

appetite, to fight down the desire for good things to eat and drink. The test was to determine whether the boys' first desire was to be fashionable,—doing things simply because others did them—or to obey Jehovah's will. It was not a test so much of self-restraint as of courage. Have the boys and girls tell you how Daniel and his friends stood the test.

3. Bring out that the result of the test proved the wisdom of the self-restraint they undoubtedly exercised to prove their courage.

The scholars will tell you that their temperance resulted: (a) in better physique; (b) in keener intelligence. The words of Addison in the *Spectator* will prove helpful to the scholars in applying the lesson to themselves: "Temperance has these particular advantages above all other means of health. . . It may be practised by all ranks and conditions, at any season or in any place. It is a kind of regime into which every man may put himself without interruption to business, expense of money, or loss of time."

### ADDED HINTS AND HELPS

In this section will be found further assistance under various headings.

#### Something to Look Up

1. "Abstain from all appearance of evil," wrote Paul to his friends in Thessalonica. Give the chapter and verse.

2. Where is a curse pronounced on any one who gives his neighbor drink and makes him drunken?

ANSWERS, Lesson X.—(1) Luke 19:10. (2) John 10:14.

#### For Discussion

1. Is total abstinence essential to success in life?

2. Is intemperance a greater curse than war?

#### Prove from Scripture

That temperance wins mastery.

#### The Question on Missions

Ques. 11 (Topic for September, THE ANNA TURNBULL HOSPITAL, WAKAW, SASK. Ques. 11 tells how the hospital work at Wakaw

began). Talk with the little ones about how Dr. Arthur, our first missionary doctor at Wakaw, used to take sick people into his own house where Mrs. Arthur nursed them. The scholars will be greatly interested in hearing how the scholars of the Sunday School in West Presbyterian Church, Toronto, when they heard about the sick people out at Wakaw, gave money for the building of a small hospital to be named after their minister's wife who had died.

The boys and girls will be interested in the story of Dr. Arthur, who did so much for the people about Wakaw,—built them a mill, opened a school for them in his own house and also took their sick into his own house to be cared for. Bring out the story of the erection of the first Anna Turnbull Hospital.

In classes of the older scholars and grown-ups, after bringing out the facts given above, discuss the founding of the Anna Turnbull Hospital as an example of what one man like Dr. Arthur can accomplish and also hold up the example of West Presbyterian Church, Toronto, Sunday School as worthy of imitation.

### FOR TEACHERS OF THE LITTLE ONES

*A Look Forward*—We are going to hear about God teaching his people to be temperate in eating and drinking.

*Lesson Thought*—Aim to teach the children to be brave in refusing to do wrong and especially in refusing to taste strong drink.

*Approach to the Lesson*—Once upon a time four boys stood at a point where two roads parted,—one went this way and the other went that way (sketch). That road looked

attractive and very easy to walk upon, while this road was narrow and many obstacles could be seen. Strange to say, these four boys chose this narrow road. If we could have seen the end of that road we should have seen a beautiful city on a hill, for the road climbed higher and higher, while that road went down and down and ended in darkness.

We'll print the names of these two roads,—