

## Sunday School Lesson

July 20. Lesson III—Moses (A Courageous Leader)—Exodus 3: 1-12. Golden Text—By faith he forsok Egypt, not fearing the wrath of the king; for he endured, as seeing him who is invisible.—Hebrews 11: 27.

ANALYSIS  
I. THE PREPARATION FOR LEADERSHIP, Exod. 1: 8-14; 2: 1-22.  
II. THE VISION AND CALL, 3: 1-14.  
III. THE TASK, 11: 1-10.  
IV. THE MAN, 32: 30-35; Deut. 34: 1-8; Hebrews 11: 23-29.

INTRODUCTION—"Moses, beloved of God and men, whose memorial is blessed." So writes of him the son of Sirach a thousand years later. And two thousand years later still a great English painter, in a fresco entitled "Justice," painted for Lincoln's Inn in London, gave Moses the central and commanding place in a group of the world's lawgivers. The figure of Moses is not to be obscured or forgotten. It still commands the world's reverence. For, says the poet quoted above:

"God chose him out of all men,  
He made him to hear his voice,  
And brought him into the dark cloud,  
And put before him commandments,  
Even the law of life and knowledge,  
That he might teach Jacob his counsels,  
And Israel his judgments."—(Eccles. 45: 1-5.)

I. THE PREPARATION FOR LEADERSHIP, Exod. 1: 8-14; 2: 1-22.

The oppression of Israel described in the first chapter of Exodus is commonly believed to have taken place in the thirteenth century B.C., but the period of time is uncertain and may have been two centuries earlier. The people of Israel had been long in Egypt and had greatly increased in numbers (12: 37, 40-41). Their home was in the grazing lands in the northeastern part of the country not far from the Asiatic boundary.

II. THE VISION AND CALL, 3: 1-14.  
How often in history the call is accompanied, or preceded, by the vision! So it was in the experience of Moses. Standing upon holy ground he had a vision of God. The bush burned with fire and the bush was not consumed. Whether this might have been a natural phenomenon, a peculiar effect of light upon the mountain side, or a miracle, the effect upon the mind of Moses was the same. In that "great sight he saw the presence of God."

We may well believe that Moses in his Midianite thought much upon the sorrowful plight of his own people in the Egyptian oppression. He may have indeed longed to help them. He may have indeed thought much upon the unmistakable call of duty. One thing is made clear to him. The God who calls is the God of his fathers, though now revealed by a new name, the name which the Hebrews pronounced as Yahweh, which a wrong pronouncing Jehovah, and which seems to mean "The Living One," the living God. Fortified by the promise of God who said, "Certainly I will be with thee, and with his doubts and fears removed, Moses returns to Egypt to take up his great task. His brother Aaron becomes his chosen and willing helper.

III. THE TASK, 11: 1-10.  
The task to which Moses was called is merely suggested here. Its magnitude and extreme difficulty appear in the chapter preceding and following. There was, first of all, the mind of the enslaved people to be prepared for the adventure, and the Egyptian king to be persuaded to let them go. Then there was the leading of a great and disciplined company from the plenty of Egyptian servitude to the hardships and privations of the wilderness, beyond which lay the fair and goodly land of promise. Moses had to be their leader and judge, their ruler and lawgiver. He had to endure their murmurings and complaining, their rebellious moods and disloyalties, their lapses into idolatry, their disobedience and faithlessness. But out of this horde of emancipated slaves he made a nation, he gave them a constitution and laws, a sanctuary and a priesthood, and brought them into a covenant bond with their father's God (chap. 24).

IV. THE MAN, 32: 30-35; Deut. 34: 1-8; Hebrews 11: 23-29.  
Greater than all his achievements was the man himself, great in his fidelity, his courage, his unselfish devotion to his task, and his faith in God. The story is told in chap. 32 of the turning, during Moses' absence from the encampment, of many of the people to a gross form of idol worship, and of the strife which followed. Moses' enter-

prise seemed here to be doomed to failure. He would have himself made atonement for the people's sin. Forgive them, he prayed to God, or if not blot me out of thy book. He is worthy indeed of the high praise bestowed upon him in the Epistle to the Hebrews, where he is the greatest of all that bright succession of the elders who obtained a good report through faith.

### Ocean Colors

A landlubber's first impression of the ocean is one of striking beauty, and those who were reared near the sea love it and are seldom content far from it. Few scenes surpass the beauty of a sunset at sea. Although the great body of the open ocean has a definite, clear blue color, its apparent color is always changing, and because it is so changeable, we never grow tired of it. Its diversity in appearance is caused partly by the reflection of the constantly changing sky and partly by varying light conditions.

Some parts of the ocean are variously tinted because of impurities in the water or minute organisms present in great quantity. The Red Sea is so named because of the reddish color given it by certain plankton. Different intensities of green and yellow tint occur near land. The olive green tint of the Antarctic Ocean is caused by enormous quantities of diatoms suspended in the water. Streaks of unusual colors are also noted occasionally in the open ocean; many travelers have observed stretches of water of a brilliant red tint. Oceanographers who have towed their plankton nets through such waters have found large numbers of minute red organisms, usually dinoflagellates.—Donald K. Tressler, in "The Wealth of the Sea."

### The Bridge Question

The farther you go, the deeper you see.  
The more you will know you never can be  
A master of all the problems you find,  
But much can be learned if you open  
Your mind.  
The player who thinks he's conquered  
It all  
Will cease to improve and ride for a  
fall.  
The fool will defend each error he  
makes.  
The wise one will gain from all his  
mistakes.  
Your bridge education hasn't begun  
Unless you can say: "What should  
I have done?"



"Whether you collect your late husband's insurance is just a matter of policy."

### Moscow's Newest Worry

The Soviet Government has closed the tomb of Lenin to the public.  
Away went the church and the steeple,  
Away went the ikons and all.  
Religion was out of the scene,  
But now the exuberant people,  
Set free from theistic thrall,  
Are making a god of Lenin!

"Why does the dentist call his office a 'dental parlor'?" "I suppose he thinks it would make his patients feel bad if he called it a 'drawing room'!"

Johnny: "And there, son, you have the story of your dad and the Great War." Son: "Yes, dad; but why did they need all the other soldiers?"

## Reduce and Become Happy and Healthy



By MARIE ANN BEST

### "WHY SHOULD I REDUCE?"

Article 1

First, because I feel so much better. Second, because I look so much better.

If you have a knowledge of food values, you will be in a position to bring your weight to normal whether you are over or under weight. My purpose is to give you that knowledge so it can be used in the every day menu! Then each person will know just what she is eating in an average helping of food.

When the time comes I will clearly set forth the values so they can be easily followed. It is necessary first to understand why we should do certain things, then naturally, we wish to know how to do them. If one keeps healthier through being normal, neither too thin nor too fat, and if one certainly looks and feels better, then we know it is something which is beneficial.

It is often hard to begin because we fear we might not have the courage to diet. We certainly do not want to miss all the fun of being invited to various forms of entertainment. But cheer up; this way of reducing is not so drastic. You may go to your parties, but remember, moderation must be your watchword. The next day you should be willing to eat less food to make up for the extra good time.

It is a proven fact that nearly all over-fat people eat unwisely and do not exercise enough. That is why anti-fat advertisements claim diet and exercise are unnecessary if you will only take their medicine. When you read these claims remember what Artemus Ward said, "There are so many people in this world who tell us so many things that ain't so."

The other day I was dressing a chicken, and a fat chicken. Two thick layers of fat padded the sides, but the most alarming thing about it was that the fat which clogged in around the stomach, liver and heart, big lobs of fat, also clogged the vital organs. The poor chicken had egg yolks inside waiting to be made into eggs, but there was no room for development.

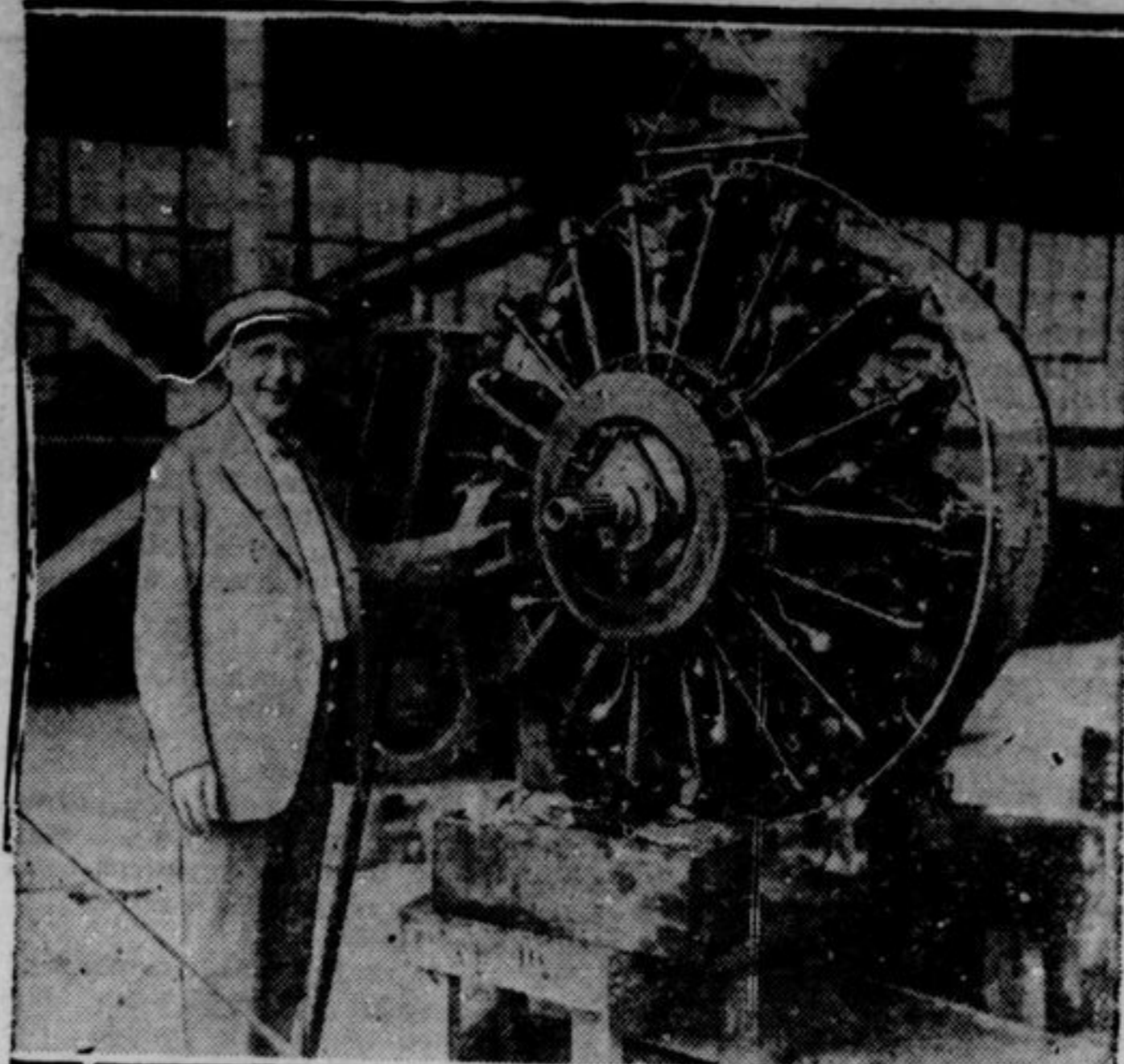
Life insurance companies would rather have thin middle-aged policyholders than stout ones. Think about it.  
Soon we will begin to understand calories. Try starting on something like this, so as to acquire the art of reducing by degrees.

Eat your three meals a day, but cut down an everything, gradually lessening the quantities. Eat sparingly of pastries, pie, ice cream and candy.  
Start out with an ordinary helping of lean meat, fish or fowl, no fat, a big helping of vegetables such as spinach, cabbage, carrots, etc., but only take half as much potato or rice, great deal and especially oranges for desserts. Salads of lettuce and tomatoes with a little dressing, are very necessary. Then drink water any time, lots of it but be sure there is no food in the mouth when fluids are taken. Tea and coffee have no calorie value but the cream and sugar you add have, so be sparing of the trimmings. Eat nothing between meals.

If you feel hungry before it is time for your next meal, drink some warm water. It gives the stomach something to do.  
It is very important to eat your three meals each day, for you need fuel to carry on. A low fire needs constant attention. If you decide to eat a very light breakfast to get a good start for the day in trying to reduce, be sure you do not start out without any breakfast at all. Perhaps you are very fond of breakfast; then eat

more breakfast but cut down on the quantity of all your meals instead of having one lean meal. One of the nice things about this way of reducing is that you can pick and choose as to when you will do with less food. There will be more said about exercise as we proceed for, of course, a certain amount of it is very important but for the overweight person, too strenuous exercise, especially at first, is not good. It is not difficult in these days to find suitable exercises in the various papers or magazines. Very likely you know of many. From these choose a moderate exercise for the arms, the neck, the waist, the legs and do them regularly for 10 minutes every morning. Get used to taking a daily walk but do not walk and exercise so much that you become famished for food. Here is a good principle to remember. To reduce we must cut down on the amount of food we are accustomed to eating until it supplies less than the amount of energy fuel drawn on. This is what makes the body draw on its surplus fat for fuel to run the body and this causes one to reduce. Stop this, think about it and be patient. Don't expect results too soon before you understand what you are doing.

## New Speed Record?



John Henry Mears, veteran globe trotter, with the motor of the Lockheed Vega aeroplane in which he will attempt to make a new round-the-world speed record. The motor is now on blocks, being tested at the Curtiss Flying Service School, Detroit, Mich.

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### A SUGGESTED DAILY MENU

Breakfast  
One orange or other fruit.  
One poached, boiled or scrambled egg.  
One slice of toast, little butter.  
Tea or coffee with a little cream and sugar.

Lunch  
(Skimmed milk for breakfast or lunch is very good because of its content. For children it is very necessary.)  
One medium sized head of lettuce or 13 pounds.  
One tablespoon mineral oil mayonnaise dressing.  
(Mineral oil is not fattening and is very healthful) use it instead of other oil.  
One tomato or a slice of pineapple one inch cube cheese.  
One toaster roll, scant butter.  
Lemonade with 14 grain saccharin or tea.  
(Saccharin takes the place of sugar and is non-fattening.)

Dinner  
One cup consommé (no fat) or borrl.  
(This counts very little but is strengthening.)  
Beet roast (lean) one slice—5 oz.  
One medium potato boiled in skin. Ten large stalks of asparagus or carrots, beets or string beans, one small piece of pie or fruit and a small piece of light cake, tea or coffee.

This is about the average amount and kind of food that should be taken in a day to reduce. If less breakfast is desired a little more can be eaten for lunch.  
Next Week—"What is my Normal Weight?"

A character for steadiness once gone is not easily recovered.

## What New York Is Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern  
BY ANNABELLE WORTHINGTON



A quaint pretty sleeveless frock with bertha cape collar for the important age of 6, 8, 10 and 12 years is sketched in style No. 3062 in printed dimity in boys de rose tones with caplet collar of crisp white organdie.  
The skirt is top-stitched with two rows of machine stitching to moulded bodice.  
It can also be made with long sleeves or with short sleeves with turn-back cuffs.  
Printed pique in red and with white dots with self-fabric collar and black grosgrain ribbon tie is very attractive and sturdy as well.  
Size requires 1 1/2 yards of 39-inch material with 1/2 yard of 32-inch contrasting.

### HOW TO ORDER PATTERNS

Write your name and address plainly, giving number and size of such patterns as you want. Enclose 20c in stamps or coin (coin preferred; wrap it carefully) for each number, and address your order to Wilson pattern Service, 73 West Adelaide St., Toronto.

Spinsters, as well as bachelors, will pay a higher rate of income tax if the German Government have their way. The rate for unmarried taxpayers will be 15 per cent, which is 1 per cent higher than married people will pay.

## Southern Cross Conquers Again

That staunch conqueror of oceans, the airplane Southern Cross, has done it again.

This time it was the North Atlantic over which she fought her way through head-winds and fog in the long jump from Ireland to North America.

Cheated of complete victory in one leap, for her objective was New York City, the Southern Cross has, nevertheless, added a brilliant chapter to aviation history. She is the second plane to fly the Atlantic from east to west, we read, ten persons having already perished in attempting the crossing. The first to hop the Atlantic from Europe, the German plane Bremen, was forced down on an island off the coast of Labrador.

Contrasting with that flight, the Southern Cross landed safely at Harbor Grace, Newfoundland, with her crew of four happy after their long flight. The men were Capt. Charles Kingsford-Smith, Evert van Dyk, assistant pilot; John W. Stannage, radio operator, and Capt. J. P. Saul, navigator.

Details of the flight, obtained from the news dispatches, show that the Southern Cross took off at Port Marnock, Irish Free State, at 10.27 p.m., Eastern Daylight Saving Time, on Monday, June 23, and touched ground again at Harbor Grace at 6.57 a.m., Eastern Daylight Saving Time, on Wednesday.

It was the fog that spoiled the flyers' hopes of "hitting New York on the nose," a dense curtain through which they floundered for three hours, while their compass played tricks, and they strove to get their bearings by radio, as the precious fuel supply went lower. But, as C. C. Niclot writes in the New York Telegram:

"The fog that cloaks the northern coast from Nova Scotia to Labrador, and makes the Grand Banks a graveyard for fishing-boats and transatlantic airplanes, could not entirely overcome the invincible combination of an airplane that had flown three-quarters of the way around the world, a pilot whose experience in trans-oceanic flying outdid and other's, and a crew whose ability was proved in the long night battle to reach land."

Kingsford-Smith and his three companions, by landing safely after circling the Harbor Grace flying-field for nearly an hour, placing for an airplane familiar with the region to guide them down through the heavy mist, managed to establish themselves as the first to fly from Europe to the Western Hemisphere and land in civilization.

### Newspaper Notions

Old newspapers are more effective than camphor for discouraging moths from clothing. Moths detest the smell of printers' ink.  
When there is anything to handle, or dishes that are extra greasy to wash, wipe off the soot or grease with pieces of old newspaper.  
Dustbins will keep dry and free from grease if old newspapers are burned in them after they have been emptied.  
Place several layers of old newspapers between the wool or hair mattress and the wire mattress of the bed. This prevents rust marks forming on the mattress or its cover.

### Fame

Some cities are founded upon fame, some have fame thrust upon them, while others achieve fame by absorbing all their neighboring communities.

### Sea-Water to Be Piped to Paris

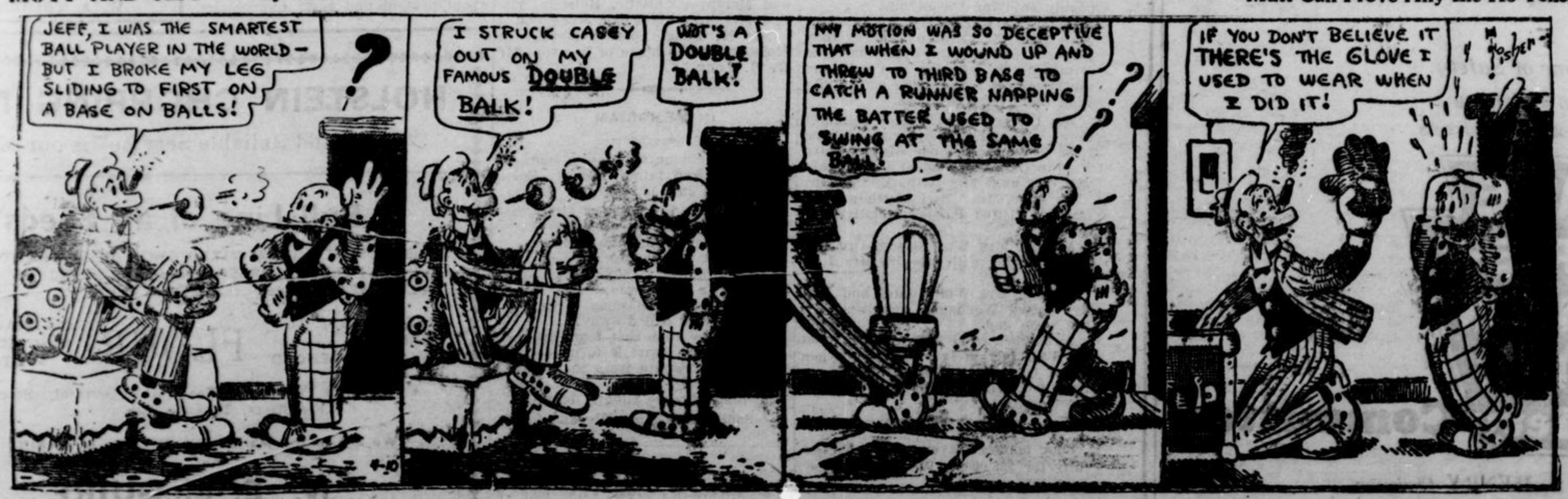
Paris—Paris, 100 miles inland, has no hope of ever becoming a seaport, but may pipe in a bit of the ocean to bring to life one of George Clemenceau's oldest theories, bringing the seashore to Paris for those residents of the Capital who cannot get away in summer.  
The idea goes back to 1869, and as long ago as 1875, Clemenceau, then a struggling young politician and member of the city council, fought hard for the idea of bringing the sea to Paris, since Paris could not go to the sea.  
The idea was revived again in 1907, and now with the first hot "dog days" on, the Paris Municipal Council is again adding up columns to find just how much it would cost.  
Dieppe, on the English Channel, is the closest seaport to Paris. It is the scheme to pipe seawater from Dieppe to Paris, a distance of 162 miles, by laying pipe along the national highway. Thus a million wages a day can roll in from the sea right up to Paris.  
The present sponsor of the "Paris-Seaside" plan, M. Georges L. Marchand, draws a rosy picture of Paris becoming a rival of Deauville, Biarritz and the Lido. There would be far more comfort in staying in Paris for vacation and bathing in an artificial lake with real Atlantic rollers.  
He would furnish seawater to public schools and hospitals, gratis, and allow the general population to share it if it wants, by piping through a metre and buying seawater for bathtubs. He also sees a vast high-seas aquarium, somewhere around the edges of Paris, where fresh water from the sea will keep alive seals, whales and other denizens of the pleastoral depths.

### Mutt Can Prove Any Lie He Tells.



"Have you decided where to spend your vacation this year?"  
"I can't make up my mind whether to spend two days at a ten-dollar-a-day place or two weeks at a ten-dollar-a-week place."

## MUTT AND JEFF— By BUD FISHER



JEFF, I WAS THE SMARTEST BALL PLAYER IN THE WORLD— BUT I BROKE MY LEG SLIDING TO FIRST ON A BASE ON BALLS!

I STRUCK CASEY OUT ON MY FAMOUS DOUBLE BALK!

WOT'S A DOUBLE BALK!

MY MOTION WAS SO DECEPTIVE THAT WHEN I WOUND UP AND THREW TO THIRD BASE TO CATCH A RUNNER NAPPING THE BATTER USED TO SWING AT THE SAME BALL!

IF YOU DON'T BELIEVE IT THERE'S THE GLOVE I USED TO WEAR WHEN I DID IT!

### Ask These

Q. When is a horse not worth a dollar? A. When he is worthless.

Q. If a biscuit is a soda cracker, what is an ice pick? A. A water cracker.

Q. What sort of men are always above board? A. Chessmen.

Q. What is the most valuable piece of furniture in the world? A. The multiplication table.

Sausages made of whale meat and roasted grass-hoppers, sprinkled with crickets, were served at a dinner given in Paris. The menu also included chicken, turkey, iguana, fruits, jellies and coffee.