

## The Sunday School

### BIBLE LESSON.

Abided from Peloubet's Notes.

Third Quarter, 1905.

JULY TO SEPTEMBER.

Lesson XIII.—September 24.—Review.

GOLDEN TEXT.

The Lord is thy keeper.—Psa. 121: 5.

EXPLANATORY.

Graded Schools will find among the following plans something suited to each department. The primary department may use No. 1; the senior Nos. 2, 4, or 5; the intermediate department may use any of the plans, but will probably choose 3, 4, or 6. Combinations may be made, the teacher using more than one plan, or using several plans in part.

1. The "Kept" Review.—This review finds its key-note in the "Golden Text," "The Lord is thy keeper." Every lesson of the quarter illustrates the great truth that God will keep in prosperity and happiness those that obey him, while those that disobey him are lost. This aspect of the lessons may be exhibited thus:

1. Jehovah, the Keeper of His People.
- Lesson 1. Kept—in a great peril. (Sennacherib's invasion.)
2. Kept—in the hour of death. (Hezekiah's prayer.)
3. Kept—by Christ's sacrifice. (Isaiah's vision of the Messiah.)
4. Kept—in joy and plenty. (Isaiah's vision continued.)
5. Kept—through repentance and prayer. (Manasseh.)
6. Kept—through obedience and reform. (Josiah.)
7. Kept—through love of God's word. (Josiah.)
8. Lost—through scorn of God's word. (Jehoiakim.)
9. Kept—in a dungeon. (Jeremiah's imprisonment.)
10. Lost—in a palace. (Zedekiah and the captivity.)
11. Kept—by the water of life. (Ezekiel's vision.)
12. Kept—in the midst of temptation. (Daniel.)

For use in primary classes this thought may be illustrated simply, yet, effectively. Write the names "Hezekiah" and "Isaiah," and draw many arrows flying toward them, to represent God's protection against the arrows, in answer to their prayers. Similar represent the characters of the other kings. In Lesson 9, the circle will represent the church also. In Lessons 8, and 10, the arrows will be broken in many places, so that the arrows can get in.

The Tricolor Review.—Prepare sets of white, and blue cards, writing upon the white the names of the Hebrew kings, on the blue the names of the prophets, and on the blue the names of the other characters of the quarter's lessons, in part as follows:—

Hebrew Kings.—Hezekiah, Manasseh,

### STRONGER THAN MEAT.

A Judge's Opinion of Grape-Nuts.

A gentleman who has acquired a judicial bench out in the Sunflower State, writes a carefully considered opinion as to the value of Grape-Nuts as food. He says:

"For the past 5 years Grape-Nuts has been a prominent feature in our bill of fare.

The crisp food with the delicious nutty flavor has become an indispensable necessity in my family's everyday life.

It has proved to be most healthful and beneficial, and has enabled us to practically abolish pastry and pies from our table, for the children prefer Grape-Nuts and do not crave rich and unwholesome food.

"Grape-Nuts keeps us all in perfect physical condition—as a preventive of disease it is beyond value. I have been particularly impressed by the beneficial effects of Grape-Nuts when used by ladies who are troubled with face blemishes, skin eruptions, etc. It clears up the complexion wonderfully.

"As to its nutritive qualities, my experience is that one small dish of Grape-Nuts is superior to a pound of meat for breakfast, which is an important consideration for anyone. It satisfies the appetite and strengthens the power of resisting fatigue, while its use involves none of the disagreeable consequences that sometimes follow a meat breakfast." Name given by Postum Co., Battle Creek, Mich.

There's a reason.

Amon, Josiah, Jehoahaz, Jehoikim, Jehoichin, Zedekiah.

Prophets.—Isaiah, Jeremiah, Ezekiel, Daniel. Others.—Sennacherib, the Rab-shakeh, Hilkiah, Huldah, Shaphan, Baruch, Nebuchadnezzar.

The scholars will draw these cards, and each will tell what he can about the characters whose names he has drawn. If there is time, redistribute the cards and repeat the exercise.

III. The Essay Review.—Assign to the scholars the following subjects for essays, carefully fixing the length of each essay:—What these lessons teach us about prayer. Glimpses of the Messiah in the major prophets. What these lessons teach us about God's relation to nations. Lessons from the good kings studied this quarter. Lessons from the bad kings studied this quarter. Hebrew idolatry and the harm it did. The part the Bible played in the events of the quarter. What the exile did for the Hebrews.

IV. The Major Prophets' Review. This form of review, especially suited to adult classes, consists of a series of essays or talks on part or all of the following subjects, the aim being to take broad, comparative views of the major prophets:—

Isaiah as a national leader. Isaiah's vision of the Messiah. The Book of Isaiah and the question of its unity. Jeremiah's relations to national life. Jeremiah's personal character. Characteristics of Jeremiah's writings. Characteristics of the book of Ezekiel. Unique points in the career and the Book of Daniel. Points of likeness and of difference in the major prophets.

V. The "Quiz" Review. Divide the class, the Sunday before, into two divisions, each with a leader. Explain the plan, and suggest that each side study together during the week in preparation for the test. On Review Sunday one side will begin and ask questions of the other side, the questions bearing, of course on the quarter's lessons. The teacher will be umpire, deciding on the fairness of the questions and keeping the record. Each side will question as long as the other side gives correct answers; but when a wrong answer is given, the side that gives it must begin to question. The side that answers most questions correctly is the victor.

### REST AND LABOR.

The rest of the Christian is not the rest of idleness or indifference. It is a rest which is a preparation for work; it is a rest from our own labors, and from the anxieties which have disturbed us; a rest which enables us to stretch out our hands in helpful labor, and rescue others from the sorrows which we have felt, the burdens which we have borne, and the troubles which have afflicted our own souls.

No one can truly and effectually labor for others until he has himself first entered into rest. No one can faithfully work the work of God until he has come to cease from his own works. And when the strife and the toil for rest and peace and pardon are ended, and when the sweet assurance of the Saviour's love has possessed the soul with an abiding peace; when the great question is settled, and the great debt is paid; when at last, "being justified by faith, we have peace with God, through our Lord Jesus Christ, by whom also we have access unto this grace wherein we stand, and rejoice in hope of the glory of God;" then having entered into this rest, we are enabled to lay aside every weight, and the sin which so easily besets us, and run with patience the race set before us. Then we are workers together with God. Then we can "be steadfast, immovable in the work of the Lord, forasmuch as we know that our labor is not in vain in the Lord." H. L. Hastings.

### TEACH CHILDREN TO CARE FOR THEIR OWN ROOMS.

When a little girl has a bedroom of her own let it be dainty and pretty, but very simple, and teach her as early as possible how to take care of it herself, to make her own bed properly, and dust and care for everything in it, in the most approved manner. Explain to her why a feather duster should never be used, why the bed clothing should be thoroughly aired

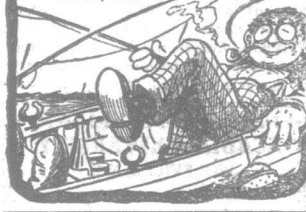
### That Fishing Trip

See that there's plenty of Sovereign Lime Juice in the hamper. You'll need it during the long hot days to keep you cool. Good to prevent the system from being affected by change of water and climate, too.

### Sovereign Lime Juice

Is just the rich, delicious juice of ripe limes—free of alcohol and preservatives. It is a temperance drink, and a mighty sensible drink—any time and all the time. 10c, 15c, 25c and 50c.

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every day and the mattress turned over, why she should sleep with the window down from the top at least a few inches ever night, and you will do much to help her grow up into a strong, healthy woman, and supplement the lessons in hygiene and physiology taught in school.

The boy also, should have a few lessons in bed-making and the general care of his room. It will do him no harm whatever, even if he never has to attend to such things in later life, but will teach him to be thorough and careful, and it may be a great help to an overworked mother. — Ladies Home Journal.

Higher, purer,  
Deeper, surer,  
Be my thought, O Christ, of thee!  
Break the narrow bonds that limit  
All my earth-born, sin-bound spirit  
To the breadth of thy divine!  
Not my thought, but thy creation,  
Be the image, purely thine;  
Deep within my spirit's shrine  
Make the secret revelation;  
Reproduce thy life in mine.

We are blind with regard to the future; it is as if we had no vision at all we may not boast of tomorrow, because we know not what one day may bring forth. We know the history of the day that is gone, but what is coming in the morning not the wisest man can tell. God keeps tomorrow in his own hand; but this we know, that we shall be led and upheld and comforted; our perplexity shall be relieved, the crooked places shall be made straight, the rough places plain, and even the valleys shall be exalted; a new song will be in our mouth at the close of the day; if we have to sing of judgment, we shall also sing of mercy, for God's way towards us is one of judgment and of love.—Joseph Parker.

### NO OTHER MAN

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### SYNOPSIS OF CANADIAN NORTH-WEST

HOMESTEAD REGULATIONS.

ANY even numbered section of Dominion Lands in Manitoba or the North-west Provinces, excepting 8 and 26, not reserved, may be homesteaded upon by any person who is the sole head of the family, or any member of a family, or any male over 18 years of age, to the extent of one-quarter section, of 160 acres, more or less.

Entry may be made personally at the local land office for the district in which the land to be taken is situated, or if the homesteader desires he may, on application to the Minister of the Interior, Ottawa, the Commissioner of Immigration, Winnipeg, or the local agent for the district in which the land is situated, receive authority for some one to make entry for him.

HOMESTEAD DUTIES: A settler who has been granted an entry for a homestead is required to perform the conditions connected therewith under one of the following plans:

(1) At least six months' residence upon and cultivation of the land in each year during the term of three years.

(2) If the father (or mother, if the father is deceased) of any person who is eligible to make a homestead entry under the provisions of this Act, resides upon a farm in the vicinity of the land entered for by such person as a homestead, the requirements of this Act as to residence prior to obtaining patent may be satisfied by such person residing with the father or mother.

(3) If the settler has his permanent residence upon farming land owned by him in the vicinity of his homestead, the requirements of this Act as to residence may be satisfied by residence upon the said land.

APPLICATION FOR PATENT should be made at the end of three years, before the Local Agent, sub-Agent or the Homestead Inspector.

Before making application for patent the settler must give six months' notice in writing to the Commissioner of Dominion Lands at Ottawa, of his intention to do so.

W. W. CORY,

Deputy of the Minister of Interior.



### UPPER CANADA COLLEGE

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PRINCIPAL, HENRY W. AUDEN, M. A. Cambridge, late Sixth Form Master at Fettes College, Edinburgh.

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For Calendar and all particulars address THE BURSAR, UPPER CANADA COLLEGE, Toronto, Ont. [sp. 20]

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For the Schools at Wolfville.

1. A man and his wife for Steward and Matron of "College Residence," the boarding house of College students.
2. A head Cook for Acadia Seminary.
3. Two women to have the care of rooms in College Residence and the Academy Home.
4. Ten young women to work in dining rooms and kitchens of Acadia Seminary, Horton Academy and College Residence.
5. One man servant for the Seminary, to have charge of fire and do all sorts of general work.

Write the undersigned for full particulars, stating what position you will accept:

A. COHOON,

Sec'y. Executive Committee.

