

Presently a woman came to get some water. It would be for some religious ceremony, for she could get water for common use more easily at some of the springs in the neighborhood. Jesus asked her for a drink. From his language or dress she knew him to be a Jew, and wondered that He should ask water from a Samaritan.

If you only knew who He is that is speaking to you said Christ, you would not stop to wonder, you would at once have asked living water, and I would have given it.

She was astonished just as Nicodemus was. How can these things be. You have nothing to draw with and the well is deep.

I do not mean this water, said Christ. He that drinketh of this water shall thirst again, but he that drinketh of the water that I shall give him shall never thirst.

What did He mean? He is speaking to her of the thirst of the soul, the unrest, the unsatisfied feeling, that he knew she had, and that all have who are not forgiven by Christ. And He means to tell her that if she only knew who He was, she would ask of Him forgiveness for her sins, and that he would grant it and give her peace and rest.

So Christ says to every restless anxious one. "Come unto me all ye that labor and are heavy laden, and I will give you rest."

I heard the voice of Jesus say
Behold I freely give,
The Living Water; thirsty one,
Stoop down and drink and live.

I came to Jesus and I drank
Of that life giving stream,
My thirst was quenched, my soul revived,
And now I live in Him.

23rd Sept.

Daniel's Abstinence.

Les. Dan. 1 : 8-20. Gol. Text, Dan. 1 : 8.
Mem. vs. 8, 9. Catechism Q. 95.

A SHORT AND SIMPLE STORY.

A country lad of fourteen or fifteen years of age, who had been well brought up by kind, loving and wise parents, was taken captive by some soldiers that had come into the country to conquer and plunder, and with others he was carried by them to their distant home.

The journey was long and weary. For hundreds of miles they travelled and he had to walk most of the way. Homesick, footsore, and often hungry, he would lie down at night in the open air and think longingly of friends and home.

But he was a brave lad and would not give way to grief. Better still, he trusted in God and he knew that He would care for him, so he kept up bravely and cheered up the other captives when they were discouraged.

At length the end of the journey was reached. The slaves were to be sold and scattered through the country. The king wanted some fine-looking healthy boys and this one was chose, with some others, for the king's service.

Here they had everything fine and costly; rich clothing, dainty food, and rare wines.

But our hero knew that rich dainty food, such as the king used was not good building material out of which to build up a strong body, and he knew also that when boys get to drinking beer or wine, it soon muddles the brain and clogs the body, and unfits them for making the best of themselves, and he asked as a favor that he might get simpler, plainer, food.

The man to whom he made the request thought it a strange one. Why, said he, you will get lean and thin. You will need these good things to fatten you up and make a man of you. The king will not be pleased if he sees you thin and poor looking. Try us for a few days, said the boys, and he and three other boys who were with him, lived for a few days on very plain food, and got fatter, and smarter, and stronger, each day.

All right, said the man in charge, your plain food seems to agree with you, you shall have it, and they were not tempted any more with dainties.

The boys kept to their resolution. They grew to be men, and the one of whom I have been telling you rose to be next to the king, the leading man in the government, and lived to an honored old age, being nearly ninety years old when he died.

The boy's name was Daniel. He lived nearly twenty-five hundred years ago. He was a Jew and was carried captive to Babylon. You have his story in the S.S. lesson for today.

Boys, when tempted to drink, remember that sixty thousand men, every year, die a drunkard's death. Sixty thousand boys must be found every year to take their places.

Wanted 60,000 Boys Yearly.

Do you feel like taking the place? No. Well do not touch the cup.

Remember too, that in other things as well as in strong drink we may defile ourselves by yielding to our appetite.

The worst kind of slavery is slavery to our appetites. Will you be a slave or a freeman.

Look to Christ to help you to freedom, and when tempted to yield to appetite.

Dare to be a Daniel,
Dare to stand alone,
Dare to have a purpose firm,
Dare to make it known.

[The picture for this lesson is on next page.]