



All communications for this department should be directed to REV. S. T. BARTLETT, Box 210, Niagara, Ontario. He invites the co-operation of all Junior workers in making these pages both bright and profitable.

**Weekly Topics.**

**BE HAPPY.**

- Mon., Sept. 29. We are in God's world..... Ps. 19, 1-4
- Tues., Oct. 1. Happiness becomes us..... Ps. 97, 11, 12
- Wed., Oct. 2. The song of the redeemed..... Isa. 35, 10
- Thu., Oct. 3. The cheerful face..... Prov. 15, 13
- Fri., Oct. 4. Reasons for good cheer..... John 16, 33
- Sat., Oct. 5. The joy of Christ..... John 15, 9-11
- Sun., Oct. 6. **Topic—Cheerfulness.**  
Prov. 17, 22; John 14, 1

(As will be seen, our topic treatment this month is suggestive rather than exhaustive, and leaves abundant scope for the superintendent to develop.)

To be cheerful means to have and show good spirits. Why should we be other-wise? We are in God's world, we have his word, we are doing his work, engaged in his worship, and shall receive his wages. Here are good grounds for cheerfulness. At close of exercise the blackboard should show—



**PREACHERS OF THE BIBLE.**

- Mon., Oct. 7. A preacher of righteousness..... 2 Pet. 2:5
- Tues., Oct. 8. The forerunner..... John 1, 15
- Wed., Oct. 9. Peter the impulsive..... Mark 14, 50-51
- Thu., Oct. 10. The first martyr..... Acts 7, 59
- Fri., Oct. 11. Philip, the evangelist..... Acts 8, 35
- Sat., Oct. 12. The great apostle..... Acts 9, 15
- Sun., Oct. 13. **Topic—Lessons from Bible preachers.** (Peter, Paul, Philip, Stephen, John the Baptist, etc.)

In place of naming the preachers first, and then their subjects and characteristics, name some of the great teachers of Bible preachers, and find out which of the men dealt particularly with the great doctrine, e.g.:

- Peace?
- Righteousness?
- Eternal Life?
- Attonement?
- Charity?
- Holiness?

**SELF-CONTROL.**

- Mon., Oct. 14. Be slow to speak..... Prov. 29, 20
- Tues., Oct. 15. Stillness of mind..... Prov. 17, 15
- Wed., Oct. 16. Coals of fire..... Rom. 12, 20
- Thu., Oct. 17. The idle-word account..... Matt. 12, 36
- Fri., Oct. 18. Jesus' self-control..... John 18, 23
- Sat., Oct. 19. Biting the tongue..... Prov. 16, 35
- Sun., Oct. 20. **Topic—Keeping one's temper.**  
Matt. 5, 21-26; Prov. 15, 1.

Some good ways in which we may keep our temper are suggested thus:

- Think before you speak.
- Express your words softly.
- Make no hasty or rash threats.
- Pray for grace to conquer self.
- Expel evil motives from the heart.
- Reflect! Reflect!! REFLECT!!!

When one "loses his temper," he is thoughtless in speech, rash in threatening, loud in language, and generally under the dominion of Satan. Very few premeditate evil, and if our minds are habitually thoughtful, and our hearts right, we will grow more and more self-possessed, and show a well-governed spirit and life.

**THE JUNIOR AT WORK.**

- Mon., Oct. 21. Praying for the society..... Jas. 5, 16
- Tues., Oct. 22. At the service..... Col. 3, 16
- Wed., Oct. 23. Testifying for Christ..... Isa. 44, 5
- Thu., Oct. 24. Little missions.....
- Fri., Oct. 25. Telling of Jesus..... Acts 5, 42
- Sat., Oct. 26. Leading others..... John 4, 2
- Sun., Oct. 27. **Topic—Pledge meeting No. 3!**  
By society duties. Rom. 12, 6-11.

In attending the weekly meetings, the Juniors should be—

- Prepared.
- Reverent.
- Early.
- Studious.
- Expectant.
- Neat.
- Tuneful.

If the superintendent, leader, room, programme, and members be well and carefully prepared and arranged, there should be a good meeting.

**CHRISTIAN LOYALTY.**

- Mon., Oct. 28. The loyal tongue..... Ps. 34, 13
- Tues., Oct. 29. Christian hands..... Eccl. 9, 10
- Wed., Oct. 30. Feet for Christ's service..... Isa. 52, 7
- Thu., Oct. 31. Jesus in the heart..... Eph. 3, 17
- Fri., Nov. 1. Our eyes for Christ..... 2 Cor. 10, 3
- Sat., Nov. 2. Using eyes for Christ..... 1 John 1, 14
- Sun., Nov. 3. **Topic—Loyalty to Jesus.**  
Matt. 16, 38, 39

What loyalty to Jesus embodies may be well illustrated by using some such acrostic form of exercise as that given below, e.g., if we are true and loyal to him, it will mean that we will be

- Loving him above all.
- Obedying his will in all things.
- Yielding our best service to him.
- Aiding his cause.
- Living for others as he did.
- Trusting his every word.
- Yearning for his kingdom.
- Telling him all our needs.
- Overcoming self.
- Judging others in charity.
- Earning eternal reward.
- Spreading abroad His fame.
- Using our talents diligently.
- Spending our time wisely for him.

These various points should be written on the board in succession, and enforced by scripture injunctions. The texts are numerous, and may be arranged in detail by the leader beforehand.

**Junior Methods.**

The Junior Workers' Quarterly is a magazine of practical methods for Junior workers, by the M. E. Church. It is so full of helpful suggestions that every Junior superintendent ought to have it. The following selections are from the last number:

"Water is Best."—For a temperance meeting, set half a dozen of the Juniors to telling Bible stories of the events in which water served good purpose, such as the miracle at Cana, the water drawn from the rock by Moses, Naaman's recovery from leprosy, and the like.

"Gathering Members."—A Junior Chapter held a "five-o'clock tea," arranged by Music, Social, and Entertainment Committees. Each member was requested to invite one friend, who was not a Junior, but would be a suitable member, and also to bring a cake or a plate of sandwiches. Nearly all the guests have become members of the League.

"How to Close."—It is always best to close a devotional meeting with some concert features, something that will fuse the thought and purpose of the entire League in one. This may be the Lord's Prayer repeated in concert; a consecration hymn sung with bowed heads; the concert repetition of the pledge or of some appropriate Psalm; silent prayer; the singing of the gloria or the doxology; the repeating of the child's creed, or the like.

"A Public Meeting."—Occasionally hold a public service. Make this an occasion to show parents and friends the work the Juniors are doing in Bible work, hymn studies, missionary, temperance, and humane work, etc. A spelling-book, useful names of Bible books, characters, and places, would be profitable.

"Junior Birthdays."—As each new name is added to the list of Junior members, write the birthday of the child opposite the name. As the anniversaries come around, take some special note of it in any wise way that seems best. All these things are links that bind the children to each other, their leader, and the Church.

"Delegates."—One of the best ways of knitting together the Junior and the Senior Chapters is to appoint a Junior delegate to each meeting of the Senior Chapter. It should be the duty of the delegate to do some little part in the meeting, and to bring back to the Junior League a report of what is done. This report should speak of the attendance and the way in which the older Epworthians take part, of any helpful thought, or of any striking incident.

"The Juniors at Church."—One of the chief lessons taught the Juniors should be their duty and privilege of church attendance. A record should be kept of their attendance at church, and a report made occasionally. As a rule, the Juniors should come and sit with their parents; but as there are always some whose parents do not attend, it is well to have one or more pews set apart to be occupied by the Juniors and superintendent. Various pastors have devised sundry methods of interesting the Juniors in the services. Some pastors preach a five-minute sermon; others have them sing a Psalm; some have them sing a song all alone. Any method should be varied at intervals.

"Missionary Trees."—A missionary tree will teach the Juniors about the missionary work of their denomination. It should be drawn upon a large sheet of paper, or on the blackboard. There should be as many roots to the tree as the denomination has missionary and benevolent societies. The branches of these roots represent local societies. The tiny rootlets of these branches represent the Juniors, and all who give to the work of the denomination. Each one is pouring into the roots, and so into the tree, the nourishment of his gifts. The branches of the tree are the fields of work, which should be marked—the different lands, the different races and different enterprises. The fruits of the tree are the Christian lives of the converted. The trunk is the gospel. These parts should not be named; but the Juniors should frequently be reviewed on the matter.

"Sample Object-Lessons."—The following bright illustrations are selected from various Junior workers, as suggestions of ways of using common objects: Roll up a sheet of tissue-paper into a little ball. Draw it out before the Juniors, and explain that that is how the influence of a single act is unfolded and extended. Put a drop of ink into a glass of water, then another drop, then another, to show the cumulative effects of little sins. Clean a tarnished piece of silver, to show how Christ cleans the heart until his image is reflected there. Extinguish a beautiful lamp, to show how worthless is a beautiful face without the light of Christ shining through it. To illustrate the evils of bad company, rub a white stick with several charred and blackened ones. The latter grow no whiter, but the first beam of light, like an ugly picture into a thin, glass tumbler. It shows through, just as the bad stories we put in our minds will show through our faces and actions.