THE WEEKLY MESSENGER



HiNTS TO TEACHERS ON THE CUR-
RENT LEsSONs.
(From Plowhets Slect Notas.)

## ASSISTANT SUPERINTENDENT.

There are Sunday-schools where one man
has to be superintendent and secretary and has to be syperintendent and secretary and he has to teach a class in addition to all this.
Such a me -God help him-must do all Such a me.-God help him-must do all
he cap, as well as he can ; but at his utmost and at his br $s$ he cannot superintend a Sun lay-school as a Sunday-school ought to be superintended, All the time and all the
ability of any one man cas be well employed in the superintending of a Sunday sochool; and even then there win be things beyond
that man's utmost reach which might be
done to the school's advatage. When done to the school's advantage. When a
Sunday-school can afford an assistant smperintendent, where there are men enough t
justify the setting of a man apart for such justify the setting of a man apart for such
work, there are always fine possibilities i the sphere of an asystant superintenden To begin with, in the responsive or alternat
or simultaneous Bible reading of the open
ing and cluving ing and closing exercises, the assistant
superintendent can stand at the opposite
end of the room and lead the schoal in its reading. This one thing may be a means
of unifying the school in its Bible reading and 80 in its exercises of worship. Then,
again, the assistant superintendent canstudy

## the school from another direction than the superintendent's, during other portions of the


gish of careless, is these exercises. And t
know the needs or


 assistant superintendent can be watchful t attend to one duty or another which the
superintendent is hindered fron doing superintentent is hindered from doing
through his occupation elvewhere. If the of them are without teachers at the opening of the school, the other can be greeting strangers who enter the room, or speaking
kind word to new scholars who need to be made at home there. Or, these duties may be reverved for a moment. A carefulstudy
of the school by any overseer, can always be of the school by any overseer, can always
mageous to its interests. Ther is something which just now needs fresh at be watchel for intelligently. And if the aseistant superintendent is looking after
such things as these, in order to report them to the superintendent, with his suggestions for the remedy, he can be a power for good
in the Surday-school. Why, every gang of men in the street, or on the wharves, or in
the factories, is found to be the gainer by the factories, is found to be the gainer by
an overseer who has nothing to do but th watch and suggest; and the closest-fisted
contractor or the urrowest-gauge corporation recognizes the economy of paying a man for this watchful oversight. Two o tirree such overseers could be employed to advantage in every Sunday-school of a hunred members or more. And this is withut taking into account the division of labor which might fairly be made between a good superintendent and a good nesistant in the
ordinary conduet of the Sunday school ordinary conduct of the Sunday-school.
One might attend to the exercises from the One might attend to the exercises from the
derk, and the other might look after the derk, and the other might look after the
classification and class direction of the school. classification and class direction of the school.
One might take one side of the room, and One might the one side of the room, and
he other the opposite side, in close overight during the session of the school And so on, indefinitely. What can an assistant
superintendent do to advantage? What superintendent do to advantage ? What
can't he do ?-S.S. Times. uperintendent do to adva
can't he do I-S. $S$. Times.

To follow foolish precedents, and wink
With both our eyes, is easier than to thin
Cowper.

## ?

## 9. -1 Kings $10: 1-13$,

There is another kingdom of which greater than Solomon is king. A kingdom nobler temple, and richer palaces, and
greater works than any which Solomon builded. Every one has heard of this king dom, and some make the journey to prove
its glories, and satify the "hard questions"
of their hearts of their hearts. And every one who thus
ivits this kingdom of Religion joins with the queen of Sheha in saying that they did
not believe the half that was told them, not believe the half that was told them,
but they now find that all that was told
them was not half of the truth men do not and cannot conceive the full
moth. Irreligious blessedness of the religion of Christ. They
do not believe what Christians say of it. It seems to them the exaggerated utterance of excited feeling. And yet Christians can-
not express to them one half the true plory and peace, and heavenliness of Christ in the not experienced religion to undervtand half its blensedness (1) The nobility of a simple
2. Learn (1)
earnest, restless search after truth. grateful respect which a teachable spiri will feel toward one who can unveil the
tuth to it. (3) The joyous satisfaction of soul that springy from the discovery of th ampest truth. How much does such an ex ness rebuke the spiritual dulness and indif ference of those who, with the Light of Lif shining glorionsly upon them in the per-
son of Christ, 'refuse to welcome it and walk
in it (Matt. 8:11, 12)!-Waite
3. Great as Solomon was, Christ is far greater. (1) In glory, riches, fame. (2) In wisdom, which is divine, not human ; spirit not merely guides the conduct. (3) In gen.
(1) The queen of Sheha went to Solomonworships and praises God. (4) She returnegree, our going to Christ,
5. Solomon receiving the queen of Sheba
type of Christ. (1) Hedid
(2) He solved her questions, as Christ will
bring to Him. (3) He showed her his glory
richer than she. So Chirist accepts our poorgard. (5) He gave her far greater gifts in
return. So Christ loads us with benefits

Pardon, peace, strength, joy, etc.,- - of greater

## rorth than gold or precious stones, greater

## vagrinaus pur

T. B. Allinson, a licentiate of the Royal

College of Physicians, London, contributes
to the Dietctic Riformer, his experiences of a
like the idea of giving up my meat, not be
cause I thought it necessary, but because I
liked it. After my first struggle 1 went on
well, and am now very well pleased with the well, and am now very well pleased with the
experiment. I am better every way, both experiment. I am better every way, both
mentally and bodily. It has cicne away of which are now positively obnoxious to me. My senses are more acute ; my menter, for longer periods, and ; work bet-
thas much more quickly than formerly. I have done more hard mental work this past year than for many years ; in fact, than since my
final medical examination. which was passed on vegetarian diet. My bodily powers are much better, and I can takelong walks with out much fatigue ; my spirits are lighter humor. Bilious attacks, headaches, constipotion, etc., left me soon after the adoption atism, but. I was threatened with rheumhave shown themselves, I am so pleased with my diet that I hope to continue it all my life. My own results have been so good
that I wish everyone else would give it a
fair trial, and note the results, My friends fair trial, and note the results, My friends
say I am looking well upon it, and I have say I am looking well upon it, and I have
gained about seven pounds in weight. My
food consiats chiefly of whole-meal food consists chiefly of whole-meal bread
and fruit. I am always ready for my meals, eat them with relish, and I know I meals laying up for myself future disease."


#### Abstract

LIVING FROM THE GARDEN. Gardeners, and above all, farmers, have no themselves as obliged to drudge ceaselessly without the indulgences of without the indulgences of other classes, One has no business to see to wa folk having carly vegetables and berries a month before his tardy supply comes on, to be out of them in dog-days before the merchants and cheap boarding-house keepers in the city have begun to see the end of fresh things ; boiled dimers the year ronad when others try the changes of spring lamb, fresh fish, boiled chicken, salads, ducks and green peas, capons and veal until turkey time comes again. He ought not to see town homes gain. He ought not to see town homes ragrant with nowets while his wife has only turf of asparagus, to sweeten roses, with when she thinks to pick them. What bet ter right have rich men to sit over desserts and choice pears, plums, grapes and apricots, While he must content himself with a Baldwin apple in mid-winter? Who should have a becoming home with its lawn in front and large borders of the richest flowers; his house, one story and small perhaps, yet hung with woodbine, wild hung with woodbine, wild grapes and roses againat the backgroumd of orchard and nut trees, spreading their tlanking boughs with good effectas if it were a costage ornce, with its acres of shrubberies. Why should he not have in his garden choice fruits of the season, strawherries, currants and guoseberries and black cherries, golden and purple plums, plenty of black caps to make up for the lost strawberries, and grapes as soon as rasp- berries are over, big blanched salads, peas in who sells him well as his town neighbor, should he not have fine pears, peachei winter apples, and grapes nt Christmas as well as the president of the Horticultural Society, and why should not his girls have the solitary dahlia and China aster which decorate the yard, and the common geranium in-doors Why doest he have an herb bed to make his plain dinner savory, a poor English cottager will have all these American farmer 1-Chicago Heruld.


Question Corner.-No. 20.

## Bible questions

1. What wicked man in the Old Testa ment uttered a true prophecy of Christ $?$ ?
2. Which of Joseph's Maunaseeh, was the elder and which of their families grew to be the greater people ? 9. When the Promised Land was divided among the twelve tribes where were the
ribes of Ephraim and Manaseh situated ? 4. What evidence have we in the old cmawent that the different tribes spok The scmipture extoma.
The first Christian martyr.
3. The country of the womn who came acob's well when Jesus snt there. we may die with Him.
4. The city to which Jesus and His dis
ples retired when the Jews soug pples retired when the Jews sought to slay
fim. ${ }_{4 .}{ }_{4}$
H. He who said to Jesus "I find no fault
5. He who bound John the Baptist and put him in prison.
6. The country to which Joseph was warned to take the infant Saviour.
7. The place where the Lord began His ministr
Answ ers to bible queations in No. 18
scripture exi


crect answers receiven
answers have ben received from
Kennedy, Clara Folsom, and $E K$ K
