The Sunday School

BIBLE LESSON.

Abridged from Peloubet's Notes Second Quarter, 1904.

APRIL TO JUNE.

esson XI. - June 12.-Christ Crucified. -Mark 15: 22-39.

GOLDEN TEXT

Christ died for our sins according to the Scriptures.—1 Cor. 15: 3.

EXPLANATORY

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1. FROM THE JUDGMENT HALL TO CALVARY.—VS. 22. AND THEY BRING HIM from the court of the pretorium of Pilate where the soldiers had mocked him. Weary with his long vigils and labors and sufferings for more than twenty-four sleepless hours, worn out by his trial, bleeding from the terrible scourges and from the thorn crown on his brow, and carrying the cross on which he was to be crucified, accompanied by a guard of soldiers and the two robbers bearing each his own cross, and followed by a great multifude of exultant enemies and weeping friends and a mob, Jesus slowly walked through the Via Dolorosa and other streets of the city, through the Damascus Gate on the North, about three-quarters of a mile to Golgotha, an Aramaic name, i. e., in the common language of Palestine, which is, health of the common language of Palestine, which is, health of the common from Olivet. The Latin "calvaria," meaning "skull," from its resemblance to a skull, especially as seen in the afternoon from Olivet. The two eyeless sockets, the overhanging forehead, the lines of the nose, the mouth, the chin will be plainly seen. It is also concave, and of the same color as a skull.

11. The CRUCIPIXION.—VS. 23-28.—90 clock Friday morning. 23. AND THEY GAVE HIM TO DRINK (off-red him) WINE. The common sour wine MINGLED WITH MYRRR. "If was a kindly custom of the Jewish ladies," says Lightfoot, "to give to those who were being crucified a stupelying draught of wine mingled with a powerful narcotic drug, bitter, but offered as an annesthetic to stupefy and dull the sense of pain." But, having tasted thereof, thus learning what it was for, and in recognition of the beautiful kindness that presented it, he received in not, although consumed with burning thirst, because he would drink to the very dregs the cup of suffering which God gave him. It was an act of sublime heroism and courage.

24. When they Had CRUCIPIED HIM. Jesus was nailed to the cross while it was lying upon the ground; then it was slowly raised

MACK'S LUCK.

The Young Woman Reporter's Story.

The following food tale written by a clever young newspaper woman is a true story that came under her personal observation.

"I have been with the ---- (a paper in a Calif. town) for nine years and Mac has been with us all that time and I do not know how much longer. Mac's full name is MacClell-Before the Linotypes came in he was a good printer, and was one of the first to learn the machine, and is now, at about the age of 42, one of our very fastest operators.

"Last winter and the winter before Mac probably from constant night work and improper food, got badly run down, could not eat much, what little he did eat did not do him much good and he always complained he could not keep warm.

"I missed him for a while until yesterday I overtook him on the street going toward the office, and hardly knew the man; had it not been for the familiar walk I should surely have passed without recognizing him. He was stout, his face was round and ruddy and his eyes bright as I had never seen them

'I said 'Mac, I hardly knew you, what on earth have you been doing to get so fat?' He replied 'Grape-Nuts, nothing else. I started in on Grape-Nuts food three months ago when I weighed 126 and was feeling miserable, but now I weigh 160 and feel better than I ever felt in my life. I quit my old diet nd went on Grape-Nuts and that's the whole story." Name given by Postum Co., Battle Creek, Mich.

Exercise is necessary but there's no nourishment in it and proper food alone can supply that Grape-Nuts for 10 days is a pleasant trial and proves big things.

There's a reason.

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

with the sufferer upon it, and dropped with a sudden wrench into its place in the ground, and not as represented in most pictures, and in the Oberammergau Passion Play. "Crucifixion was an unspeakably awful form of death." Cicero, who was well acquainted with it, says, "It is the most cruel and shameful of all punishments."

25. AND IT WAS THE THIRD HOUR. About 9 o clock in the morning.

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26. AND THE SUPERSCRIPTION OF HIS ACCUSATION. A white tablet was placed upon the cross, stating the crime for which the victim was suffering. THE KING OF THE JEWS. The slight variations in the title, as recorded in the Gospels, arise from the fact that it was written in three languages. In Greek, the language of literature and culture; in Latin, for the Roman soldiers, the language of the Jews, the language of religion. It was a prophecy that the language of the cross itself should be heard everywhere, and include all the other,—a language of culture, of power, and of religion.

27. THEY CRUCIFY TWO THIEVES. Rather, "robbers," like Barabbas. The motive may have been malice, but the more probably to take away the imputation of having punished an innocent man.

III. Scenks around the Cross.—The mocking crowds.—Vs 29, 30. 29. THEY THAT PASSED BY on the thoroughfare near which the cross stood railed on him, the contrast between his crucified condition and the title over his cross exciting their mirth and sneers. Thou THAT DESTROYEST THE TEMPLE. A perversion of Jesus' words (John 2: 19-21) which were brought against him at his trial (Matt 26: 61.) The sneer lay in the fact that any one who had the divine power to destroy and rebuild a temple, that took the rulers forty years to build, would certainly be able to keep the rulers from crucifying him, or enable him, even now, fo (30) SAVE himself AND COME DOWN THE CROSS. But it is remarkable that at this very hour the words he really spoke were in the process of being fulfill-d.

31. THE CHIEF PRIESTS MOCKING.

WITH THE SCR

around Je'usalem.

IV. THE DEATH ON MESUS AND ACCOMPANYING SIGNS.—VS. 34-39. 34. AT THE NINTH HOUR, the hour of the daily evening sacrifice, JESUS CRIED WITH A LOUD VOICE, showing strength and intense suffering. ELOI, ELOI, LAMA SABACHTHMANI? the modified HEBREW of PSA. 22: 1.

MY GOD, MY GOD, WHY HAST THOU FORSAKEN ME? "The historical meaning of "sabachthani" is not "to leave alone," but "to leave helpless," denoting not the withdrawal of God himself, but of his help."

35. BEROLD HE CALLETH ELLAS, Greek

35. BEHOLD HE CALLETH ELIAS, Greek form of Elijah, misunderstanding "Eloi" for

36. A SPUNGE FULL OF VINEGAR. The common sour wine. Put it on a reed. A hyssop stalk (John) This time Jesus received it (John) SAYING LET ALONE. Do not

ed it (John) SAYING LET ALONE. Do not interfere.

37. AND JESUS CRIED (again) (Matthew) WITH A LOUD VOICE. not the faint note of the dying, but a shout of triumph, saying (Luke 23: 46.) FATHER, INTO THY HANDS I COMMEND MY SPIRIT. This word teaches us how to die. AND GAVE UP THE GHOST. The spirit he had commended to his father. "Ghost is Old English for "spirit."

Accompanying Signs. (1) 38. THE VAIL OF THE TEMPLE WAS RENT IN TWAIN. This was the great veil which stretched across the temple between the Holy Place, where the priests ministered in their daily service, and the Holy of Holies This veil was sixty feet long, thirty feet wide, and of the thickness of the palm of the hand, and so heavy that it was said to require three hundred priests to manipulate it. The rending of the veil typified that the veil which shut out the vision of holiness from the heats of the people had been taken away (2 Cor. 3: 14-16) and the way into the Holy Place, the state

of Holiness, and the place of holiness was now opened.

39. THE CENTURION who had charge of the Crucifixion, probably a heathen, SAID, TRULY THIS MAN WAS THE SON OF GOD, the Messiah he claimed to be. Others with him feated exceedingly, and smote their breasts, recisian he claimed to be. Others with feared exceedingly, and smote their bit and joined in the same confession. Cely this was a righteous man (Luke) "they glorified God" (Luke) for such and such a death.

PRESENCE OF GOD.

Love God.-Be devoted to Him, and to Him supremely. Have no affection apart from Him. Delight to do His will. In all ways strive to grow into closer intimacy with God and into accord with His mind and spirit. There are blessed results flowing from a life thus spent in the practice of the presence of Such practice is the secret of peace It is the secret of a life of happiness and joy It is the secret of living a life of love and highest usefulness in the world. Guidance amid life's perplexities, wisdom for life's de cisions, cheer for life's sorrows, and help over life's hard places come with it. Knowledge of God and resultant transformation into His likeness come with it. It is worth our while, both in view of the present and future bloss-edness it brings, to "practice the presence of God."—Dr. G. B F. Hallock.

RELIGION IN THE FACE.

A beautiful story is told of a young lady missionary in Japan, whose peaceful face witnessed for Jesus.

Miss B--- was travelling by steamer from one Japanese seaport to another. On the same boat was a Japanese merchant, whose business anxieties had so worried and an noyed him that he was seriously contem plating suicide. He noticed Miss Bsitting quietly by, looking over the waters with such an expression of peace upon her face that he found himself turning to look at her again and again.

He did not know her, but he said to himself, "It must be that she is one of the foreign Christians Perhaps it is something in her religion that makes her face so calm and bright.

Addressing her with profound respect, he made known his strange request and sorrow ful reason for asking the way that gave the heart a peace so great that the face spoke it in every look. He listened to Miss B as she told him the Gospel story, and it made such a deep impression upon him that he resolved to accept as his own the Savious whose gift is peace.

Does your face and mine bear testimony that we have been with Jesus"?-Western Christian Advocate.

Paul, describing the Christian warrior's equipment, mentions the sandals of peace, the girdle of truth, the helmet of salvation, the breastplate of righteousness, and the shield of faith. All of these are for protection and defence. But the sword is an aggressive weapon. It may be used in defence, but it is intended chiefly for offensive warfare. So the Word of God, while affording protection and defence for the believing soul, has a still greater value in cutting away the defences of sinners and carrying straight to their hearts the divine call for their surrender.

Frail man glories in his strength

He is proud of the superiority which his intelligen e gives him over lower animals and over the forces of nature. Is he not master of the sea and the fire? Can he not kindle a fire and extinguish it at pleasure? Can he not set limits to the fire and compel it to warm his dwelling, to cook his food, to transport his commerce, and operate his machinery Yea, so it seems. But when the fire breaks loose in a great city what can man do with all his inventions for quenching, checking and extinguishing fire, and all his army of brave, strong men trained to fight fire? How swiftly the fire destroys man's wealth and lays his glory in ashes! "God hath spoker once; twice have I heard this, that power be longeth unto God."

What's he going to call it? "Portrate 'But it doesn't look like her at all! 'then he might call it "Portrate of another Lady."-Life



Miss Hapgood tells how she escaped an awful operation by using Lydia E. Pinkham's Vegetable Compound.

table Compound.

"Dear Mrs. Pineham:—I suffered for four years with what the doctors called Salpingitis (inflammation of the fallopian tubes and ovaritis), which is a most distressing and painful ailment, affecting all the surrounding parts, undermining the constitution, and sapping the life forces. If you had seen me a year ago, before I began taking Lydia E. Pinkham's Vegetable Compound, and had noticed the sunken eyes, sallow complexion, and general emaciated condition, and compared that person with me as I am today, robust, hearty and well, you would not wonder that I feel thankful to you and your wonderful medicine, which restored me to new Jife and health in five months, and saved me from an awful operation."—Miss Irene Happeon, 1022 Sandwich St. Windsor, Ont.—\$5000 ferfett if original of abone setter proving genulneasse cannet be preduced.

proving genulaeness cannot be produced.

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