

### LOADED WITH CHAINS.

Some time ago a Mohammedan fakir (holy man) visited Bombay, who had voluntarily loaded himself with twenty-four maunds, (6 cwt.) of chains. The editor of *The Bombay Guardian* went to see him at the free rest-house for native travellers, the Falkland Road, Dharamsala.

He was reclining on his mat and hard pillow, and was dependent upon an attendant for food. The bulk and weight of chains, welded round his neck, arms, and legs rendered walking impossible.

It was said that when he travelled by train (he came from North India) he was charged partly as a passenger and partly as freight. He desired to go as a pilgrim to Mecca, and an ordinary ticket by steamship was purchased for him, but when he arrived at the ship, the astonished officers declined his company.

Some large iron pegs and a heavy iron mallet were attached to his chains. These were used in fixing him firmly down, at his desire, in any particular spot.

For twenty-four years he had submitted to this iron bondage. What caused him to voluntarily endure such a burden?

He said it was his inclination to evil. As a young man he was very wicked, and he caused chains to be fastened upon him to keep him from sin. As time went on, he added more chains, until the present weight was reached.

The man's face was not a dishonest one. The manner of his conversation was also open. There is no reason to doubt that for twenty-four years he had been engaged in a desperate struggle with sinful inclinations. But his admission that, as time passed by, he added more chains, was a confession of defeat.

This Mohammedan fakir, in his ignorance, had been dealing with the effect instead of the cause. Better than chaining the limbs is to seek a change of heart. The Psalmist understood this when he cried: "Create in me a clean heart, O God; and renew a right spirit within me." Create? Yes; that is the word; and no hand but God's can do it.

If anyone is troubled with sin the way to cure it is by getting Christ to give deliverance. "This is a faithful saying, and worthy of all acceptance, that Christ Jesus came into the world to save sinners." "He is able also to save them to the uttermost that come unto God by Him, seeing He ever liveth to make intercession for them."

### International S. S. Lessons.

#### CHRISTIAN SELF RESTRAINT.

21st March.

Les. 1 Cor. 9: 19-27. Gol. Text. 1 Cor. 9: 25  
Mem. vs. 25-27. Catechism Q. 94.

1. Self-Denial to Save Others. vs. 19-22.
2. Running for the Prize. vs. 23-25.
3. Keeping the Body Under. vs. 26-27.

#### QUESTIONS.

- Who wrote the words of our lesson?  
What had Paul made himself though free from all men?  
Why had he?  
In what ways had he done this?  
Vs. 20-22. Meaning of, "I am made all things to all men"?  
What was his great object?  
For what reward did he look?  
V. 23. To what does he compare the struggle of Christian life?  
Vs. 24-26. To what personal experience does he refer?  
What should we, like Paul, constantly do?

#### LESSONS.

1. We should be willing to serve others to save them.
2. We should try to be a blessing to every one.
3. We should strive to win the prize of eternal life.
4. To save our soul we must be temperate in all things.
5. We must keep our body under or we may be cast away.

#### REVIEW.

22nd March.

Gol. Text. Acts, 12: 24. Catechism Q. 82-84.

#### QUESTIONS.

- Try how many of these questions you can answer before going to Sabbath School to-day.
- Who wrote the book of the Acts?  
What else did he write?  
For how many days was Jesus seen upon earth after his resurrection?  
What great promise did he make to his apostles?  
What did he say they were then to do?  
Describe his ascension?  
Luke 24: 50, 51; Acts 1: 9. Who then appeared and what did they say?