LIKE TOWERS OF STRENGTH

Undeveloped Forces in Christians Is Here Pointed Out.

Speak to the children of Israel that they go forward.—Exodus xiv. 15.

When the command of this text was spoken by Moses to the Israelites they were shut in completely. High mountains on either side, before them the great deep sea, behind them an embittered, cruel, determined foe. Calmly Moses is bidden by God to speak into the children of Israel that they go forward. You remember how that sea became a safe pathway to freedom and a fuller knowledge of a divine providence and grace. So God's forward call to-day to the undeveloped forces within us, if obeyed in as firm a faith, will be crowned with as marvelous results.

In putting into service these undeveloped forces of Christian manhood and womanhood, remember that the years of preparation or of slow progress in attaining our ideals or of apparent bitter defeat and failure are not lost to us. Much is accomplished in these struggles of the soul which only God and the individual really ever know. We may judge ourselves are only doing the little things,

THE HIDDEN THINGS,

yet if these be well done like towers of strength, we will rise and be enabled to do greater things afterward for God.

Remember, too, that God's call for the undeveloped forces of Christian manhood and womanhood bespeaks the exalted purpose of real life, viz., to remove obstructions. The ignorant and the indolent may hinder by standing in the way of God's plans and purposes for the betterment of humanity. But the office of a true man is to use all his accumulated knowledge in making the pathway of life pleasant, peaceful and prosperous. Even as Jesus Himself sought to make it so for every man.

We may use our knowledge upon the undeveloped forces of nature and find profit therefrom; but when we have used our acquirements in benefiting the bodies and souls of our fellow beings, so that afterward they rise up and declare we helped them, we have achieved the most exalted of all services.

Three things will aid in going forward in spite of every difficulty. Stronger faith in the word of our Master. To live well is no easy task but to attempt to live without the sincerest faith in the living Christ, within us and above us, is to curtail life of its powers and to draw the curtain of destiny. Another inspiration is more earnest conviction of personal duty. Christ speaks to us and asks for our service in behalf of a world. Love for Christ and for humanity is

ANOTHER INSPIRATION.

The poor, the neglected, the sore in heart, the helpless ought to find in us their truest friends, as we seek for opportunity to overcome in the difficult places of life. Such strong men and women God is continually calling into His service and blessing their obedience. Such, too, the world appreciates and honors. The greatest one who ever trod this earth declared of Himself, "I am among you as one that serveth." "I do always those things which please Him." When you and I have pleased God with our lives, when we have done what He would have us do we have emphasized the fact that the Christian life is only worth the living when it is lived well.

REV. ANDREW HAGEMAN.

THE S. S. LESSON

INTERNATIONAL LESSON, MAY 9.

Lesson VI. Paul's First Missionary Journey. Golden Text, Acts 13: 49.

Introduction.—The events we are to study are an illustration in actual life of the parable of the sower—the good ground, the stony and thorny ground. They show what is constantly occurring whenever Christ is urged upon men, the separation of the hearers into acceptors and rejecters. What Paul met at Antioch in Pisidia he met everywhere he went on his missionary journeys, and all missionaries, preachers, and Christian teachers have met the same experience ever since.

I. Paul's Opportunity.—Vs. 13-16. What significant change shows Paul's prominence in the work? Hitherto (see Acts 13: 7, etc.) it had been "Barnabas and Saul"; now it is "Paul and Barnabas" (vs. 43, 46), or Paul and his company, including Barnabas, John Mark, and perhaps others. Paul's ability as a leader had been proved at Cyprus, and was afterwards unquestioned.

Illustration. Thus when Pizarro set forth on his second expedition to Peru, the governor, Pedrarias, in spite against the great discoverer, named Almagro as his equal in command; but events speedily proved who was the real commander-in-chief.

II. Paul's Testimony.—Vs. 17-39. This address of Paul's is one of the longest and most important recorded specimens of apostolic preaching. See Inductive Study 3. What we have is doubtless a condensation of the full address.

What was the subject of the sermon? Jesus Is the Promised Messiah.

What was its text? V. 10 of Psa. 16, "which was probably the Scriptural lesson of the day." Quoted in v. 35. He also quoted Psa. 2: 7 in v. 33; Isa. 55: 3 in v. 34; and Hab. 1: 5 in v. 41. It was a Scriptural discourse.

What was the course of its argument? He began as the martyr Stephen had begun, in that speech that was imprinted on Paul's memory.

III. Receiving the Truth.—Vs. 42-44. What impression was made by Paul's sermon? "After the sermon the preacher might be questioned and a discussion follow. But it is evident from the revised text, which is quite certain, that the apostles did not stay for this. Paul, we remember, was suffering from an infirmity, the sermon must have been a great effort, and 'they went out' (v. 42) of the synagogue at once." But even as they were passing through the crowd, the congregation besought that these words might be preached to them the next sabbath.

IV. Rejecting the Truth.—Vs. 45-52. But Antioch, it seems, had bad ground hearers as well as good ground hearers. Paul's preaching, as he told the people of Corinth (2 Cor. 2: 16), was to some "a savor from life unto life," but to others "a savor from death unto death."

What was the cause of the hostility that arose against Paul? Envy (jealousy), when the Jews saw the multitudes (of Gentiles). The Jewish leaders were angry (1) because others and strangers did what they could not do themselves; (2) because they differed from Paul's teaching, and especially his application of the Messianic hopes to the condemned and crucified Jesus; (3) because they themselves felt condemned by such warnings as those in vs. 40, 41; (4) because, though they would be pleased if the Gentiles would become Jewish proselytes by conformity to circumcision and other requirements, they objected strenuously to their admission on easier terms, such as Paul proposed.

V. What is My Attitude Toward Truth? This question is of fundamental importance. The lesson illustrates four ways of answering it: (1) John Mark's way, following the truth while the road is easy, but deserting it when it becomes disagreeable and dangerous; (2) Paul's way, following the truth at all hazards, eagerly and joyously, wherever it leads; (3) the way of the Antioch Jewish leaders, opposing the truth when it offends their pride and self-esteem and prejudices; (4) the way of the Gentile converts, accepting the truth readily and humbly, and publishing it abroad.

NEAR DELICACIES.

The mother of a delicate Lancashire girl, who seemed to be suffering from loss of appetite and general debility, called in a physician, who, to tempt the patient to eat, prescribed a few oysters and a little champagne.

"Where do you suppose I'll get money to pay for luxuries like oysters and champagne?" demanded the mother.

The doctor shrugged his shoulders, knowing that many of the Lancashire miners earn good wages, and often spend a fair amount of of them.

"In an extreme case like this," he suggested, "it would not be extravagance."

Some days later he met the mother, and made inquiries for the girl. "I hope she is better," said he.

"Well, she isn't" replied the mother. "She's lots worse."

"Worse?" repeated the doctor, in surprise. "I thought she would begin to pick up. Did you give her what I prescribed?"

"Well, not exactly," said the mother, "but I give 'er the nearest the likes of us could afford. I give 'er cockles and ginger beer.

THE MEANING OBVIOUS.

Teacher—"What is the meaning of the phrase, 'A well-read man?"

The usual silence, when, after a short while, Stub McGuff raises his hand.

Teacher—"Well, McGuff, what is the meaning?"

Stub—"A healthy Indian."

DISCOVERED BY BLACKS.

Diamond Mines Originally Located by Aborigines.

It now transpires that the new diamond mines in German South-West Africa were discovered in the first instance by natives. For some time past blacks at Capetown and elsewhere have been occasionally found to be in possession of stones that could not have come either from Kimberley on the Transvaal, and it was shrewdly suspected that they obtained them from some unknown mine in German territory. The surmise turns out to be correct.

It is a curious fact that, unlike gold mines, nearly all the famous mines of precious stones have been originally located by the aborigines of the countries in which they are situated.

Thus the now world-famou Jagersfontein diamond fields were accidentally stumbled upon by a Kaffir who was following up the spoor of a wounded Buffalo. His story of the find was not believed, whereupon he went there again and returned with a stone weighing over 200 carats.

About the year 1871, again, another native prised up a big diamond while digging with a knife for tubers on the veldt near Bulfontein. He told everybody he met of his find, and, the locality being easily accessible, there quickly sprang up a diggers' town, which was first christened "New Rush," then "Colesberg Kopje," and finally Kimberley, after the then Colonial Secretary.

Then, too, there was the case of the famous Bahia diamond mines, discovered by a native peon named Felix Gonzales. He was tending some sheep, when he noticed that one of them refused to graze. He caught it and examined its mouth, to try and discover, if possible, the cause of its refusal.

He found it in the shape of a diamond of exceptional size, which had become fixed between the animal's two front teeth. Since then more that $50,000,000 worth of gems in question have been unearthed in the locality.

BABY-NAMING IN CEYLON.

Cingalese Children Take Name of Birthplace.

The ceremony of naming a baby in Ceylon is quite a picturesque and important affair. A richly draped altar, adorned with the figure of Buddha and with vases containing flowers, is placed in the centre of a platform. An ode having been chanted, the procession enters the room. At the head are two Buddhist priests, in yellow robes embroidered with gold. Behind the priests a boy follows, carrying and disporting themselves. These under a loose canopy the mother walks, clad in a rose-colored skirt, with a loose white robe over her shoulders. She is accompanied by her sister-in-law, who carries the baby, all in white, and another Cingalese woman. Devil-dancers, stick-dancers and other performers bring up the rear, chanting and disporting themselves. These squat in two diverging lines near the altar, in front of which the mother sits upon a stool, the other two women sitting upon cushions before the altar, while the priests recite an ode. The head priest now advances to the front of the altar, and proceeds to sprinkle rose-leaves upon the mother and child. Then follows an invocation: "Buddha wishes the child health, wealth and prosperity; trusting that she (or he) will have no enemies, but have good fortune, and be a comfort to her (or his) parents to a great age." The child is then named after the town in which it was born. Rose-leaves are again sprinkled over the child, and the mother receives from the priest a scroll. Then, bowing three times, the mother resumes her seat, and the whole company seat themselves to watch the performance of the dancers.

FOURTH DAY IN WEEK.

Considered Unlucky by the Romans and Jews.

Among the Jews the fourth day of the week was considered an unlucky day for maidens to wed, and the fifth for widows. The Romans also believed that certain days were unfavorable for the performance of the marriage rite, those being the Nones and Ides of each month, also February and May, and many of their festival days. June was considered the most propitious month for matrimony, while May was to be specially avoided, as it was supposed to be under the influence of spirits inimical to happy households. This superstition prevailed for centuries in Italy, and also is even now prevalent in some parts of England. and marriages in May are prohibited in China. There was one time a prejudice against marrying on "Innocents' Day," the twentieth-eigth day of December, said to commemorate Herod's massacre of children.

The dolphin is the fastest swimmer. Its speed varies from thirty to forty miles an hour.

The Home

CURTAIN CHATS.

Unbleached Muslin Curtains.—Pretty curtains can be made of unbleached muslin stenciled with oil paints. To set the color, thin the paints with turpentine, vinegar, and lemon extracts in the following proportion: To three ounces of turpentine add twelve drops of vinegar and four drops of lemon extract. When the curtains are finished, press with a warm iron. Before laundering soak over night in salt water, wash with a white soap. Do not boil. Starch and iron before entirely dry.

To Renew Colored Borders.—I have some colored bordered lace curtains (they match the walls in the rooms where they are used). They became faded from the sun. I took stencil paint to match original colors, and brushed and traced the borders where faded, and find they look almost as nice as new. E. C.

Mending Lace Curtains.—Buy a bolt of the braid the proper width and baste on by following the pattern and sew on by machine. Wash and stretch and when dry cut out the edges that were torn by stretching them, and your curtains will look like new ones and last as long again.

How to Starch Curtains.—If you use flour in place of starch you will be surprised to see how pretty it makes curtains look, and they stay clean and stiff longer than with lump starch.

Curtains for Hall or Bathroom.—A pretty curtain for hall or bathroom window is made from a piece of common floor matting (a pretty design) the size of the window or door, as the case may be. Tack one selvedge edge to the top of window or middle way, wherever you choose, and cut the lower edge off about one-half inch. Cut the warp that weaves the matting, and unravel it the length of the window, leaving two threads of the wrap at the top to hold it in place. It hangs full, and any one from the outside cannot see in, but the insiders can see out. Just try it.

STEP SAVERS.

To Sugar Doughnuts.—To sugar doughnuts, put a few at a time in a sack with a cupful of powdered sugar, hold the sack shut with one hand, and strike it on the bottom quickly with the other hand, and this will make them look like snowballs.

Grating Cheese.—When grating cheese or anything similar by laying the grater flat down on a piece of white paper the particles do not fly about as when it is held upright. The particles are all confined under the grater and are so easily poured from the paper.

Crackers Always Ready.—Buy a box of crackers, cover box with dark green crape paper, and keep box on back of stove. You will always (at a moment's notice) have crisp, warm crackers. When box is empty, buy crackers in bulk and fill up box. Never serve crackers unless they are crisp and warm.

To Clean Mushrooms.—Instead of paring with a knife soak for half an hour in cold water, then take a stiff hand brush and brush off tops and you will be surprised at the result. In this way there is no waste and it is done in half the time.

Use Newspaper for Kindling.—Get some lump resin, pound it in a bag fine, sprinkle a little on a newspaper, twist the paper in stove lengths. Use the same as you would any kind of wood to start a fire.

TESTED RECIPES.

Chile Con Carne.—Pick over and wash two cups red kidney beans. Soak over night and cook in same water until thoroughly done. In the meantime boil a large soup bone of beef until the meat is tender, then remove the meat from the bone and chop fine. Return the chopped meat to the soup in which it was boiled and add the beans, two medium size onions, cut up fine, one pint tomatoes, and two red peppers. Season with salt and boil for an hour. Serve hot with crackers.

Walnut Macaroon.—One and one-half cup of sugar, one-third cup of butter, three eggs, three cups of flour, one teaspoonful of soda dissolved in water, one teaspoonful of cloves, one teaspoonful of cinnamon, one cup of English walnuts, one cup of chopped dates. Do not roll the mixture as in ordinary cookies but drop into a greased pan with a teaspoon.

To Improve Mashed Potatoes.—Mash potatoes well and when adding seasoning put in a pinch of baking powder. Stir and whip well. The potatoes will be improved 100 per cent.

Escalloped Ham.—Make a rich milk gravy, season with salt, pepper, and butter; put into a baking dish a large ground smoked ham, cooked or uncooked; a layer of crackers crumbs, a layer of hard boiled eggs, sliced thin, and a layer of the gravy; repeat, and on top put a layer of cracker crumbs and butter. Bake until a nice brown.

SHIRTWAIST HELPS.

Shirtwaist Belts.—Don't cut a belt for a shirt waist on the length of the material because it will shrink. Cut all belts on the cross of the goods. Collar bands and wrist bands should also be cut on the cross of the goods. Don't work vertical buttonholes in the box plait or fly of ashirt waist. They will stretch as soon as there is the slightest strain on the waist and the buttons will slip out easily. Work the buttonholes crosswise. The only exception to this rule should be made when shirt studs are used instead of buttons. In that case the buttonholes on left side of waist should be vertical and on the right side horizontal.

Dress Shield Loops.—A better and more convenient way than sewing or pinning dress shields in a shirt waist is to make a buttonhole loop across the end of each shield and tie it into the waist with narrow tape that has been sewed to the binding of the armholes.

FARMER CAUGHT OTTER.

Managed to Take it Alive and Sent it to the Laird.

Towards the eastern shore of one of the many lochs that cut up the coast line of Argyllshire, and parallel to it, run a chain of islands. On one of those islands (says a writer in the Scotsman) there is a small colony of otters, and now and then one or two are seen on or near them. Some years ago some friends and myself observed about a dozen—old and young—swimming together. The cubs tried to get ashore, but the old otters got between them and the land and kept them out till seeing us they all got alarmed and disappeared.

Once as we rowed up the loch we saw a shepherd standing among the rocks on one of the larger islands. We were a good distance from him, and did not see what he was looking at, but a few days afterwards he told us he was watching three otters that had come ashore and were playing below him when he passed.

Last autumn a farmer looking after his sheep on one of the islands sent a dog down among the rocks to see that no sheep had got into trouble there. The dog had a habit of barking when he found a sheep in a hole, and hearing him bark the farmer went down and found he had "rounded up" a young otter, and was keeping it at bay in a small clump of herbage. It would have been easy to kill it, but to get alive was quite another matter.

Taking his cap off, the farmer rolled his hand up in it and caught the otter by the neck, but had hard work holding on, as it wriggled and bit and scratched, making a great fight for liberty.

On getting home, the farmer put the otter into a box, and sent it by special messenger to the laird, who was very anxious to get a live otter, and was delighted with it. The messenger hoped to have some quiet enjoyment when the keeper took it out, but that keeper knew something about otters, and arranged things so that the otter went itself from the box to its new home.

DANDELIONS AND MILK.

Will Investigate to Find if They Increase Yield of Milk.

A Belgian investigator has been looking into the correctness or incorrectness of the somewhat popular belief among farmers that dandelions increase the yield of milk, and that in consequence they are rather desirable forage than otherwise. He claims that this belief is incorrect, and is founded wholly on the false analogy suggested by the milky juice of the dandelion. Furthermore, he asserts that dandelions in large numbers have a deleterious effect on the quality of butter, and is one among the causes which make it difficult to get butter of a fine flavor and good keeping qualities in spring and early summer. Hay which has large quantities of dandelions in it has a similar effect, he says, and he advises farmers to weed their pastures whenever it is practicable to do so.

WIND POWER.

The attention of English farmers is called by Mr. T. F. Yeats to the advantages of power from the wind for a large variety of purposes where fuel-fed engines are now used. Wind costs nothing after the motor has once been set up, and Mr. Yeats believes that since a strong breeze is seldom absent on the English coasts, wind motors could be employed for lighthouses, and perhaps for lighting coast towns. Even in the interior, he thinks, a modern wind motor can be depended upon to work 8 hours out of the 24. On farms there are many things which can wait for the wind, and when it comes be economically done, even while the farmer sleeps, or turns his attention to something else.

SHORT-SIGHTED PUPILS

60,000 WITH DEFECTIVE VISION IN LONDON.

Startling Report to the Council School Children Also Need Dentists.

It is computed that about 60,000 children in the London, England, schools suffer from defective vision. This was only one of the many startling statements contained in a report of the Education Committee, presented to the London County Council recently. The report was the work of a sub-committee appointed to inquire into the ailments of children.

Of the cases of defective vision the hospitals could only deal with a small portion, and the number of cases involved a serious strain on them. In addition, it was stated, the bulk of the children affected did not apparently obtain advice.

The teeth of the London school children are also in an extremely unsatisfactory state.

An examination has been made of the children at the Michael Faraday School, Walworth, and at the open air school at Bostall Woods, which disclosed the fact that at least 90 per cent of them urgently needed dental treatment, and other examinations gave similar results.

26,766 LOST ATTENDANCES.

Another disease very prevalent in the schools is ringworm, which was "common all over London," and kept the pupils affected from school for months, and, in some cases, even for years.

Twelve schools, taken at random in various parts of London had lost 26,766 atendants from this cause in twelve months. This number represented an average annual loss of 2,950 pupils—or a loss of grant amounting to £5,654 a year.

NEW METHOD SUCCESSFUL.

One encouraging feature was the success of the new method of treatment—by means of the Rontgen rays, which was found to be effective in all ordinary cases.

This treatment (an exposure to the rays lasting from an hour to an hour and a half, and costing from 5s. to 7s. 6d. a head) proved sufficient to deal with the cases and reduce the period of absence from school to about four months.

In asking the council to adopt the report, Mr. Cyril Jackson said that the most recent figures showed that there were 2,706 children now in the schools suffering from ringworm.

DISCOURAGES GRANT.

The Prime Minister, he regretted, had given a discouraging answer to the request for grants; that was a pity when so much illness had been disclosed in the schools.

A proposal made by Mr. Hayes Fisher that the Education Committee should report on the desirability of obtaining an amending act to give the council power to recover the cost of treatment for their children from parents who were in a position to pay was, after some discussion, adjourned until the week following.

ABOLISH KISSING OF BOOK.

New Bill Provides For Simpler Form of Oath.

Even simpler than the Scottish witness' oath, repeated with uplifted hand after the judge, will be the declaration of witnesses after October 1, if Mr. Bramsden's Oaths Bill, which passed through committee of the British House of Commons recently, becomes law.

It prescribes that the witness (unless he object or lack an arm to hold up) shall take the oath thus:

"The officer administering the oath shall address the person taking the oath in the following form: You, A. B., swear by Almighty God, that,' and then proceed with the words of the oath prescribed by law, omitting any words of imprecation or calling to witness; and the person taking the oath shall, with uplifted hand, say, 'I do.'"

Thus apparently witnesses will have to ask to kiss the Book before that alternative is even suggested to them

MOST FATAL MALADY.

In Boston, in 1908, Pneumonia Claimed 3,000 Victims

Lecturing at the Harvard Medical school, Dr. Elliott P. Joslin declared that pneumonia was the most fatal malady in Boston in 1908, claiming 3,000 victims, heart disease ranking second in this regard and the "white plague" coming third. Pneumonia affects all ages, and about 25 per cent. of the cases result fatally. It is not usually contracted from a cold, as is generally supposed, said Dr. Joslin, but develops from bad physical or hygienic conditions and from exposure. It is contagious in that one may catch it by breathing in the atmosphere where there is a pneumonia patient in the vicinity.

And many a man who looks wise and says nothing is unable to make good.