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The Lesson Helps for this issue, with the corresponding Helps in the *Senior Quarterly*, have been prepared, in the order of their date, by Revs ;—Dr. Abraham of Burlington, Ont.; R. MacKay of Hemmingford, P. Q.; J. MacDougall, Holton, P. Q.; and Dr. Summerville, Owen Sound, Ont.

Superintendents and Teachers will kindly take notice that all correspondence relating to the Lesson Helps for 1898 and all payments for the same, should be addressed to Rev. E. Scott, Record Office, Montreal. Everything relating to the Lesson Helps for 1899 should be addressed to Rev. R. D. Fraser, 592 Markham St., Toronto. All Children's Day contributions for this year should be sent to Rev. T. F. Fotheringham, St. John, N. B.

Teaching is causing another to know. No one can teach what he does not know. No one can teach all that he knows. No one can rightly teach but a small part of what he knows. The more one knows, other things being equal, the better he can teach, even the simplest lessons. Therefore Sabbath School Teachers should seek to know all they can about the lessons which they teach.

But none who feel their own ignorance should on that account decline to teach, for if there be a willing mind and an earnest heart, it cannot fail of good.

Mere knowledge, even with ability to cause others to know, is a poor equipment for a S.S.

teacher. If that be all there will be signal failure.

The object of Sabbath school teaching is persuasion as well as instruction; and of the two, the former is the chief. Vastly more important is it that the scholar should do than know; should have the heart filled with desire to serve Christ, than the head filled with mere intellectual knowledge about Christ. Let knowledge be increased, but let the heart be won to serve Christ.

It is heart that speaks to heart, therefore the S. S. teacher who would influence the hearts of the scholars, must do so by his own heart. That heart again can only be fitted for its high task by contact with the Divine. In proportion as the teacher lives in loyal obedience to Christ, in honest, trustful, communion and fellowship with Him, in that proportion will he receive "of His fulness," and out of his own fulness thus received impart to others.

A cold body placed in contact with a warm one receives of its heat, and in its turn transmits that heat to other bodies which it may touch. So our cold hearts placed in contact with Christ, receive of his warmth and life, and transmit, through the agency of the Holy Spirit, that warmth to other hearts and lives that they may touch.

"Honor the Holy Spirit" said Moody to a young worker. Moody's great success lies in the fact that He takes his own advice. S. S. Teachers, no matter how well equipped, should remember that Paul may plant, Apollos water, but that God, the Holy Spirit, giveth the increase.