Sunday School Lesson

LESSON IX
MAINTAINING PERSONAL EFFICIENCY
(A Personal Aspect of Temperance)
Daniel 1:8-16, 19, 20; I Corinthians 9:24-27

Golden Text.—Every man that striveth in the games exerciseth self-control in all things. I Corinthians 9:25.

THE LESSON IN ITS SETTING

Time.—Daniel was carried to Babylon 606 or 607 B.C. The apostle Paul wrote his First Epistle to the church at Corinth before A.D. 59.

Place.—Babylon was the great city of the Mesopotamian valley, located at the lower part of the Euphrates River. The city of Corinth was located in the southern part of Greece, and the epistle to Corinth was written from the city of Ephesus, in the province of Asia, almost directly across the Aegean Sea from Corinth.

8. But Daniel purposed in his heart that he would not defile himself with the king's dainties, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself. This passage has a very definite meaning, and has a lesson that we should carefully observe. But we cannot find that it teaches constant abstinence from wine any more than it teaches constant abstinence from meat. That is not the point of Daniel's determination. The question, then, must be asked, Why did Daniel refuse to eat the meat and drink the wine brought from the king's table? Professor S. R. Driver brings most of the principal reasons together in this comment: "The meat might be that of animals not slaughtered in the proper manner (Deut. 12:23, 24) or of animals prohibited to the Jews as food (Lev. II: 4-7, 12, 13-20), while the meat and the wine might have been consecrated to the Babylonian gods by the offering of portions to them in sacrifice, so that to partake of either would be tantamount to the recognition of a heathen deity (I Cor. 10:20, 27-29). There was no security, therefore, that, in every mouthful he might take of this meat and drink from the table of the king Daniel would not be violating the laws of his God. The question consequently was, whether he should consult his conscience or his appetite and comfort. The worldly-wise may call it squeamishness, and sneer at it as a straining at gnats, that Daniel resolved not to defile himself with the viands of the king's table; but it was the great foundation-stone of all his greatness. Principle is never small.

Daniel took his stand for God, conscience, and righteousness even in the little matter of his meat and drink, and thus laid the groundwork of a character which passed untarnished and unscathed through seventy years of political life.

Appeal to Self-Interest

9. Now God made Daniel to find kindness and compassion in the sight of the prince of the eunuchs. One cannot help thinking in reading this passage of a similar experience of Joseph (Gen. 39:21), who, though thrown into a dungeon because of a terrible crime of which he had been accused, found favor in the sight of the keeper of the Egyptian prison.

10. And the prince of the eunuchs said unto Daniel, I fear my lord the king, who hath appointed your food and your drink: for why should he see your faces worse looking than the youths that are of your own age? so would ye endanger my head with the king. The chief of the eunuchs knew that personal good looks were an important matter with Nebuchadnezzar. If they were badly nourished, these Hebrew youths would be handicapped in their examination before the king. The chief of the eunuchs first appeals to the self-interest of the youths before him, but as that does not move them, he next tells them that his own life would be endangered.

11. Then said Daniel to the steward whom the prince of the eunuchs had appointed over Daniel, Hananiah, Mishael, and Azariah: 12. Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink. 13. Then let our countenances be looked upon before thee, and the countenance of the youths that eat of the king's dainties; and as thou seest, deal with thy servants.

Daniel's determination here speaks well for the home in which he was brought up. Some one must have instructed Daniel most faithfully in the things of the Hebrew faith, and probably his mother and father lived virtuous lives before him, the beauty and sincerity of which would never pass out of his heart and mind.

Simple Food Only

Daniel's simple request was that in place of the rich food which the king had ordered set aside for him and the other three Jewish youths who had been selected with him to live in the court, they should give him what is here called pulse. Pulse meant nothing else but vegetables, as far as we know. The word itself means "seeds."

14. So he hearkened unto them in this matter, and proved them ten days. 15. And at the end of ten days their countenances appeared fairer, and they were fatter in flesh, than all the youths that did eat of the king's dainties. 16. So the steward took away their dainties, and the wine that they should drink, and gave them pulse.

Superiority of Daniel

The Superiority of Daniel and his companions over the wise men of Babylon in wisdom and understanding, Dan. I: 19, 20. 19. And the king communed with them; and among them all was found none like Daniel, Hananiah, Mischael, and Azariah; therefore stood they before the king. 20. And in every matter of wisdom and understanding, concerning which the king inquired of them, he found them ten times better than all the magicians and enchanters that were in all his realm. It is not unlikely that questions of policy and statecraft, would be submitted to these candidates to see what they would say. Above all, in personal intercourse the king of Babylon would be able to form some estimate of the real worth of these youths. A magician to-day is one skillful in tricks and magic, but in those days he was a learned man acquainted with science, and, while he was supposed to perform some magical rites, he was a man far more intelligent than the common people of the kingdom. The word here translated "enchanters" is from a verb meaning to breathe, or to blow or whisper, and indicates that these men "practiced their incantations by movements of the breath."

24. Know ye not that they that run in a race. The race and pugilistic contests were not merely exhibitions of bodily strength, but solemn trials of the excellence of the competitors in the gymnastic art, which was to the Greeks one-half of human education.

25. And every man that striveth. This is exactly the same word that our Lord uses in Luke 13:24 when he speaks of striving to enter in at the strait gate. In the games exerciseth self-control in all things. The discipline for those participating in these contests lasted for ten months, and was exceedingly strict. One day's debauch was enough to undo the results of weeks during which the athlete had carefully attended to the rules prescribed, and we find that one lapse into worldliness will undo what years of self-restraint have won. Now they do it to receive a corruptible crown; but we an incorruptible. Cf. 2 Tim. 2:5; 4:8; Jas. 1:12; 1 Pet. 5.4; Rev. 2:10; 3:11. The crown that these contenders received if they won was made of laurel-leaves, and of course within a few months or, at the most, a year, it would be wilted. The crown we obtain, a crown of life or a crown of righteousness, will abide throughout all the ages of eternity.

26. I therefore so run, as not uncertainly. If the runner is now heading that way and now this, making all manner of loops upon his path, of course he will be left hopelessly in the rear. There are few things more lacking in the average Christian life of to-day than resolute, conscious concentration upon an aim which is clearly and always before us. So fight I, as not beating the air. A great part of our spiritual strength is spent in mere parade. Spiritual energy is put forth, but it is not brought fully, fairly, and firmly into contact with the sin to be destroyed.

27. But I buffet my body, and bring it into bondage. It was probably by sheer strength of will and by the grace of Christ that Paul subdued his body. Lest by any means, after that I have preached to others, I myself should be rejected. The word here translated "rejected" means, literally "not standing the test, not approved". We do not run a race to obtain salvation in Jesus Christ. Salvation is not given to us at the end of the race because of our fine running. It is given to us at the beginning of the race, and in the strength of it we ought to live under the mastery of the Lord Jesus Christ.

Soil Erosion Helps Keep Dentists Busy

Modern Refining of Food Hastens Tooth Decay

Delegates to the annual convention of the Pennsylvania Dental Society were told that soil erosion was indirectly responsible for increased tooth decay among the American people.

Plants growing on impoverished soil, said Dr. Fred Miller, president of the society, are deficient in calcium, phosphorous and other materials necessary for sound teeth.

Robbed of Mineral Ingredients

He said that certain foods were robbed of additional ingredients by modern refining processes.

"Ninety-eight per cent. of all Americans have imperfect teeth," he declared, adding:

"This is definitely the result of eating foods which have been demineralized either through soil erosion or by refining, as in the case of white sugar and white bread."

These Open Air Players Celebrate Shakespeare's Birthday

Presenting Shakespeare's "Twelfth Night" in the open air, these amateur players celebrate the Bard of Avon's birthday, in London, England.

Unhappiness Is Mental Illness

Says Brooklyn Neurologist—Urges Treatment of Low Spirits, Professionally.

Anybody who is unhappy is "mentally ill," Dr. Orman C. Perkins told his colleagues of the Medical Society of the State of New York last week, since happiness "is the real indication of success."

Must Protect Nerves

It is as much the doctor's job to treat that type of illness, he added, as it is to overcome any of the more obvious sorts of human ailments.

Dr. Perkins, a Brooklyn neurologist, made the observation with a detailed paper on the proper care of chronically ill persons from the point of view of protecting their nerves.

In persons both "mentally ill" due to unhappiness and suffering some actual organic trouble, he said, the one so aggravated the other than a physician must realize that "gratification" of the patient was "just as exacting as the localization of a brain tumor or the successful treatment of meningitis."

Coaching of Relatives

Taking as an example a woman suffering from arteriosclerosis, a hardening of the walls of the arteries, Dr. Perkins said that in such a case the doctor must not limit his treatment to the patient alone.

"The children or relatives," he added, "must receive equal attention. They must be informed of the exact nature of the illness and be told of the proper attitude to be taken toward the patient; not to discuss her symptoms with her; not to increase her anxiety, and, above all, the ways and means of making a suitable environment in which she may live."

"This phase of treatment is, in certain instances, more difficult than the care of the patient."

Canadian Soils Need Phosphorus

Where Cropping Is Continued Without Using Fertilizers, Deficiency Results

Of phosphorus deficiency in Canadian soils much has been heard during recent years, and fertilizers containing higher percentages of this important plant food substance are increasingly in demand, says B. Leslie Emslie, well-known chemist-agronomist. The subject is referred to in the latest annual report of the Ontario Research Foundation, as follows: "Whilst it is true that almost any land will in time suffer from deficiency if cropping is continued without the use of fertilizer, it is equally true that certain types of soil are, from the commencement, low or deficient in one or more elements. A particular example of this relationship is to be found in the occurrence of phosphorus deficiency in the strongly alkaline clay loam soils along the northern short of Lake Ontario . . . The problems do not end with the crops which are grown, but extend into the field of animal nutrition. It will be obvious that stock raised in districts with these characteristics will tend to show symptoms of deficiency diseases."

Thus, both plants and animals are effected and the effects are passed on to mankind, for phosphorus is not only essential to bone building, but the flow and nutritive qualities of milk are dependent on an abundant supply of this element.

As King Opens Fair

King George VI addresses the large crowd attending the Empire Exhibition, at the Ibrox Stadium, Glasgow, Scotland. Queen Elizabeth, Scottish-born, attended the opening with the King.

A Planned Diet Conquers That "Tired Feeling"

Fresh Vegetables, Salads and Fruit Will Give You Pep and Color

What sulphur and molasses were to the girls of grandmother's day, exercise and a fruit juice and salad diet are to modern women. One sure way to get rid of so-called spring fever in no time at all and to eliminate the sallow tones which most skins seem to have at the end of winter is to plan a new kind of health schedule.

The very day you find it difficult to concentrate on your work or feel pretty unhappy about your face, not to mention your figure, you might go to a fresh vegetable, salad and fruit diet, for three days. This means that you may have fresh fruit juice and a bowl of stewed fruit for breakfast, a large, crisp, green salad and an orange, apple, grapefruit, or tangerine for lunch, a couple of cooked vegetables, another salad and more fruit for dinner.

Throws Off Lethargy

You may have a glass of milk between each health meal, and you ought to drink six to eight glasses of water a day. You are not necessarily trying to lose weight. You're trying to throw off the feeling of lethargy that has caught up with you.

For the next two weeks, try being a bit of a Spartan, doing setting-up exercises for ten minutes each morning, whether you feel like doing them or not, walking at least half a mile a day. Try to get eight hours of sleep every night, eat lightly, drink quantities of fruit juice. Such a routine will make your skin clear and lovely at the same time that it eliminates the worn-out feeling.

No "Chips Off The Old Block"

Psychiatrist Says Theory of Child Like Parent Old-Fashioned

It may be a sad blow to proud parents, but New York State's Mental Hygiene Department is convinced that there's no such thing as "a chip off the old block." Dr. Donald W. Cohen, chief guidance psychiatrist, says the theory a child is just like his parent is as old-fashioned as the belief of "spare the rod and spoil the child."

"It's true," concedes Dr. Cohen, "that the child often inherits physical characteristics of his parents. But that doesn't mean that the menal attitudes are the same.

"The child, no matter how much he looks like his father, for example, should be considered and treated as a distinct individual. He should be given the chance to make decisions for himself and not follow out the parent's ideas on every problem."

Claims World's Running Record

Youth, 20, Ran to Toronto in Five Hours and Fifteen Minutes

Maxie "Red" Katz, 20, says he ran 42 miles from Hamilton to Toronto to set what he claims is a world's record for the distance. His time, he adds, was five hours, 15 minutes.

He arrived at the Toronto city hall hungry and penniless, in running shorts. An acquaintance fed him and sent him home in trousers held by safety pins.

Fifteen months' training lay behind him when he set out from Hamilton city hall at 10 a.m. with five fellow runners from the Central Athletic Club, he said. An automobile and two bicycles were "also rans."

Two miles west of Oakville the automobile ran out of gasoline, the other runners gave up and turned back. "What the heck, I figured, there's only another 20 miles or so to go, so I might as well keep on," he explained.

"My wind was good all the way. My legs started to feel heavy around Oakville so I just lengthened my stride and that made me cover more ground."

"What if your record is not accepted as official?" "Then I'll run it again. It's not my fault the others dropped out and it's not my fault there was no one there to meet me."

Finds Death Ray That Saves Lives

American Scientist Invents Method That Kills Germs, Not People

A death ray that saves lives by destroying it has been invented by an American scientist. The lives that it saves are the lives of human beings. The lives that it destroys are those of germs.

This death ray will kill the worst infection in wounds as easily as it will kill a common cold. And it kills a cold in one second.

Kills Cold In One Second

Even the most virulent germs shrivel up when the ray is turned on them. Its value during surgical operations is incalculable. When the operation is carried on under the ray there is no danger of infection. After a six months' test surgeons stated that post-operation infections practically disappeared in the cases treated.

The man in the street may benefit from its use daily, in restaurants and at home. No matter how much glasses and table ware are washed, they are never free from germs. The ray renders them absolutely pure, and also keeps meat and food in perfect condition.

The wonderful thing about it all is that this ray, deadly to all forms of germs, is harmless against human beings. The process of using the ray is called "rentschlerisation," from the inventor's name, Dr. Harvey C. Rentschler.

A Meeting Held Over The 'Phone

Transvaal Farmers Are Successful In Novel Attempt When Roads Found Impassable.

Once again Man's ingenuity has triumphed over Nature's unkind weather. This time it was a North Transvaal Farmer's Association that did the trick.

The Association's meeting was made impracticable by heavy rains that swamped all roads and made travel impossible. On the night of the meeting, therefore, the president arranged for all farmers to have their telephones connected to the local exchange. At 8 p.m. one ring called all the farmers.

The farmers then lifted their receivers—and listened-in to the meeting, just as if they were all assembled, instead of being scattered over Northern Transvaal. Every speech came through 100 per cent. clear.

Is Your Problem Among Those Dealt With Here?

By LAWRENCE HIBBERT
(Graphologist and Psychologist)

A girl of 17 writes: "I am sending you the writing of a friend of mine. He is nearly 40, but I am very fond of him. My parents are opposed to our friendship but I cannot give him up. What do you advise?"

I know that sometimes parents show a lamentable lack of sympathy with the affairs of their children, particularly girls, and on occasion I have to express my dissent from their views. But in your case, your parents are quite right. You are too young to be seriously in love, especially with a man so much your senior. Go out with young people, and you will find that your interest in the man will subside. Eventually you will meet someone more suited to you.

A young married woman writes: "Is my husband faithful to me? He spends a lot of time outside, and I am wondering whether he is getting tired of me."

Your husband's writing shows that he is fond of change and variety. Are you sure that YOU are not to blame for the time he spends outside the home, without you? Your writing shows that you are somewhat domesticated; are not very fond of gaiety. I advise you to meet your husband half-way. Go out with him more than you do. After all, marriage is a matter of give-and-take in which both partners must do their share. Don't allow yourself to get jealous and show it. Nothing can so quickly wreck a happy marriage as continual jealousy.

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Do YOU want to know what your handwriting shows of your character? Have you a sweetheart, friends or relatives you would like to know the real truth about? Send specimens of the writings you want analysed, enclosing 10c for EACH specimen. Send with stamped addressed envelope to: L. Hibbert, Room 421, 73 West Adelaide St., Toronto, Ont.

Designated First President In Ireland

Dr. Douglas Hyde, right, poses with Mrs. Hyde and Prime Minister Eamon de Valera, in Dublin, after having been selected as the first Presi-