

The Sunday School

BIBLE LESSON.

Abridged from Folioheta's Notes.

Third Quarter, 1901.

JULY TO SEPTEMBER.

REVIEW.

Lesson XIII. Sep. 29.

Subject: The beginnings of history and what they teach us.

GOLDEN TEXT.

The mercy of the Lord is from everlasting to everlasting upon them that fear him.—Psa. 103: 17

EXPLANATORY.

The history may be taught in three methods according to the guiding principle we choose.

I. BY THE HISTORICAL METHOD. Noting the great events which mark the progress by epochs. Is it not worth while to learn by heart all the details; but the great events, which are like milestones, denoting the stages of progress in the onward march of human history, should be committed to memory. The teacher should drill the scholar in them.

GOD, CREATION, MAN, PARADISE, THE FALL, THE PROGRESS OF WICKEDNESS, THE DELUGE, THE CALL OF ABRAHAM, THE GREAT COVENANT.

READ, READ, READ the first thirty-five chapters of Genesis.

II. BY THE BIOGRAPHICAL METHOD. This is the basis of the selections of the International Committee for the present scheme of six years. "Universal history," says Carlyle, "the history of what man has accomplished in this world, is at bottom the history of the great men who have worked here." "One comfort is that great men, taken up in any way, are profitable company. We cannot look upon a great man without gaining something from him." "We all love great men." "Does not every true man feel that he is himself made higher by doing reverence to what is really above him?" "It is well said, in every sense, that a man's religion is the chief fact with regard to him. A man's or a nation of men."

Let us, therefore, make character sketches of the men we have been studying, giving first a brief biography, and the traits which make them influential, the characteristics which make them attractive, the faults to be avoided.

ADAM, EVE, CAIN, ABEL, ENOCH, NOAH, ABRAHAM, SARAH, LOT, ISAAC, REBEKAH, JACOB, ESAU, LABAN.

III. BY THE TRAVEL METHOD. The different places, and the journeys between them, are the connecting thread of the history. Use the map, or draw an outline, and have the scholars locate the places and trace the journeys.

UR, CHALDEA, HARAN, CANAAN, SHECHEM, BETHEL, HEBRON, BEERSHEBA, OAKS OF MAMRE, CAVE OF MACHPELAH, GERRAR, EGYPT, PADAN-ARAM, PHNIX, THE BROOK JABROK.

"The Bible is God's word to you. If you would know God's thought towards you, read the Bible. Read it constantly, honestly, prayerfully."

"How to READ THE BIBLE. (1) Read it regularly. (2) Read it prayerfully. (3) Read it studiously. (4) Read it consecutively. (5) Read it sympathetically. (6) Read it, noting its perspectives (observing dates and relative distances of events.) (7) Read it topically. (8) Read it in a spirit of obedience. (9) Read it in faith."

PASTY FOOD.

Too Commonly Used.

The use of pasty cereals is not advisable. A physician says, "Pasty cereals are very indigestible and a bad thing for the stomach, causing a depressed feeling and quite a train of disorders, particularly of the intestines and nerves."

Cereals, such as wheat and oats, can be cooked long enough and well enough to fit them for human use but the ordinary way of cooking leaves them in a pasty condition."

A gentleman from Evansville, Ind., whose name can be secured upon application to the Postum Cereal Co., Ltd., Battle Creek, Mich., says: "My physician prohibited the use of oats and wheat for I was in a bad condition physically, with pronounced dyspepsia. He said the heavy paste was indigestible but that Grape-Nuts, being a thoroughly cooked food and cooked in such a manner as to change the starch into grape sugar, could be easily digested. I have become very fond indeed of Grape-Nuts and all the uncomfortable feelings have disappeared. I have gained nearly twelve pounds in weight and none of the distressing full feeling after my meals that I had formerly. Grape-Nuts Food has done the work."

LITTLE FRANCES' DEMONSTRATION.

"Frances," said the little girl's mamma, who was entertaining callers in the parlor, "you came down stairs so nicely that you could be heard all over the house. You know how to do it better than that. Now go back and come down the stairs like a lady."

Frances retired, and, after the lapse of a few minutes, re-entered the parlor.

"Did you hear me come down stairs this time, mamma?"

"No, dear. I am glad you came down quietly. Now, don't let me ever have to tell you again not to come down noisily, for I see that you can come down quietly if you will. Now tell these ladies how you managed to come down like a lady the second time, while the first time you made so much noise."

"The last time I slid down the banisters," explained Frances.—Tid-Bits.

SEEK THE BRAUTIFUL AT HOME

A man once resolved to seek and find the beautiful. He thought of the mountains of Switzerland and the beautiful plains of Italy and the forests of America, and other wonders of the world; but, before his plans were settled, a voice seemed to say to him, "Begin at home." Yes, the beautiful is always with us. You can make the place where God has put you beautiful. If it is but an attic in a poorhouse, or a fireside, or a bench in a workshop, or a seat in school, or a place in your mother's heart—make it beautiful. And the sadder and the darker the place, be the more eager to make it beautiful. Love which loves others unselfishly is a great beautifier.—Ram's Horn.

BEING WORTH KNOWING.

A girl, eager, ambitious, restless for many things, once heard two sentences that changed much of her life. They were these: "Would you be known? Then be worth knowing."

In a flash she saw how cheap an ambition here had been and how selfish. Who was she to long for the friendship of high souls? What had she to give them in return for the treasury of their lives? Would she, as she was, even understand their language?

In humility and sorrow she prayed again—no longer that she might be known, but that, in God's good time, her own life might grow strong and beautiful, that she might prove worthy of all the blessings that were given her. Then, since God in his wisdom teaches us to answer many of our own prayers, she began to study, to read and to think and to try to love greatly. So years passed.

Did she become known? Never as in her girlish dreams. But she found something far, far better. For she learned that to be known is nothing, and to try to be worth knowing that one may be known is less than nothing, but to lift one's soul to highest living, because one will not be satisfied with lesser things, is a task whose joy deepens with every passing year and reaches on into God's eternity.—Forward.

Guard—"Now, miss, jump in, train going on." Child—"But I can't go before I have kissed mamma." Guard—"Jump in, miss, I'll see to that."—Judy.

A Jersey farmer visiting New York stood looking at a sign in a bookstore window. "Dickens' Works All This Week for Two Dollars." "Wall," he remarked, "my pinion is that that Dickens feller is either a mighty poor workman or else he's desprited for a job."

A cornet-player in a local orchestra (a native of the Fatherland) recently got into trouble innocently and unexpectedly. "Let's have that over again," requested the conductor, surprised at hearing a note that was not on the score. The note was sounded again. "What are you playing?" he asked at last. "I am playing 'ot vos on de paper," said the musician. "I play 'ot is before me." Let's have a look." The part was handed to the conductor. "Why, you idiot," he roared, "can't you see that this is a dead fly?" "I don't care," was the reply, "he was zere, and I played him."—Tit-Bits.

Jules Verne is nearly seventy-one, but when complimented on his unceasing activity he said: "You have no cause to praise me. Work is to me the source of the only true happiness. When I have finished one of my books I am unhappy until I have begun another. Idleness is torture to me."

HINDERING PECULIARITIES.

Many a youth has been hampered because of peculiarities which he has allowed to creep into his personality or manner, which, if realized by himself, might easily have been pruned and trained, had he only been taught the secret of habit-forming.

Young people do not easily realize how much a pleasant and agreeable manner has to do with success. Everybody likes to be surrounded by agreeable people, of gentlemanly manners, not by those who are gruff, uncouth, peculiar, and disagreeable. We are all looking for sunshine and harmony in this world. We try to avoid the dark, damp, and dismal places, and shrink from harsh, disagreeable, discordant surroundings.

Even commanding ability will not always counterbalance disagreeable peculiarities. Young men and women often wonder why they lose their situations when they have a good education, ability, and valuable experience. It is very often due to some striking peculiarity or unpleasant mannerism, which the employer does not like to speak about, and he finds some other excuse for filling the position with a more agreeable person.

Employers do not like to have morose or gloomy people about them. They like bright, cheerful, buoyant, sunny natures, that look toward the light.

Sarcastic, ironical employees, those who are always insinuating, finding fault, and making innuendoes, are never popular.

Stubborn, obstinate, self-willed people, who always want their own way, and are selfish about everything, are not wanted. The overbold, the egotistical—those who are always bragging about what they have done and can do—are also not in favor with employers.

The tattlers, those who are always meddling and making mischief among employees, and those who are always complaining, are among the people who never get on.—Success.



First Trial Relieved Piles.

First Trial Relieved Piles.

From Geo. C. Geick, Owens Mill, Mo.: "Some time ago I bought a package of Pyramid Pile Cure for my wife who had suffered very much. The first trial did her more good than anything she has ever tried. It is just what is claimed for it for it cured her completely." For sale by all druggists. Little book "Piles, Cause and Cure" mailed free. Pyramid Drug Co., Marshall, Mich.

Society Visiting Cards

For 25c.

We will send

To any address in Canada fifty finest Thick Ivory Visiting Cards, printed in the best possible manner, with name in Steel plate script, ONLY 25c. and 2c. for postage. When two or more pkgs. are ordered we will pay postage. These are the very best cards and are never sold under 50 to 75c. by other firms.

PATERSON & CO., 107 Germain Street, St. John, N. B.

Wedding Invitations, Announcements, etc., a specialty.

Gates' Certain Check

—FOR—

Summer Complaint

Bayside, June 27, 1901.

DR. A. B. GATES, Middleton, N. S.
DEAR SIR.—I received your kind letter some time ago but was unable to answer it until now. I am selling quite a lot of your medicines and consider them wonderful remedies for sickness. About two years ago I was very much RUN DOWN and in poor health generally. I began using your Bitters and Syrups and at once noticed a marked improvement in my health and soon was as well as ever. My son and daughter have both used your CERTAIN CHECK with the most wonderful results, and in the case of the latter I believe it was the means of saving her life after everything else had failed. One gentleman, a doctor of Halifax, bought a bottle of your Certain Check for his little daughter, who was suffering from dysentery, and it made a speedy cure. These and numerous other instances show what wonderful medicines yours are. Trusting that you may be spared many years to relieve the sick and afflicted,
I am yours very truly,
MRS. NOAH FADER.

Middleton, N. S.

For sale everywhere by C. Gates, Son & Co.

Wanted Everywhere

Bright young folks to sell Patriotic Goods. Some ready, others now in preparation in England.

Address to-day the

VARIETY MFG CO.,

Bridgetown, N. S.

You May Need

Pain-Killer

For Cuts Burns Bruises

Cramps Diarrhoea All Bowel Complaints

It is a sure, safe and quick remedy.

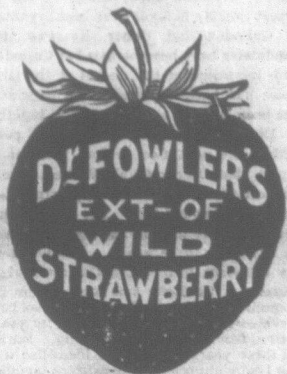
There's only one PAIN-KILLER.

FRANK DAVIS.

Two sizes, 50c. and 80c.

HALF A CENTURY OLD.

A Standard Remedy Used in Thousands of Homes in Canada.



CURES

Diarrhoea, Dysentery, Cholera, Cholera Morbus, Cholera Infantum, Cramps, Colic, Sea Sickness and all Summer Complaints.

Its prompt use will prevent a great deal of unnecessary suffering and often save life.

PRICE, 35c.

The T. Milburn Co., Limited, Toronto, Ont.



CHURCH BELLS

Chimes and Pells, Best Reporter Copper and Tin. Get our price. MCHANE BELL FOUNDRY Baltimore.