

THE SUNDAY SCHOOL

JANUARY 20.

THE POWER OF THE TONGUE.

JAMES 3, 1-18.

Ver. 1. This is a following up of the former admonition, "Be swift to hear, slow to speak" (chap. i, 19). From the beginning there have been too many ready to run before they were sent, and eager to be teachers when only fit for the learners' seat.

Too frequently those least willing to learn are most anxious to teach. Unauthorised, unqualified teachers are most likely to be masterful in spirit and speech, and thus subject themselves to the severe judgment of the great Master whose work they mar.

The apostle's meaning is this, that only those who have learned to govern their tongue are fit to be teachers. 2. Revised version. Stumble, instead of offend. We are all liable, St. James says, to stumble, i. e. make little slips, however good our intentions.

3. 4. By two familiar illustrations—the bridle of a horse and the rudder of a ship—the apostle shows how the control of a very little member influences the whole body. No man could turn either a horse or a ship round by main force, but the slightest pressure of the bit causes the horse to turn himself, and the gentlest motion of the rudder makes the ship to turn of its own accord.

5. 6. The apostle is led into another figure adapted to show the power of the tongue for evil when not under proper control. His figure is the rapid spreading of fire, and the great destruction which what was a very little fire to commence with will soon accomplish.

7-10. All animals are more or less subject to the controlling power of man; "but the tongue can no man tame." The apostle means that the tongue, generally considered, is the most ungovernable member of depraved human nature. It needs something more than human power to tame the tongue of the liar, the traducer and the blasphemer.

11, 12. The apostle goes on to show how unnatural it is that the blessing and cursing should proceed from the same mouth. The fountain means the heart, the opening to Palestine, wherein salt and bitter springs are formed. Though sweet springs are sometimes found near, yet sweet and bitter water do not flow at the same aperture.

13-18. In verse 17 we have a beautiful description of the wisdom that is from above. This wisdom is first pure, i. e. free from the characteristics before described (verse 15) "Pure" is placed before "peaceable," because there is an unbroken peace with the world, in which injuries are sometimes winked at. As far as possible we are to live in peace with all men. But purity must never be sacrificed to peace.—W. M. S. May

The story is told of an interesting Scotch father who presents his children, as they come of age, with the bill of all he has spent upon them, including the fees of nurse and doctor, and the children sign and undertake to repay the bill. In this country, if such a father should arise, the children would probably not be so accommodating.

CHILLS, THEIR CAUSES AND CONSEQUENCES.

A person in good health, with fair play, easily resists cold. But when the health flags a little, and liberties are taken with the stomach or the nervous system, a chill is easily taken, and according to the weak spot of the individual, assumes the form of a cold, or pneumonia, or it may be, jaundice. Of all the causes of "cold," probably fatigue is one of the most efficient. A jaded man coming home at night from a long day's work, a growing youth losing two or three times a week, or a young lady heavily "doing the season," young children overfed and with a short allowance of sleep, are common instances of the victims of "cold."

Luxury is favorable to chill taking; very hot rooms, soft chairs, leather beds, create a sensitiveness that leads to catarrhs. It is not, after all, the "cold" that is so much to be feared as the antecedent conditions that gave the attack the chance of doing harm. Some of the worst "colds" happen to those who do not leave their houses or even their beds, and those who are most vulnerable are often those who are most exposed to changes of temperature, and who by good sleep, cold bathing, and regular habits preserve the tone of their nervous system and circulation.

Probably many chills are contracted at night or at the end of the day, when tired people get the equilibrium of their circulation disturbed by either overheated sitting-rooms or underheated bed-rooms and beds. This is especially the case with the elderly people. In such cases the mischief is not always done instantaneously, or in a single night. It often takes place insidiously, extending over days and even weeks. It thus appears that "taking cold" is not by any means a simple result of a lower temperature, but depends largely on personal conditions and habits, affecting especially the nervous and muscular energy of the body.—Lancet.

MEMORY.

A man's memory is like his stomach. To do its best work it must have good treatment. It must neither be neglected nor overloaded. It can easily be so abused by neglect or by irregular and unsystematic employment, as to become chiefly a cause of annoyance and discomfort; or again, it can be so overworked and heavily taxed that it becomes practically the chief organ or agent of the entire system; every other portion dwindling in its comparison. The latter course is the great danger of those who value the help of a tenacious memory.

Both memory and stomach are valuable, not in proportion to the burdens they can carry, but in proportion to their training for their part in the work of the system as a whole; and either of them is kept from it, as by what is packed into it.—S. S. Times

USEFUL HINTS.

Hold your broom up slight; don't dig but brush lightly. Carpet and broom will last twice as long.

Where sawdust is used for bedding the manure is considered as very good for celery.

Don't try to get along with less than seven or eight hours' sleep out of the twenty-four.

Tobacco tea will kill worms in flower pots and is also good for the plant.

A little milk in the water in which you are washing your dishes, is much nicer than soap.

To clean willow furniture, use salt and water; apply with a brush and wipe very dry. Use the same for cleaning straw matting.

The noon meal for working horses should be principally grain. It can be quickly eaten, and will not disturb the stomach.

Grated apples make a delicious addition to muffins. Allow three good sized apples to one tin of muffins. Make the muffins as usual, and the last thing stir in the apple. Mix it evenly, so that there will be an equal quantity in each muffin.

Dairymen consider that the finest flavored butter is produced by pasturing cows on blue grass and orchard grass, and giving cornmeal for feed. Delicious butter may be made in mid-winter by feeding blue grass that has been carefully cured while green.

Silk neckerchiefs make very pretty coverings for sofa pillows, Canton flannel being used for the reverse side. Those which make a design in one corner are sometimes chosen, and when this is done the ornament is turned back towards the centre, and its place is filled by a triangle of black velvet, but the kerchiefs which have borders are the easiest to use.

When a pump tube freezes solid, do not pour in hot water in the common way with the hope of thawing. The hot water will stay at the top, that is the end of it. But procure a lead tube or any other kind of pipe, place the lower end directly on the ice in the pump, and with a fannel pour hot water in at the top. The weight of the water in the pipe will drive it hot against the ice, the pipe settling as fast as the ice melts, and the whole will be cleaned out in an incredibly short time.—N. Y. Herald.

BE CAREFUL WHAT YOU EAT.—The best medical authorities declare that worms in the human system are often induced by eating too freely of uncooked fruit and too much meat, cheese, etc. Whatever may be the cause, Freeman's Worm Powders are speedy and safe to cure; they destroy the worms, and contain their own cathartic to expel them.

The returns of the census taken on January 1, 1883, which have just been published, show that the Empire of Japan contained a population of 36,700,110, made up of 18,598,998 males and 18,121,000 females.

RHEUMATISM.—Rev. M. Sadler, pastor of the French Methodist Mission Church, Montreal West (Fulford St.) says: "My wife has for several years suffered excruciating pain from Rheumatism, and had tried many remedies without success until Graham's Pain Eradicator was used, one bottle of which gave her complete relief."

In a population of 1,300,000, New York City has 61,052 real-estate owners. It further appears that while the real estate annually increases in value, the owners become fewer.

Some say "Consumption can't be cured." Ayer's Cherry Pectoral, as proved by forty years experience, will cure this disease when not already advanced beyond the reach of medical aid. Even then its use affords very great relief, and insures refreshing sleep.

A woman has just been awarded \$2,000 damages by a Cleveland court because of a cough she acquired in a freshly plastered hotel. How's your cough? and at what hotel did you last dine?

For Stomach, Pain in the Stomach, Bowel Complaint or Chills, use Perry Davis' Pain Killer. See adv. in another column.

REST AND COMFORT TO THE SUFFERING.—Brown's Household Panacea has no equal for relieving pain, both internal and external. It cures pain in the side, back or bowels, sore throat, rheumatism, toothache, lumbago, and any kind of pain or ache. "It will most surely quicken the blood and heal, as its acting power is wonderful." Brown's Household Panacea being acknowledged as the great Pain Reliever, and of double the strength of any other Elixir or Liniment in the world, should be in every family handy for use when wanted, "as it really is the best remedy in the world for cramps in the stomach, and pains and aches of all kinds," and is for sale by all druggists at 25 cts. Feb 10.

There are now in London 520 fountains for human beings, and 527 troughs for animals the value of the same being £50,000. There are estimated to be more than 700,000 drinkers at these fountains every day, or a total of 250,000,000 in a year.

If we could speak in tones of thunder we would also our voice to advise all people everywhere to get at once a bottle of Johnson's Anodyne Liniment. As a preventive of diphtheria, pneumonia, congestion, and all dangerous throat and lung diseases its value is priceless.

Virginia is making four of peanuts, of which she raises 2,000,000 bush this year. Peanuts, so called in the Old Dominion, were introduced from Africa, and are known in North Carolina as ground peas, in Tennessee as goobar, and in Georgia, Alabama, and Mississippi, as pinders.

No sufferer from any scrofulous disease, who will fairly try Ayer's Sarsaparilla, need despair of a cure. It will purge the blood of all impurities, thereby destroying the germs from which scrofula is developed, and will infuse new life and vigor throughout the whole physical organization.

While but one man in a hundred reads a book, ninety-nine in a hundred read a newspaper.



Who is Perry Davis?

About forty years ago when PERRY DAVIS, of Providence, R. I., in the United States, first introduced to the world his now universally known Pain-Killer, he was a poor man with out influence, a cripple and an invalid. He studied the effect of certain drugs upon the human system, and experimented in their use until he had compounded a medicine capable of curing his own malady. When restored to health he offered the preparation to his fellow sufferers, until now there is not a country on earth which does not buy it. It is eminently a "HOUSEHOLD MEDICINE."

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