



All communications for this Department should be directed to REV. R. T. BARTLETT, Box 216, Nanapan, Ontario. He invites the co-operation of all Junior workers in making these pages both bright and profitable.

## December 15.—What the Bible teaches about Temperance.

Suggested Treatment for Weekly Topics.

### HOME READINGS.

Mon., Dec. 9. What temperance is ..... Rom. 13, 14  
Tues., Dec. 10. Intemperance brings woe ..... Isa. 29, 24  
Wed., Dec. 11. Causes loss of friends ..... 1 Cor. 5, 11  
Thurs., Dec. 12. Overcome judgment ..... Isa. 29, 7  
Fri., Dec. 13. Liquor and its evils ..... Prov. 31, 4, 5  
Sat., Dec. 14. Drunkenness is punished ..... Matt. 24, 46-51

"Temperance" in the Scriptures means self-restraint. The word is used thus several times in the New Testament. (See Acts 24, 25; Gal. 5, 23; 2 Pet. 1, 6.) "Temperate" men are self-restrained men. (See 1 Cor. 9, 25; Titus 1, 8; 2, 2.) These references should be read and explained to the Juniors. It is easy to show that the habit of using intoxicants tends to every form of license, that self-control is soon impossible under the awful power of liquor-drinking, and that the only safety is in total abstinence. Rom. 13, 14, as above, exhorts us not to "make provision for the flesh to fulfil the lusts thereof." "Flesh," "lusts," are words that suggest the removal of restraint and the indulgence in dissipation that tends to destruction. This is "intemperance." No form of it is so common and well-known as the habit of drinking intoxicating liquor; yet our Juniors should be taught that there are other things that lead up to this giant vice. No boy who loses his nobler self by giving way to base habits (e.g., lying, drinking, smoking, impure speech or reading) is a self-restrained (temperate) boy. No girl who allows herself to form similar habits, even in milder form, is a self-restrained girl. To "restrain" is to hold in check, to keep back to govern with intelligent control. So, whether girl or boy, woman or man, the reason why should be well and clearly understood. Why should we positively refuse to drink strong drink? Scientific temperance training in our public schools has done much to impart intelligent information to many, and still many others are lamentably ignorant. Two facts may be unquestionably impressed, i.e.,

1. There can no good come from drinking strong drinks.

2. There may come very much harm.

The first statement every boy and girl will almost instinctively admit, the second is easily capable of illustration and proof every day and anywhere. Therefore, do not touch intoxicants. At the first temptation say "No!" and stick to it. If you leave it entirely alone, you will lose nothing good, and you will suffer nothing evil. Dr. Guthrie's reasons for being a total abstainer were conclusive:

1. My head is clearer.
2. My heart is better.
3. My health is lighter.
4. My purse is heavier.

Let one of your bright Juniors learn and recite this little story:

### PITCHER OR JUG.

They tailed together, side by side,  
In the field where the corn was growing;  
They pursued a while to quench their thirst,  
Grown weary with the hoeing.

"I fear, my friend," I said to one,  
"That you will ne'er be richer;  
You drink, I see, from the little brown jug.  
Whilst your friend drinks from the pitcher.

"One is filled with alcohol,  
The fiery drink from the still;  
The other with water, clear and cool,  
From the spring at the foot of the hill.

"In all of life's best gifts, my friend,  
I fear you will ne'er be richer;  
Unless you leave the little brown jug,  
And drink, like your friend, from the pitcher."

My words have proved a prophecy,  
For years have passed away;  
How do you think have fared our friends,  
That toiled in the fields that day?

One is a reeling, drunken sot,  
Grown poorer instead of richer;  
The other has won both wealth and fame,  
And he always drank from the pitcher.

True self-restraint is beautifully shown in these rules for Christian living:

### RULES FOR CHRISTIAN LIVING.

1. Wherever you go, never go when you fear  
If God's question were asked you,  
"What doest thou here?"
2. Whatever you say in a whisper or clear,  
Say nothing you would not like God to hear.
3. Whatever you think in joy or in woe,  
Think nothing you would not like God to know.
4. Whatever you write in haste or in heed,  
Write nothing you would not like God to read.
5. Whatever you sing in the midst of your glees,  
Sing nothing that God's listening ear can dispense.
6. Whatever you read, though the page may allure,  
Read nothing of which you are not perfectly sure.  
Consternation at once would be seen in your look,  
If God should look down and say,  
"Show me that book."
7. Whatever the pastime in which you engage  
For the cheering of youth or the solace of age,  
Turn away from each pleasure you'd shrink from pursuing,  
If God should look down and say,  
"What are you doing?"

## December 22.—How different Persons Receive Jesus.

Matt. 9, 9; John 1, 11, 12. (Christmas Meeting.)

### HOME READINGS.

Mon., Dec. 16. The world's neglect ..... Matt. 8, 20  
Tues., Dec. 17. Rejected at Nazareth ..... Luke 4, 28-30  
Wed., Dec. 18. Simon and the sinner ..... Luke 7, 44-47  
Thurs., Dec. 19. A guest of Zacchaeus ..... Luke 19, 5, 6  
Fri., Dec. 20. Welcomed at Bethany ..... John 12, 1, 2  
Sat., Dec. 21. Christ knocks at your heart ..... Rev. 3, 20

To make any person welcome presupposes a visit from that one. And Jesus has visited the earth. "He came to his own, and his own received him not." Every Christmas reminds us of the Saviour's visit to our world, and also teaches us that he still comes. Jesus is ever coming, and should be right royally received. But because he does not come to us visibly, we too often refuse to receive him as by the Holy Spirit, he draws

near to our hearts and homes. Jesus was not always made welcome when he was visibly present on earth. Tuesday's Home Reading shows how sometimes bitter hearts opposed him, and wiled hands would have done him harm. Different persons received Jesus in different ways because they had different feelings towards him. When we love or highly esteem a person, we will not consider the best we have to offer for him. Because Mary and Martha loved Jesus they gave him the best they had. So with Zacchaeus. How differently the high priests and Pharisees treated him. And all because their hearts were full of jealous hatred and bitter enmity. How do we feel towards Jesus as Christmas comes? Recently we had a visit from the Duke and Duchess of Cornwall and York. How proud all Canadians were of the privilege of entertaining them. Every place did its best to show their loyalty to the British crown and wherever they went the royal party were made heartily welcome. Should we be less liberal and earnest towards the Prince of Peace? "Welcome to Jesus" in every place over every household in every church and school throughout the land this happy Christmas season. Though he will never be among us again as he was in Palestine long ago, he still comes to us. He knows how we feel towards him, and we can say "Well-come, Jesus, Lord, Master, King!" best and most truly by doing as he did in giving blessing and good cheer to all we can reach in our various lives. A happy welcome to Jesus alone can make a Happy Christmas.

## December 29.—New Life in the New Year.

Eph. 4, 22-24; Col. 3, 8-10.

### HOME READINGS.

Mon., Dec. 23. A new man ..... 2 Cor. 5, 17  
Tues., Dec. 24. A new name ..... Rev. 3, 12  
Wed., Dec. 25. A new hope ..... Ezek. 37, 19  
Thurs., Dec. 26. A new life ..... Rom. 6, 4  
Fri., Dec. 27. A new song ..... Ps. 40, 3  
Sat., Dec. 28. A new home ..... 2 Cor. 5, 1

In your meeting this week utilize the Daily Bible Verses, as above given, as a Bible Reading, interspersed with appropriate praise. "Old things have passed away." The year has gone, not only by months and weeks and days, but by hours and minutes and seconds. One by one the moments have slipped away from us. And to the new year will grow one second at a time—a small portion of time, and yet the very multiplication of them shows us how long a year really is—31,536,000 seconds of time. What have we done with all that vast number during 1901? That is an important question; but a more important one is—what shall we do with a similar lot in 1902? They are the "new" things—these precious moments of time. Use them well, for they are soon gone, and once lost, are gone for ever. What "old things" can we leave behind us as we pass over into the new year? Have you an old habit you would be better without? A habit of thought? of speech? of reading? or physical, mental, social, or moral nature? If so, leave it behind, and take a new one with you for the new year. New habits, like new boots, sometimes pinch us, because we are not used to them; but they are good for us if they are for our health.

May the new year find us all fitted out with a really good outfit, so that we may spend our days wisely and not "as a tale that is told." Happy New Year!