

one can read the gospel without seeing indications of those sufferings. 1. There can be no doubt that Jesus was exempted from many of the physical ills from which we suffer. We can only think of him as healthy, not only because of his birth, but because the exacting nature of his self-forgetful work required a perfect physique. Besides this, we must remember that many of our physical sufferings we bring on ourselves. Idleness, self-indulgence, artificial modes of life, irregularities, are the causes of many of the ills which flesh is heir to; but the life of Jesus was exquisite in its simplicity and unstained by a single vicious propensity. And this reminds us further that he could not have suffered, as we do, from a sense of personal sin, from the remorse which follows after our utterance of an unkind word or the indulgence of an evil propensity, or from the tumult of passion which rises up within a sinful heart. Yet he was a sufferer. "He was a Man of Sorrows, and acquainted with grief." "Himself took our infirmities, and bore our sicknesses." But besides these his whole life was a martyrdom. His sensibility, not only to physical pain, but to mental and moral agony must have been exquisite. 2. Think, too, of his utter loneliness. His was the solitude of a holy soul surrounded by sinners; of a heavenly spirit in contact with things earthly and sensual; of a mind whose higher thoughts not a single being on earth could appreciate; whose truest objects in living and dying as he did none could comprehend. 3. That expression, "in the flesh," reminds us of his uncongenial surroundings. He lived and died among a despised people, and was regarded as an outcast even by some of them! Often must he have felt as the Jews did when, exiled from home and fatherland, they hung their harps upon the willows, and wept as they remembered Zion, saying, "How can we sing the Lord's song in a strange land?"

2. How these sufferings were endured by him. 1. It is evident that he accepted them as God's appointment for him here. "The cup which my Father hath given me, shall not I drink it?" indicates his attitude to trouble right through. If a day's ministry brought him no result, he did not repine; if his own nation rejected him, he meekly accepted the result, though with unutterable sorrow over the issues of it to them; if the cross was to be faced, he went forth willingly to Calvary, there to die—the just for the unjust—to bring us unto God. 2. Notice also that our Lord never allowed himself to be absorbed in his own sor-

rows. He was always ready to enter into other people's joys and griefs, whatever his own sorrows might be. He is not so absorbed in the joys of heaven that he will not listen to the faltering cry of the lowliest penitent. I have known some sufferers who have been armed with the same mind. Their unselfishness has been sublime. Their couch of pain has proved the center of joy and peace to those who circle round them. [A. Rowland.]

Teaching Hints for Intermediate Classes.

SURROUNDINGS.

To-day we have a lesson text that has no connection, chronological or otherwise, with the lessons that we have been studying during the quarter. It is suggested that the teacher have the pupils open their Bibles to the place where the text is found in order that they may become familiar with the position in the book of the Epistles of Peter. In reference to the writing of the first letter of Peter, the teacher should be prepared to answer very concisely the following questions: When? Where? To whom? Why?

APPROACH.

Picture a man who comes home after his day's work and finds his wife in bed ill. He prepares supper for the family, puts the little ones to bed, makes his wife comfortable, reads the Bible to her, and prays with her. Ask: With what is his mind filled? Welcome all answers and try to get the pupils to understand that such a man is filled with the Holy Spirit, who is the Spirit of Love.

Picture another man who comes home and finding his wife in bed scolds her and swears at his children until they run off and hide from him. He then becomes enraged and seizing a cup that is on the table he hurls it at the looking glass, smashes it into pieces. Ask: Do you suppose that that man reads the Bible to, and prays with, his wife? Why not? The answer will be, Because he is drunk. Ask: What made him drunk?

UNFOLDED TEXT.

While our Scripture text is excellent for adults, there is very little in it that we can bring to the comprehension of our Intermediate boys and girls without spending so much time in doing so that there will be very little left for teaching the temperance lesson. Therefore, it is suggested that the teacher select the verse that is applicable to the majority of his class