

SUNDAY SCHOOL LESSON

May 7, 1916. Lesson VI.

The Missionaries of Antioch.—Acts 11: 19-30; 12: 25-13. Commentary.—I. The Gospel in Antioch (vs. 19-26.) 19. Scattered abroad—The martyrdom of Stephen occasioned the loss of a noble Christian and an effective gospel minister; and it also resulted in a wide dissemination of the gospel. Christians went out from Jerusalem to remote regions of the then known world to proclaim Christ as the Saviour of men. In this instance it is impressively true that the blood of the martyrs becomes the seed of the church. As far as Phœnicia—“Phœnicia.”—R. V. The region along the Mediterranean in which Tyre and Sidon were situated. Cyprus—An island in the northeastern part of the Mediterranean Sea, about sixty miles from the eastern shore. It is a rich island and its name was given to copper which was found there in large quantities. The inhabitants were noted for their wickedness. Cyprus was the birthplace of Barnabas. Antioch—The capital of Syria and an important commercial centre. It was situated on the Orontes River, sixteen miles from the sea, and three hundred miles north of Jerusalem. Preaching the word—These preachers went forth with a divine message and not with their own theories. They preached the truths the people needed to hear. Unto the Jews only—They had not yet received the instruction that had come to Peter in a vision at Joppa, and did not know that the time had come to proclaim the gospel to the Gentiles. 20. Cyrene—A city in northern Africa in the region which is now Tripoli. Were come to Antioch—The men of Cyprus and Cyrene were on their way homeward from Jerusalem and had reached Antioch when the events before us occurred. Spake unto the Grecians—“Spake unto the Greeks also.”—R. V. The Greeks represented those who had not become Jews. They were Gentiles. These preachers from Cyprus and Cyrene seemed to have received a larger vision of the purpose of the gospel than had the Jewish Christians of Judea. 21. The hand of the Lord was with them—The hand of the Lord stands for his power. These men were fitted to preach the gospel and were empowered for their work. A great number believed—It was because the hand of the Lord was upon the preachers that their hearers were brought to believe the gospel message. Those who truly believed the truth concerning Jesus turned to the Lord. To turn to the Lord meant for them to turn from idolatry and every other known sin. It meant for them to hear the reproach of Christ and to be known as his followers. 22. Tidings of these things came.—Jerusalem—There was communication between Jerusalem, which was recognized as the centre of the Christian church from which the progress of the new faith was watched. They—the church at Jerusalem. Sent forth Barnabas—His fitness for the important duty of looking after the interests of the church in giving needed warning, instruction and encouragement, is readily seen from what is said of him in v. 24. As far as Antioch—To ascertain whether or not the work reported there was genuine. 23. Had seen the grace of God—The effects of divine grace are clearly discernible. Salvation makes a radical change in the appearance and life of those who accept of it. The heart is changed and the new life within is manifest in the conduct. Was glad God's people always rejoice when souls are being saved. Barnabas was so fully in sympathy with the gospel plan and understood it so well, that he rejoiced in the salvation of the Gentiles. Exhorted them—Barnabas understood how much was involved in the steps the people of Antioch had taken and he urged them to be steadfast in their purpose to follow Jesus. Cleave unto the Lord—Keep fast hold upon the Lord by constant obedience and a steady faith. 24. A good man—He had received the grace of God in his heart and was fully devoted to his service. He was in a position to help others. Full of the Holy Ghost—The Holy Spirit had come upon Barnabas as he came upon the disciples at Pentecost. Faith—He believed in God's power, love and faithfulness. Much people was added unto the Lord—It is a mighty gospel that leads men to give up their idolatry and their sinful lives and that changes their natures so that they become humble, pure in heart and god-like. The preaching of the gospel in its purity with the fulness of the Spirit will produce results. 25. Tarsus—Saul's home. It was about one hundred miles northwest of Antioch. To seek Saul—A new step was to be taken in the work of evangelizing the world. Barnabas believed Saul was the man who should take an important place in carrying the gospel to the Gentiles. The Lord had raised him up for that work. God's calls and the calls of his church are in agreement. 26. A whole year—A year's service in this important place was a fitting preparation for it to become a great centre of missionary effort. Called Christians first in Antioch—The followers of Jesus called themselves Nazarenes, Galileans or Greek-Jews, and it is probable that called them Christians in derision. The name is a most appropriate one whether given in ridicule or in solemnity. It acknowledges not only Christ, but also his office and mission. Happy is he who rightly bears the name. 27. Relief for the needy (vs. 27-30). A prophet from Jerusalem, named Agabus, predicted that a famine should afflict the inhabited world. This came to pass during the reign of Claudius Caesar. When the famine visited Palestine, there was distress among the Christians there. With true Christian liberality the church at Antioch gave according to their ability and sent relief to them. They sent it to the elders

at Jerusalem by Barnabas and Saul, to be distributed among the needy.

III. Missionaries sent out (12: 25-13. 12). 25. The return of Barnabas and Saul to Antioch meant additional aid in the missionary enterprise soon to be begun, for John Mark came with them. 1. prophets—Those who deliver messages from the Lord. They may declare the truths of religion or they may foretell future events. Teachers—Those who explain the scriptures or give instruction in spiritual matters. Simeon that was called Niger—Simeon is a Jewish name. Niger is a Latin word meaning black, and it may have been applied to him because of his complexion. Lucius of Cyrene—it is probable that he was a Jew of Cyrene in Africa. He may have been related to Paul (Rom. 16: 21). Manaen—A man closely associated with nobility, for he was brought up with Herod Antipas. 2. Ministered to the Lord—From the following verse we conclude that this ministry consisted of prayer and fasting. The Holy Ghost said—The Spirit made clear to the church at Antioch what he would have them do. Separate me Barnabas and Saul—The Spirit inspired the church to set these two apostles apart for the work of extending Christ's kingdom among the Gentiles. He had already called them personally, and he called them also by the church. 3. Fasted and prayed—The church sought divine guidance and fasted that they might be in deeper communion with God and that their prayers might be more effective. Laid their hands on them—By this act the two apostles were given the authority of the church for their work as missionaries to the Gentiles. Sent them away—it is not stated to what field the church sent them or that they sent them in any particular direction. In the next verse we note that the Spirit directed them to Cyprus the home of Barnabas. 4-12. Barnabas and Saul were successful in their mission on the island. The Lord wrought a miracle in causing Elymas to be blind for a time to rebuke him for his sin, and to lead the proconsul, Sergius Paulus, to receive the gospel. Henceforth Saul is called by the Roman name Paul and no longer by his Hebrew name Saul. Questions—What occurred at the time of Stephen's death? How was the persecution made a blessing? Mention some of the places where the disciples had preached. Where was Phœnicia? Where was Tarsus? Why did Barnabas go to see Saul? How long were they in Antioch? Where, why, by whom, was the name Christian given to the disciples? What did Agabus prophesy? What did the brethren at Antioch do? Why did the church fast and pray? Who chose Barnabas and Saul for the missionary work? At what city did the first land? What took place at Paphos? What caused the deputy to believe?

PRACTICAL SURVEY.
Topic—Church Expansion.
I. The outgrowth of persecution.
II. The origin of foreign missions.
I. The outgrowth of persecution. Persecution was the first means of propagating the gospel. Three distinct lines of expansion started from the dispersion of the Jerusalem church, Philip's mission to Samaria, Peter's mission to Cornelius and the work at Antioch. The very efforts to crush the gospel gave it new vigor and wider spread. The fugitives did not flee from the cause that had espoused nor relax their efforts to advance it. It was on account of the proportion to which their work had grown and the fame of it that travelled to Jerusalem, that Barnabas was sent to Antioch to inquire into matters and to insure harmonious working between those who labored for the Jews and those who labored for the Gentiles. The conversion of Cornelius had prepared the church at Jerusalem for such tidings as they received from Antioch. They showed their sympathy for the work by sending such a man as Barnabas. As a representative of the church at Jerusalem, his approval would give the work a new impetus, as being done under the sanction of the mother church. Barnabas held the unique position that both the church at Jerusalem and the people of Antioch had claims upon him. He was in sympathy with both. It was the Greeks who were being received from beyond the strict borders of the old race. The events at Antioch could not well be mistaken. The gospel had been preached there to the heathen with great power and success. Barnabas proved himself true to his name and well fitted for his mission. He recognized the wondrous effects of God's grace upon the Grecian believers at Antioch. He found a work of conversion going on. He found an unexpected but grand field for work there. He was sent to make inquiry. He remained to co-operate. He had energy to contribute, an influence to exert. He did not waste his joy in idle contemplation. He refused to bemoan the growing establishment of the church of Christ. It was a triumph of Christian principle to recognize the grace of God under new forms and in so strange a place, considering the strong convictions which Jewish Christians had to overcome. The mission of Barnabas authenticated the genuineness of Christianity at Antioch. He called in Saul as one more eminently adapted for the work to be his companion. It was no small service to bring into the foreground the man who was to be the means of doing such a work as Paul accomplished for mankind. Antioch was a new capital for Christianity with altogether gentler associations.

II. The origin of foreign missions. We here lose sight for time of the church at Jerusalem and the apostles while Antioch becomes the centre of church history and missionary activities. It was a centre of commanding influence in spreading the gospel. The church was in suitable condition to hear the divine call. They were offering their services to the Lord and he designated what their services should be. There was a new departure in the policy of the church. Here began the first organization on behalf of foreign missions. The principles which made it proper to preach the gospel at Antioch made it proper to preach it everywhere. The appointment of Barnabas and Saul was an important

event in each of their lives. They were to be solemnly set apart for their special work. The Lord did not require the church to cripple itself for the sake of missions. The forces of the church were growing. Saul had been chosen for the work, but the Holy Spirit had finally to give the word of command and direction. He selected his workers, but required the church to make outward and formal recognition of his selection. From Antioch first went forth the preachers of the gospel with the express purpose of disseminating it among the nations of the world. Back of them was the authority of the Spirit and the authority of the Church. They entered upon their work with wisdom. Elymas, the sorcerer, found fault with the gospel. Barnabas and Saul were called upon to clear up the points at issue. The Spirit of Truth was too mighty for the spirit of lies. The overthrow of opposition made the victory of truth more conspicuous. The blindness of the false prophet opened the eyes of the deputy. The sorcerer was vanquished and the governor converted. T. R. A.



"This typewriting gets on my nerves." "Now I'm well and enjoy my work."

OVERSTRAINED NERVES or Exhaustion of the Nervous System.

It is quite possible for the nervous system to be considerably exhausted before you realize the seriousness of your condition. You do not feel up to the mark, are easily tired out, worry over little things, and get cross and irritable, but do not consider yourself sick.

For this reason we shall give an outline of the symptoms so that you may be warned in time and use preventive treatment at a time when it will do the most good.

1. General discomfort—excitement and depression alternating.
2. Headache and sometimes dizziness, and deafness.
3. Disturbed, restless, unrefreshing sleep, interrupted by dreams.
4. Weakness of memory, particularly of recent events.
5. Blurring sight, noises and ringing in the ears.
6. Disturbance of sensibility or feeling, as in hands, or, with women, in the breasts.
7. Coldness of parts of body or flushing and sweats.
8. Lack of tone, easily fatigued, dyspepsia.
9. Fear to be alone, or in a crowd, fear of things falling, fear of travelling, etc.

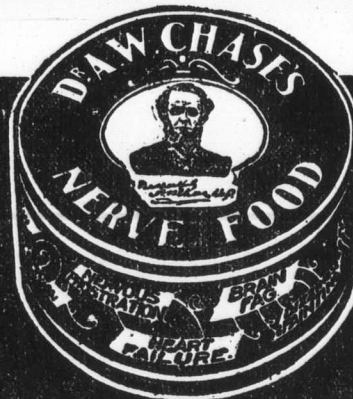
These symptoms indicate that the nerves are being starved for lack of rich, red blood. Certain elements are lacking which can best be supplied by Dr. Chase's Nerve Food.

This cure is easily available and awaits alone your action in applying it. There is no question of the merits of this food cure. Enquiry among your friends will prove to you that many thousands of women, and men, too, are being restored to health and vigor by use of Dr. Chase's Nerve Food.

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stones or any material that will interfere with the growth of the spars. Trees of no kind should be allowed in the asparagus bed on account of the shade thus made, and also for the reason that the roots of the trees make heavy drafts upon the soil. Shade must be avoided, not only from trees, but hedges, hills, or buildings. There should also be a protection from cold winds. For commercial purposes, on a large scale, a well-drained, light, deep, sandy loam, with a light clay sub-soil is best. A heavy clay soil, or land with a hard-pan sub-soil, or any soil that is cold and wet, is not suitable for asparagus. The bed must be kept free from weeds. SETTING OUT PLANTS. The best time for setting out the plants is in the spring, when the soil can be worked to good advantage. From April to the middle of June is the best season. Transplanting must never be done in the fall. In planting in June however, preparation must be made for watering the plants in case of drought. In planting the work should be done as expeditiously as possible, so as not to expose the roots to the drying influences of sun or wind. The ground must first be plowed and harrowed or spaded and raked over, so as to get it into a mellow condition; then the rows for planting are laid out. Some prefer having the rows run north and south, but more important than that is having the rows run with the slope of the land. Asparagus should never be planted closer than two feet in rows that are three feet apart. Our forefathers planted asparagus in a different manner than is adopted at the present day. They would dig deep trenches by plowing a furrow each way, and if deemed necessary going over the ground a sufficient number of times to make the furrows from eight to ten inches deep. After this the loose soil is thrown out with a shovel so as to leave the trenches to a uniform depth of about a foot, and of the same width at the bottom. Some fertilizing material should be scattered in the trenches before planting. Some growers spread decomposed manure over the bottom of the furrow to a depth of about three inches, covering it with two inches of fine soil. The roots are then placed in the furrow, the crown in the centre, and the roots spread out evenly and horizontally, like the spokes of a wheel, and at once covered with three inches of fine mellow soil which is pressed around them? If at planting time the ground should be dry it should be pressed down quite firmly about the roots, so as to prevent their drying out, and to hasten their growth. CULTIVATION AND AFTER CARE. Throughout the first season cultivate carefully, working the soil toward the plants. At the end of the first season the tops will be about

three feet high. As soon as dead in the fall remove and cultivate the whole bed, about four inches deep, without regard to the rows. Again, the following spring, begin cultivation as soon as the ground will allow. It is best not to do any cutting of the crop until the spring of the third year. Cultivation the second year should be the same as the first. Cutting should end about the middle of June. At this time the entire bed should be thoroughly cultivated three inches deep, and a good coating of well-rotted barnyard manure added. FARM NEWS AND VIEWS. You may be able to argue yourself into believing that shallow plowing and one-crop farming is best, but you can't argue Nature into producing bumper yields. However, land shouldn't be deepened too much at a time. From shallow to deep plowing all at once is bad—and worse in the spring. When applying lime use it on crops that respond most readily to it. Spinach, beets, lettuce, cantaloupes and cabbage like sweet soils. In general, the cow that gives the most milk produces it at the least cost per quart. Cows have certain definite requirements both for the production of milk and for maintaining body energy. The nearer we can come to supplying these certain requirements, the cheaper will we produce milk and keep the cows in good flesh. Cottonseed meal is the cheapest source of protein; corn silage and corn grain are the cheapest sources of fat and energy. Alfalfa and clover hay are worth three times as much as timothy for milk production. Let all the cows eat what roughage they will clean up. Feed one pound of grain for every three or four pounds of milk produced.—The New Jersey Experiment Station gives the following ration: Alfalfa hay, corn silage, cornmeal, each three parts; cottonseed meal, two parts; wheat bran, one part. The preparation of the garden soil is of far more importance than most gardeners realize. The vegetables must have a deep, mellow, friable soil to hold moisture and promote the life and development of soil organisms so important to a fertile soil. The soil should be broken early and vegetation incorporated in time for it to decay. A large per cent. of vegetable matter usually in its final state of decomposition called humus is necessary. It may then be necessary to rebreak, harrow and cross-harrow in order that a deep mulch may be had. Commercial dried pulp is held in high regard by many dairymen as an excellent succulent food for dairy cows. Excepting the loss of sugar, it is nearly equal in feeding value to fresh hay. Dairymen will do well to investigate this new addition to dairy feeds. Using the same ground for a garden year after year, requires that a large amount of barnyard manure be worked into the soil every year. In making provisions for disinfecting the stables, don't overlook sun-

shine and fresh air. It may not be advisable to grow sweet clover on land that will produce good crops of red clover and alfalfa. These crops require rich, well-fertilized soil. It is a poor land crop, and probably its greatest value will be found in its use as a green manuring crop. It will enable the farmer to fill his unproductive soils with humus, and bring the land to a condition that will enable the crop to utilize the fertility it contains. MARKET REPORTS TORONTO MARKETS. FARMERS' MARKET. Apples, bbl. 3.00 5.00 Potatoes, bag 1.75 2.00 Eggs, now-laid 9.00 9.25 Butter, good to choice 0.28 0.34 Chickens, broilers 0.40 0.50 Doves, year-old 0.40 0.45 Fowls, dressed, lb. 0.20 0.21 Ducks, lb. 0.27 0.30 Turkeys, lb. 0.30 0.33 MEATS' WHOLESALE. Beef, forequarters, cwt. \$10.00 \$11.50 Do., hindquarters, cwt. 13.00 15.00 Do., choice sides, cwt. 11.50 12.50 Do., common, cwt. 9.00 10.00 Veals, common, cwt. 8.00 10.00 Do., prime 14.00 15.50 Shop hogs 14.50 15.00 Do., heavy 14.00 14.00 Spring lambs 19.50 21.00 Mutton, light 14.50 16.00 SUGAR MARKET. Local wholesale quotations on Canadian refined sugar, Toronto delivery—Royal Acadia granulated 100 lbs. 7.81 C. F. B. granulated 100 lbs. 8.06 E. C. B. granulated 100 lbs. 7.91 C. F. B. Lawrence granulated 100 lbs. 7.91 Dominion granulated 100 lbs. 7.81 St. Lawrence Beaver 100 lbs. 8.01 Lantic Blue Star 100 lbs. 8.01 Lantic brilliant yellow 100 lbs. 7.66 St. Lawrence golden yellow 100 lbs. 7.51 Acadia yellow 100 lbs. 7.25 Dark yellow 100 lbs. 7.26 20-lb. bags 10c over granulated hogs. 10-lb. bags 10c over granulated hogs. 2 and 5 lb. packages, 30c over gran. bags. LIVE STOCK. Export cattle, choice 8.65 8.85 Butcher cattle, choice 8.40 8.69 Do., do., medium 7.50 8.25 Do., do., common 7.75 8.00 Butcher cows, choice 6.75 7.25 Do., do., medium 5.25 6.50 Do., do., canners 4.50 5.25 Do., bulls 5.25 7.50 Feeding steers 7.50 7.65 Stockers, choice 6.75 7.50 Do., fat 6.50 7.50 Milkers, choice, each 65.00 100.00 Springers 65.00 100.00 Sheep, ewes 7.00 8.00 Bucks and culls 7.00 8.00 Lambs 11.50 13.50 Hogs, fed and watered 7.00 7.50 Calves 7.00 10.50 OTHER MARKETS WINNIPEG GRAIN OPTIONS. Wheat—Open, High, Low, Close. May 1.15 1.15 1.14 1.14 July 1.15 1.16 1.15 1.16 Oct. 1.11 1.13 1.11 1.13 Oats—May 0.45 0.45 0.44 0.45 July 0.44 0.45 0.44 0.45 Oct. 0.40 0.40 0.40 0.40 MINNEAPOLIS GRAIN MARKET. Minneapolis—Wheat, May, \$1.18-1.19; July, \$1.19-1.19; No. 1 hard, \$1.25-1.25; No. 2 Northern, \$1.20-1.20; No. 1 soft, \$1.15-1.15; No. 2 soft, \$1.10-1.10; Rye, \$1.10-1.10; Corn, \$0.75-0.75; Oats, \$0.45-0.45; Flour, fancy patents, 5c higher, quoted at \$2.40; first clear, unchanged; second clear, 20c lower; quoted at \$3.00; shipments, 62,400 barrels. Bran, \$15.50 to \$19.00. DULUTH WHEAT—No. 1 hard, \$2.20-2.20; No. 2 Northern, \$1.15-1.15; No. 1 soft, \$1.15-1.15; No. 2 soft, \$1.10-1.10; Linseed cash and May, \$3.05-3.12; July, \$2.10. CHICAGO LIVE STOCK. Cattle, receipts 3,000. Market steady. Native beef steers 7.85 8.85 Stockers and feeders 8.20 8.50 Cows and heifers 4.00 9.25 Calves 6.25 9.25 Hogs, receipts 24,000. Market steady. Light 9.40 9.95 Mixed 9.40 9.85 Heavy 9.40 9.85 Rough 9.40 9.60 Pigs 7.20 9.15 Bulk sale 9.75 9.85 Sheep, receipts 9,000. Market strong. Withers 6.75 9.10 Lambs, native 7.00 11.50 BUFFALO LIVE STOCK. East Buffalo, Report—Cattle, receipts 50; steady. Deals, receipts 150; active and steady; \$4.50 to \$5.00. Hogs, receipts 2,500; active, heavy to \$10.25; mixed \$10.25 to \$10.50; Yorkers \$8.40 to \$10.15; pigs \$9 to \$9.25; hawks \$9 to \$9.15; stags \$9.50 to \$7.75. Sheep and lambs, receipts 2,400; slow and steady, prices unchanged. LIVERPOOL PRODUCE. Wheat, spot steady. No. 1 Manitoba—12s, 1d. No. 3 Manitoba—12s, 4d. No. 3 Manitoba—12s, 4d. No. 1 Northern spring—12s, 4d. No. 2 red western winter—11s, 5d. Corn, spot steady. American mixed, new—10s, 10d. Flour, winter patents—4s. Hops in London (Pacific Coast)—4s, 15s; to 15s, 15s. Hams, short cut, 14 to 16 lbs.—90s. Bacon, Cumberland cut, 26 to 30 lbs.—8s. Short ribs, 16 to 24 lbs.—7s. Clear bellies, 14 to 16 lbs.—2s. Long clear middles, light, 25 to 34 lbs.—8s. Long clear middles, heavy, 35 to 40 lbs.—8s. Short, clear hocks, 16 to 20 lbs.—5s. Shoulders, square, 11 to 13 lbs.—7s. Lard, prime western, in tierces, new—7s, 6d; old—7s, 6d. American refined—5s. Butter, finest U. S. in boxes—7s. Cheese—Canadian, finest white, new—10s. Colored—10s. Australian in London—55s. Turpentine, spirits—4s. Resin, common—2s. Petroleum, refined—11-1/4. Cotton Seed Oil, hull refined, spot—6s, 6d. Fangs of a Snake. Examine the finest cambric needle under a high power microscope and its point will look rough and blunt. A snake's fang, similarly inspected, appears perfectly smooth and sharp. Each fang is a groove which connects by a tube with a sort of bag—the poison gland—just beneath the eye. When the snake strikes a muscular contraction simultaneously forces the venom out of the bag through the tube and along the groove into the flesh of the person attacked. Snake poison, generally speaking, has two distinct effects. It destroys in some mysterious way the fibrin of the blood, thereby causing the latter to behave as if diluted and to filter through the walls of the veins and arteries. In addition, it paralyzes the nerve centres and so affects the heart, sometimes bringing death by suffocation. The Blotting Pad—Did you make any New Year resolutions this year? The Inkwell—Yes, I determined to get full and stay full.



ASPARAGUS CULTURE. The cultivation of asparagus is becoming more general each year. It is one of the earliest, as well as most delicious and surest products of the garden. Asparagus is unique in its position among other vegetables, in that when planted it lasts a lifetime. The asparagus plant starts producing seed when two years old, but it is not best to use seed from plants under four years' old. When fully developed, the asparagus stalks will attain a height of from five to six feet, with numerous branches upon which are produced a profusion of bright scarlet berries, each berry containing from three to six seeds. The start, however, is usually made with plants. There should be a careful selection of the individual plants to be set out. A crown with four or five strong, well-developed buds is far better than a dozen weak and sickly ones. If possible, only plants with not over six buds should be selected. The roots, too, should be strong and of uniform thickness, succulent and not too fibrous. The best roots are the cheapest. Asparagus thrives in almost any good, well-drained soil, but does best in deep, rich, loose loams. Satisfactory crops are obtained in good corn land. The plants gratefully respond to liberal manuring and good cultivation. It is possible to give too much manure. The soil should be free from roots,