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The Sabbath School

INTERNATIONAL LESSON.

First Quarter Lesson 12 March 23 1902

TEMPERANCE LESSON.—Ephesians 5 : 11-21

Read Ephesians 5.—Commit Verses 15-18.

GOLDEN TEXT.—*Be not drunk with wine wherein is excess.*—Eph. 5 : 18.

This lesson presents the contrast of the two great moral kingdoms which are contending for supremacy in our hearts and in the world.

THE KINGDOM OF EVIL.

In the verses of the lesson we find the following :—

Works of darkness.	Drunkenness.
Unspeakable sins.	Excess.
Folly.	Days of evil.

In the whole Epistle.

Lying.	Foolish jesting.
Stealing.	Darkened understanding.
Malice.	Deceitful lusts.
Uncleannesss.	Grieving the spirit.
Covetousness.	Evil-speaking.
Filthiness.	Corrupt communication
Disobedience.	Respect of persons.
Anger.	Wickedness in high places.
Ignorance.	Alienation from God.
Greediness.	Fornication.
Lasciviousness.	Vain words.
Threatening.	Lusts of the flesh.

Dead in trespasses and sins.

A SUMMARY.

The sins forbidden in the ten commandments.
The description in Rom. 1 : 18. 21-32.
The works of the flesh in Gal. 5 : 19-21.
The woes in Matt. 23.

THE KINGDOM OF GOD.

From the verses of the lesson.

Light.	Fear of God.
Watchfulness.	Filled with the spirit.
Wisdom.	Redeeming the time.
Praise.	Unselfishness.

In the whole Epistle.

Grace.	Knowledge of God.
Faith.	Rooted and grounded in love.
Wisdom.	Filled with the fulness of God.
Goodness.	Long-suffering.
Peace.	Forbearing in love.
Love.	Unity of the spirit.
Meekness.	The bond of peace.
Lowliness.	Speaking the truth in love.
Prudence.	Singleness of heart.
Righteousness	Strong in the Lord.
Obedience.	Tender-hearted.
Good will.	Good conversation.
Thanksgiving.	Honoring others.
Truth.	Perfect in Christ.
Faithfulness.	Walking in love.

A SUMMARY.

The fruits of the spirit, Gal. 5 : 22-23.
The ten commandments.
The Beatitudes, Matt. 5 . 1-12.
The Sermon on the Mount, Matt. 5-7.
The New Jerusalem, Rev. 21-22.

Unfruitful works of darkness. Good fruits cannot grow in darkness. But that which should bring forth good fruit in the light, when placed in darkness brings forth corruption, poisons, insects, death. *Reprove them* by word and by example. *All things that are reproved*, etc. Public reproof brings to light the sins of darkness, and this tends to destroy the evil. Evil loves secrecy. *Awake thou that sleepest*, like Jonah asleep in the storm, dreaming of happiness and heaven, while dead in trespasses and sins. *Walk circumspectly.* With strictness, looking on every side to see that the right path is taken. *Not as fools.* Who go carelessly through life, running into temptations and dangers, visiting saloons and places of evil, going with bad companion. *But as wise.* Keeping in the right way; avoiding temptations. *Redeeming the time.* Redeem means to get possession of; time here means opportunity. The words therefore mean, improve every opportunity; use your time to the best advantage. *Because the days are evil.* Because there are many temptations and dangers. These "evil days" are largely connected with intemperance and its accompaniments. *Understanding....the will of God.* By studying God's Word, and his book of Providence. Learn what the Bible says of intemperance. See the effect of it. (See below). *Speaking....in psalms and hymns ....singing.* Conquer evil by the religious life. *Giving thanks.* What a man is really thankful for is a test of his character *Submitting yourselves one to another.* No seeking to rule, but to help each other. Still it must be in the *fear of God*, only in those things which are right.

Note 1. In practical life we see men in the space between these kingdoms, apparently, not wholly belonging to the one or the other. Thus we do not always realize how distinct the kingdoms are.

2. But every person belongs to one kingdom or the other. Two seeds may look alike, and one grow into a poison tree, and the other into a fruit tree. The result lies in the seed at the first.

3. The decisive question in which way are we going: toward the evil or toward the good.

4 The real contrast is between selfishness and love. Whichever is supreme in his heart and life decides the question as to which kingdom any one belongs.

5. Each one must decide for himself to which kingdom he will belong. *And be not drunk with wine wherein is excess; but be filled with the Spirit.* First: the Kingdom of Intemperance. Drunk with wine, then the usual intoxicating liquor. Wherein is excess, wastefulness, dissoluteness, profligacy; that which wastes body and soul. The nature of all intoxicating drinks is to lead to excess. Riot, dissoluteness, anger, hate, intemperance, vice, murder, all lie at the bottom of the wine cup.

Illustration. A story is current in the Orient of a wise old sheik, who gave to a young Arab prince from whom he was about to part, a list of crimes, and bad him choose the one which seemed least harmful. The young prince turned in horror from murder, theft, and loss of virtue, and told the patriarch he would choose intemperance. You have chosen that, said the wise old man, which will bring you all.

This is the way Mr. Amos R Wells, in his Three Years with the Children, teaches temperance under the caption "Tripped Up":—

Jack Collins, with his six friends stepped into the rum shop one evening. As they went out, late that night, walking very unsteadily, the saloon keeper put a big stone right in the way of one of Jack's comrades, and tripped him up. The comrade fell and was killed. The comrade was Jack's Health.

The next night Jack Collins, with five friends, went to the rum shop again, and again they all got drunk—so drunk that another friend was tripped up, as he went out, by the sly saloon keeper. That friend was Jack's Reputation.

The third night, in just the same way, another friend was lost, this time Jack's Wealth. The fourth night the stumbling-block tripped up Jack's Happiness, and the poor fellow from that time on had nobody to keep him cheerful. The next friend to go was Jack's Mind, so that Jack hardly had wit enough left to call for a glass of whisky when he came back on the sixth night. And that evening, as he and his sole remaining friend left the rum shop, that friend also was tripped up and slain. It was Jack's Soul.

The next night was the seventh, the holy Sabbath, and Jack lay alone in the gutter, his six friends all fallen over the rum shop and Jack himself was dead.

Second: the Way of Escape,—Be filled with the Spirit. The Holy Spirit of God, and thus with all the pure and holy feelings, acts, tastes, and love that belong to the kingdom of God.

1. If one is filled with the Spirit, there will not be room for the spirit of evil.

2. He will have no taste for the things that find their inspiration in intemperance. He will be opposed to them as contrary to his nature.

Signing the Pledge. Each one should sign the temperance pledge.

Sometimes people object to having boys sign a temperance pledge or promise not to use intoxicating beverages. Mr. John B Gough, the popular temperance lecturer, who had been intemperate, but afterward reformed, said :—

If the pledge had been offered me when I was a boy in Sabbath school I should have been spared those seven dreadful years."

The Old-Age Habit.

For why should I look old, darling? Answer me that, now! Mrs. Mullaly demanded. She had been Honora Costigan formerly, Mrs. Morris' loving and faithful housegirl; but that was twenty years earlier. Mistress and maid had been at opposite ends of the earth in the meantime, and the mistress, who had noticeably aged, felt almost a shock of resentment at sight of the plump and buxom Nora she used to know.

Sure, I've had me bad times and me good times, like the rest of the word, Mullaly went on, reflectively. But, glory be! before the bad times quite finished me the good times always came again—me always leaving the door ajar to let them in, d'ye mind?

I am older; I feel it sometimes in me poor back; but I'm not old. Whisper, darling, it ain't the years that go over, it's the heart that's inside that changes the faces of us.

'Twas a cousin of mine that teached me the truth of it, this long ago. She began to be old the day she was born, did Katie, and when she was fourteen, looking and acting 'twas a great help to her. But when she was twenty, I'm gettin' on! says she. When she was twenty-five. No, says she to Johnny Walsh, that came a-courting; I'm too old and settled in me habits to be marrying. Then when she was thirty nothing would do her but to get wid the old women, and talk of the times when she and they was young.

So the heart of her went into the face of her. It did so! I mind when she was thirty about, and me over twenty, we went together one day to a big new hotel to get work. A good worker was Katie. But the boss he looked us up and looked us down, and asked his questions, and then says he: I'll give you a trial, my girl, says he to me. But as for you, he says to Katie, it's young strong, lively women we want, says he, and I'm thinking you're after mistaking this for the Old Ladies' Home, which, says he, is in the next block.

O—oh! says I to myself at that. Am I going out to hunt for wrinkles and rheumatism before me own mother gets gray in her hair? No, says I, and 'twas then I begun to toss me birthdays over me shoulder as fast as they came. They're all behind me, glory be! where I can't fall over thim.

Whisper, darling, Mrs. Mullaly added, impressively, old age is a bad habit, like drinking, and if ye give way to it ye won't so easy break it off. Sure, there's a new year every twelve months, but that can't mak ye an' old woman—never, darling, until ye're willin' to be!—Youth's Companion.

What Women Can Do.

Robert J. Burdett, in his characteristic style, takes a funny view of what women can do, and while his remarks are amusing they indirectly compliment women very highly. Among many other things that he says she cannot tie a package to look like anything but a crooked cross section of chaos, but land of miracles! see what she can do with a pin! He is of the opinion that some people can pin a glass knob to a door. He says, She cannot walk so many miles around a billiard table with nothing to eat and nothing (to speak of) to drink, but she can walk the floor all night with a sick baby without going asleep the first half hour.

She can ride five hundred miles without going to the smoking car to rest (and get away from the children) She can do a wearisome day's shopping and have a good time with three or four friends without drinking a keg of beer. She can enjoy a visit without smoking a half dozen cigars She can endure the torturing distraction of a houseful of children all day, while her husband cuffs them, all howling, to bed before he is home an hour. Every day she endures a dress that would make an athlete swoon. She will not, and possibly cannot, walk five hundred miles around a tanbark track in six days for $5,000, but she can walk two hundred miles in ten hours up and down the crowded aisle of a department store when there is a reduction sale on. She hath not skill at fence, and knoweth not how to spar, but when she javelins a man in the ribs in a Christmas crowd his whole family howls. She is afraid of a mouse and runs from a cow, but a book agent can't scare her. She is the salt of the church, the pepper of the choir and the life of the sewing circle, and about all there is of a young ladies' school or nunnery.

A gentleman recently made the assertion that he was so grounded in his Christian belief that he would die for it if necessary. That is very good; but just now and in this land there is more call for people who will live for their faith, and pray and work and give for its propagation.

As snow is itself cold, yet warms and refreshes the earth, so afflictions, though themselves grievous, yet keep the soul of the Christian warm and make it fruitful.—John Mason.

A LONG RECORD OF SUCCESS in curing cuts, burns and bruises, as well as all bowel complaints, is held by Pain-Killer—over 60 years. Avoid substitutes, there is but one Pain-Killer, Perry Davis'. 25c. and 50c.

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"I have used Ripans Tabules for a number of years and would not be without them. I was troubled with indigestion and constipation, and have noticed since I have been using them that I am getting rid of those terrible bilious spells which confined me to bed on account of the dizziness. Of late I have not had any. I had just got over a bad spell of bilious fever and was sitting on the step, when a neighbor came to see and remarked how bad I looked. I told him I had just got over the fever and that I was afraid to get anything on account of indigestion from which I had suffered since I was quite young. He advised me to take Ripans Tabules. I said I would try them, and from then I haven't been without them. I get my medicine providing I finish with a Tabule instead of dessert. I feel very thankful that I have found something that will prolong my life."

GASTRIC TROUBLES.

"I had suffered three years at least from gastric troubles. I could not sleep of nights. My head ached and my feet would be cold as ice. My bowels were not regular and I would have such cramps from gases forming on my stomach that I would faint away. I was in such distress that I would have sooner died than live. About three months ago I was suffering very ill and my body was tied up inwardly. My brother recommended Ripans Tabules to me. My husband obtained some for me from the nearest drug store and I would not now be without them. They relieved me of all the foul gases that formed in my stomach and they more my bowels regularly, for which I had been taking physics all the time. I have no more gases, my bowels move regularly, I have no more headaches and can sleep well; in fact, I feel as light as the proverbial feather, and am sure that is saying a good deal for a woman who weighs 190 pounds. I am sorry that I did not commence using the Tabules a year ago, for they would have saved me a great deal of pain and suffering."

One gives relief

A Ripans Tabule, now and then,
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