as if by magic, and after using several bottles I am not only as sound as a sovereign but weigh more than I did before. To Hop Bitters I owe my life."
Dublin, June 6, '81. R. FITZPATRICK.
How to Get Sick.—Expose yourself day and night; eat too much without exercise; work too hard without rest; doctor all the time; take all the vile nostrums advertised, and then you will want to know how to get well, which is answered in three words—Take Hop Bitters!

CHAPTER II.

Malden, Mass., Feb. 1, 1880. Gentlemen—suffered with attacks of sick headache."

Neuralgia, female trouble, for years in the most terrible and excruciating manner. No medicine or doctor could give me relief or cure until I used Hop Bitters.

"The first bottle Nearly cured me;"
"The second made me as well and strong as when a child."
"And I have been so to this day."
My husband was an invalid for twenty years with a serious

"Kidney, liver, and urinary complaint."
"Pronounced by Boston's best physicians—"
"Incurable!"

Seven bottles of your bitters cured him and I know of the "Lives of eight persons"

In my neighborhood that have been saved by your bitters. And many more are using them with great benefit.
"They almost Do miracles!"
—Mrs. E. D. Slack.

For Cramps, Pain in the Stomach, Bowel Complaints or Chills, use Perry Davis's Pain Killer. See adv. in another column.

The Indian population of the United States is now only 262,000.

For toothache, burns, cuts, rheumatism, use Perry Davis's Pain Killer. See adv.

A woman carriage painter at Grand Forks, Dakota, is considered the best in the place.

A statistician has estimated that courtships average three tons of coal each.

John Bright says he knows of but one war since the days of William that was justifiable, and that was the war for the preservation of the American Union.

Do not attempt to remain over night without a bottle of Dr. Fowler's Extract of Wild Strawberry near at hand. This is the season for Bowel Complaint, Colic, Cholera Morbus, etc., and the remedy above named is the unfailing specific.

Notices may be especially called to an advertisement headed Invigorating Syrup, which may be found in our columns this week. The proprietors, G. Gates Son & Co., do not hesitate in recommending them as perfectly safe and purely vegetable compounds. The No. 2 is especially adapted for delicate women, advanced stages of consumption, piles, and children of the most tender years.

The No. 1 is particularly recommended for the ailments mentioned in the adv., and may be relied on as a perfectly safe preparation, and where persons are exposed to cold or wet will prevent them from taking cold.

They say it should be kept in every household.

GOT HIM OUT OF BED.—I was confined to my bed with Rheumatism, could not move hand or foot. A clergyman called to see me and advised me to use Minard's Liniment. I did so, and in 3 days was out of bed and resumed my work as well as ever.

JAMES LANGILLE, Springfield, Annapolis Co., '82. m2 1y

MOTHERS! MOTHERS! MOTHERS! Are you disturbed at night and broken of your rest by a sick child suffering and crying with the excruciating pain of cutting teeth? If so, go at once and get a bottle of "Mrs. Winslow's Soothing Syrup." It will relieve the poor little sufferer immediately, depend upon it; there is no mistake about it. There is not a mother on earth who has ever used it, who will tell you at once that it will regulate the bowels, and give rest to the mother, and relief and health to the child, operating like magic. It is perfectly safe to use in all cases, and pleasant to the taste, and is the prescription of one of the oldest and best female physicians and nurses in the United States. Sold everywhere. 25 cts. a bottle. feb 1y

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Baltimore, Kansas Co., M.D., July 28, 1868.

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