

✻ The Sunday School ✻

BIBLE LESSON

Abridged from Peloubet's Notes.

Third Quarter.

REVIEW.

Lesson XIV. September 30.

GOLDEN TEXT.

Be ye doers of the word, and not hearers only, deceiving your own selves.—
Jas. 1: 22.

GENERAL REVIEW.

1. There should be a brief review of the life of Christ from the beginning up to the close of the third year of his ministry. The charts will help to select the salient points, which should be repeated frequently. The map also will aid the memory and impress the facts.

2. This quarter's lessons extend over a period of about eight months, from April to December, A. D. 29. They all belong to the third year of the ministry of Jesus, the year of development, a large part of the teachings being the enforcement and enlargement of those that had been uttered to some extent before.

The chart numbers extend from 56 to 85. 3. As to places, the events belong to the last part of the Galilean ministry and the earlier part of the Perea ministry, with excursions east to Decapolis, north to Caesarea Philippi, and west to the region of Tyre and Sidon.

FIRESIDE TRAVELS WITH JESUS.

We look at the life of Christ from another point of view, and it gains reality and vividness if we trace out the movements of Jesus upon the map. Like the Greek scholar in "Tom Brown at Oxford," who traced on a map by means of colored pins the famous retreat of the ten thousand under Xenophon, we may trace in the same way the journeys of Jesus referred to in the lessons for this quarter. At each place we may call for a brief description of

the town, and for the chief events which cluster around it, but especially those connected with the life of Christ. If we have a large map we may use pins with flyers on them marking the name of each place as we come to it.

The travels will be much more interesting if we can show pictures of the places, and, wherever possible, of the events themselves as represented by great artists. The stereopticon is a great aid for a general review and can easily be used during the Sunday School session. For class reviews half-tone pictures, or photographs, or stereoscopic pictures can be used with advantage.

Miss Ellen Hurl, author of a capital volume on "The Life of Our Lord in Art," advocating the greater use of pictures in the Sunday School says: "A successful teacher of a large Bible class in one of our churches, wishing to provide something unusually instructive for Review Sunday, chose this plan: She procured a large number of photographs descriptive of the life of our Lord, placed them upon the walls and upon easels in the class room, until she had the whole story told in pictures. During the session no word from her was necessary, except a few simple explanations, while the pupils passed in silence from one picture to another, taking in its beauty and its lesson at the same time. 'It was the most impressive service I ever attended,' said one who was there, and the whole class echoed the same sentiment as they slowly left the church."

In this quarter we sail from the plain near Bethsaida to Gennesaret, thence to Capernaum, then across Galilee almost to the Mediterranean in the country of Tyre and Sidon, return via a roundabout way north of the Sea of Galilee to Decapolis and back over the sea to Capernaum, thence to Bethsaida, to Caesarea Philippi, to Mt. Hermon, return to Capernaum, thence to Jerusalem at the Feast of Tabernacles, return to Capernaum, then southerly across the Jordan into Perea.

REVIEW BY PERSONS.

JESUS.		
Peter.	Twelve disciples.	Pharisees.
James.	Seventy disciples.	Priest.
John.	Gentile woman.	Levite.
Moses.	Samaritan.	Lawyer.
Elijah.	Blind man.	Rich man.
Watchers.	Shepherd.	Servants.

PICTURE LESSON AND OBJECT LESSON REVIEW.

A storm at sea.	A demoniac.	The two debtors.
A ship.	A sad outlook.	A blind man.
A strange experience.	A marvelous scene	A good shepherd.
A desert.	on a mountain.	Seventy missionaries.
A wonderful meal.	Heavenly visitors.	A robbery.
A sermon.	A lesson from children.	A rich fool.
		The watchers.

REVIEW BY GREAT DOCTRINES AND DUTIES.

Faith.	What Jesus is to man.	Jesus a shepherd.
Forgiveness.	The power of Jesus.	Jesus a door.
Atonement.	The light of the world.	Jesus the bread of life.
Eternal life.	The true nature of Jesus.	Jesus a helper.
Seeking first the kingdom of heaven.		
Watching faithfully.		
The childlike spirit.		
The missionary spirit.		
The spirit of kindness.		

TRAINED NURSE.

Remarks about Nourishing Food.

"A physician's wife, Mrs. Dr. Landon, gave me a packet of Grape-Nuts about a year ago, with the remark that she was sure I would find the food very beneficial, both for my own use and for my patients. I was particularly attracted to the food, as at that time the weather was very hot and I appreciated the fact that the Grape-Nuts required no cooking.

"The food was deliciously crisp, and most inviting to the appetite. After making use of it twice a day for three or four weeks, I discovered that it was a most wonderful invigorator. I used to suffer greatly from exhaustion, headaches and depression of spirits. My work had been very trying at times and indigestion had set in.

"Now I am always well and ready for any amount of work, have an abundance of active energy and cheerfulness and mental poise. I have proved to my entire satisfaction that this change has been brought about by Grape-Nuts food.

"The fact that it is predigested is a very desirable feature. I have had many remarkable results in feeding Grape-Nuts to my patients, and I cannot speak too highly of the food. My friends constantly comment on the change in my appearance. I have gained nine pounds since beginning the use of this food." Eleanor Miller, Trained Medical and Surgical Nurse, 515 J. St., Bay City, Mich.

Nevers—For Boys.

Never make fun of old age; no matter how decrepit, or unfortunate, or evil it may be. God's hand rests lovingly on the aged head.

Never use intoxicating liquors as a beverage. You might never become a drunkard; but beer, wine and whiskey, will do you no good and may wreck your life. Better be on the safe side. Make your influence felt for sobriety.

Never make sport of one of those miserable creatures, a drunken man or woman. They are wrecks; but God alone knows the stress of the storms which drove them upon the breakers. Weep rather than laugh.

Never tell nor listen to the telling of filthy stories. Cleanliness in word and act is the sign manual of a true gentleman. You cannot handle filth without becoming fouled.

Never cheat nor be unfair in your play. Cheating is contemptible anywhere at any age. Your play should strengthen not weaken your character.

Never call anybody bad names, no matter what anybody calls you. You can not throw mud and keep your own hands clean.

Never be cruel. You have no right to hurt even a fly needlessly. Cruelty is the trait of a bully; kindness the mark of a gentleman.

Never lie. Even white lies leave black spots on the character. What is your opinion of a liar? Do you wish other people to have a like opinion of yourself?

Never make fun of a companion because of a misfortune he could not help.

Never hesitate to say no when asked to do a wrong thing. It will often require courage, the best kind of courage, moral courage; but say no so distinctly that no one can possibly understand that you mean yes.

Never quarrel. When your tongue gets unruly lock it in, if need be bite it. Never suffer it to advertise your bad temper.

Never make comrades of boys who are continually doing and saying evil things. A boy as well as a man is known by the company he keeps.

Never be unkind to your mother and father. When they are dead and you have children of your own, you will discover that even though you did your best, you were able to make only part payment of the debt you owed them. The balance you must pay over to your own children.

Never treat other boys' sisters better than you do your own.

Never fancy you know more when fifteen years old than your father and mother have learned in all the years of their lives. Wisdom is not given to babes.

Never lay aside your manners when you take off your fine clothes.

Never be rudely boisterous at home or elsewhere.

Never forget that God made you to be a joyous, loving, lovable, helpful being. Be one.—Independent.

Both Boys and Elephant Fooled.

Thirty years ago one of the famous elephants that travelled in this country was "Old Columbus." During one of his summer trips through Virginia he stopped at a certain town. In a neighboring town a boy familiarly called "Dave," and notorious for leadership in all kinds of mischievous tricks, determined to show off before the other boys at "Old Columbus's" expense, and invited several of his companions to go with him, says the Richmond Dispatch.

Having come to the elephant's stable, Dave gave him first candy, then cake, and finally cried, "Now, boys," and slipped a piece of tobacco in his proboscis, intending to get out of danger and enjoy "Old Columbus's" disgust and anger.

But before he could move Columbus seized him and whirled his upward through the opening overhead against the roof of the stable.

Unhurt by his unexpected "rise," Dave dropped on the haymow. The other boys below, supposing this to be the "trick" promised them, cried out in admiration: "Dave, Dave, do that again!"

Dave, comfortably seated out of harm's way, earnestly answered:

"No, boys! I only do that trick once a day!"

The Danger of a Little Learnings.

A certain school teacher, whose sense of humor is developed to a remarkable degree, goes to the trouble, occasionally, of putting down for her own use some of the funniest answers which she finds in her examination papers. By especial favor, says a writer in the Syracuse Post, I have been allowed to use a few of the answers which she made note of. Here they are: "The stomach is the most diluted portion of the elementary canal."

"Hygiene is all that you can tell about that which is asked."

"The doctrine of evolution began with the beginning of life, and grew higher and higher, until it regenerated it to a monkey. This process was slow—so slow that neither the monkey nor the man knew anything about it."

"A germ is a name applied to a particular particle, tiny subaerial organism, which, when demonstrated, causes disease."

"A germ is a tiny insect or bug something found in diseases or organs; that is why diseases are contagious. It is so small that it can be seen only with a telescope. Then it appears like the head of a pin, but it goes floating around into the atmosphere."

"Habeas corpus means that you may have the head, and I will take the rest of the body."

Cigarettes.

Suppose a boy has a lot of cigarettes, and smokes a few of them every day. Is there any injury in this? I can tell you, for I have had such boys for patients. Such smoking, even in so-called moderation (as if there were any such thing as moderation in stimulants for the young!), will do three things for him.

1. It will run his pulse up to one hundred or more per minute.

2. It will reduce his weight below the healthy standard.

3. It will reduce his strength and general vitality, as will appear in his pale complexion and diminished appetite. . . . Cigarette smoking is one of the worst physically that a boy can form. It injures the heart and digestion, and it tends to check the growth. It gives a lad false and silly notions, and it does not bring him into good company.—Harper's Young People.

New mown hay is sweet smelling and a source of honest profit, but pneumonia from a cough is neither pleasant nor profitable, so insure with 25c. with a bottle of Adamson's Botanic Cough Balsam. 25c. all Druggists.

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Absolutely Pure BAKING-POWDER

No inferior or impure ingredients are used in Royal for the purpose of cheapening its cost; only the most highly refined and healthful.

Royal Baking Powder imparts that peculiar sweetness, flavor and delicacy noticed in the finest cake, biscuit, rolls, etc., which expert pastry cooks declare is unobtainable by the use of any other leavening agent.

Alum is used in making cheap baking powders. If you want to know the effect of alum upon the tender linings of the stomach, touch a piece to your tongue. You can raise biscuit with alum baking powder, but at what a cost to health!

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