were boys who lived in the great city of Jerusalem when King Nebuchadnezzar came once to fight against the people of Judah. He took back some captives with him to Babylon, and among them these four boys.

Cold Water Boys-If we could have seen these boys in their own homes, we should have seen them being very carefully trained. They were taught to be obedient to their parents. and above all to be obedient to God. If we could have watched them at the table where they were taking their food, we should have seen them eating plenty of pulse (or we would say, porridge), and in the four drinking cups (Outline) what should we find? Do you think, wine? No; water. They drank nothing but pure, cold water. Were they sickly, thin, poor-looking boys? No; no finer, fairer, more manly boys could be found anywhere. No cleverer, brighter boys were in all that land.

Surrounded by Templations—We see them now in this far-away heathen city surrounded by all sorts of wickedness. The king orders that some of the young captives be brought to live in his palace to be trained for his service, along with others. All were to be

fed with meat and wine from the king's table.

Among them were these four (Repeat names). Their names were changed by those who had taken them captive (see v. 7).

The Training Begun—Here is a long table (Outline). On it, we must think, are placed the food and drink for all these boys. The drinking cups all look alike, but here are the cups set for our four boys. Are they filled with wine? No. The cold water boys in their own home are cold water boys in the midst of those who are using strong drink.

Daniel's Purpose—Tell the story of Daniel's purpose to keep his body pure (see vs. 8-16).

The Test—Now the time has come when the boys are to be brought before the king. Here are the meat and the wine fed boys, but there are others fairer, fatter, finer looking than all these. Who are they? The four cold water boys. Continue the story.

Golden Text—Repeat the Golden Text. What brave boys Daniel and his friends were! You are all training for the service of King Jesus.

Hymn—Sing Hymn 533, Book of Praise. Something to Think About—I should never use strong drink.

FROM THE PLATFORM By Rev. J. M. Duncan, D.D.

THREE "R's"

Begin by referring to the three "R's",—Reading, (W)Riting and (A)Rithmetic. Tell the scholars that we have, in the Lesson, the Three "R's" (Print) of temperance. Mention, as the first of these, Resolution. Question about the resolution of Daniel and his companions. Bring out, as one reason for this resolution, the fact that the food and drink offered to them might make them less healthy in body and less clear in mind. Apply this to the use of strong drink. But the first R would have amounted to little had it not been followed by the second,—Refusal. Have the scholars tell of the firmness shown by the three young Hebrews. The application to drink is easy,—we must refuse it if we are to be safe. Take as the third R, Results. Question as to the results of the conduct of the young Hebrews, and dwell on the good results of abstaining from strong drink.