

The Sunday-School.

THIRD QUARTER,
LESSON IX.—Aug. 28.

ELIJAH DISCOURAGED.

I KINGS 19 1-8.

THE LESSON.—It includes the lesson text, with a side study of John's discouragement. Matt. 11: 2-6.

GOLDEN TEXT.—*In my distress I cried unto the Lord, and he heard me.* Psa. 120: 1.

HISTORICAL SETTING.—*Time.*—Beginning the day after the contest on Carmel, about B. C. 907 (common chronology), B. C. 870 (revised chronology). *Place.*—Jezebel, where was one of Ahab's residences. The wilderness of Beersheba, south of Judah, 95 miles below Jezreel.

Rulers.—Ahab, king of Israel; Jezebel, his queen. Jehoshaphat, king of Judah. Benhadad II, king of Syria, at Damascus.

Place in the History.—Jezebel refuses to accept the decision of Carmel, threatens Elijah, and he flees in discouragement.

Learn by heart Vs. 3, 4; Rom. 8: 31; Matt. 11: 28-30.

THE ANGRY QUEEN.—Vs. 1, 2. No sooner had Ahab entered his palace at Jezreel than all his new resolutions were swept away by his masterful wife. Ahab told Jezebel all that Elijah had done. The wicked queen had rejoiced in the rain. Probably she imagined that Elijah had been overwhelmed by her priests. And now to learn that this very storm was washing their corpses out to sea! Then Jezebel, scornfully ignoring her husband, sent a messenger unto Elijah, who had remained at the gate. He would be ready for whatever work God had for him in the morning. *So let the gods do to me, and more. If I make not thy life as the life of one of them.* The dead prophets of Baal. *By to-morrow about this time.* She gave him only one day more to live. Doubtless she thought him safe in her power.

THE DISMAYED PROPHET.—Vs. 3, 4. *And when he saw that* Jezebel's malignity, and that he risked his life by remaining. He hastened out of the kingdom of Jezebel to Beer-sheba, a run of ninety-five miles. *And left his servant there.* He was left possibly because too exhausted to go further.

He himself went a day's journey into the wilderness. Elijah did not feel safe till he was beyond the territory of Judah. *And sat down under a juniper tree.* Rather the broom-plant. It is a tall bush, ten or twelve feet high, and, when in bloom, forms a striking picture in the desert landscape. *He requested for himself that he might die.* Like Moses in the same wilderness when the people murmured. He was still suffering from the reaction of overstrained feeling. *I am not better than my fathers.* He had hoped to accomplish the regeneration of his people, and restore pure worship of Jehovah. His fathers had died without accomplishing this, and now he seemed to have lived an equally fruitless life.

THE MINISTERING ANGEL.—Vs. 5-8. Elijah had reached the darkest hour of his life. *As he lay and slept.* The sleep of mental and physical exhaustion. *An angel touched him.* One of God's ministering spirits. Probably he had

eaten little or nothing since leaving Jezreel. *There was a cake baked on the coals.* This was the Eastern bread, in a thin, flat cake, baked in a hollow of the sand lined with stones. *And a cruse (or bottle) of water.* Bread and water supply the simple needs of the desert Arabs. *And laid him down again.* His exhausted body must have more sleep. *Came again the second time.* Probably he had eaten but little the first time. *Because the journey is too great for thee,* without further strengthening. This is the first mention of the journey. *Went in the strength of that meat forty days.* Divinely sustained. *Unto Horeb.* Mount Sinai. *The mount of God.* So called because there God revealed the law to Moses. It is not more than 200 miles from Beersheba, so that Elijah must have spent most of the forty days in wanderings about the desert, brooding over the situation, with many an agonized prayer.

THE HEART OF THE LESSON.

In considering the causes of Elijah's discouragement and the cure we shall learn how to overcome discouragement when it seizes upon us.

1. A Christian should be confident and happy. "Let not your heart be troubled." If you are gloomy and despondent, there is always a cause. It will probably be one or more of the causes of Elijah's discouragement.

2. Elijah's gloom was partly the natural reaction from the tension upon Carmel. Almost every worker for God has at some time been with Bunyan's Christian in Doubting Castle of Giant Despair.

3. Elijah's reaction was physical as well as mental. His body was overworked, tired out.

The cure was rest, good food. Add exercise, which Elijah did not need, and you have an ideal prescription for many a gloomy soul in our day. The body is the temple of the Holy Spirit, and it is our business to keep it in repair.

4. Elijah's depression was due to fear of Jezebel.

The cure was the consciousness of God's presence, made real to him by the angelic ministrations.

5. Elijah was despondent because his work seemed to have ended in failure.

The cure lay in the willingness merely to obey God's commands and leave results to him.

6. Elijah was sad because he felt himself alone.

The cure came through wider knowledge, through God's census of the seven thousand that had not bowed the knee to Baal, and through his winning of Elisha to be his follower and friend.

7. Elijah's depression was partly due to finding fault with God, losing faith in God's wisdom and power.

The cure lay in the clearer understanding of God's methods that came to him through the "still small voice" on Horeb.

8. Elijah's inactivity was a source of gloom. If, as soon as Jezebel sent her message, he had gone and defied her, or had sought Obadiah and planned some missionary work with him, the exultation of Mount Carmel would doubtless have been maintained.

9. Elijah's despondency came partly from a desire to have his own way— one of the most common causes of gloom.

The cure came on Horeb, when God showed him how foolish his own way was.

10. In all this Elijah was much like John the Baptist, when, in his gloomy prison, he entertained doubts of Christ. The answer Christ gave John's messengers is full of suggestions for our times of gloom. That vision of Christ at work, inspiring in us the will to labor with him, is the sufficient cure for all our gloom.

STRANGE BIBLE FACTS.

The learned Prince of Grenada, heir to the Spanish throne, imprisoned by order of the crown for fear he should aspire to the throne, was kept in solitary confinement in the old prison at the Place of Skulls, Madrid. After thirty-three years in this living tomb, death came to his release, and the following remarkable researches, taken from the Bible and marked with an old nail on the rough walls of his cell, told how the brain sought employment through the weary years:

In the Bible the word "Lord" is found 1,853 times.

The word "Jehovah" 6,855 times.

The word "reverend" but once, and that in the ninth verse of the 111th Psalm.

The eighth verse of the 97th Psalm is the middle verse of the Bible.

The ninth verse of the eighth chapter of Esther is the longest.

The thirty-fifth verse, eleventh chapter of St. John is the shortest.

In the 107th Psalm four verses are alike—the eighth, fifteenth, twenty-first and thirty-first.

Each verse of the 136th Psalm ends alike.

No names or words with more than six syllables are found in the Bible.

The thirty-seventh chapter of Isaiah and the nineteenth chapter of Second Kings are alike.

The word "girl" occurs but once in the Bible, and that in the third verse, third chapter of Joel.

There are found in both books of the Bible 3,538,483 letters, 773,693 words, 31,373 verses, 1,189 chapters, and 66 books.

The twenty-sixth chapter of the Acts of the Apostles is the finest chapter to read.

The most beautiful chapter is the twenty-third Psalm.

The first verse of the fifteenth chapter of Isaiah is the one for the new convert.

The four most inspiring promises are John 14: 2; 7: 37; Matt. 9: 28; and Psalm 37: 4.

All who flatter themselves with vain boasting should read the sixth chapter of Matthew.

All humanity should learn the sixth chapter of St. Luke, from the twentieth verse to its ending.—*Our Sunday Afternoon.*

It is Highly Injurious

To use a cheap drastic physic. Safest remedy for constipation and torpid liver is Dr. Hamilton's Pills of Mandrake and Butternut, which loosens the bowels without griping pains. Use only Dr. Hamilton's Pills. Price 25c.

The best thing about Adam was his rib, and that was removed to make a woman.

An ugly family of skin diseases is the one generally described by the word Eczema. In all its forms it resists ordinary treatment, but is completely cured by Weaver's Cerate used in connection with Weaver's Syrup.

Ayer's

This falling of your hair! Stop it, or you will soon be bald. Give your hair some Ayer's Hair Vigor. The falling will stop, the hair will

Hair Vigor

grow, and the scalp will be clean and healthy. Why be satisfied with poor hair when you can make it rich?

"My hair nearly all came out. I then tried Ayer's Hair Vigor and only one bottle stopped the falling. New hair came in real thick and just a little curly."—Mrs. L. M. SMITH, Saratoga, N. Y.

71.00 a bottle. All druggists. J. C. AYER CO., Lowell, Mass.

for Thick Hair

Men who pride themselves on their own culture, haven't any.

The Flagging Energies Revived.—Constant application to business is a tax upon the energies, and if there be not relaxation, lassitude and depression are sure to intervene. These come from stomachic troubles. The want of exercise brings on nervous irregularities, and the stomach ceases to assimilate food properly. In this condition Par-melee's Vegetable Pills will be found a recuperative of rare power, restoring the organs to healthful action, dispelling depression, and reviving the flagging energies.

The less a man knows, the more anxious he is to tell it.

It Is Known Everywhere.—There is not a city, town or hamlet in Canada where Dr. Thomas' Electric Oil is not known—wherever introduced it made a foothold for itself and maintained it. Some merchants may suggest some other remedy as equally beneficial. Such recommendations should be received with doubt. There is only one Electric Oil, and that is Dr. Thomas'. Take nothing else.

Some men are born bald, some achieve baldness, and others get married.

No reasonable man expects to cure a neglected cold in a day. But time and Allen's Lung Balsam will overcome the cold and stave off consumption. Cough will cease and lungs be sound as a new dollar.

A woman can sharpen a pencil as quick as a man can thread a needle.

Relieve those Inflamed Eyes!
Pond's Extract
Reduced one-half with pure soft water, applied frequently with a copper or eye cup, the congestion will be removed and the pain and inflammation instantly relieved.
CAUTION!—Avoid dangerous, irritating Witch Hazel preparations represented to be "the same as" Pond's Extract, which easily sour and generally contain "wood alcohol," a deadly poison.