The Sunday School as

BIBLE LESSON.

Abridged from Peloubet's Notes

Third Quarter, 1903.

JULY TO SEPTEMBER.

Lesson VI. August 9. David and Goliath.- I Samuel 17: 38 49.

If God be for us, who can be against us?

SAUL'S ARMOR; EVERY MAN TO HIS OWN WEAPON.—V.S., 18-40. 38. SAPL ARMED DAVID WITH HIS ARMORE. Literally, "Clothed David with his dress," a military dress worn underneah the armor. An helmet of brass. "The helmet was prebably made of skin as a rule." A cost of MAIL. A corse-let. David must have been at least twenty wears old, or he would not be large enough to wear Saul's armor at all. Remember that the king was an unusually large man.

39. AND DAVID GRDED HIS SWORD UPON MIS ARMOUR. Fastening it to the military dress worn under the corselet. AND HE ASSAYED TO 60. He tried to walk, but staggered under the unusual weight. That he made the attempt at all showed David's courtesy, and his deference to superiors. For he had never before tried to wear armor, and did not know how much strength it required, and how it would clog the movements of a novice. Therefore he frankly told Saul, I cannot go with these.

Therefore he frankly told Saul, I CANNOT GO WITH THESE.

AND DAVID PUT THEM OFF HIM. AS Augustine said, "He desired to go forth to the battle in the lightest possible armor: strong in the Lord, not in himself; armed not with steel but with faith." "God would show, as in the case of Gideon (ludg, 7; 2), that the victory was his alone."

40. AND HE TOOK HIS STAFF IN HIS HAND. "His club," Professor Smith translates it and adds, "A very ancient weapon, and still effective among the Bedawin. One of David's soldiers used it successfully against an Egyptian champion (2 Sam. 23: 21)." "The shepherds of the East always carry a staff, to beat bushes and low brushwood into which flocks stray, and where reptiles abound." And chose him five smooth stones out of the mook. Smooth, that they might fly more swiftly and accurately; five, to use in succession, if the first failed. Conder says that the sides and bed of the ravine lying between the two camps are still "strewn with rounded and water-worn pebbles, which would have been well fitted for David's sling."

AND PUT THEM IN A SKRIP. The Scrip was a

AND PUT THEM IN A SHEPHERD'S BAG WHICH HE HAD, EVEN IN A SCRIP. The scrip was small leather bag, especially the wallet in which a traveler would carry food and other

"SUMMER FOOD" Has Other Advantages.

Many people have tried the food Grape-Nuts simply with the idea of avoiding the trouble of cooking food in the hot months.

All of these have found something beside the ready cooked food idea, for Grape-Nuts is a scientific food that tones up and restores a sick stomach as well as repairs the waste tissue in brain and nerve centres.

"For two years I had been a sufferer from catarrh of the stomach dut to improper food and to relieve this condition I had tried nearly every prepared food on the market without any success until 6 months ago my wife purchased a box of Grape-Nuts thinking it would be a desirable cereal for the summer

"We soon made a discovery, we were enchanted with the delightful flavor of the food and to my surprise I began to get well,

My breakfast now consists of a little fruit; 4 teaspoonfuls of Grape-Nuts; a cup ef Postum, which I prefer to coffee; graham bread or toast and two boiled eggs. I never suffer the least distress after eating this and my stomach is perfect and general health fine Grape-Nuts is a wonderful preparation. It was only a little time after starting on it that wife and I both felt younger, more vigorous, and in all ways stronger. This as been our experience.

"P. S. The addition of a little salt in place of sugar seems to me to improve the food Name given by Postum Co., Battle Creek,

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necessaries. When Christ sent forth the twelve disciples (Matt. 10; 10), he told them not even to take a scrip for their journey. Professor H. P. Smith thinks this was "probably a technical term for the slinger's box or bag, in which he carried his ammunition."

AND HIS SLING WAS IN HIS HAND. "The sling has been in all ages the favorite weapon of the shepherds of Syria. The Benjamites were especially expert in their us of it; even the left-handed could sling stones at a hair and not miss (Judg. 20: 16.

left-handed could sling stones at a hair and not miss (Judg. 20: 16.

CIOCLARI'S DISDAIN: How the World Scorns the Man of God. Vs. 41-44-41.

THE PHILISTINE CAME OS. He must have been a terrible object, with his majestic stature, and his clanking armor glittering in the light. AND THE MAN THAT BARE THE SHIELD WENT BROWNERS HIM. His armor-bearer, whose duty it was to carry the great shield, collect arrows hurled against him for him to discharge again, and slay those whom his chief struck down.

42. DISDAINED HIM. The lews have a

to discharge again, and slay those whom his chief struck down.

42. Dispansed mm. The lews have a legend that Goliath, ediculing David, threw back his head in laughter,—a gesture which shifted his helmet so that his forehead was exposed to David's missile.

43. Am I a boo. Eastern town dogs are public scavengers, degenerate and despised.

"As the friend of man, endowed with noble intelligence, the dog had no place in Hebrew life." That Thot cosms to Me with STAVES? Goliath did not notice the sling. "The staff was ordinarily employed not against men but beasts." This kind of abusive dialoge e is common amo g Arab combatants still." Note also the long, boas ful harangues that Honer introduces before the duels of his heroes. AND THE PHILISTINE CURSED DAVID BY BUS GODS. These gods were such abominable idols as Dagon (the fish-god.); Baalzebub, god of flies, and Astarte, goddess of impurity. The combat thus became a question not merely between David and Goliath, but between God and idols.

44. I will give the FIESH UNIO 1000.

ols.
44. I WILL GIVE THY FLESH UNTO THE OWLS. So Hector, in the Iliad (XIII. 831),

defies Ajax: —

"Thy flesh

Shall glut the dogs and carrion birds of

Chees Apax:—

"Thy flesh

Shall glut the dogs and carrion birds of Troy."

David's Confidence. How God's Men Should Mert the World.—Vs. 45-47.

David was not a man to be daunted by big words. He made light of the giant's ponderous weapon's.

45. Thou comest "With a shall be dead of the giant's ponderous weapon's meant." But I come to mosts, the hosts of heaven, of the games of Israel, or both. "Lord of Sabaoth" is the Hebrew form of this splendid title. The God or mosts, the hosts of heaven, of the games of Israel, or both. "Lord of Sabaoth" is the Hebrew form of this splendid title. The God or Armes of Israel, or both. "Lord of Sabaoth" is the Hebrew form of this splendid title. The God or Armes of Israel, or both. "Lord of Sabaoth" is the Hebrew form of this splendid title. The God or Armes of Israel, or both. "Lord of Sabaoth" is the Hebrew form of this splendid title. The God or Brake. The Israel had bot, David had found—the armor furnished by faith in his divine commission.

40. This day will the Saba the Bray will be the Israel had bot, David repeats Goliath's threat (v. 44). That Ald the Israel had for the French Mark Now Heat There is a God's Diver translates it. So Elijah again's the priests of Baal (i Kings 18: 36), and King Hezekiah in his prayer for deliverance (2 Kings 19: 14).

47. AND ALL THIS ASSEMBLY. David spoke, "looking round on the heights before and behind, topped by crowds of soldier." Shall know that the Lord Savell not with spoke, "looking round on the heights before and behind, topped by crowds of soldier." Shall know that the Lord Savell not with spoke, "looking round on the heights before and behind, topped by crowds of soldier." Shall know a nound on the heights before and behind, topped by crowds of soldier. Shall know and the Lord of Hosts for his battle cry at Dunbar, and greeted the found of the same spiit that Cromwell caught when he chose the Lord of Hosts for his battle cry at Dunbar, and greeted the found his for with the words of the psalm. Let God arise and let his cremies

salem, says: "I was very much pleased with the precision with which my black

friend could sling smooth stones; he had no difficulty in hitting a bird sitting on a bush at 40 or 50 yards." AND HE FELL UPON HIS FACE TO THE EARTH.

David's Combat—a Type of Christian Ex-perience. 1. As David was amazed at the supineness of the Hebrew warriors, and in-dignant at the insults offered by Goliath, so every Christian should be eager to avenge upon Satan the insults he offers constantly to Christ. 2. Satan appears in the satangement of the con-

to Christ.

2. Satan appears in many gigantic forms, which we must fight;—our own sin, the iniquity around us, mammon, corruption, crame, intemperance, impurity, in-

the iniquity around us, mammon, corruption, crime, intemperance, impurity, infidelity.

3. Our adversary, Satan, is mightier than in David's case. But we also may advance in the name of the Lord of Hosts, and in his all-sufficient strength.

4. Like David, we must reject the weapons of the world,—se fish prudence, cynical maxims, regard for money, and the like.

5. But, like David again, we must use some weapon—the one that God has given us. Each soul bas its own best way of fighting God's enemies and doing God's work. Discover that way, practice it, use it.

TOO BUSY TO BE KIND.

"I sometimes think we women, nowadays, are in danger of being too busy to be really useful," said an old lady, thoughtfully. "We useful, said an old lady, thoughtfully. "We hear so much about making every minute count, and always having some work or course of study for spare hours, and having our activities all systematized, that there is no place left for small wayside kindnesses. We go to see the sick neighbor and relieve the poor neighbor, but for the common everyday neighbor, who has not fallen by the way, so far as we can see, we haven't a minute to spare. But every body who needs a cup of cold water isn't calling the fact out to the world, and there are a great many little pauses by the way which are no waste of time. The old fashioned exchange of garden-flowers over the back fence, and friendly chats about domestic matters, helped to brighten weary days, and brought not to be too busy to inquire for the girl away at school, or to be interested in the letter from the boy at sea, it is a comfort to the mother's lonely heart to feel that somebody else cares for that which means so much to her. Especially we ought mot to be too busy to you shall be too busy to give and receive kindnesses in our own home. May no one be able to say of us that we are too busy to be kind."—The Yong Woman: hear so much about making every minute

God has been wrestling with you patiently and lovingly for many years. He has sought by the prosperity and happiness that he has sent you to make you conscious of his tender love and care and to draw you to him by the cords of gratitude. And when you failed to perceive him in the daylight, he has met you in the darkness. He has thrown his strong arm around you aud still you have not known him. He has wounded you—he has had to wound you—because you struggled against him. Can you not now see that it is he? And is it not idle to resist him? Oh, if men only knew that God is not their enemy, but their best friend! If instead of holding him off or trying to, break away from his embrace, they would cling to bim, as Jacob did, exclaiming: "I will not let thee go, except thou bless me!" As soon as that prayer is offered the blessing comes and the morning breaks. There would have been no need of the long struggle if the soul had only yielded sooner to him whose one supreme disire is to bless and save it.—Edward B. Coc, D. D., in Life Indeed. cords of gratitude. And when you failed to

CONSCIENCE.

The death of Charles IX. of France was terrible one. He had authorized the massa-cre of the Huguenots on the fearful night of cre of the Huguenots on the fearful night of St. Bartholomew, and was haunted by its horror during his dying moments. "I know not how it is," he said to his surgeon, Ambrose Pare, "but for the last lew days I feel as im-a fever. My mind and body are both disturbed. Every moment, whether I am saleep or awake, visions of murdered corpses, covered with blood, and hideous to the sight, haunt me. Oh, I wish I had spared the imocent and the imbedie." He died two years after, the massacre, and to the last moment the horrors of the day of St. Bartholomew were present, without ceasing, to his mind.—Smiles on "Duty."

ELISHA'S FAREWELL

When Christmas Evans was dying he shouted, in a joyous strain, four line Welsh hymn, then, waving his finnd, he said, in English, "Good-byer drive on," Such was the prophet's farwell. He was passing home but those who loved him must see that God's work did not fail after he had gone from the head of the host.—Ex

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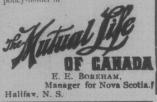
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