

The Sunday School

BIBLE LESSON.

Abridged from Peloubet's Notes.

Second Quarter, 1904.

APRIL TO JUNE.

Lesson XIII. — June 26 — Review of the Life of Christ.

GOLDEN TEXT.

Wherefore God also hath highly exalted him, and given him a name which is above every name. — Phil. 2:9.

EXPLANATORY.

The first element of a good review is to make it a real review, a general view of the whole period which has been studied. In this case our review covers the whole life of Christ, the main features of which should be familiar to all.

The second element is that the review be made attractive and interesting. And it can be so conducted both in the class and for the whole school as to become one of the most attractive and helpful sessions of the year. Some of the ways of accomplishing this purpose are presented below, part of them best adapted to the class review, part of them to the review of the whole school; but most of them can be adopted to either.

I. THE CHART REVIEW. — The main facts of the life of Christ, the dates, places, principal events, divisions of his ministry, can all be reviewed. Drill on the main features, either in concert, or by having the scholars write them down on slips of paper.

II. — GEOGRAPHICAL REVIEW. — Every event or teaching we have been studying is connected with some place or region. If, therefore, the teacher places a map before his scholars, he can review the whole of the life of Christ by means of the towns, cities, rivers, lakes, mountains, and regions where Christ lived, labored, and taught. The larger regions, as Galilee, Judea, Perea, will bring to notice the great ministries of our Lord, the time spent in them, and some of the leading events. Then call for the historic events which cluster around each city, river, lake and mountain.

This review can be happily joined with the following.

III. PICTURE REVIEW. — Reproductions from photographs of great paintings; and of Biblical and historical places and events (both in color and in black and white), are now so reasonable in price as to make them available for regular use in the class or Sunday school.

Miss Ellen Hurl, author of a capital volume on "The life of Our Lord in Art," advocating the greater use of pictures in the Sunday school, says: "A successful teacher of a large Bible class in one of our churches wishing to provide something unusually instructive for Review Sunday, chose this plan: she procured a large number of photographs descriptive of the life of our Lord, placed

WISE WORDS.

A Physician on Food.

A physician of Portland, Oregon has views about food. He says:

"I have always believed that the duty of the physician does not cease with treating the sick, but that we owe it to humanity to teach them how to protect their health especially by hygienic and dietetic laws.

"With such a feeling as to my duty I take great pleasure in saying to the public that in my own experience and also from personal observation I have found no food to equal Grape-Nuts and that I find there is no limit to the great benefit this food will bring when used in all cases of sickness and convalescence.

"It is my experience that no physical condition forbids the use of Grape-Nuts. To persons in health there is nothing so nourishing and acceptable to the stomach especially at breakfast to start the machinery of the human system on the day's work. In cases of indigestion I know that a complete breakfast can be made of Grape-Nuts and cream and I think it is necessary not to overload the stomach at the morning meal. I also know the great value of Grape-Nuts when the stomach is too weak to digest other food.

"This is written after an experience of more than 20 years treating all manner of chronic and acute diseases, and the letter is written voluntarily on my part without any request for it." Name given by Postum Co., Battle Creek, Mich.

There's a Reason.

Look in each pkg. for the famous little book, "The Road to Wellville."

them upon the walls and upon easels in the class room, until she had the whole story told in pictures. During the session no word from her was necessary, except a few simple explanations, while the pupils passed in silence from one picture to another, taking in its beauty and its lesson at the same time. 'It was the most impressive service I ever attended,' said one who was there, and the whole class echoed the same sentiment as they slowly left the church."

THE HABIT OF NOT FEELING WELL.

Few people realize that their ailments are largely self-induced. They get into a habit of not feeling well. If they get up in the morning with a slight headache or some other trifling indisposition, instead of trying to rise above this condition, they take a positive pleasure in expatiating upon their feelings to anyone who will listen. Instead of combating the tendency to illness by filling the lungs with pure fresh air, they dose themselves with "headache tablets" or some other patent specific warranted to cure whatever ill they think they are suffering from. They begin to pity themselves and try to attract pity and sympathy from others. Unconsciously, by detailing and dwelling upon their symptoms, they re-enforce the first simple suggestions of illness by a whole army of thoughts and fears and images of disease, until they are unable to do a day's work in their homes or offices.

It is said that man is a lazy animal. We are all more or less prone to indolence, and it is the easiest and most natural thing in the world for young people to accustom themselves to lying down or lounging on a sofa because they think they are tired or not well. Much so-called invalidism is simply laziness, fostered and indulged from childhood. There is a great danger that girls who are delicate while growing up, and lounge around the house and lie down whenever they feel the least bit out of sorts, will form a habit of invalidism when they reach maturity. How often do we see such girls "brace up" at once whenever anything happens which interests or excites them! An invitation to a reception or any other pleasant social function, acts like a tonic. For the time being an instantaneous cure is effected. They are as well as anybody until after the entertainment. — Success.

There are people who look a little askance at the idea of eternal life, because they fear that after innumerable ages it may become monotonous. But think! — does this life ever become monotonous to those who are all the time working, learning and growing? Does the artist ever grow weary of painting, or the musician of composing, or the singer of singing, as long as his powers are not only unimpaired, but steadily expanding? Even men of business get to be so enamored of their business as to be restless, lost without it. Life never becomes monotonous, uninteresting, to those who are worthily and congenially employed. In the future life, with enlarged possibly with additional faculties, and with endless opportunity for their exercise and expansion, is it not likely that there will be continual joy, ever satisfied yet ever renewed, in using and improving them? — Geo. Macdonald.

A NEW HEART.

A countryman carried his gun to a gunsmith for repairs. The latter examined it, and, finding it too far gone for repairing, said, "Your gun is in a very worn out, ruinous, good-for-nothing condition; what sort of repairing do you want for it?" "Well," said the countryman, "I don't see as I can do with anything short of a new stock, lock and barrel; that ought to set it up again." "Why," said the Smith, "you had better have a new gun altogether." "Ah!" was the reply, "I never thought of that; and it strikes me that is just what I do want. A new stock, lock, and barrel! Why, that's about equal to a new gun altogether, and that's what I'll have." Man finds himself in similar condition, and needs to be made new.

David was inspired to cry, "Create in me a clean heart, O God." He did not believe in reformation, but in regeneration. We have many theorists who are trying to amend the human heart. But it is wholly

depraved, and hence our Saviour said 'to Nicodemus, "Except a man be born again he cannot see the kingdom of God." (John 3:3.) — Herald and Presbyterian.

DEVOTION TO DUTY.

When Holman Hunt determined to paint "The Scape Goat," he went to the wilderness of Zith, at the remote end of the Dead Sea. There he worked day by day, taking infinite pains to reproduce the marvelous Eastern coloring and the pathetic expression of patience and infinite suffering in the face of the animal. So dangerous was the task that Holman Hunt was compelled to work with a loaded gun under his left arm. Devotion to duty induced the painter to face any trial overcome any obstacle, and the picture then produced has since comforted many a weary soul who has attempted to carry his own load of sin. — Ex.

Sin is a terrible thing. It not only blights our hopes and prospects for the future, but it wrecks the strongest characters, and one will only open his eyes to see, if he will but look abroad, what dreadful havoc this awful evil hath wrought in the world, and yet the wonderful thing is that "God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish but have everlasting life," and no matter how dreadful the wreck or how awful the ruin, Jesus Christ comes seeking to save that which is lost.

LOVING ONE'S NEIGHBOR.

Dr. Samuel Smiles in his book on "Duty" relates an instance of a man whose love worked no ill to his neighbor. While Germany was engaged in war, a foraging party called on an old farmer and commanded him to conduct them to a field, where they might cut crop for their own use, without intending in any way to recompense the owner. The honest old German led the soldiers past the field of his neighbor, through it was equally suitable for their purpose, and guided them with sublime self-sacrifice to his own enclosure. Such a display of love to one's neighbor is worthy of our imitation, and well illustrates the spirit underlying the words of the apostle: "Love worked no ill to his neighbor; therefore love is the fulfilling of the law."

The old proverb connected "plain living" with "high thinking." The connection is in the proverb because it is in the fact. Luxury kills the higher spiritual sympathies and understandings. It does not kill always the ability to make more money, to manipulate men successfully; but it does kill out the little kindnesses the consideratenesses the spiritual understandings. "Blessed are the poor," said Jesus. "How hardly shall they have riches enter into the kingdom of God." The kingdom is as open to them as to any. But consider the facts. How hard they find it to enter in!

POWER IN MEN.

"Some time ago a physician who is using electricity for therapeutic purposes asked me to go to his office, saying that he would show me wonderful things. When I reached the office, he put me in the insulating chair, and then turned on three thousand volts of electricity into my body—not dynamic, otherwise I should not be here to tell the tale, but static electricity. Instantly I felt that I was surcharged with power; I felt it streaming from me invisibly. He then took an ordinary electric light, without the carbon film inside and gave it to me to hold. Immediately the room was lighted with the electricity flowing from my body and streaming through the glass. He took that from me, and put a chain into my hand which was attached to a machine. Instantly the machine began to run furiously all because of the power that I received and was now discharging. I felt myself filled with a mysterious potency. Before the current was turned through me, I was as powerless to do those things as I now am. After the current was turned on these and other things were child's play to me."

A farmer wrote to his lawyer, as follows: "Will you please tell me where you learned to write? I have a boy I wish to send to school, and I am afraid I may hit upon the same school that you went to."



Miss Nellie Holmes, treasurer of the Young Woman's Temperance Association of Buffalo, N.Y., strongly advises all suffering women to rely, as she did, upon Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM: — Your medicine is indeed an ideal woman's medicine, and by far the best I know to restore lost health and strength. I suffered misery for several years, being troubled with menorrhagia. My back ached, I had bearing-down pains and frequent headaches. I would often wake from restless sleep, and in such pain that I suffered for hours before I could go to sleep again. I dreaded the long nights as much as the weary days. I consulted two different physicians, hoping to get relief, but, finding that their medicine did not seem to cure me, I tried your Vegetable Compound on the recommendation of a friend from the East who was visiting me.

"I am glad that I followed her advice, for every ache and pain is gone, and not only this, but my general health is much improved. I have a fine appetite and have gained in flesh. My earnest advice to suffering women is to put aside all other medicines and to take Lydia E. Pinkham's Vegetable Compound." — Miss NELLIE HOLMES, 540 No. Division St., Buffalo, N.Y. — \$5000 forfeit if original of above letter proving genuineness cannot be produced.

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