

Vigorous Canada.

BY REV. JAMES COOKE SEYMOUR.

Fierce blows the bitter blast,
Keen and strong;
Quick pile the snowy wreaths
All along;
Depths of the winter! Such Arctic
bright skies!
Describe it! No, no! It language defies.

Grand is this rugged clime—
Bright and clear;
None rears a hardier race,
Never fear;
Land of the freeman! O land of the
strong!
Land where brawn, muscle, and big brain
belong.

Part of Victoria's realm—
Britain grand!
Bound by a thousand ties,
Dear old land!
Our young nation's life, no never shall
be,
By enemy's hand disserved from thee.

Hope dawns with brightest ray;
B'lieve it well,
Great shall our country be!
Who can tell?
Be true to thyself and to thy God true,
My Canada, dear, be true, O be true.

LESSON NOTES.

THIRD QUARTER.

STUDIES IN THE OLD TESTAMENT HISTORY.

LESSON II.—JULY 12.

DAVID, KING OVER ALL ISRAEL.

2 Sam. 5. 1-12. Memory verses, 10-12.

GOLDEN TEXT.

David went on, and grew great, and the Lord God of hosts was with him.—2 Sam. 5. 10.

Time.—B.C. 1048.

Places.—Hebron; Jerusalem, especially Zion and Millo.

DAY BY DAY WORK.

Monday.—Read the Lesson (2 Sam. 5. 1-12). Answer the Questions. Prepare to tell in your own words the last lesson and this.

Tuesday.—Read about the people's hero (1 Sam. 18. 5-16). Fix in your mind Time and Places.

Wednesday.—Read of a great man seeking guidance (2 Sam. 5. 17-25). Learn the Golden Text.

Thursday.—Learn some facts about David's helpers (1 Chron. 12. 16-22). Learn the Memory Verses.

Friday.—Read about Israel's king (1 Chron. 12. 23-28).

Saturday.—Read promises made to David (Psalm 89. 19-29). Study Teachings of the Lesson.

Sunday.—Read The Lord our Righteousness (Jer. 23. 1-8).

QUESTIONS.

I. The King Chosen, verses 1-5.

1. When did the tribe come to David? How long did they keep away from under his rule? What did they mean by saying they were his bone and flesh? 2. Name the reasons they gave why he should be their king? 3. What was the league they made? How many times other noted characters commenced their life work at thirty years of age?

II. The Capital Won, verses 6-9.

6. What was David's first expedition as king of all Israel? What was the name of the city before this? How did the Jebusites show their belief in their own safety? 7. Why was it called "the City of David"? 9. Where did David make his headquarters after taking the city? What did he do?

III. The Kingdom Exalted, verses 10-12.

10. How was his promotion seen? From whence does success come? 11. Where was Tyre? For what was it noted? Why did Hiram send to David? How did it appear that art had declined in Israel? 12. What led David to see that God had prospered him? Why was this prosperity bestowed?

TEACHINGS OF THE LESSON.

Christ is our kinsman. He has won our cause. Under him only can we conquer. We should enthrone him. God's plans will succeed. Seeking God's direction will save us from blunders. When God is with us we can afford to wait. If we are not on the Lord's side our strength will not avail. God means us to be useful in the positions he gives us.

LAY ASIDE EVERY WEIGHT.

In the Christian race we are exhorted to "lay aside every weight, and the sin which doth so easily beset us." There are weights that are not necessarily sins. There are pursuits which are lawful, and rightly used, beneficial, but they may so engross our thought and occupy our time as to become a hindrance to the progress of our religious life. Recreation, instead of preserving its original meaning, and giving us new vigour for our work, may simply indicate pleasure without profit. There are pursuits which reinvigorate body and mind, and there are others which impair our powers

confounding them with real stars; for the real stars are as enduring as anything in the universe.

In common speech, however, the term meteors is largely confined to those shooting-stars which are very large and bright, and are seen only now and then. Since they do not, however, differ from the shooting-stars in any important respect, so far as we know, most of the learned scholars who make a study of such subjects consider them the same.

Now, if meteors never came any nearer the earth than do those which we so often see, we should know nothing more about them than what we could learn from their light, and that would be very little.

But it sometimes happens that one of them can be seen to come directly down to the earth. It makes a bright light as it falls, sometimes so intense as to outshine the sun when that is in the sky. Sometimes the meteor carries with it a cloud of smoke, and falls with a hissing, spluttering noise, throwing out showers of sparks as it descends. Usually, too, loud reports are heard as it passes through the air, as if aerial armies were cannonading one another; and as the



ZEBRAS.

and disincite us for our proper work. The one is a benediction, but the other is baneful and will prove a "weight," and, unless promptly overcome, a besetting sin.

ZEBRAS

These are graceful and elegant looking animals, but they are so untamable as to be quite useless to man. They live in small herds in the most secluded parts of South Africa. They are exceedingly swift and very timid—so much so that it is almost impossible to capture one.

METEORS THAT REACH THE EARTH.

All of you have been out of doors on a cloudless evening, and have seen a star apparently fall from its place in the sky, and glide in a long line of light toward the horizon.

Perhaps you have wondered, as I used to do, how long it would be before the stars would all be gone from the sky, since one fell so often. I did not then know, what I have learned since, that "shooting-stars" are not true stars at all, but only bodies which appear for an instant, and then disappear forever. Let us call them meteors, and thus avoid

sound of the conflict dies away, long rolls of echoing thunder shake the earth.

When the astonished people thereabout have recovered from the fright and hasten to the spot where the meteor struck the earth, they sometimes find buried in the soil—if the soil has any depth—a piece of stone or metal, often no larger than a hen's egg, but sometimes big enough to be of several hundred pounds weight.

It is usually still hot if picked up very soon after its fall, and its surface will be found to be covered by a thin crust, or varnish, made by the melting and flowing of its outside. This crust on the stones is usually black, while the interior is light gray in colour; on the pieces of metal it is of a rusty brown colour, and the interior of the mass nickel-white. The surface of these bodies can be seen, too, to be indented by little pits or hollows which look for all the world as if the mass had once been soft as a piece of putty, and some one had pressed it with his thumb in many places.—St. Nicholas.

Architect—"Have you any suggestions for the study, Mr. Veryrich?" Veryrich—"Only that it must be brown. Great thinkers, I understand, are generally found in a brown study."

THEY RING THE BELL.

There is a man in New York who has only one leg. He is poor, but he manages to live and to enjoy life, though poor and a cripple. He loves fishing. He spends all his time on the river front near the Battery fishing. He catches enough fish for his own food, and sells enough to give him the money he thinks he needs. Perhaps you have seen men and boys who, when they fish, use several lines. They bait the hooks and fasten the lines to the dock if fishing in the city; to different parts of the boat if fishing from a boat. It keeps a man quite busy passing from line to line, and this one-legged man—we will call him Jim—says he spent a great deal of time trying to devise some method by which he could tell whether he had a fish on the line without walking so much. One day recently a nursemaid came to the river front with a baby in her arms. The baby had a rattle. "There," thought Jim, "there's the very thing." He asked the nursemaid to give him a bell from the baby's rattle. She did. He fastened the bell on one of his lines and sat down to watch. There was a slight tinkle, hardly that. Jim was charmed. He knew the habits of fish so well that this faint sound told him that it meant a nibble. He waited. There was a frantic jingle, then silence. Then another frantic jingle. Jim hurried to the line, pulled it in, and there was a big eel. Jim worked hard the next few days, and made enough money to buy half a dozen bells. He equipped his lines and sat down. Now he waits for the ringing of the bell that tells him a fish is on the line. He says if he falls asleep it takes four bells to wake him. When some one told him his method was not sportsmanlike, he said he was not fishing for sport, but for a living. He would not use bells to catch trout.—The Outlook.

Over and over again,
No matter which way I turn,
I always find in the book of life,
Some lesson I have to learn.

I must take my turn at the mill;
I must grind out the golden grain;
I must work at my task with a resolute
will,
Over and over again.

\$1,000 PRIZE STORY.

TITUS:

A Comrade of the Cross.

BY

Florence Morse Kingsley.

Cloth, freely illustrated, price, 90 cents.

Our special Canadian Edition, handsomely bound, with illustrated cover design in gold and ink, will make a magnificent presentation book and should at once find its way into every Sunday-school library. Get it at once for your school. It will be read by young and old. It makes the life of our Saviour and His disciples stand out with vivid clearness, and throws much light on the Gospel narrative.

BY THE SAME AUTHOR.

STEPHEN: A Soldier of the Cross.

Canadian Copyright Edition.

Paper Covers - - - 50 cents
Cloth, with portrait - - - 75 cents.

The sale of 1,400 copies within a week tells of the expectation created by "Titus." It is a worthy sequel. Have both for your library and home book-shelf.

WILLIAM BRIGGS,

METHODIST BOOK AND PUBLISHING HOUSE, TORONTO.

C. W. COATES, Montreal, Que.

S. F. HUESTIS, Halifax, N.S.