

The Sunday School

BIBLE LESSON.

Abridged from Peloubet's Notes.

Second Quarter, 1903.

APRIL TO JUNE.

Lesson X. June 7. Paul's Voyage and Shipwreck.—Acts 27: 33-44.

GOLDEN TEXT.

Then they cry unto the Lord in their trouble, and he bringeth them out of their distresses.—Psa. 107: 28.

EXPLANATORY.

THE VOYAGE FROM CESAREA TO CRETE. PAUL ON THE PEACEFUL SEA.—Vs. 1-13. The ship in which they first embarked belonged to Adramyttium, a seaport of Mysia on the western coast of Asia Minor. It was probably on its return voyage from Cesarea.

The Ship's Company. Paul's party consisted of himself, Luke, the author, and Aristarchus (v. 2). These were old and tried friends (Acts 20: 4). But there were other prisoners besides Paul. They were under the charge of a centurion named Julius, with a soldier guard of the Augustan band, perhaps the emperor's life guard at Rome.

A Change of Ships. Thus the company sailed first in a northerly direction, and then westerly, along the southern coast of Asia Minor to Myra, a seaport of Lycia, near the southwest angle of Asia Minor. After this the vessel would naturally turn to the north up the Aegean Sea to Adramyttium. Hence, the passengers for Rome changed vessels and embarked in an Alexandrian vessel loaded with wheat for Rome.

II. THE LONG-CONTINUED HURRICANE. PAUL'S CONDUCT IN A STORM.—Vs. 14-26. The Typhoon or Levantar. The ship had sailed but a short time along the south of Crete, when "there struck down from the Cretan mountains, which towered above them to the height of over 7,000 feet, a sudden eddying squall from the east-north-east." It was the first blast of what is now called a Levantar, a TEMPESTUOUS WIND, like a whirlwind or cyclone, CALLED EUPROCYLON, "an east wind raising great waves."

Observe. Doubtless Paul prayed earnestly for the safety of those who were in the ship with him; and their lives were granted in answer to his prayers. The good man is never selfish even in his prayers. He ever thinks of others.

IV. THE SHIPWRECK AND RESCUE. PAUL'S CONDUCT IN THE WRECK.—Vs. 27-44. Paul and the Sailors. At the end of fourteen days the ship drifted near to land.

Paul and the Passengers. 33. WHILE THE DAY WAS COMING ON (during the long, tedious time when nothing could be done but to wait for the dawn) PAUL REQUESTED THEM ALL TO TAKE MEAT. That is, food. THE FOURTEENTH DAY. CONTINUED FASTING, without food. HAVING TAKEN NOTHING. No regular food or meals. Their cooking apparatus has been thrown overboard, and they had had only such scraps of food as they could pick-up.

34. FOR YOUR HEALTH, salvation, safety, deliverance. NOT A HAIR FALL FROM THE HEAD OF ANY OF YOU. This was a proverb denoting exemption from the slightest harm (1 Kings 1: 52; Matt. 10: 30; Luke 21: 18).

35. HE TOOK BREAD, AND GAVE THANKS TO GOD, as every pious Jew and Christian was accustomed to do.

36. THEN WERE THEY ALL OF GOOD CHEER. The power over others of a man with a strong personality, and filled full of faith and hope and courage, is very great.

37. TWO HUNDRED THIRSCORE AND

DOCTOR ON FOOD.

Experimented On Himself.

A physician of G-Hon, O., says: "For the last few years I have been a sufferer from indigestion and although I have used various remedies and prepared foods with some benefit it was not until I tried Grape-Nuts that I was completely cured. As a food it is pleasant and agreeable, very nutritious and is digested and assimilated with very little effort on the part of the digestive organs. As a nerve food and restorer it has no equal and as such is especially adapted to students and other brain workers. It contains the elements necessary for the building of nerve tissue and by so doing maintains an equilibrium of waste and repair."

"It also enriches the blood by giving an increased number of red blood corpuscles and in this way strengthens all the organs, providing a vital fluid made more nearly perfect. I take great pleasure in recommending its use to my patients for I value it as a food and know it will benefit all who use it." Name furnished by Postum Co., Battle Creek, Mich.

SIXTEEN SOULS. The number may have been mentioned here "because the rations were distributed to each on board at this juncture."

The Escape of All to the Shore. 38. THEY LIGHTENED THE SHIP, for the third time. The object was to enable them to approach nearer the shore, for safety. THE WHAT. The main cargo was retained as long as possible.

39. THEY KNEW NOT THE LAND. The Alexandrian sailors were familiar with Malta, but not with this part of it which was out of their regular course. Moreover they were close in shore, and the rain prevented any wide views. DISCOVERED A CERTAIN CREEK (rather inlet) WITH A SHORE. A sandy beach, upon which they could run the ship, and hold there without going to pieces before they could land.

40. WHEN THEY HAD TAKEN UP, not taken up, but the reverse. "The sailors loosed the cables of the anchors which were fastened within the ship, that they might fall off into the sea." "They cut the cables" and COMMITTED NOT THEMSELVES, but the anchors, i. e., left the anchors in the sea." AND LOOSED THE RUDDER BANDS. "Ancient ships were steered by two large paddles, one on each quarter. These had been secured by lashings, when drifting, or at the time of anchoring. These lashings were now cut so that the paddles could be used for steering. MAIN-SAIL. Rather, "foresail," as in R. V., the only one that could be well used under the circumstances.

41. A PLACE WHERE TWO SEAS MET. These words may refer to the channel, not more than a hundred yards in breadth, which separates the small island Salomonetta from Malta, and which might very properly be called a place where two seas meet on account of the communication which it forms between the sea in the interior of the bay and the sea outside. THE FOREPART STUCK FAST. "The nearest soundings to the mud indicate a depth of about three fathoms, which is about what a large ship would draw. A ship, therefore, would strike a bottom of mud graduating into tenacious clay, into which the forepart would fix itself and be held fast, while the stern would be exposed to the force of the waves."

42. THE SOLDIERS COUNSEL WAS TO KILL THE PRISONERS. The Roman soldiers were answerable with their lives for the detention of their prisoners (Acts 12: 19; 16: 27). "And they thought it would be poor comfort to escape from drowning only to be put to death by the sword. Note the natural selfishness of the soldiers here, and of the sailors just before (v. 30), in contrast with the conduct of Paul."

43. BUT THE CENTURION, WILLING, rather, wishing; it was no mere acquiescence, but a strong desire TO SAVE PAUL, who had done so much for them, and had shown such noble characteristics which the storm had revealed to him.

44. AND THE REST (those who could not swim). SOME ON BOARDS. The planks that were in use in the ship for various purposes, perhaps, as Blais, some that had been used for keeping the cargo in position. BROKEN PIECES OF THE SHIP, which the waves had scattered over the water, and the wind was driving toward the shore. They were, doubtless, aided by the swimmers.

IV. SOME TEACHINGS OF PAUL ILLUSTRATED.—FIRST. God's "guiding providence is shown all through this lesson. Under safe protection, as comfortably as possible, without expense, without special opportunities of service which would aid his cause, Paul is carried to Rome by the Romans themselves (Rom. 8: 28).

Second. God and Man Working Together. An example of free will and election (2 Thes. 2: 13; Phil. 2: 12, 13). Theoretically, there has often been difficulty, but the fact is plain in actual life.

Third. God's Presence and Help in Trouble. See his list of troubles and another shipwreck in 2 Cor. 11: 23-28; and his joy and peace, Phil. 4: 4-7; Eph. 5: 19-20; 2 Cor. 7: 4.

V. ILLUSTRATIVE THOUGHTS.—I. The voyage of life. Most of the voyage will probably be in peaceful waters, and pleasant though not visionless skies, giving intimations and visions of immortal and spiritual life. Storms and dangers are sure to come. But in them we may have visits from God's angels bringing as the divine promises shining in the darkness. Jesus in the vessel with his disciples in the storm on the Sea of Galilee.

2. The ship is safe in the water, so long as the water is not in the ship. The Christian is safe in the world so long as the world is not in the Christian.

SAVED BY A SONG.

When the English steamer "Stella" was wrecked on the Carquet Rocks, twelve women were put into a boat, which the storm whirled away into the waters without a man to steer it and without an oar

which the women could use. All they could do was to sit still in the boat, and let the winds and waves carry them whither they would.

They passed a terrible night, not knowing to what fate destiny was conducting them. Very cold and wet, they must have been quite overcome but for the courage, presence of mind, and musical gifts of one of their number. This one was Miss Marguerite Williams, a contralto singer of much ability, well known as a singer in oratorio.

At the risk of ruining her voice, Miss Williams began to sing to her companions. Through the greater part of the night her voice rang over the waters. She sang as much of certain well-known oratorios as she could, particularly the contralto songs of "The Messiah" and "Elijah," and several hymns. Her voice and the sacred words inspired the women in the boat to endure their sufferings.

At about four o'clock in the morning, when it was still dark, a small steam craft, which had been sent out to try to rescue some of the floating victims of the wreck, coming to a pause in the waters heard a woman's strong voice some distance away. It seemed to be lifted in song. The men on the little steam craft listened, and to their astonishment heard the words, "Oh, rest in the Lord," born through the darkness. They steered in its direction, and before long came in sight of the boat containing the twelve women, and they were taken aboard.—Ex.

VALUE OF CULTIVATION.

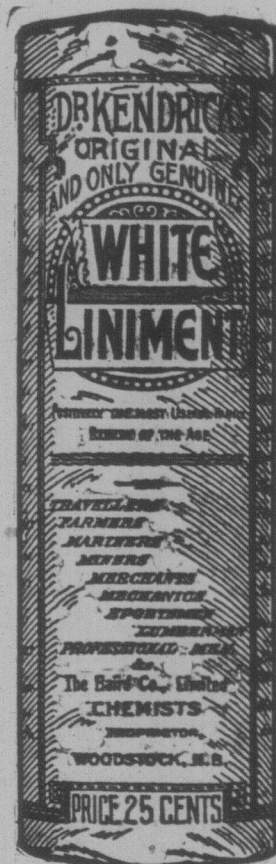
All your self-improvement is no better than the culture I once gave to a crab. There were two brothers of us, and each of us got a tree in the paternal garden. Mine was the bigger and I was very proud of it, and refused to let them cut it back when the grafting was on. My brother's tree was cut back and a little tiny branch tied on. For awhile I had the advantage, as I compared my beautiful tree with the little stunted scrub that grew beside it. Mine was covered with apples, and there were only half a dozen on the other; but when they ripened. Oh! the disappointment. Mine were worthless crabs, and the others mellow pippins. It was too late now to begin again, and the old tree grew there from year to year as the monument of my folly and the lesson of my better life.—Ex.

COULD NOT WALK.

A Young Lady Tells the Torture She Suffered from Rheumatism.

Miss Myrtle Major, Hartland, N. B. is one of the thousands who have proved that Dr. Williams' Pink Pills will cure rheumatism. Miss Major says: "I suffered from the trouble for nearly a year. I had the advice of a doctor and took his medicine, but it did not help me. The trouble was located chiefly in my ankles, and the pain I suffered at times was intense. As a matter of fact at times I was quite unable to walk across the room, and for some six months I was confined to the house. I used liniments and other medicines prescribed for rheumatism, but they did me no good. Then some of my friends urged me to try Dr. Williams' Pink Pills. I acted on their advice and before I had used three boxes I began to feel better. I took nine boxes of the pill's altogether, and before I finished the last box not a trace of trouble remained. It is now nearly two years since I took the pill's and as there has not been a symptom of the trouble since it proves that the pills make permanent cures."

Rheumatism is a disease of the blood and can only be cured by treating it through the blood. That is why Dr. Williams' Pink Pills always cure this trouble. Good blood makes every organ in the body strong and healthy, and as every dose of Dr. Williams' Pink Pills make pure, rich blood, it follows that they cure such troubles as anaemia, neuralgia, indigestion, heart trouble, kidney ailments, erysipelas, etc. They also relieve and cure the ailments from which so many women constantly suffer. See that you get the genuine pills with the full name, "Dr. Williams' Pink Pills for Pale People," on the wrappers around every box. Sold by all medicine dealers or sent post paid at 50 cents a box or six boxes for \$2.50 by writing to the Dr. Williams' Medicine Co., Brockville, Ont.



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