

## The Sacred Birthday.

Those dimpled hands that Mary's lips  
So often and so fondly pressed;  
Ah, how their rosy finger-tips  
Woke rapture in her virgin breast!  
Can mother hearts forget  
His birthday loveth yet?

Those boyish hands—obedient, swift,  
To learn the master-workman's skill—  
To every youth they bring a gift  
Of industry and duty still,  
Can workmen forget  
His birthday cometh yet?

Those healing hands, that banished pain,  
Restored the dead again to life,  
That broke the mourning captive's chain  
And stilled the raging tempest's strife!  
Can mourning hearts forget  
His birthday blesseth yet?

Those bleeding hands that on the cross  
Were stretched and pierced to save our  
race,  
That paid the debt, that bore the loss,  
And opened wide the gates of grace!  
Can ransomed souls forget  
His birthday beameth yet?

Those radiant hands that from the tomb  
Rose up to God and led the way,  
With promise to prepare us room  
And guide us gently day by day!  
Can trusting ones forget  
His birthday dawneth yet?

## LESSON NOTES.

## FIRST QUARTER.

LESSONS FROM THE LIFE OF OUR LORD.

A. D. 29.] LESSON V. [Feb. 3.

THE TRANSFIGURATION.

Luke 9. 28-36. Memory verses, 29-31.

## GOLDEN TEXT.

This is my beloved Son, in whom I am well  
pleased; hear ye him.—Matt. 17. 5.

## OUTLINE.

1. Three Disciples, v. 23, 29.
2. Two saints, v. 30-33.
3. One Saviour, v. 34-36.

TIME.—A. D. 29.

PLACE.—Unknown, probably one of the  
foothills of Hermon.

ROLEKS.—Tiberius, emperor at Rome;  
Pontius Pilate, procurator of Judea; Herod  
Antipas, tetrarch of Galilee and Perea.

## HOME READINGS.

- M. The transfiguration.—Luke 9. 28-36.  
Th. The voice from heaven.—Matt. 3. 13-17.  
W. Witness of the Father.—John 5. 31-39.  
Th. The glorified name.—John 12. 23-33.  
F. Glory of the Lord.—2 Cor. 3. 7-18.  
S. The glorified Saviour.—Rev. 1. 9-18.  
Su. Peter's testimony.—2 Peter 1. 16-21.

## QUESTIONS FOR HOME STUDY.

1. Three Disciples, v. 23, 29.  
What three disciples are here meant?  
Where did these three go with Jesus?  
What occurred while Jesus was praying?  
How did John later describe Jesus in glory?  
Rev. 1. 13-15.
2. Two Saints, v. 30-33.  
What two saints suddenly came?  
What was their appearance?  
About what did they talk with Jesus?  
In what condition were the disciples?  
When they awakened what did they see?  
What did Peter say as the saints went away?  
What did he propose to build?
3. One Saviour, v. 34-36.  
How was Peter speaking what occurred?  
How were the disciples affected?  
What did they hear? (Golden Text.)  
When and by whom had these words been  
heard before? Matt. 3. 17.  
After the voice who was to be seen?  
To whom did the disciples tell what they  
had seen?  
Why were they silent, and how long?  
Matt. 17. 9.  
What did Peter afterward write about this  
scene? 2 Peter 1. 16-18.  
What miracle did Jesus perform the next  
day? Verses 38-42.  
What did Jesus say to his disciples?  
Verse 44.  
How fully did they understand? Verse 45.

## TEACHINGS OF THE LESSON.

Where in this lesson are we taught—

1. The duty of prayer?
2. That death does not end all?
3. That we shall know our friends in heaven?

## THE LESSON CATECHISM.

1. Whom did Jesus take into the mountain,  
Peter, John, and James. 2. While he prayed  
what happened? He was transfigured with  
glory. 3. Who talked with him? Moses  
and Elias. 4. About what did they talk?  
His approaching death at Jerusalem. 5. What  
did Peter say? "It is good for us to be here."  
6. What was spoken from the overshadowing  
cloud? Golden Text: "This is," etc.

DOCTRINAL SUGGESTION.—The immortality  
of the soul.

## CATECHISM QUESTION.

How shall we show that we love our neigh-  
bour as ourselves?

By doing to others what we would wish  
them to do to us.

How does Jesus teach us to act towards our  
enemies?

That we should return good for evil.

## KEEP THE SOUL ON TOP.

LITTLE Bertie Blynn had just finished  
his dinner. He was in the library, keeping  
still for a few minutes after eating, accord-

do, she says, it will make bad blood, that  
will run into our veins and make them dull  
and stupid, so that we can't get our lessons  
well, and, perhaps, give us headaches, too.  
If we give our stomachs just enough work  
to do they will give us pure, lively blood  
that will make us feel bright and cheerful  
in school. Miss McLaren says that some-  
times, when she eats too much of some-  
thing that she likes very much, it seizes  
almost as if her stomach moaned and com-  
plained; but when she denies herself and  
doesn't eat too much it seems as if it were  
thankful and glad."

"That's as good preaching as the minis-  
ter's, Bertie. What more did Miss McLaren  
tell you about this matter?"

"She taught us a verse one day about  
keeping the soul on top. That wasn't just  
the words, but it's just what it meant. At  
this papa's paper went suddenly right up  
before his face.

"When in a minute it dropped down,  
there wasn't any laugh on his face as he  
said: 'Weren't these the words, 'I keep  
my body under?'"

"Oh, yes! that was it; but it means  
just the same. If I keep my body under,  
of course my soul is on top."

"Of course it is, my boy. Keep your  
soul on top, and you'll belong to the  
grandest style of man that walks the earth."



THE TRANSFIGURATION.

ing to his mother's rule. She got it from  
the family doctor, and a good rule it is.  
Bertie was sitting in his own rocking-chair  
before the pleasant grate fire. He had in  
his hand two fine apples—a rich red and a  
green. His father sat at the window read-  
ing a newspaper. Presently he heard the  
child say: "Thank you, little master."

Dropping his paper, he said: "I thought  
we were alone, Bertie. Who was here just  
now?"

"Nobody, papa, only you and I."

"Didn't you say just now, 'Thank you,  
little master?'"

"The child did not answer at first, but  
laughed a shy laugh. Soon he said: 'I'm  
afraid you'll laugh at me if I tell you,  
papa.'"

"Well you have just laughed, and why  
mayn't I?"

"But I mean you'll make fun of me."

"No, I won't make fun of you; but,  
perhaps, I'll have fun with you. That will  
help us digest our roast beef."

"I'll tell you about it, papa. I had  
eaten my red apple and wanted to eat the  
green one too. Just then I remembered  
something I learned in school about eating,  
and I thought one big apple was enough.  
My stomach will be glad if I don't give it  
a minute just as if it said to me, 'Thank  
you, little master; but I know I said it  
myself.'"

"What is it Miss McLaren has been  
teaching you about eating?"

"She told us to be careful not to give  
our stomachs too much food to grind. If we

## IT PAYS TO BE MANLY.

THIS is what Alfred Stanley said to a boy  
standing idly in front of a store, who jeered  
at his manly appearance. Alfred spoke  
and would have passed quietly on, but the  
boy said, "It does, eh? How much a  
week?"

Something in the tone made Alfred stop.  
"I am paid every day, and every hour,  
and really every minute," he replied.

"Come now, no fooling."

"I am truly paid," said Alfred seriously;  
"and I invest capital in a place where it is  
safe. I can never lose it."

"The boy's attempt at raillery fell before  
Alfred's earnest face and manner, and he  
listened with something more of respect  
than he had shown in a long time, as Alfred  
continued, "I am not paid in dollars and  
cents; they won't last forever, you know.  
My pay is the trust of my friends, the  
knowledge that no honest deed ever dies,  
and the promise that the pure in heart shall  
see God."

It was only a seed by the wayside; but  
who shall say that it was lost?

"The story of Jesus," said an African,  
"is my hymn, my prayer, my Bible. I  
weep over it when I can't sing about it,  
and I sing over it when I can't weep about  
it. This is true, that I thank God for it  
from the sole of my foot to the top of my  
head." Is the Christian child, who enjoys  
the benefits of a Christian land, as thankful  
for the blessing of a precious Saviour as  
that poor African!

## A Boy's Pledge.

BY FRANCES E. WILLARD, LL.D.

I PLEDGE my brain God's thoughts to think;  
My lips no fire or foam to drink  
From alcoholic cup; nor link  
With my pure breath tobacco's taint;  
For have I not a right to be  
As wholesome and as pure as she  
Who, through the years so glad and free,  
Moves gently onward to meet me?  
A knight of the new chivalry,  
Of Christ and temperance I would be  
In nineteen hundred. Come and see.

## GOD'S PROVIDENCE.

TALMAGE relates a number of instances  
which show that that God guides every ac-  
tion of his servants:

A minister in Boston seated at his table,  
lacking a wolf, puts his hand behind his  
head and tilts back his chair to think, and  
the ceiling falls and crushes the table, and  
would have crushed him. A minister in  
Jamaica at night by the light of an insect,  
called the candle-fly, is kept from stepping  
over a precipice a hundred feet. F. W.  
Robertson, the celebrated English clergy-  
man, said that he entered the ministry from  
a train of circumstances started by the  
barking of a dog. Had the wind blown one  
way on a certain day, the Spanish Inqui-  
sition would have been established in Eng-  
land; but it blew the other way, and that  
dropped the accursed institution, with the  
seventy-five thousand tons of shipping, to  
the bottom of the sea, or flung the splin-  
tered logs on the rock.

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