The Sunday School

BIBLE LESSON.

Abridged from Peloubet's Notes

First Quarter, 1904.

JANUARY TO MARCH.

Lesson XIII.-March 27.-Review

GOLDEN TEXT.

And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness.—Mutt. 4:23.

EXPLANATORY.

Subject: Pivotal points in the life of

Jesus.

This review can be made nost interesting and most profitable by making the life of Christ stand out as a vivid reality. We first study the land in which he lived, his environment, the circumstances in which he lid his work. Then on a map we mark the places where he lived and worked, with their historic associations, and the deeds and words of Jesus which have made them forever memerable.

On this background we see the Son of

their historic associations, and the deeds and words of Jesus which have made them forever memerab'e.

On this background we see the Son of God, bern, growing up as a child, entering upon his ministry, doing mighty works, teaching the truths about the kingdom of heaven. The main features of his life, the pivotal points, the stages in the movement of his history, should be learned by heart.

The Holy Land.—The map will give the general contour and the location in reference to other countries. In Christ's time it was a province of the Roman Empire, which held sway over 120.00,000 people, nearly the whole known world; but half of these were slaves. Milman gives the population of Rome in A. D. 48 as 5.984,000. At present it is under the driminion of Turkey. Its area is about 8.300 square miles, about the size of Massachusetts or New Jersey. It has now a population estimated at 600 000, but in Christ's time the population, according to our consul at Jerusalem, Hon. Selah Merrill, was 6,000,000. Jerusalem then was a city of great magnificence.

A railway has been constructed from Jaffa on the Mediterranean to 'terusalem; and another from Haifa at the foot of Mt. Carmel across Galliee, around the southeast corner of the Sea of Galilee, and so to Damascus.

GALLEE.—The scene of the larger part of Christ's ministry described in the lessons. Note that some of Napoleon's battles occurred here; and that it was the scene of many events in the crusades.

Gallee was very populous, containing according to Josephus at least three millions of people, including two hundred and four towns of over fifteen thousand inhabitants.

2. It was a very fertile country, well watered from the mountains of Lebanon on the north. It was full of trees, orchards, gardens, grainfields, vineyards.

ON A RANCH.

Woman Found the Food that Fitted Her. A newspaper woman went out to a Color ado ranch to rest and recuperate, and her ex-perience with the food problem is worth re-

"The woman at the ranch was preeminently the worst housekeeper I have ever known,

-poor soul, and poor me! 'I simply had to have food good and plenty of it for I had broken down from overwork and was so weak I could not sit up over one hour at a time. I knew I could not get well un'ess I secured food I could easily digest and that would supply the greatest amount of nourishment.

"One day I obtained permission to go through the pantry and see what I could find. Among other things I came across a package of Grape-Nuts which I had heard of but never tried. I read the description on the package and became deeply interested so then and there I got a saucer and some cream

and tried the famous food, "It tasted delicious to me and seemed to freshen and strengthen me greatly so I stipulated that Grape. Nuts and cream be provided each day instead of other food and I literally lived on Grape-Nuts and cream for two or three months. "If you could have seen how fast I got well it would have pleased and surprised you. I am now perfectly well and strong again and know exactly how I got well and that was on Grape-Nuts that furnished me a powerful food I could digest and make use of.

It seems to me that no brain worker can afford to overlook Grape-Nuts after my experience." Name given by Postum Co., Battle Creek, Mich.

attle Creek, Mich.

Get the minature book, "The Road to to consult a Traveller. Wellville" in each pkg.

3. It was a business country, full of varied activities, manufactures, fisheries, exports of oil and fruits. "This garden of the Lord is crossed by many of the world's most famous highways." It has contact with the cuter Roman and heathen world.

4. The lake of Galilee was the very center of population and industry. There were nine cities, of over fifteen thousand inhabitants each upon its shores. "The lake was surrounded by an almost unbroken line of buildings,—city wall, houses, synagogues, wharves, and factories;" "Greek architecture, cattles, theat.rs, hippodrome, amphitheater, Greek villas, and, higher up the slope, a Roman camp." It was like the Thames, above London. The waters "were covered with a numerous fleet of four thousand vessels, from ships of war down to fishingboats."

5. The character of the people can be juriged by these surroundings. They were more worldly, but less bound under the ngid system of the scribes, and hence more accessible to new teachings than were the people of Judea. They were trained in the synagogue schools, instructed by Jewish rabbis with Messianic hopes, and had a religious history behind them.

The heart of the lessons.

The message of Christ's youth to the youth of, today.

Preparing the way for the kingdon of God.

Four essentials in the preparation of a KCWAIU UI WICHL.
sseful life.
Winning men for the kingdom of A New Catarrh Cure Secures National
Popularity in Less than one Year.

4. Winning heaven.
5. Jesus' method of bringing men into

sons.

10. A successful life as exemplified in John and Herod.

11. Jesus the bread of life.

MORSE'S PARABLE

The late Henry G. Morse, president of the New York Shipbuilding Company, was one day visited by a man of questionable repute who wir hed to borrow money wherewith to launch a questionable enterprise. Mr. Morse gave some polite excuse for his unwillingness to lend, and the man declared that he regarded this excuse as somewhat fishy. Thereupon, smiling grimly, Mr. Morse said:

"Let me tell you a little story. Once upon a time an Arab went to his neighbor and said."

d:
"I end me your rope."
"I can't,' said the neighbor.
"Why can't you?"
"Because I want to use the rope myself."

"'Hecause I want to use the rope myself."
"'What do you want to do with it?' the borrower persisted.
"'I want to tie up five cubic feet of water with it,' was the reply.
"'How on earth,' the other sneered, 'can you tie up water with a rope?'
"'My friend,' said the neighbor,' Allah is great, and he permits us to-do strange things with a rope when we don't want to lend it."

SOME OF THE THINGS I DO.

When I play that I'm a bird,
Then I try to fly;
Lifting up my pinafore
High, high, high;
Spreading out my pinafore
Wide, wide, wide;
You might think that it was wings,
If you truly tried.

When I play that I'm a horse,
Then I wear a tail,
Eat my luncheon from a bag,
Drink it from a pail;
Smashed the cart up t'other day—
Baby in it, too!
When he's scared and runs away,
What's a horse to do?

When I play that I'm a wolf,
Then I howl and roar.
Sniffing here, snuffing there,
Round the nursery door.
Daddy says he'll spank me soor
If I still annoy;
Tbink, perhaps, this afternoon,
I'll be a little boy!

Laura E. Richards, in the Hurdy-Gurdy.

SHOULD SEE A 'VET.

The following dialogue was overheard in the office of one of Boston's leading physicins the other day:

Doctor, to patient—What ails your Patient—I don't know. I only know that suffer. I work like an ox, I eat like a wolf, am as tired as a dog, and I sleep like a

norse, Doctor—In that case I should advise you posterinary surgeon.—Boston veterinary surgeon.

JACK FROST.

He's taken a nip at the salvia bush,
It's flower is turned to black;
He blew a breath on the holyhocks—
Their bloom will never come back,
He danced in the meadow all night long,
And turned it a rusty brown
And now do you see he's touched the trees
And the leaves are straying down.

And the leaves are straying down.
He solftly covers the window panes
With sketches rich and rare
As ever with dainty paint and brush
An artist could picture there.
And so though the merry birds are flo
The song of the stream is lost,
And summer is hiding far away,
We'll try to forgive you Jack Frost.

POLITE WIT IN GLASGOW

In a Glasgow theatre a young fellow rather annoyed because his view of the stage was obstructed by the hat af a young lady

was obstructed by the hat at a young lady
who was sitting in front of him.

Wishing to get a glimpse of the performance, he plucked up courage, and in a nervous voice exclaimed—

'Look here-miss, A' want tae look as weel

as you. Oh, dae ye, she retorted without looking round. Then I doot ye'll hae tae change

5. Jesus' method of bringing men into the kingdom.
6. Faith, forgiveness, and salvation.
7. The right use of the Sabbath.
8. Obedience to the king and test of membership in the kingdom.
9. The calming of the storm and its lessons.



one year Stuart's Catarrh Tablets, the new catarrh cure, has met with such success that to-day it can be found in every drug store throughout the United States and Canada. To be sure a large amount of advertising was necessary in the first instance to bring the remedy to the attention of the public but everyone familiar with the subject knows that advertising alone never made any article permanently successful. It must have in addition absolute undeniable merit, and this new catarrh cure certainly possesses in a marked degree.

Physicians, who formerly depended upon inhalers, sprays and local washes or outments, now use Stuart's Catarrh Tablets because, as one of the most prominent stated, these tablets contain in pleasant, convenent form all the really efficient catarrh remedies such as red gum, blood root and similar antiseptics.

form all the really efficient catarrh remedies such as red gum, blood root and similar antiseptics.

They contain no cocame not opiate and are given to little children with entire safety and benefit.

Dr. J. J. Reitiger, of Covington, Ky., says: "I suffered from catarrh in my head and throat every fall, with stoppage of and irritation in the throat affecting my voice and often extending to the stomach, causing catarrh of the stomach. I bought a fifty cent package of Stuart's Catarrh Tablets at at my druggist's carried them in my pocket and used them faithfully, and the way in which they cleaved my head and throat wae certainly remarkable. I had no catarrh last winter and spring and considered myself entirely free from any catarrhal trouble."

Mrs.Jerome Ellison, of Wheeling, W. Va., writes: 'I suffered from 'catarrh nearly my whole I fe and last winter my two children also suffered from catarrhal colds and sore throat so much they were out of school a large portion of the winter. My brother who was cured of catarrhal deafness by using Stuart's Catarrh Tablets urged me to try them so much that I did so and am truly thankful for what they have dene for myself and my children. I always keep a box of the tablets in the house and at the first approach of a cold or sore throat we nip it in the bud and catarrh is no longer a household affliction with us."

Full sized packages of Stuart's Catarrh Tablets are sold for fifty cents at all druggists.

Send for book on cause and cure of catarrh

gists.
Send for book on cause and cure of catarrh mailed free. Address F. A. Stuart Co., Mar-

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