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THE SUNBEAM

ENLARGED SERIES.—VOL. VII.]

TORONTO, AUGUST 14, 1886.

[No. 17.]

NUTMEGS.

The picture here presented explains itself, and shows the way in which we get one of our staple spices, the nutmeg.

The nutmeg is the kernel of the fruit of a tree which is grown in most tropical climates. The tree averages twenty-five feet in height. The fruit is oblong, roundish and pear-shaped, and is golden yellow in colour when ripe. At the top of our picture we see how they are gathered. When the trees are shaken, the ripe fruit falls to the ground and is gathered by women. The fleshy part is of a peculiar consistency, resembling candied fruit, and is often preserved and eaten as sweetmeats; this is removed, leaving a thin, brown shell, slightly grooved by the pressure of the mace. Within this shell is the nutmeg. At the lower left hand corner we see them removing the shell, at the upper right hand corner, packing the nuts; on the right side, making them to sea, and also where they are being hauled away after reaching our ports. At the lower right hand corner, we see them



NUTMEGS.

being sold, and at the bottom, after all this handling, packing and trouble, they have reached the kitchen, where an end will be put to any more journeying.

Most of our nutmegs come from the West India Islands, Jamaica, Trinidad and Brazil, Great Britain, however, furnishes the greater portion of this spice used in her own settlements. The nut is very liable to the attack of a beetle which is very destructive, and it is common to give them a coating of lime. This accounts for the white, dusty substance often seen on them.

Who ever thinks when he sees a lot of nutmegs, of where they have been, of the waters they have crossed, of the hands that have prepared them, of the eyes that have seen them, and of the amount of labour necessary to obtain them? And though they are not an absolute necessity, we fear if the supply were cut off at once the loss of them would be very much felt.—FRED.

It takes two to make a quarrel, and two to keep it going; it only needs one to end it.

AN EVENING PRAYER.

FOR A LITTLE ONE.

JESUS, blessed Saviour,
Thou hast died for me;
Make me very thankful
In my heart to thee.

Help me do thy bidding,
Thy commands obey;
Make me kind and loving,
Blessed Lord, I pray.

Make me pure and holy;
Take me when I die
Up with thee in heaven,
To thy home on high.

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The Sunbeam.

TORONTO, AUGUST 14, 1886.

BEST THINGS.

CHILDREN are very apt to like to possess the things that are the best, and we say to you, "Get the very best things that are to be had."

The best book is the Bible, because it is filled with the sayings of the wisest men and the sermons of the Saviour who loved us so much that he died for our redemption.

The best lessons that we can learn are those that we learn when Christ is our teacher, and the best hopes and aims that we can have are those that spring up in our souls when we give ourselves to Jesus and make up our minds to live to please him and for his glory.

The best love, and the strongest that the world has ever known is the love of God to men and all this wonderful love merits your love in return. The Saviour is pleased when children seek after the best gifts and give the best things they have to Christ in return for them.

SUNSHINE.

THERE was a poor widow once living on a stony little farm a great way from any neighbours. She had an idiot boy to care for and a great deal of work to do, and but little money and few friends and a great deal of trouble. And you could always see by her face that she was not happy; her skin was wrinkled and she had scarcely ever a smile for any one, but wore a dark, sad look all the time that made one feel like crying just to see her.

She didn't get to church very often, partly because she had so much to do and partly because she was so unhappy she did not care to go. One pleasant morning, however, in the summer-time she went, but she felt so strange that she took her seat in a far-off corner where she thought no one would see her.

But Mrs. Noble saw her in the lone corner, and as soon as meeting was over she hastened with her cheery step to shake hands with her and bid her good morning.

"And how are you to-day, Mrs. Barnes, and how is your boy? I'm glad to see you out."

"Here you come smiling at everybody," said Mrs. Barnes, without trying to answer Mrs. Noble's questions. "You seem just like a streak of sunshine. It does me good to look at you, but I don't see how you manage it, for you've plenty of trouble like other folks. But you never let anybody see it; you hide it all away."

"That's the right way."

"Well, I can't do it," said the poor woman. "I'm just bent double with my burdens, and everybody has to see how I go hobbling along."

"You are not honouring the Lord in that way," said Mrs. Noble. "He invites you to cast your burdens on him."

"I know it, but I can't seem to do it. I wonder if that's the reason you are always like sunshine?"

"It's the only right way for us, my friend." And then she talked to the poor woman about the dear Saviour who said, "Come unto me, all ye that labour and are heavy laden, and I will give you rest."

"Well, I'll think over what you've said, and I'll try," and Mrs. Barnes turned towards her home.

If she does what Mrs. Noble has told her about, she will find the sunshine in her own poor little home as well as in her friend's bright, cheerful face. The sun always shines where Jesus is. He is himself the Sun, and if we will open our hearts and let him come in and live there as he wants to, we may carry the sunshine about with us wherever we go.



TIRED OF PLAY.

"TIRED of Play." It seems strange, when we only think about it, that people could ever grow tired of pleasure. Yet experience proves, even with very young children too, that such is certainly the case. Look at the discontented face of the little girl in our picture, as she sits there frowning after casting her playthings aside. She is thoroughly tired of the amusement they afforded her, but let us hope she will find profitable employments to properly vary her occupation when she grows to be a somewhat bigger girl.

ARE YOU SAFE?

Two little girls were playing with their dolls in a corner of the nursery, and singing as they played:

"Safe in the arms of Jesus,
Safe on his gentle breast;
There by his love o'ershadowed
Sweetly my soul shall rest."

Mother was busy writing, only stopping now and then to listen to the little ones' talk, unobserved by them. "Sister, how do you know you are safe?" said Nellie, the younger of the two. "Because I am holding Jesus with both my hands tight!" promptly replied sister. "Ah! that's not safe!" said the other child. "Suppose Satan came along and cut your two hands off!" Little sister looked very troubled for a few moments, dropped poor dolly, and thought seriously. Suddenly her face shone with joy, and she cried out: "O I forgot! I forgot! Jesus is holding me with his two hands, and Satan can't cut his hands off; so I am safe!"



THE MUSIC LESSON.

THE MUSIC LESSON.

"THE Music Lesson" shows a diligent little girl trying to master something of the difficult but beautiful musical art. The value of music in the home and social circle cannot be too highly estimated, and young people who have the advantage of facilities for acquiring a degree of proficiency in the science should consider themselves fortunate and should apply themselves industriously to its pursuit.

A BRAVE BOY.

LOTTIE PAUL, a little black girl on the island of Jamaica, had told a lie in school. A lie is a very bad thing, for it is something we can never take back. The teacher called her up to receive her punishment—seven strokes on her hand. But her cry of pain after receiving the first blow so struck the master's heart that he could not strike her again; yet he knew her sin must be punished. So he asked, "Is there a boy here who will receive the other six strokes?" At once a little boy came forward and took her place.

How much more has Jesus done for us! "He was oppressed, and he was afflicted, yet he opened not his mouth: he is brought as a lamb to the slaughter, and as sheep before her shearers is dumb, so he openeth not his mouth. He was taken from prison and from judgment," and there were none to comfort him. He passed under the heavy strokes of God's wrath to save us.

THE CHILDREN'S DISOBEDIENCE.

MAX and Ethel were sent on an errand by their mother to carry some good things to a poor woman. "Do not stop to play on your way," she said as they started off, "but go straight to Mrs. Green's house."

The children promised to obey, but before they had gone very far a little girl came running to meet them, saying, "O! come and see the bir'day present my papa brought me from the city."

Ethel stopped, but Max said, "Mamma told us we must not s'p on our way, so we must wait until we come back."

"I do not think mamma would care if we stopped just a minute," said Ethel, putting down her pail. "Come, Max, let us see

Susie's present now." So Max yielded, and they went into the house with Susie to admire her pretty doll.

When they came out again they found that a big dog had upset Ethel's pail of milk and eaten up the cake that Max had carried in his hat.

Ethel began to cry. "That bad dog to do so much mischief!" she said angrily.

Max answered: "No, Ethel; it is we who were bad, because we did not mind mamma."

So the poor woman lost the nice supper that had been sent her, and mamma was made very sad because of Max and Ethel's disobedience.—*Exchange.*

BABY WILLIE'S SUNBEAMS.

LITTLE Willie laughed and clapped his hands, and then stretched them out to catch the pretty sunlight that streamed in upon his bed in the crib. All the children laughed, and Charlie said, "Silly baby!"

"Not so silly after all; it is a very pretty thought," said mamma. "It is what God wants his children to do—catch the sunbeams. Look at baby's face, and see." And sure enough the little fellow had bent his head forward until the golden light was on his rosy cheeks and bright curls.

"I think I know what she means," said Louise, looking into the baby's laughing face. "She means catch the—the—happy, and be glad instead of cross."

"That is it," said mamma. "There 'is happiness all around us. If we try to catch it for ourselves and make others happy too, won't that be like sunshine?"

"Yes; and if things don't go just right, we can call it cloudy weather, but we can be cheery, and so make sunbeams of our own."

"And then you will be my sunbeam," said mamma with a pleasant smile. —*Sl.*

ROOM FOR THE CHILDREN.

LET the little children come

To a Saviour's breast!

Little souls feel weariness,

Little hearts need rest.

Jesus wants a tiny hand

In the harvest field;

To the touch of fingers small

Giants hearts may yield.

Jesus wants a baby voice,

Praises sweet to sing;

Earth's discordant choruses

Shaming, silencing.

Perhaps amidst the crowding throng,

No one else might see

That some little faces asked,

"Is there room for me?"

Heaven is full of little ones,

God's great nursery,

Where the fairest flowers of earth

Bloom eternally.

—*Selected.*

LOVE MAKES THE DIFFERENCE.

"O it is just as different as can be!" said one of my young friends.

"What is it?" I asked.

"Why, being a Christian. Everything is so different from what I expected."

"What did you expect?"

"When you used to talk with me about being a Christian, I used to say to myself: 'No, I can't now; for I should have to do so many hard things, and I never can do them.'"

"What hard things?"

"O I used to think: 'Now, if I become a Christian, I shall have to walk just so: shall have to go to church and prayer-meeting; shall have to pray and read the Bible.' It is so different from what I thought?"

"Why, James, what do you mean? You go to church and to prayer-meeting; you read the Bible and pray."

"O yes; but then I love to do them. That makes all the difference. I love Jesus, and love to do all he wishes me to."

THE BEST USE OF A PENNY.

SHOULD you wish to be told the best use of a penny,

I'll tell you a way that is better than any: Not for apples or cakes or playthings to spend it,

But over the seas to the heathen to send it. Come, listen to me, and I'll tell, if you please,

Of some poor little children far over the seas.

Poor children in our land are well off indeed:

They have schools every day, where they sing, sew, and read;

Their church, too, on Sunday, and pastor to teach

How the true way to heaven through Jesus to reach;

Yet, sad to remember, there are few of these For the poor little heathen far over the seas.

O think, then, of this when a penny is given,

"I can help some poor child on his way home to heaven."

Then give it to Jesus, and he will approve, Nor scorn e'en a mite if 'tis offered in love.

And O when in payer you to him bend your knees,

Remember your brethren far over the seas. —*Exchange.*

LESSON NOTES.

THIRD QUARTER.

A.D. 30.] LESSON VIII. [Aug. 22.

WARNING TO JUDAS AND PETER.

John 13. 21-38.

Commit to memory vs. 30-31.

GOLDEN TEXT.

Wherefore let him that thinketh he standeth take heed lest he fall. 1 Cor. 10. 12.

OUTLINE.

1. The Servant of Satan, v. 21-30.
2. The Law of Love, v. 31-35.
3. The Mistaken Disciple, v. 36-38.

QUESTIONS FOR HOME STUDY.

Whom did Jesus say should betray him? One of his disciples.

What did John ask him? Lord, who is it?

What did Jesus reply? He it is for whom I shall dip the sop.

To whom did Jesus give the sop when he had dipped it? To Judas, the son of Simon.

What happened to Judas? Satan entered his heart.

What did Jesus command him? "That thou doest, do quickly."

What did Judas do? He went out to betray Jesus into the hands of the Jews.

How did the Father glorify Jesus? He made his name high over all in heaven and earth.

What is the glory of the Father? That he gave his well-beloved Son to die for us.

How did Jesus glorify his Father? By doing his will.

What was the Father's will for Jesus? That he come down to earth and die the death of the cross.

What new commandment did Jesus give his disciples? "Love one another, even as I have loved you."

How will all men know we are his disciples? By our love to each other.

Who only can love as Jesus loved? Those who love Jesus.

What sad news did Jesus tell his disciples? That he was going where they could not come.

What did Peter say? "I will follow thee, and die for thee."

What did Jesus tell him? That he should deny him. (Repeat the GOLDEN TEXT.)

WORDS WITH LITTLE PEOPLE.

"I've given my heart to Jesus; I haven't done anything wrong for ever so long; I've watched, and I've prayed; those little sins that used so to trouble me are most gone now; everybody notices how good I am getting." Then, because she felt so strong, she didn't pray quite so long or so earnest, didn't watch quite so carefully, first she knew everything began to go wrong. She found out all in a minute one day, that she was not good at all. Have you seen my little friend? Does her little story help you to understand the GOLDEN TEXT?

DOCTRINAL SUGGESTION.—Deliverance to Satan.

CATECHISM QUESTIONS.

What will become of the righteous after death? The righteous shall go into everlasting life.

Where will the righteous enjoy this life? In heaven.

A.D. 30.] LESSON IX. [Aug. 29.

JESUS COMFORTING HIS DISCIPLES.

John 14. 1-14.

Commit to memory vs. 1-6.

GOLDEN TEXT.

Let not your heart be troubled: ye believe in God, believe also in me. John 14. 1.

OUTLINE.

1. The House, v. 1-3.
2. The Way, v. 4-6.
3. The Father, v. 7-14.

QUESTIONS FOR HOME STUDY.

What did Jesus tell his disciples? (Repeat the GOLDEN TEXT.)

Why did he so speak to them? Because they were safe in his love and care.

How did he want them to believe in him? As they believed in God.

What was he going to do for them? Make ready a home in his Father's house.

What did Thomas say? We know not the way to that heavenly home.

What was Jesus' reply? "I am the way, the truth, and the life."

What do these words mean to us? If we follow Christ he will lead us to heaven.

What did Philip ask of Jesus? "Lord, shew us the Father." What was Jesus' answer to Philip? "He that hath seen me hath seen the Father."

How had they seen the Father in Jesus? In the love that he showed for sinners, and in his pure and holy life.

What did Jesus say his miracles were? The works of the Father.

What did he promise his disciples? That they should do great things.

What should they receive? All that they asked in his name.

How must we ask for things in Jesus' name? As Jesus asked his Father.

In what spirit did Jesus ask his Father? "If it be thy will."

What can we never ask for in Jesus' name? For selfish, unholy things.

WORDS WITH LITTLE PEOPLE.

Jesus intended the GOLDEN TEXT to be a comfort to his little disciples also.

He knew that things would not always be bright with you, that you would have troubles and disappointments, that it would not always be easy to be good and patient. So he told of the beautiful "mansions in his Father's house," which he was going to "get ready," where there are little crowns, little harps, and little white robes, with never one bit of sorrow.

He said "he was the way." Keep close to him, and it will all be for you.

DOCTRINAL SUGGESTION.—The kingdom of Heaven.

CATECHISM QUESTIONS.

What sort of a place is heaven? Heaven is a place of light and glory.

How will good men live there? Good men will live in heaven in perfect joy forever.

LIVE to be useful; live to give light for those who are enabled through grace to shine as lights here, shall, in the world to come, shine as suns and stars forever and ever.