

The Sabbath-School.

INTERNATIONAL LESSON.

Fourth Quarter-Lesson IX. - Nov. 26.

GOLDEN TEXT.—I will walk with in my house with a perfect heart.—Ps. 101:2.

THE TRUE SPIRIT OF THE CHRISTIAN FAMILY.—Vers. 12-14. Put on therefore. Dr. Maclaren speaks of these verses as a description of "The Garments of the Renewed Soul," and the wardrobe of the consecrated soul.

A lowly estimate of ourselves is not necessarily blindness to our best, and strong points. If a man can do certain things better than his neighbors, he can hardly help knowing it, and Christian humility does not require him to be ignorant of it.

Meekness. That is, patience under injuries real or supposed. In order to be meek there must be long suffering, patient endurance of the faults and disagreeable qualities of others.

THE MEANS OF ATTAINING THESE GRACES.—Vers. 15-17. (1) The peace of Christ; (2) the word of Christ; (3) the name of Christ. The peace of God. It is the peace which he gives (John 14:27); peace like his, peace with God, peace with men, peace of conscience, peace of forgiven sin, peace from rest in God's love and care.

The Word of Christ. The Gospel, all that Christ has to impart by way of instruction and guidance and promise. Dwell in you. Make its home, its abiding place within you. Richly. Abundantly. In all wisdom. That it may be understood and applied aright. Teaching and admonishing. Or warning of danger.

APPLICATIONS TO THE VARIED RELATIONSHIPS OF THE FAMILY.—Vers. 18-25. Wives, submit yourselves unto your own husbands. Not "obey" as a slave. It implies no personal inferiority, but only the necessary official subjection. One is not necessarily inferior to his friend because he is elected governor. A wife is to seek to please her husband, to do whatever she can for

him, to work in harmony for the good of the family, to have the love that delights to serve with unselfish devotion. In the Lord. For his sake. Love to Christ binds and completes all earthly love. Husbands, love your wives. In Ephesians he adds, "even as Christ also loved the church and gave himself for it." There is no commanding in such love; there is no assertion of rights. And be not bitter. Ill-tempered, provoking, treating with harshness and neglect. This is the special danger of husbands. Children, obey your parents. The ground of the obligation to filial obedience is expressed in Eph. 6:1; "for this is right." It is not because of the personal character of the parent, nor because of his kindness, but because it is right; an obligation arising out of the nature of the relation between parents and children. It is enforced by the express command of God. It was engraved by the finger of God on the tables of stone. Honor thy father and thy mother. To honor is to reverence; and therefore the command has reference to the inward feeling as well as the outward conduct. In this obedience of children from the very cradle lies the foundation and beginning of all good discipline, of all welfare and blessing external and internal, in the heart, in the family, in the state, in all circles of social life. In all things. In the whole range of duties. No child is obedient who says, "I will obey in some things, but in others I will be guided by my own will." And yet "in the Lord." For this is well pleasing unto the Lord. Because he knows that the present and eternal welfare, usefulness, and happiness depend on it. On the other hand, fathers must be careful not to provoke their children by continually finding fault, by injustice, undue severity, partiality, unreasonable exercise of authority, scolding, outbursts of temper, frequent rebukes, and sparing praise. When there is to be a real order and law in the house, it will come of no hard and boisterous or fretful and termergant way of command. Gentleness will speak the word of firmness, and firmness will be clothed in the airs of true gentleness. Many a parent drives his child into evil by keeping him at a distance. He should make his boy a companion and playmate, teach him to think of his father as his confidant, try to keep his child nearer to himself than to anybody beside, and then his authority will be absolute, his opinions an oracle, and his slightest wish a law. Let them be discouraged. Children teased and irritated lose heart and renounce every endeavor to please. The twig is to be bent with caution, not broken in the efforts of a rude and hasty zeal. Approbation is necessary to the child as counsel. I cannot please him whatever I do, leads to a ranking sense of injustice, and then to recklessness—it is useless to try any more. A little boy who had exhibited bad temper was punished for it and sent to his room to pray for a better temper. This is the prayer he was overheard to utter: "O Lord, please take away my bad temper. And while you are about it, you might as well take mother's too."

Servants, obey... your masters according to the flesh. They are to be faithful in all things, not of course doing anything wrong, for that no master according to the flesh has a right to command. If one is employed to do anything, it is his business to do it well and faithfully, and not with eye service. Such service as is done only when the eye of the master is upon him, and slighting or neglecting when he is away. But in singleness of heart. Undivided motives, always the same whether the master is present or not. Fearing God. Rather than man, and knowing that God sees and approves faithfulness, and sees and opposes deceit, whether men may know it or not. Do it heartily, as unto the Lord, and not unto men. The service is ever to be felt and viewed as an act of obedience done to Christ. It is this which takes all meanness and servility out of our service to men. The smallest deed can be done with the highest motives. Whatever others do, we must do right.

OUR MOTTO.—If God be for us who can be against us.

Expert Evidence from Eminent Educators Concerning Tobacco. My own opinion is that no tobacco should be used by boys, and the less the better by men. CHARLES W. ELIOT, Pres. Harvard University. Cambridge, Mass. It is contrary to the custom of the college for any professor or any student to use tobacco in any form. Nothing would induce us to give up this delightful freedom. We pity the people who cannot escape from the reeking spittoons and stale

odors and stifling smoke of tobacco. W. G. BALLANTINE, Pres. Oberlin College. Oberlin, O. No record of the effects of tobacco on students has been kept in this institution, so far as I can learn. My judgment is no less emphatic, however, that the tobacco habit is, in theory and in practice, unwholesome and unclean, first, last and always. B. L. WHITMAN, Pres. Colby University.

We disapprove of and discourage as much as we can the use of tobacco among our young gentlemen students when one of them seems to be given to it. I think you could safely say that the using of tobacco must be of a rather detrimental character for those who are studying singing. CARL FAETON, Director N. E. Conservatory of Music. Boston, Mass. On several occasions during the past two years, youths who have successfully passed the physical tests have developed eye trouble, soon after commencing to study. In three cases the expert oculist in New York reported that the weakness of vision was caused by tobacco poisoning, resulting from the continuous use of the "deadly cigarette" before coming to the Academy. The regulations of the Military Academy prohibit the use of tobacco, and prompt and severe punishment follows, if cadets are detected smoking. JOHN M. WILSON, Supt. Military Academy. West Point, N. Y. Unquestionably, the most important matter in the health history of the students at this academy is that relating to the use of tobacco. I have urged upon the superintendent, as my last official utterance before leaving this institution, with which I have been so long and so pleasantly associated, the fact of the truth of which five years' experience as health officer of this station has satisfied me, that beyond all other things the future health and usefulness of the lads educated at this school require the absolute interdiction of tobacco.

In this opinion I have been sustained not only by all my colleagues, but by all other sanitarians in military and civil life whose views I have been able to learn, while I know it to be the belief of the officer who is to succeed me in the charge of this department, and who was one of the board of medical officers which, in 1875, reported "that the regulations against the use of tobacco in any form cannot be too stringent." Since then, three successive annual boards of visitors have indorsed the prohibition of tobacco "as a wise sanitary provision." With a sense of the serious responsibility which devolves upon the sanitary officer of this establishment, conscious that the bodily welfare and happiness of these young men and of their future offspring may be permanently influenced by this vicious indulgence, I have most earnestly advised that the strongest efforts of the authorities of the Academy shall be directed toward the prevention of this pernicious, indefensible, and wholly unnecessary habit. Permit me to instance a few physiological facts as evidence that this is something more than mere opinion: "The effect of tobacco on the minute vessels at the termination of the arterial circuit is to cause contractions of them as a primary fact, resulting in impaired nutrition, especially of the nerve centres."—(Richardson.) By causing irregularity in the supply of blood it degrades tissue."—(Acorn.) There is no doubt that it predisposes to neuralgia, vertigo, indigestion, and other affections of the nervous circulatory and digestive organs."—(Hammond.) "A youth of fourteen smoked fifteen cents worth of tobacco for toothache, fell down senseless and died the same day."—(Drushen.)

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BITTERS

INTERCOLONIAL RAILWAY.

1893. WINTER ARRANGEMENT. 1893. ON and after Monday the 11th Sept. 1893, the trains of this Railway will run daily (Sunday excepted) as follows:— TRAINS WILL LEAVE ST. JOHN. Express for Campbellton, Pugwash, Pictou and Halifax, 7.00 Express for Halifax, 13.50 Express for Sussex, 16.30 Through express for Pt. du Chene, Quebec and Montreal, 16.55 A parlor car runs each way on express trains leaving St. John at 7.00 o'clock and Halifax at 7.00 o'clock. Passengers from St. John for Quebec and Montreal take through sleeping cars at Moncton at 19.40 o'clock. A freight train leaves St. John for Moncton every Saturday night at 22.30 o'clock. TRAINS WILL ARRIVE AT ST. JOHN. Express from Sussex, 8.25 Express from Quebec and Montreal (Monday excepted), 10.30 Express from Moncton (daily), 10.30 Express from Halifax, Campbellton and Pictou, 18.40 Express from Halifax and Sydney, 22.30 The trains of the Intercolonial Railway are heated by steam in the locomotive, and those between Halifax and Montreal, via Lewis, are lighted by electricity. All trains are run by Eastern Standard time. D. POTTINGER, Chief Superintendent. Railway Office, Moncton, N. B., 29th Sept., 1893.

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