

dise. No small part of the efficiency of those terrible warriors who overran so great a portion of the world in a few centuries was due to their abstinence from wine. Any boy or girl who wishes to be efficient, in any calling whatever, is better without wine.

The greatest harvest possible for our reaping is eternal life. A lame boy who was fol-

lowing Christ was once asked, "Is it not a tiresome journey, getting to heaven?" He replied, "No, it is easy. There are only three steps: first, out of self; second, into Christ; third, into heaven." All that is well worth seeking is to be found in Jesus. All that is well worth reaping is to be sown and grown in Him.

### THE LESSON GRADED

This section embraces teaching material for the various grades in the School.

#### For Teachers of Bible Classes

This is the Lesson for World's Temperance Day. Point out that the main thought in this chapter is the brotherhood of the Christian life. This demands that the sinning brother be restored, the burdened brother be helped, the teaching brother be willing to impart the treasures of his wisdom. All these activities find their justification in the existence of a great law that whatsoever we put into life that shall we take out of it. As a temperance Lesson, discuss:

1. *What every man should sow.* Take this as the key-note, "God's judgment is unerring. Those who sow either to the flesh or to the spirit shall alike reap the harvest for which they have sown. But faint not in well doing, for we shall in due time reap eternal life." Deal with the necessity of every one's sowing truth, wisdom, sobriety, virtue. What is done in obedience to truth will quicken the spiritual life. Call for the evidence of this in society. Take the man who sows to the spirit in thought, word, deed, and observe the effect upon himself and others and test the character which results. True temperance is the controlling power of truth as revealed, taught and lived by Jesus.

2. *The warning this gives against all intemperance.* Take v. 8, first clause, as a picture of intemperance. Discuss:

(a) The sowing process, the wine and other liquors served in homes and at social functions, then the beer shops where so-called temperance drinks are sold, then the saloon. These various institutions minister to millions every year, and sow the deadly effects of alcohol in the constitution of the nation. Again, there are social evils which minister to

passion, luxury and sensuality, all having a direct effect upon the fleshly nature.

(b) The reaping process. Get the facts concerning the hereditary taint and the handicapped children because of intemperance. Take up poverty, sickness, loss of wages, accidents, all these are part of the harvest the state is taking in yearly. Study the records of the police courts, and find out how many crimes are due to alcoholism.

The teacher can do much valuable work by recommending certain reliable works on the liquor problem, and even turning the class into a reading club for the study of such books. The latest and best scientific results are easily available. Many of them may be found in an excellent series of temperance leaflets which can be obtained by writing to Rev. J. G. Shearer, D.D., Superintendent, Board of Home Missions and Social Service, Confederation Life Building, Toronto.

#### For Teachers of the Senior Scholars

Have a talk with the class about the meaning of the word temperance, about the change in meaning which the word has undergone since New Testament times,—how it then meant self-control in general, how it now means total abstinence from strong drink. Discuss:

1. *Burden Bearing*, vs. 1-5. Point out that life is largely made up of burden-bearing, that we cannot escape from something of this kind, and remind the class that it is only when life is Christ-centred that we know what to do with the burdens of life. Bring out the different kinds of burden bearing referred to in the passage: (1) Burdens which we must help others bear (vs. 1, 2), by manifesting a kindly interest in them when they are down, and by extending to them a helping hand. More than once a kind word and a