

lad gave his body. A little girl ate too many chocolates, she "just loved them", she said; but the doctor told her mother it was going to make her a very sick child, if she did not stop. So the next time chocolates were given to her, she gave them to her mother to do with them as she thought best, but she "would not taste one". So her body got a good sharp blow. A man was very fond of drinking whisky; but he saw all the sin and misery caused by strong drink, and he said, "No! I'll never taste the stuff again", and he did not. That boy and girl and man each fought the good kind of fight, and kept the body under and brought it into subjection.

Lesson—Our Lesson is about some of the men of Israel who did not fight this good fight, did not try to keep their body under control; and their bodies got the best of it and ruled the men, in place of the men ruling their own bodies. The body—the lips, throat, stomach, wanted wine, wine, wine, till the men were knocked down, and wine had the mastery over them. Their body was master, and what did wine do to these men then? Just what it does to any one who lets it get control of him now. Wine is a thief. It took away their money. It took away their brains. It took away their happiness. It took away their goodness. It took away

health and strength and good looks. It knocked them down, and took away everything they had; and so it does now. The teacher may print, one under another, the letters of the alphabet, and let the children repeat the lines, four or more at a time.

The Liquor A, B, C.

A—is the Alcohol—deathlike its grip;
B—is the Boy who just takes a sip;
C—the Companion who urges him on;
D—is for all the bad Deeds that are done;
E—is the Effort to get away;
F—for the Friends who lead him astray;
G—for the Guilt which he afterwards feels;
H—for the Heart-break which never heals;
I—his Intention to drink not at all;
J—for the Jeering that caused him to fall;
K—is his Knowledge that he is a slave;
L—for the Liquor which all drunkards crave;
M—for the Mother now aged and grey;
N—for the "No" which he tries hard to say;
O—for the Others whom he leads astray;
P—for the Pride he has cast away;
Q—for the Quarrels that daily abound;
R—for the Ruin that hovers around;
S—for the Sickness that surely will come;
T—for the Tumult that crazes his brain;
U—for the Usefulness killed in the slums;
V—is the Vagrant he swiftly becomes.

Something to Think About—Strong drink

causes sorrow.

FROM THE PLATFORM

I keep under my body

Tell this true story. One of our ministers, when a boy, lived in the country and belonged to a baseball nine. One day a match game was being played between his club and a club from a neighboring town. The lads from the town thought it was necessary to drink a good deal of whisky to keep up their strength, and the players belonging to the country did the same, except the boy who afterwards became a minister. Next day there was a barn raising to which the country players were invited. But the only one who was fit for the heavy work of lifting the sills and bents and rafters into place, was the one who had not tasted whisky the day before. Write on the blackboard, *I keep under my body*, and impress the truth that if we wish to have strong bodies and thus be really fit to excel in play or work, we must "cut out" strong drink.