

The Sunday School

BIBLE LESSON.

Abridged from Peloubet's Notes.

Fourth Quarter, 1902.

OCTOBER TO DECEMBER.

Lesson X. December 7. Ruth 1: 16-22.

RUTH AND NAOMI.

GOLDEN TEXT.

Be kindly affectioned one to another.—Rom. 12: 10.

EXPLANATORY.

SCENE I. THE EMIGRANTS.—Ruth 1: 1-16. Some time during the period of the Judges, under Gideon or later, there arose a famine in Judea which lasted in some degree for several years.

At this time there lived a family at Bethlehem consisting of Elimelech, his wife Naomi, and two sons, whose names indicate feeble health. Finding it difficult to obtain a living on the home farm on account of the famine, and perhaps afraid of the roving bands of the invaders, the family determined to emigrate to some safer and more fruitful region, even though it would compel them to bring up their children amid heathen surroundings. They went across the Jordan, probably at the fords of Jericho, turned to the south along the eastern shores of the Dead Sea, and settled along the rich fields of the Moabites. Here great changes came to the family. In the course of ten years the sons married Moabish women. Ruth and Orpah; and both sons and Elimelech, their father, died in the land of Moab, leaving the three women widows.

The widow Naomi, poor, in distress, among strangers, became homeless for her native land, her kindred, the people of God, and the religious aids and consolations of her youth. Everything here reminded her of her loss.

The famine was over. One of the periods of revival and prosperity was shedding its benediction over the land from which she came, and she resolved to return.

SCENE II. THE PARTING. RUTH'S CHOICE.—Vs 6-18. The two widowed daughters-in-law, Orpah and Ruth ("the Rose of Moab.") went part of the way to see Naomi off, as friends and relatives were accustomed to do, and is still the custom in the East. When the time came to part, when they had kissed each other and wept together, they both declared they would not return, but would go with her to Israel. "Like a wise woman she declined to take advantage of the impulse of passionate grief, which seemed adverse to their temporal welfare, and which their cooler judgment might not sanction, and urged them, by many strong arguments to return. Naomi used the same arguments to Ruth as she did to Orpah. "God wrestled with Jacob with desire to be conquered; so Naomi no doubt opposed Ruth, hoping and wishing that she herself might be foiled." She would have Ruth fully understand her own mind, and realize what the decision would cost her. So in the parable of Christ (Luke 14: 26-33.) It is plain that Naomi's personal character and her teachings, shining out through the night of sorrow, had commended to her family and neighbors the religion of the true God.

16. AND RUTH SAID. "Ruth's passionate burst of tenderness is immortal." "Like David's lament over Jonathan,

SALESMEN'S TRIALS.

Bad Food is One of Them.

Road traveling is rather hard on salesmen. Irregular hours, indifferent hotels and badly cooked food play smash with their digestion.

An old Philadelphia traveler tells how he got the start of his troubles by using Grape-Nuts. "For years I was troubled with a bad stomach, which gave me constant headaches and pains all through my body, caused by eating improper food. I spent considerable money on doctors, who said I had indigestion, and after taking medicine for a year and it doing me no good, I decided to go on a diet, but the different cereals I ate did not help me. If it hadn't been for the advice of a friend to try Grape-Nuts, I might be ailing yet."

I commenced to feel better in a short time after using the food; my indigestion left me; stomach regained its tone so that I could eat anything, and headaches stopped. I have gained in weight and have a better complexion than I had for years. At many hotels, the salesmen will have nothing in the line of cereals but Grape-Nuts, as they consider it not only delicious, but also beneficial for their health in the life they lead." Name given by Postum Co., Battle Creek, Mich.

these words have sunk deep into the human heart."

INTREAT ME NOT TO LEAVE THEE, for the very reason that she is old and poor and childless.

WHITHER THOU GOEST, I WILL GO. "Compare the very similar entreaties of Elijah, and the steadfast determination of Elieha not to leave him (2 Kings 2: 2-6.) In Elieha's case as in Ruth's, the reward of steadfast persistence was very great." THY PEOPLE SHALL BE MY PEOPLE, even though she went apparently to lifelong poverty among strangers. But the blessedness that people had in the true God was infinitely greater than that she left, and transformed the dark clouds as the sun does with his setting glories. AND THY GOD MY GOD. She accepted the true religion, as it shone in the example and teaching of her mother-in-law.

In thus cleaving to her poor old mother-in-law, and going with her from home and country into a strange land, Ruth shows that she was a heroine. Her heroism was of the home, of daily life, of love. She was not a prophetic like Deborah; not a queen like Esther; but a simple Moabish maiden, a gleaner in the harvest fields, strong in her own simple purity. She is no saint, no devotee, no prophetess, but a very woman, and a woman!

"Not too bright and good
For human nature's daily food."

17. THE LORD DO SO TO ME, calling upon herself the severest punishment if she should break her promise. Ruth's use of the name of Jehovah shows that she was already a believer.

18. WAS STRAIGHTLY MINDED, "in making herself firm to go with her." SHE LEFT SPEAKING UNTO HER. She had wanted her to go with her, but it seemed selfish to permit her. But she yielded at last to Ruth's steadfast determination.

III. THE EMIGRANT'S RETURN AND WELCOMES.—Vs 19-22. 19. THEY TWO CAME TO BETHLEHEM, the early home of Naomi, where she had a small estate (Ruth 4: 13) ALL THE CITY, a small walled village (Micha 5: 2.) WAS MOVED, excited and interested, ABOUT THEM. She had belonged to a prominent family, and as probably little or nothing had been heard from her for ten years, her return was a glad surprise. AND THEY (feminine,) the women of Bethlehem, SAID, IS THIS NAOMI? Can this lonely travelled-stained woman be the Naomi who went away so happily ten years ago?

20. CALL ME NOT NAOMI, "lovable," "pleasant." That name once belonged to me. CALL ME MARA, "bitter" (Ex. 15: 23.) for this better expresses my condition. FOR THE ALMIGHTY HATH DEALT VERY BITTERLY WITH ME. My life is in his hands. He has given me this bitter medicine for my soul. "The Lord gave, and the Lord hath taken away: blessed be the name of the Lord."

21. THE LORD HATH TESTIFIED AGAINST ME, that my going away into a heathen land for a better living was a sin, I lacked faith in his promises, and I have fared worse than if I had remained at home.

22. IN THE BEGINNING OF BARLEY HARVEST, usually about the middle of April. This fact was an essential circumstance in Ruth's future life.

IV. THE REWARD.—The rest of the book tells in a delightful way the story of the effect upon her life of self-denying love to her mother-in-law, and to her God. The harvest time suggested to Ruth how she might help support her Naomi for a time. "Primitive life in the most diverse countries has much in common; if nowhere else, we have learned from 'Lorna Doone' what harvest time can be like in an agricultural community; how the home-steads combine, reap each farm in succession, with solemn ceremony and noisy mirth, gleaming women following the reapers with gay laughter, while hours of rest bring the common meal and good fellowship." Thus Ruth not only (1) supported the family, but (2) she won the respect and favor of the people among whom she lived. (3) She gained a most excellent husband and home. "In Boaz we have a model for the character of a rich man in private life: we see one whose deep faith in God breaks out in every word of his lips and every action of his life (Ruth 2: 15, 16; 3: 10, 11, etc.) one attentive to his own business and diligent in the care of his own property (Ruth 2: 4; 3: 9); kind and friendly to his dependents, and beloved by them (Ruth 2: 4); liberal, generous, and courteous to the poor and friendless stranger (Ruth 2: 8, 9, 14, 15, 16.)" (4) Ruth had the honor of including among her descendants the great kings David and Solomon, and, above all, Jesus the Christ, through his mother.

Sir W. Laurier will go to Hot Springs Virginia, for three months at least, and Sir R. J. Cartwright will act as premier in his absence.

OPEN THE DOOR.

Open the door, let in the air:
The winds are sweet and the flowers are fair.

Ioy is abroad in the world today:
If our door is wide it may come this way—
Open the door!

Open the door, let in the sun;
He hath a smile for every one;
He hath made of the raindrops gold and gems,
He may change our tears to diadems—
Open the door!

Open the door of the soul, let in
Strong, pure thoughts which shall banish sin;
They will grow and bloom with a grace divine,
And their fruit shall be sweeter than that of the vine—
Open the door!

Open the door of the heart, let in
Sympathy sweet for stranger and kin;
It will make the halls of the heart so fair
That angels may enter unawares—
Open the door!

—British Weekly.

"IT'S BREAKING MY HEART!"

The newspapers never reported a more pitiful story than the following: A wretched mother dropped dead about four weeks ago at the feet of the son who had been a burden and a sorrow to her. This son, who was thirty years old, instead of helping his mother, spent his wages for whiskey. At last the mother concluded that committing him as an habitual drunkard might lead to his reformation. She was called to the witness stand to swear to the complaint, but the strain was too great for her, and she fell dead with the words on her lips: "It's breaking my heart!" No orator, living or dead ever delivered a temperance lecture equal to this in pathos and eloquence.—Ex.

A TRYING TIME

IS THE PERIOD WHEN YOUNG
GIRLS ARE MERGING INTO
WOMANHOOD.

Marked by Pale Faces, Heart Palpitation,
Loss of Appetite and General Lassitude
—How to Overcome This Condition.

After babyhood, the most perilous time in a young girl's life is when she is just entering womanhood. It is then that she is subject to headaches, dizziness, heart palpitation, feeble appetite, and bloodless cheeks and lips. This condition may easily develop into consumption, and to prevent this—to keep the young girl in good health and strength, mothers should insist upon their taking a blood making tonic, such as Dr. Williams' Pink Pills. Mrs. Henry McIntyre, Port Dalhousie, Ont., gives sound advice to other mothers in cases of this kind. She says:—"About three years ago the health of my daughter, Bertha, began to fail. She grew weak and seemed unable to stand the least exertion. She suffered from distressing headaches, and fainting fits; her appetite left her and she lost flesh. I spent much money on medicines, but they did not help her. Then I took her to a doctor, and although his treatment was persisted in for a long time, she seemed to be growing worse, and I began to fear she was going into consumption. Then I took her to a specialist, but his treatment was likewise unsuccessful. Finally upon the advice of a lady friend, a doctor practicing in Chicago, Bertha began using Dr. Williams' Pink Pills, and before long there was a decided improvement in her condition, and by the time she had taken nine boxes she was once more enjoying the best of health and had gained fifteen pounds in weight. I would strongly advise all similar sufferers to give Dr. Williams' Pink Pills a fair trial, as her case seemed as hopeless as could be."

All weak and ailing girls and women, sufferers from back-ache, headaches, indisposition to work or exercise, who show by their pale and sallow cheeks that they are in ill health, will find prompt relief, bright eyes, rosy cheeks and active health in a fair use of Dr. Williams' Pink Pills. You can obtain these pills from any medicine dealer or by mail, postpaid, at 5 c. a box or six boxes for \$2.50, by writing direct to the Dr. Williams' Medicine Co., Brockville, Ont. Never accept anything else which a dealer may say is "just as good."

MESSRS. C. C. RICHARDS & CO.

Gentlemen,—Theodore Dorais, a customer of mine was completely cured of rheumatism after five years of suffering, by the judicious use of MINARD'S LINIMENT.

The above fact can be verified by writing to him, to the Parish priest or any of his neighbors.

Merchant, St. Isadore, Que.,
May 12th, 1898.

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GREAT RELIEF.

I have taken Milburn's Heart and Nerve Pills for palpitation of the heart and shattered nerves, and for both troubles have found great relief.—Mrs. W. Ackert, Ingersoll, Ont.

FEELS SPLENDID NOW.

Before taking Milburn's Heart and Nerve Pills I was all run down, could not sleep at night and was terribly troubled with my heart. Since taking them I feel splendid. I sleep well at night and my heart does not trouble me at all. They have done me a world of good.—Jas. D. McLeod, Hartsville, P.E.I.

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