The Sunday School &

BIBLE LESSON.

Abridged from Peloubets' Notes.

Fourth Quarter, 1902.

OCTOBER TO DECEMBER.

Lesson V. November 2. Joshua 20:19 CITIES OF REFUGE.

GOLDEN TEXT.

God is our refuge and strength, a very present help in trouble.—Psa. 46: 1.

God is our refuge and strength, a very present help in trouble.—Pas. 46: I.

EXPLANATORY.

I. The Gore, avenous Justice—There are some crimes that must be removed if a nation would exist and prosper. Such are treason, which strikes at the life of the nation, and murder, which strikes at the existence of the family as well as of the individual. Breaking the sixth commandment wrongs not merely the individual. It is a threefold crime: I. Against the individual. Against the family and the nation, for it takes away the support of the family, and one of the essential members and defenders of the nation. 3. Against God, the giver of life. Hence the severest punishment possible is meted out to whoever perpetrates this crime, and ought to be, in order to prevent as many as possible from committing the crime.

The Goel, translated here "avenger of blood," and in Ruth "kiusman," next of kin to perform the duties of the "goel," is really the vindicator, one "whose duty it was to secure justice to the injured," "to restore the violated family integrity," one "who is authorized to obtain blood for blood as an act of justice," "the balancing of a blood account."

II. The Crims of Refuge.—Vs. 1, 2, 7, S. 2. Appoint our for Refuge.
Under the circumstances described above, it was necessary that there should be places of asylum, where one who had unintentionally killed another could be safe from the avenger, and where any one could have a fair trial. Wherror I spake unto your lay free man of the sectites. 7. Kedren in Gallier in Mount, better, "the hill country," the mountainous region of Naphtall, in the extreme north, west of the waters of Merom. Shec-Mam, the central city of Samaria, between Mounts Ebal and Gerizim, a place well known in Bible history. Mount. Hill country. Herror these cities of refuge east of the Jordan, twelve willes northeast of Heabhout.

Mounts Hoal and Gerizim, a place well known in Bible history. MOUNT. Hill country. Herron. Twenty miles south of Jerusalem.

S. BRZER. The most southerly of the cities of refuge east of the Jordan, twelve miles northeast of Heahbon. In the WILDERNESS. A wild, uncultivated, but not uninhabited segion. RAMOTH IN GILKAD (heights of Gilead.) One of the great fortressee east of the Jordan, twenty-five miles from the river, and thirteen miles south of the Jabbok, in the tribe of Gad. GILEAD. The mountainous region east of the Jordan, Extending some sixty miles from the Dead Sea to the Lake of Gaillee. Bounded on the east by the Jordan GOLAN "was the most northerly city chosen on the east of the Jordan. Its very site is now unknown, though once a place of great power and influence, which gave its name to a province "Gaulanitia."

NO DRUGS. Just Proper Food and Rest-

The regular uses of drugs to relieve pain is on the wrong track. Find the cause and remedy it by proper food and quit drugs for temporary relief or you will never get well.

A minister's wife writes;—"Three years ago, while living at Rochester N. Y, where my husband was pastor of one of the city churches, I was greatly reduced from nervous prostration and are mia and was compelled to go to a well-known kastern sanitarium for my health. My stomach was in bad shape from badly selected food; I was an habitual user of Carbonate of Mgnesia and my physicians made every endeaver to break up this most damaging habit, but all to no purpose.

At the sanitarium I was given Grape Nuts and learned the value of the food. I used it continuously, eating it at nearly svery meal and my recovery was rapid. Its use enabled me to est and digest food and to give up the drug habit and I am now completely restored to good health.

At the present time I am able to attend to my hou-shold and family duties pursue music which was formerly my profession, be-idea reading and studying, all of which I was totally unable to do at the time referred to." Name given by Postum Co., Battle Creek, Mich.

east of Galilee." BASHAN. A region east of the Sea of Galilee and the morthery Jordan, extending north to Mount Herbon.

III. How the Civies of Refuge Accomplished the Object Accomplished the Object — Vs. 3-6, 9. First. The person for whom they were set apart were only those who killed Any Person Unawares and Unwittingly. Literally, "by error, without knowing," by some mistake of judgment, or accidental blow, without intending to injure They Shall be your refuge. The order of the first of the Civies of the Civies of the Civies of the Object o

nome suddenly without preparation for a prolonged stay. If no accuser came, he was safe as long as he remained in the city.

Fourth. A regular and fair trial. 5. If THR AVENCHE OF BLOOD PURSUE AFTER HIM, as it was his duty to do if he believed the man to be a murderer, THRY SHALL NOT DELIVER THE SLAVER UP INTO HIS MAND, BECAUSE ON THE JUGGES AND GOOD OF THE SHALL NOT DELIVER THE SLAVER UP INTO HIS MAND, BECAUSE ON THE JUGGES AND GOOD OF THE SHALL NOT DELIVER THE SLAVER UP INTO HIS MAND.

6. UNTIL HE STAND. "The judges and criminal causes, always sat; the person who came for judgment, or who was tried, always stood." BEFORE THE CONGREGATION. The rulers and representatives of the city, who are frequently spoken of so if they were the body of the people (compare Josh 24: 1 and 24: 2, 19, 21.) FOR JUDGMENE, for a just trial and decision. Fifth. If the fugitive was found gully of wilful murder he was delivered over to the executioner. He was no louger entitled to safety either in the city or out of it. Thus the great danger that the right of asylum should be abused, the bad men take advantage of it to escape punishment, and thus make such places hot-beds of crime, was removed.

Sixth. If he was exonerated from wilful murder, he was safe, but only so long as he remained within the city and its abburbs of one thousand cubits beyond the walls (Num. 35: 56: 23) He must remain here, away from his home and business, till the death of the high priest.

IV. THE CITIES OF REFUGE AS A TYPE.—I. The Avenger. "Who is the avenger? Law. What Law? Criminal law, sanitary law, social law, natural law. Wherever want stares, and vice reigns, and rags rot, there the avenger. All these are made clearer and truer by the statement of the work of the Goel, the avenger of blood, as given above. It is not revenge, but justice and righteousuess, t

DRINK DID IT ALL.

The Fairmont (Minn.) News makes regarding intemperance, the following statement which, while it may relate to an exceptional condition of affairs, is full of

instruction and warning : When sentencing a person convicted of selling liquor without a license, Judge Quinn, of the 17th Judicial District (Fairbault, Martin, and Jackson countles) recently said that 97 per cent. of crime was due, directly, to drink. The statement being challenged in private, the investigator was referred to the court records, and it was found that of the per ons sentenced by Judge Quinn during the fire years of his service as judge of this district there is but a single exception to the rule stated by him. Every case can be attributed to the use of intoxicating liquors, with the exception alone of Otto Frankfur. a young boy, who was charged with burning a school-house to avoid going to school, but even in this case the boy's father was an habitual drinker of liquor.—Ex.

A Mother's Praise

FOR THE MEDICINE THAT RESTOR-ED HER DAUGHTER'S HEALTH.

She Had Suffered from Servere Headachea Vomiting and Extreme Nervousness, and Feared She Would Not Regain Her Strength.

and Feared She Would Not
Regain Her Strength.

Every prudent mother will watch carefully the health of her young daughter at the period when she is passing from girlhood to womanhood. This period is the most critical in the young girlhood to womanhood. This period is the most critical in the young girl's life. It is then that she becomes pale, easily tired and troubled with headaches, without apparent cause. The blood becomes thin and watery, and unless prompt steps are taken to restore it to its rich, red, health giving condition, decline, and perhaps consumption will follow. Dr. Williams' Pink Pills have cured more pale, ansemic, easily tired girls than any other medicine, and mothers will make no mistake if they insist upon their growing daughters taking these pills from time to time. Mrs. P. Page, a lady well known in Rowanton, Que., tells what these pills have done for her daughter. She says:—"My daughter. Catherine, aged fourteen years, was suffering greatly with severe headaches, vomiting and nervousness. She was so completely run down that we feared that she would not recover her strength. We tried several medicines, but they did not seem to do her any good. I then thought we would try Dr. Williams' Pink Pills, and the result has been up to our fondest hopes. She has fully recovered her health and strength, and I shall be very glad if this experience will help some other suffering girl regain her health."

Dr. Williams' Pink Pills make rich, red blood and give new strength with every dose. They cure areams, headache, heart aplitation, dizzlness and and bring the glow of health to pale and shallow cheeks. These pills are also a certain cure for the ailments that make the lives of so many women a burden. Be sure you get the genu ine with the full name "Dr. Williams' Pink Pills for Pale People," on the wrapper around every box. Sold by all medicine dealers or sent post paid at 50c. per box or six boxes for \$2 50. by addressing The Dr. Williams Medicine Co., Brockville, Out.

MY FLRET.

(Rdwin A. Schell in the Outlook.)

My gallant bark sailed out at moru,
Out on the tide;

Pair blew the wind, sereme the akles,
I laughed in pride.

The welcome waves like faithful friends
Rolled in its track;
The ship was youth—I watched in vain,
It came not back.

It came not back.

Still brave of heart, a second craft
I sent to sea,
Wealth, friends and honor from afar
To bring to me.
A passing captain spoke it once,
Such is report;
Though signalled oft, my ship of Hope
Comes not to port.
Then, feeling deep, and auxious a'ill
To do my best,
A loyal fleet, with captains bold,
Sailed to the west.
The big four-master, 'Indvatry,'
"Keonomy."
"Ambition," "Fame," they too were
lost;

lost; Alas, for me! Alas, for me!

But faith unmoved persuaded me
To try again;
And so the ship of Love I sent
Across the main.
Quick the return, and loaded deep
With charity;
O happy ship, fitted to bear
Life's argosy!

"Whose pass? What pass?" the anxious
"Who was Leonidas, my cherished one?"
The boy replied, with words of ardent nature,
"He was a member of the legislature."
"How?" asked the parent; then the youngster eaith,
"He got a pass, and held her like grim death."
"Whose pass? What pass?" the anxious

death."
Whose pass? What pass?" the anxious father cried;
Twas the'r monopoly." the boy replied in deference to the public we must state, hat boy has been an orphan since that date.

—From "Rhymes of Ironquill"

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