

The Sunday School Lesson

Lesson II. April 10.

BIBLE TEACHINGS ABOUT HEALTH

Lesson—1 Cor. 6: 19, 20; 9: 24-27; Gal. 6: 7, 8.

Golden Text.—"Every man that striveth in the games exerciseth self-control in all things" (1 Cor. 9: 25).

The Lesson Text.

1 Cor. 6: 19 Or know ye not that your body is a temple of the Holy Spirit which is in you, which ye have from God? and ye are not your own; 20 for ye were bought with a price: glorify God therefore in your body.

9: 24 Know ye not that they that run in a race run all, but one receiveth a prize? Even so run; that ye may attain.

25 And every man that striveth in the games exerciseth self-control in all things. Now they do it to receive a corruptible crown; but we an incorruptible.

26 I therefore so run, as not uncertainly; so fight I, as not beating the air:

27 but I buffet my body, and bring it into bondage: lest by any means, after that I have preached to others, I myself should be rejected.

Gal. 6: 7 Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.

8 For he that soweth unto his own flesh shall of the flesh reap corruption; but he that soweth unto the Spirit shall of the Spirit reap eternal life.

Comments

1 Cor. 6: 19. The general tone of the New Testament teaching is that in some way the Spirit of God dwells in or among His people. The teaching is equally plain that the human body should be kept so clean as to be a fit habitation for the Spirit of the living God. See 2 Cor. 6: 16; Eph. 2: 21, 22; 1 Tim. 3: 15; Heb. 2: 2; 1 Pet. 2: 5. The purpose of this high ideal is to restrain us from sin.

Verse 20. There is no way to glorify God in one's body except to so use the body as to make it a servant of godliness, righteousness, purity and truth. Paul elsewhere (Col. 1: 18) states that the church is the body of Christ. All in all that is such spiritual intimacy between Christ and His followers that in both body and mind we should so live and think as to be worthy of Him, and not be inconsistent with His righteousness.

9: 24. The games celebrated near Corinth would make Paul's figure familiar to those he addressed. Running, leaping, wrestling and boxing were practiced in these games for the purpose of building strong bodies. In the Christian race we do not struggle against one another, but against sin, and the aim is to keep physically, mentally, morally and spiritually fit in order that the race may be won.

Verse 25. Every one who entered the Corinthian games was compelled to submit to a long course of rapid and severe discipline. Trainers in athletics today require the same practice. Temperance is simple the practice of the highest type of self-control. No man has a right to so abuse his physical powers as to impair his value to society or his standing with God.

Verse 26. The runners and wrestlers in the Greek games were uncertain as to victory. The sincere Christian has no such uncertainty. Uncertainty of victory comes only with unpreparedness in the running.

Verse 27. Self-discipline consists of the body to the mind. (2) The entire subjugation of the mind to the spirit of Christ.

Gal. 6: 7. Paul carries forward the same idea. Whatever may be the nature of our habits or practices, such will be the nature of the results and rewards.

Verse 8. Living a life that sensualizes and demoralizes the body brings consequences of weakness and destruction to both body and soul. It is bodily appetites that undo us. It is yielding to the physical that makes us coarser and coarser until we lose power of response to the spiritual. The real battle of life is between our

better intelligence and our debasing impulses.

Illustrated Truth.

No one can honor God who shows little regard for the body that was given him with which to serve God and the world (1 Cor. 6: 19).

Illustration.—A young woman who held several important positions in the church was given the sort of social life that meant late hours, over-eating and unwholesome excitement. Still, as she often boasted, she managed to drag herself to teach her class on Sunday, though she was "half dead." She would have scorned the idea of offering one of her friends as a gift something she had already nearly worn out, yet she was making such an offering to the Lord and was priding herself on the fact.

Topics for Research and Discussion.

I. A Clean Body (1 Cor. 6: 19, 20). 1. What is the New Testament teaching as to keeping one's body clean and fit? 2. How may we glorify God in our bodies? 3. How is it possible for a man of strong physical tendencies to swing over to spiritual living? 4. In the light of this Scripture, what becomes of the basis for the plea for "personal liberty" in those things that destroy both body and soul? 5. What right has any one to abuse a trust placed in their care? If it is wrong to misuse a trust, is it not wrong to misuse our bodies, which belong to us only as a trust?

II. A Controlled Body (9: 24-27). 6. What kind of games were Paul and the people of Corinth familiar with? 7. How does training for athletics correspond to training for Christian living? 8. What is temperance? 9. How does the Christian differ from the athlete as to victory? 10. How would you define self-discipline?

12. A Spiritually Consecrated Body (Gal. 6: 7, 8). 11. Is it possible to get into the habit of doing good as well as evil? 12. What is the effect of a life of sin? 13. What is the effect of a life of righteousness? 14. Then, why do men sin? 15. Why do men try to deceive themselves about sin.

TABBY-CAT MOTHERS CHICKS AND DUCKS



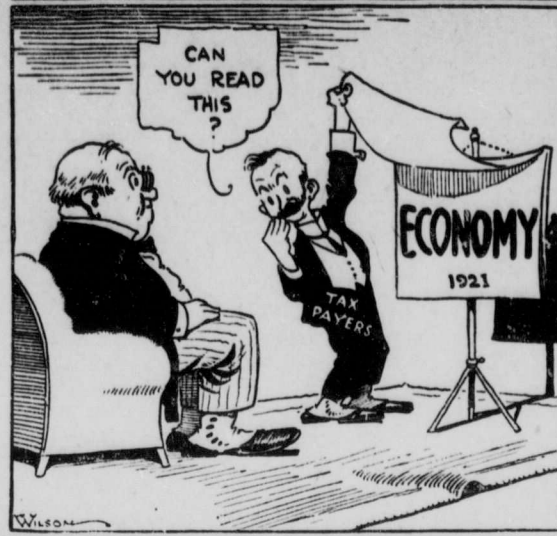
A poultry dealer in Chicago found a very much battered-up kitten back of his shop one day. He took it in and fed it. And now tabby, a grown and well-fed cat, is returning good for good. Nothing delights her more than when she is mothering a hatching of baby chicks or little ducklings—or both at the same time, as shown here.

Sign in a restaurant: "Table d'Hotel Dinner 60 cents. Soup changed daily.—Boston Herald.

For years I have never considered my stock of household remedies complete unless a bottle of Minard's Liniment was included. For burns, bruises, sprains, frostbites or chilblains it excels, and I know of no better remedy for a severe cold in the head, or that will give more immediate relief than to inhale from the bottle through the nasal organ.

And as to my supply of veterinary remedies it is essential, as it has in very many instances proven its value. A recent experience in reclaiming what was supposed to be a lost section of a valuable cow's udder has again demonstrated its great worth and prompts me to recommend it in the highest terms to all who have a herd of cows, large or small. I think I am safe in saying among all the patent medicines there is none that covers as large a field of usefulness as does Minard's Liniment. A real trueness good for man or beast.
CHAS. K. ROBBINS,
Chebogue Point, N.S.

EYES TESTED FREE



WHAT THE BOY SCOUTS ARE DOING

If the Boy Scouts of Ottawa were to join hands they would be able to encircle a large part of their home city. Ottawa has more Scouts per capita than any other city of 100,000 or more people in America.

Scoutmasters in Hamilton and Ottawa "go to school." But to special schools organized just for them. Instead of arithmetic and spelling and all that they study boys, and scouting, and games, and discuss with experts the best ways of running their troops.

Assistant Scoutmaster Ed. Walker, of Grimsby has been instrumental in saving no less than three persons from drowning—and at three different times. The Provincial Board of Honor recently recommended him for one of the highest Boy Scout decorations.

Increased interest is being shown throughout Ontario in the Wolf Cubs—the junior branch of the Boy Scouts' Association. A new booklet called The Wolf Cub has just been published and will be sent to men and women interested upon application to Provincial Headquarters, Bloor and Sherbourne Streets, Toronto.

The annual meeting of the Canadian General Council of The Boy Scouts' Association was held in the Governor-General's office, Ottawa, on Wednesday, March 23. His Excellency the Duke of Devonshire, Chief Scout for Canada, presiding. Reports presented showed splendid development of the movement in all provinces, and plans for still further field and extension work were approved.

CAN DECAY OF THE TEETH BE AVOIDED

How shall this question be answered? If one considers the number of people suffering from this disease, and the number of Dentists there are to treat it, it would almost seem unavoidable, yet it is avoidable. This is a strange paradox unavoidable yet avoidable. Teeth were not made to decay, but to do their work, free from disease, the same as other organs of the body.

Humanity has been and is afflicted with any number of diseases, yellow fever, diphtheria, typhoid, malaria, tuberculosis, cancer, smallpox and many others. None of these are so common as tooth decay. In some localities ninety-five per cent. of the school children are suffering with this disease. If all the people suddenly decided to have their teeth put in healthy condition, there are only dentists enough to care for thirty per cent. of them.

Through the discoveries of great scientists and the organization of our health departments, a good many diseases have been rendered preventable. Some still seem unavoidable, among these is tooth decay.

It has been demonstrated that this disease rests largely with the individual. One's habits, diet and mode of life are the principal factors involved. As civilization has advanced so has tooth decay. If it cannot be prevented entirely it can be greatly lessened. It is known that the mosquito bite will cause yellow and malarial fevers, that drinking impure water and unsanitary conditions will cause typhoid, that direct contact and lack of fresh air and neglect of colds will cause tuberculosis, that contact with the many contagious diseases will produce them. Through the elimination or modification of the causes many of these diseases are becoming unnecessary. In the City of Toronto, through the work of the

Health Department in the last ten years, two thousand fewer people per annum die than if the former rate had been maintained. It has been said that one third of all poverty is caused through sickness, that the vast majority of chattel mortgages are the result of sickness, that sickness is the deciding factor between contentment or worry over the family finances.

The object of this article is to get the people interested in the lessening of tooth decay, and hence the elimination of the far reaching troubles and expense that arise therefrom. Many people of middle age say "How I regret that I neglected my teeth, when young." At middle age one appreciates the necessity, the comfort, and the health value of sound and efficient teeth.

In previous articles the pre-natal influence and the care of children's teeth have been pointed out. The rules laid down are simple and easy to follow. In the next two articles the influence of mastication and mouth cleanliness on the teeth and the influence of diseased teeth on the general health will be considered.

Our hope for the prevention of tooth decay is in the children and the coming generations. At present the ideal should be, that when children leave school, they will not only be mentally fit for the battle of life, but physically as well, with sound and healthy teeth. There is now, connected with the Department of Education, a Dental Inspector. Any school section or municipality can at any time, get advice on the best method for the prevention of tooth decay in the school children.

All parents and others interested are asked to get behind this movement for tooth preservation. Thus it will be possible to make tooth decay avoidable.

GOOD JOKES

HAD AN EYE FOR TRADE.

A Sunday school teacher had been describing to her pupils the joys of heaven. At the close of the lesson, she asked: "How many would like to go to heaven?"

All, save one, raised their hands. Turning to the exception the teacher asked: "Surely, you don't want to go to hell?"

The youngster nodded his head vigorously.

"Sure, I do," he asserted. "My father said that's where business has gone, and I want to go in business."

FIFTY-FIFTY.

Butcher—This pound of butter you sent me is 3 ounces short.

Grocer—Well, I mislaid the pound weight, so I weighed it by the pound of chops you sent me yesterday.

PAINFUL.

Son—But smoking doesn't hurt me, father.

Father—Oh, no; but it hurts me to see you smoking up my expensive cigars.

COULD DO ANYTHING.

Judge—You have attacked this man, Can you deny it?

Prisoner—Certainly, I can, sir, if it will help me.

MOTHER'S LITTLE GAME.

Little Bessie, 5 years old, after calling her mother several times during the night and receiving no reply, said: "Mother, are you really asleep, or are you just pretending you're a telephone girl?"

LOOK FOR DROP IN PRICE OF COAL.

DOMINION AND U. S. GOVERNMENTS CONFER WITH MINE OWNERS.

With the event of Spring the chances are that the price of anthracite coal will take a drop. Conferences are in process between representatives of the Dominion and United States Government officials of the mines respecting a proposition to reduce the price of anthracite fifty cents a ton to dealers at the mines. At present the joint conferences are confining their efforts solely to dealing with the price of anthracite coal.

It was stated that the proposition under consideration stipulates that commencing May 1, the price of anthracite be reduced fifty cents and that the rate be increased ten cents per ton per month for the following five months, at the termination of which the price would be equal to the present price when the Fall season sets in. This proposition has been favorably received by many of the mine owners; in fact there is a chance that the new rate may become effective owing to the continued mild spell of weather. There is a possibility that the prices of coal for manufacturing purposes may also be reduced along similar lines.

GAS IN THE STOMACH IS DANGEROUS

Recommends Daily Use of Magnesia To Overcome Trouble, Caused by Fermenting Food and Acid Indigestion.

Gas and wind in the stomach accompanied by that full, bloated feeling after eating are almost certain evidence of the presence of excessive hydrochloric acid in the stomach, creating so-called "acid indigestion." Acid stomachs are dangerous because too much acid irritates the delicate lining of the stomach, often leading to gastritis accompanied by serious stomach ulcers. Food ferments and sours, creating the distressing gas which distends the stomach and hampers the normal functions of the vital internal organs, often affecting the heart.

It is the worst of folly to neglect such a serious condition or to treat with ordinary digestive aids which have no neutralizing effect on the stomach acids. Instead get from any druggist a few ounces of Bisurated Magnesia and take a teaspoonful in a quarter glass of water right after eating. This will drive the gas, wind and bloated right out of the body, sweeten the stomach, neutralize the excess acid and prevent its formation and there is no sourness or pain. Bisurated Magnesia (in powder or tablet form—never liquid or milk) is harmless to the stomach, inexpensive to take and the best form of magnesia for stomach purposes. It is used by thousands of people who enjoy their meals with no more fear of indigestion.