

just how *you* are to live that truth out in *your* life. No fear of flabby muscles, if you will honestly follow up this plan for even one Quarter's Lessons. The weekly lesson will come to have a zest, like that of the stiff race for the runner who is "trained down".

Or, taking another instance, one of the Seven Things which you learned on Children's Day that "a scholar can do", was to give to Missions. Not an easy thing: it requires muscle, for there are so many pleasanter ways of spending money. But the effort to brace oneself, tones one up mightily. The Good Samaritan got more out of his kind deed than did the man to whose aid he came. It made him all the readier to do like deeds again. The first self denial makes the second easier. The desire for helping grows, as one helps. Try it.

### A Brave Little Home Department

"Where there's a will, there's a way", finds ample illustration in the working out of the Home Department, which finds room for itself in the most unpromising places for organized work. A will to do it, a little holy ingenuity, and a little persistence,—and the thing is accomplished, as the following letter to the Editors shows:—

"Your letter to hand. I very much appreciate your kindly interest in our little Home Department. Sometimes one is apt to be discouraged, where there are so few, and those few scattered.

"The Presbyterians of our small community have kept going away, until there are not enough in numbers left to keep the regular Sunday School; so we made a Home Department of it. There are just nine adults at present on the list, and seven children. The mention of two families as requiring Lesson Helps referred to the two PRIMARY QUARTERLIES ordered from you. These go to the seven children mentioned above. The families are too far away from the church to attend Sunday School, or even to come regularly to the church services. We do our Home Department work by correspondence, and I understand from the parents, that they have just like a regular Sunday School every Sunday with their own family.

"I think myself, that, under the circumstances, this is the best one can do. The few remaining adults within visiting reach are visited every quarter. To the best of my knowledge, I think the Lessons receive due attention. Though I regret that we cannot have the little ones and all meet together, it seems to me one can reach them better than the older class."

And the writer adds:—"Pray for us, and with us, for the advancement of Christ's cause in our small corner"; which, we feel certain, every reader of the HOME STUDY QUARTERLY will do. Brave little Home Department!

### The Geography Lesson

By Rev. J. M. Duncan, B.D.

What is the best way to use the Geography Lesson, with the Map? The best way to learn is to do. Try this plan. Taking the first map for the present Quarter, which is printed in Lessons I., II., III., and IV., draw on a good-sized sheet of paper the coast of the Mediterranean Sea, as outlined on the map. Draw also the Jordan, with the Sea of Galilee well up in its course, and the Dead Sea, into which it flows. Put in Mount Lebanon at the north and Beersheba at the south. This will give a view of the land to be divided amongst the twelve tribes of Israel. The boundaries of the territory given to each tribe may then be marked by dotted lines, and Mt. Nebo should be shown, from which Moses looked over the Promised Land.

Stop drawing now, and read over carefully the Geography Lesson, with the map you have drawn, close at hand. Learned in this way, the boundaries of the whole land, and of each tribe, will be easily remembered.

Keeping your sketch over from week to week until completed, for Lesson II., only the city of Adam needs to be added. Follow with the eye the course of the Jordan, and read what the Geography Lesson says about the wonderful valley down which this famous river flows. Picture in your mind its waters piled up at Adam, to allow the Israelites to go safely across. This Lesson mentions also a number of Canaanitish tribes. Put your pencil on the part of the country inhabited