

drops of deadly poison would be an excess or too much, while too much of the best food is hurtful. Temperance in all things and total abstinence from alcoholic drinks is what we wish to teach, even to the youngest.

Lesson truths. Paul wrote a letter to Christians in Ephesus, and told them the very things that God wants us to remember; so this letter is kept in the Bible for us. We are to live as children of light—that is, to be sunshiny always, and do nothing that we are afraid to have seen. Speak of the many wrong things done in the dark. If you are afraid of being caught at anything don't do it. Then, we are to help others. We cannot do this unless we are right ourselves. The way to keep from having excess or too much of anything wrong in our hearts and lives is to be so full of God's Holy Spirit that there will be no room for what is wrong, and we shall not go too far in such right things as eating and playing and sleeping.

Children need to be taught that there is for them danger of excess in what is in itself right and wholesome. Teach this lesson positively, emphasizing being filled with the Spirit first, that so there may be no room for wrong.

Two temperance lessons in succession are seldom taught to exactly the same class. Let the teacher lose no opportunity to impress the foundation truths. If alcohol has been burned in class do it again, to show how different it is from water, which quenches thirst, while alcohol kindles it, and really burns the body. Speak of effect upon brain, heart, life, and upon others who suffer innocently, when one of family drinks. Mention the dangers, the fights, the troubles, that follow drunkenness, and put children on guard against first taste.

Prayer thought: Pray and obey. God answers true prayer, but no matter how much one prays to be kept from harm, if he goes right into danger, and does what God forbids, it will do no good, for the prayer is not true prayer. Here is a command to take God into our hearts, and not to touch what hurts us. We must pray for help to obey. We are told to help others. Never laugh at one who drinks. Be pitiful—and pray for him; and help all hurt by this curse.

Thought for teachers. Just how far one may go in asking little ones to take a temperance pledge must be left to individual prayerful decision. If parents are willing it surely is wise, but on no account should it be done until they have been consulted. It is worth our while to make the effort.

LESSON XIII. (March 30.)

EASTER LESSON.

GOLDEN TEXT: "Jesus said unto her, I am the resurrection, and the life." John 11. 25.

Primary Notes.



Truth. Jesus rose from the dead.

Impression. The power of the living Saviour.

Expression. Deepened trust and reverence.

Point of contact. Story of a seed.

Approach. Refer to the death of Jesus, briefly and tenderly.

Lesson story. The story as in Matt. 28 can be used if there is time and you do not wish to introduce a review. If you do the Easter story must be shortened.

One time a little seed fell into a crack in a great rock. Away down in the dark, narrow place the seed found some dust which had blown in there, and presently rain fell on the rock and some drops trickled down the crack to the place where the seed lay. Soon a change came in the seed. It had burst its shell and was sending out roots, and a stalk started up toward the light. How could it grow in such a narrow place? It seemed very hard at first, but the plant crept up further each day toward the light, its stem growing larger and firmer and making more room for itself, until at last the great rock that had seemed as if it must be a grave for the seed was split open from top to bottom, and the tree which had grown from the little seed was out in the sunlight and air, free to keep on growing now as it wished.

Do you remember how, when Jesus was killed by the cruel rulers, and had been put in the tomb, they sealed the door and thought they could keep him there? But Jesus is stronger than death, and on the morning of the third day the stone was rolled away from the tomb by angels and the living Jesus came out of the grave, and after he had been seen many times by those who loved him he went back to his home in heaven, where he is alive for evermore. We have been studying all this quarter about how Jesus in heaven was helping his friends on earth to work for him. Do you remember one of those friends who saw him standing on the right hand of his Father? What was his name? What did Jesus give Peter power to do for a lame man? In what ways did people try to make the friends of Jesus stop preaching about