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HILLS OF JUDEA FROM THE MOUNT OF OLIVES

"From the top of the rocks
I see him, and from the
hills I behold him."
Numbers 23: 9.

From Here and There

There is but one survivor of the famous Perry expedition to Japan in 1854. Mr. Hardy, the survivor, recently visited Japan, and was royally entertained.

It has been demonstrated at the experimental paper works operated by the Bureau of Standards, that a good grade of paper stock can be made from used twine and cord that is usually wasted.

Last year forty-four young men and women of the Lake Union Conference earned scholarships selling literature. There are scholarships waiting for others who are willing to make the effort to secure them.

The Post Office Department is planning to establish an aerial mail route between Washington and New York, with only one stop on the route. Machines that can carry three hundred pounds will be installed. This will be an expensive route to maintain, so it is estimated that a rate of twenty-five cents an ounce will be required.

The former Austrian steamer "Lucia," seized by the United States upon the declaration of war against Austria and recently equipped with the new Donnelly "nonsinkable" system, sailed, with a cargo, for some foreign port. The steamer is equipped with more than 12,000 air- and water-tight cells, which the inventor claims will keep the vessel afloat even should she be torpedoed. The present voyage of the steamer is in the nature of a test of the nonsinkable system.

Kilauea, the largest active volcano in the world, threatened to pour a stream over its sides January 26, last. After a week of violent action it subsided and was calm until the middle of February, when the lava lake of Kilauea took a sudden rise and is at the highest level reached within the crater since 1894. Late reports state that lava, spouting through cracks, is gradually flowing over a depression in the rim and filling the valley caused by the last flow.

The greatest railway in the world is not from Berlin to Bagdad, from the Cape to Cairo, nor from Alaska to Buenos Aires; it is the railway that runs underground through the catacombs of New York City. The subway carries 1,350,000 passengers a day. With 136 miles of track it hauls more than two and one-half times as many passengers as the number hauled by the Pennsylvania Railroad with its 26,000 miles of track. And the Pennsylvania stretches through thirteen States and the District of Columbia, while the subway is in one city alone.

The great Ford plant at Detroit, the world leader in swift standardized production, has been prepared for the rapid manufacture of small destroyers, in size between the submarine chaser and the present destroyer fleet, which it can turn out at the rate of one each day after it begins deliveries. The little craft have been fully standardized and designed with as few curved plates as possible. They will be about 200 feet long, displace about 500 tons, and be driven by geared turbines. Great speed is not to be attempted, but these boats, well armed, are expected to give the submarines a knock-out blow, working with the present fleets. The parts will be shaped at the Ford plant, the boats, being put together at Detroit, will go to sea through the Welland Canal.

It is announced by officials of the United States Signal Corps that a tiny gas mask has been perfected for use of the thousands of carrier pigeons in training for war service. The importance of pigeon messengers has assumed a large place in the work of the corps, and many have been killed during the gas attacks at the front.

Miss Creta May Lee, a 1917 graduate of the McPherson High School, Kansas, is said to have a record for punctuality unexcelled by any one,—“twelve straight years of school without being either absent or tardy; never missed being promoted; never a mark on her card less than excellent.”

Points

A SAGE old gentleman said to his daughters: “If you were as careful to know that your characters are perfect in the sight of God as you are to see that your attire is in conformity with fashion, you would surely be upright in life.”

To the right-minded the blessings of obedience are much greater than those that come to us by gratification of appetite in disobedience of authorized teaching. For instance: If the “Testimonies for the Church” teach that certain articles commonly used are injurious and should not enter the system, would it not be better to use what is known to be good and refrain from that which is doubtful?

SHOW us a woman who spends more time studying correct character models than she does fashion plates, or in standing before her mirror, and we will show you one who herself will finally become perfect.

It is economy of time and sometimes of personal pleasure to agree with your adversary quickly while in the way with him, especially if the sacrifice of principle is not involved.

SOME persons forget, and later remember that they have forgotten. Others may forget, and never remember that they have forgotten.

THERE is no person but that has love in his nature. Some manifest it toward others, and some lavish it on self.

MRS. D. A. FITCH.

Rules for Living on a Small Income

NEVER live in a cheap neighborhood.
Never buy cheap clothing.
Never charge anything.
Always do your own marketing.
Never buy more food than you absolutely need.
Make out an appropriation for all expenses at the beginning of each week.—*Every Week.*

“SEEK ye Jehovah while he may be found; call ye upon him while he is near.” Isa. 55: 6.

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Jerusalem, the "City of Peace"

LORA CLEMENT

JERUSALEM! What a host of memories cluster around the word! "Beautiful for situation, the joy of the whole earth," in sacred history it stands as a type of the Christian church, an emblem of heaven itself; and in the profane record as one of the most famous cities of the ancient world, continuously occupied since the time of Abraham, when Melchizedek reigned as king of Salem. Its recent capture by British forces under Gen. Sir E. H. H. Allenby, ending more



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JOPPA, THE GREAT PORT OF PALESTINE

than eleven hundred years of Moslem rule, has awakened a wide interest in the early history of the city, and prompts the following historical narrative:

The Early Days

"Our Jerusalem," the Jerusalem of memories which quicken the heartbeats of Christian and Jew alike, dates from 1000 B. C., when David overcame the Jebusites and brought the ark of the covenant to Mount Zion. Under his rule Jerusalem became the capital of a mighty nation. Under the prospering hand of Providence, Solomon built the temple, a most magnificent structure devoted to the worship of Jehovah, the Guide of Israel during their desert wanderings and the Presence hallowing their tabernacle. Through all the vicissitudes and petty disagreements of a divided kingdom; during the reign of rulers who "did that which was evil in the sight of the Lord," and others who kept his law; when the city was menaced by Egyptian or Assyrian hosts, the temple stood as a bulwark against idolatry, and the city maintained a varying degree of independence.

The Babylonian Captivity

When Babylon came into prominence as a world power, Nebuchadnezzar's wars of conquest took him at last to Palestine, and the Chaldean army laid siege to Jerusalem. After eighteen months the besieging army succeeded in forcing its way into the city on the night of July 6, 586 B. C. Breaking through the walls on the north, the invaders overpowered the guards, and without occasioning alarm, made their way to the temple court. There refugees, indignant that the heathen had set foot within the sacred precincts, made a last desperate effort to turn back the enemy. The noise of this con-

flict doubtless aroused King Zedekiah. Hastily gathering his family and bodyguard, he stealthily made his way "down past the royal pleasure gardens," through dark and crooked streets, to an unguarded opening in the walls. After a rapid flight over almost impassable roads, they reached the plains of Jericho, where Chaldean soldiers, "traveling as swift as the eagles," overtook them. The royal family was taken in chains to Riblah, the headquarters of Nebuchadnezzar. There Zedekiah was forced to witness the death of his two sons, and then his own eyes were put out before he was taken to Babylon, where he spent the remainder of his life in service as a slave. Thus, in fulfilment of prophecy, he saw the king of Babylon and spoke with him, but his eyes never looked upon the city of his exile. See Jer. 34: 3; Eze. 12: 13.

This ended the Jewish monarchy, and Jerusalem, its capital city, was razed to the ground, the walls thrown down, the temple burned, and its treasured golden, silver, and brazen vessels were carried away "to grace the idolatrous festivals of the Chaldean conqueror." "Along with this treasure the Chaldeans carried away great numbers of the people, especially those of the better class, until the city was almost depopulated." The Bible record plainly shows that this calamity came as a deserved retribution for obstinate rebellion, idolatry, and unfaithfulness.

The Restoration

Strangers in a strange land, the captive Jews hung their harps upon the willows and "sat them down and wept when they remembered Zion." However, through the seventy long years of Babylonian captivity, a group of "the faithful," heartened by prophecies, cherished the hope of the restoration of their city and temple.

In 538 B. C., Cyrus the Persian opened the way for the exiles who desired to do so to return and rebuild



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MARKET SCENE IN JERUSALEM

Jerusalem, with the understanding that the city was not to be fortified. Great was the rejoicing when "the Lord turned again the captivity of Zion." The temple was rebuilt, although inferior in size and splendor, and the essential observances of the Jewish ceremonial law were restored. Politically, Jerusalem remained tributary to Persia, but she enjoyed religious freedom.

The Grecian Yoke

Alexander the Great lifted the Persian yoke, and then for a hundred years or more Jerusalem "was the football of Seleucidæ and Ptolemies, or Syria and Egypt, changing hands repeatedly." At last, in 168 B. C., Antiochus Epiphanes undertook the task of Grecianizing the Jews, and forcing upon them heathen religion and culture. They did not receive his overtures kindly, and at last he vowed the utter extermination of the Hebrew race, and Jerusalem appeared to be the special object of his fury. When he took pos-

years, under Judas Maccabæus, they gained control of Jerusalem. "They beheld a ruined temple. They found shrubs growing like the underwood of a forest in the courts. The altar was broken, the gates burned, and the chambers of the priests destroyed." When the work of restitution was finished, eight days were spent in religious festivities, and thus originated the Feast of the Dedication. Jerusalem was once more her own mistress, but not for long.

Tributary to Rome

"A brief period of brilliant growth was followed by a century of turbulence, for the Jews, their independence achieved, soon divided into sects and parties, warring with one another and calling in foreign aid, which finally resulted in the capture of Jerusalem by Pompey, and its subjection to Rome." Pompey's legions besieged Jerusalem for three months, and his giant engines would doubtless have labored for a much longer time, but for the scruples of the Jews in regard to fighting on the Sabbath day. When at last an entrance was gained through a breach in the wall, made by means of a battering-ram, the Roman general was curious to see the inside of the sanctuary, and resolved to solve the problem as to "who or what was the God of the Jews." "Entering the court of the priests he beheld there the golden table, the sacred candlestick, and the altar of incense. Arrived at the curtain beyond which none but the high priest might penetrate, and he only on one day of the



Photo by Press Illustrating Service, N. Y.

ON THE ROAD FROM JOPPA (JAFFA) TO JERUSALEM

session of the city, thousands of the terrified people were slain, and blood flowed in the streets. Every observance of the Jewish religion was suppressed, and many died rather than profane the true Sabbath, eat swine's flesh, or offer sacrifice to idols. Antiochus entered the temple, plundered the treasury of the holy of holies, and desecrated the whole structure by dedicating it to Zeus, the favorite Athenian deity. The best parts of the city were burned, and Macedonian soldiers were garrisoned in the citadel overlooking the temple. The hearts of the faithful in Israel were filled with "unspeakable horror," and they came to feel that the time for submission was past. In their extremity God wrought for their deliverance through the patriotism and courage of human instrumentalities.

The Maccabees

In the little town of Modin, on the hilltop road between Jerusalem and Joppa, lived Mattathias, an aged priest, and his five sons, known as the Maccabees. Agents of the Grecian king, charged with the duty of forcing the idolatrous rites and practices upon the Jews, came to him and said: "You are a leading man. You have sons and brothers. If you will be the first to do the will of the king, . . . you and your house will be reckoned among the friends of the king, and you and your sons shall be loaded with money and gifts." But the old man answered: "If every one else obeys the king and abandons the worship of the God of his fathers, yet will I and my sons and my brothers cleave to the ancient covenant. Far be it from us to forsake the law. We will not obey the king's command to turn to the right or the left from the service of our God." They were forced to flee to the mountains, and gradually the faithful Jews rallied around the true standard. Led by Mattathias, and after his death by his sons in turn, they lived in mountain caves, and made it their business to destroy the heathen altars and punish apostates who fell into their hands. After three

year, Pompey expected to find a solution of the mystery surrounding the Jewish religion. He drew aside the veil, and found only an empty space. The stone on which the high priest placed his censor was the only piece of furniture to be seen. It was a spiritual and invisible Deity that was the object of this elaborate national worship. But somehow Pompey was deeply impressed, and left the temple treasures untouched. Upon retiring he "gave orders that the place should be cleansed and purified and divine service carried on there in the usual manner." But the walls of Jerusalem were demolished, and the city and country put under heavy tribute. The conquered king of Judea, Aristobulus, graced Pompey's triumph at Rome.

King Herod's Rule

As a Roman tributary, Jerusalem was now ruled with a strong hand, by the hated Edomite, Herod. During his reign the strength of the city, a natural



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ON THE ROAD FROM BETHANY TO JERUSALEM

fortress in itself, was greatly undermined by internal dissension and party strife. Once he was overcome and driven from Jerusalem. He made his way to Rome, laid his case before Antony and the senate, and was proclaimed king of the Jews. Armed with new power he returned to Judea, gathered an army, and laid siege to Jerusalem. Three lines were drawn

around the city, interspersed with towers supplied with the usual engines of war. The Jews made a brave resistance, but finally the Roman general, Sossius, ordered an assault, and the city was taken by storm.

Herod greatly enlarged Jerusalem, and rebuilt the temple with such magnificence that it ranked as one of the wonders of the world. It required eight years to complete this temple, and additions continued to be made for at least eighty years longer. The massive structure was almost entirely constructed of white marble, the front, the gateway, and the adjacent walls being covered with gold. Over the gateway hung a golden vine with clusters of golden grapes as tall as a man.

The Deliverer

It was during Herod's reign that the Magi visited Jerusalem and inquired: "Where is he that is born king of the Jews? for we have seen his star in the East, and are come to worship him." The Prince of the House of David was born in Bethlehem. In his life and death type met antitype, and the spiritual significance of the temple ceremonies ceased. But the Jews were looking for a temporal king, a deliverer from the hated Roman power, and in their blind fanaticism despised, rejected, and deposed their real King. Christ longed to save the Jews from drinking the bitter dregs of the cup of final destruction, and in sorrow of heart exclaimed, "O Jerusalem, Jerusalem, . . . how often would I have gathered thy children together, even as a hen gathereth her chickens under her wings, and ye would not!"

With the death of Herod only a shadow of royalty remained. "His strong hand removed, turbulence and partisan strife broke out afresh, and finally ended in the great rebellion, with its unspeakable horrors, Jew fighting Jew," while the iron clasp of Rome slowly crushed the conquered land into subjection.

A Prophecy Fulfilled

At the beginning of the last Roman campaign in Palestine, Cestius was sent to take Jerusalem. His legions assailed the northern wall of the temple, and when the Jews showered darts upon them like hailstones, they locked their shields over their heads, standing close together, and presented an invincible barrier, as they undermined the wall and prepared to set fire to the temple gate. The Jews were terrified to the point of surrender, when suddenly Cestius suspended operations and withdrew his army. "It was an act so difficult to account for that naturally it was ascribed to a higher power than man. Josephus regarded it as proving the divine anger, for if the city had been captured then, the subsequent horrors of the siege would have been avoided. Others regarded this as the opportunity pointed out to the disciples by the Saviour when they might escape to a place of safety, and it is supposed that the followers of the Master made good their escape across the Jordan."

Titus Before Jerusalem

The Roman army returned to their task with Titus as commander. The wonderful strength of the city as a fortress, together with the fanatical courage of the Jews, enabled it to withstand the Romans for four months, in spite of the mad partisan strife within its walls. The story of the siege is one of the most interesting, and withal one of the most harrowing, chapters of history.

Jerusalem was chiefly built on four hills, "for the most part sloping gently on their inside faces, but presenting abrupt surfaces to those outside. Wherever these hills were regarded as accessible to an enemy

they were defended by a triple wall; in other places a single wall was deemed sufficient." These walls were strengthened at intervals by towers of solid masonry, some of them being over one hundred feet in height.

The Siege

Titus pitched his camp within sight of the city, and several minor skirmishes occurred on the eve of the Passover, A. D. 70. Then for the last time the chosen people of God assembled in Jerusalem to celebrate this great national festival. Thus perhaps three million persons were cooped up inside the city walls, greatly increasing the demand for food, when the roads were closed, as the siege opened. The Roman soldiers stripped the surrounding country of its trees to supply material for the construction of huge mounds, and meanwhile catapults hurled stones of great weight far over the walls and into the city. Frequently many of the people would be struck down by a single stone. Battering-rams were used against the walls, and one after another they gave way. Fierce sallies were made from the gates by the Jews, but with no real gain, for they were always driven back, frequently with heavy losses.

Titus made several attempts to bring about a surrender of the city, and thus save his army as well as the people themselves an immense amount of suffering. Having reached the outer temple wall, he decided to try the effect of a military pageant. The whole army marched in review in full battle array. The surrounding country was ablaze with gleaming weapons and armor. It was a sight to strike terror to the stoutest heart, but it brought no capitulation from Jerusalem. The siege was renewed, but long-suffering Titus made one more effort, and sent Josephus, once of high rank and great influence among his people, to plead with them to surrender. "Take warning while yet there is time," he said. "Cast away your arms. Have pity upon your country, going to certain ruin." But the fanatical people would not listen, and almost took his life before he could be rescued.

Famine

Before two months of the siege had gone by all the horrors of famine were felt. Many willingly exchanged all they had for a single measure of grain. All decency, pity, and humanity disappeared from those on the verge of starvation. "Children would snatch morsels from the teeth of their parents, and parents from their children." As time went on "the appearance of the smallest portion of food was the signal for a struggle." "Men chewed the leather of their belts and their sandals, and even tore the dry hides from their shields, and devoured them." More shocking than all, and yet not without parallel in the history of the Israelites as recorded in the Old Testament, was the case of a woman who was found to have slain, cooked, and eaten her own infant child. She was of a wealthy family from beyond Jordan. "Come eat," she invited those who demanded that she share her food; "I have eaten of it myself." Even the hardened Roman soldiers were shocked at such a crime.

The Temple

First one portion of the city, and then another, fell into the hands of the conqueror, but still the temple stood, beautiful, majestic, on the last day of its existence. "The Roman sentry who paced before the intrenched camp on the brow of Olivet paused to send an admiring glance toward its marble walls and gilded roofs and pinnacles." "Within, the Jew beheld in those courts and gates and walls the memorials of a thousand years of history. The true God had chosen it for his

dwelling place of all places on the earth. There, how many generations, since David bought the threshing-floor of Ornan, had seen in the bleeding victim and the smoking altar the symbols of a great sacrifice, the type of the Lamb of God that taketh away the sin of the world! Upon these pavements but lately had rested the feet of the Messiah himself, and had added such honors to the site that no spot of ground on earth, nor Eden nor Bethel nor Sinai, could compare in glory to the temple, which had now reached its latest hour. Jewish devotion and Roman watchfulness in vain strove to save it."

The Temple Destroyed

As night fell, the Jews, who had entrenched themselves within the temple, made a sally against the Romans, who were resting on their arms, but were driven back, followed by their enemies. A soldier seized a firebrand, and mounting the shoulders of a comrade, thrust it through a window communicating with the inner court, and there was a burst of flame. In dismay

Titus rushed to the scene and commanded and pleaded with his soldiers to put out the fire. But even as he talked, a torch was thrust through a crack in the door opening into the holy of holies, and curiosity and greed for plunder overcame military order. Titus was helpless to stay the deluge of fire and slaughter. Soon the last important stronghold fell, and the city was utterly destroyed. While vast numbers of its defenders were massacred, others graced Titus's triumphal entrance to Rome, or fought wild beasts in the Roman arena.

Under Heathen Rule

But the Jewish national spirit seemingly could not be quenched, and their harassed Roman rulers at last,

in 135 A. D., absolutely forbade their entrance to Jerusalem, which to some extent had been gradually rebuilt. "Still they looked with loving longing to the Holy City, and pathetic accounts come down to us of the miserable groups which gathered to bewail the city from afar, or paid a bribe and risked their lives to enter and weep over its stones. At last a wailing place was allotted to them on the western side of the temple site, where today they sing their dirges and weep over their desolated tabernacle."

Until the time of Constantine, Jerusalem remained in heathen lands, then Christian interests again predominated until its capture by Omar. The site of the ancient temple he at once appropriated as holy, and forbade it to any but orthodox Moslems. For a time Jerusalem vied with Mecca as a place of pilgrimage, and then it fell once more under Egyptian rule. But in 1517 the Turkish Sultan took the city from the Egyptians, and with one brief exception, from that time until Dec. 10, 1917, that Asiatic power ruled.



Photo by Press Illustrating Service, N. Y.

LOOKING ACROSS COURT SURROUNDING MOSQUE OF OMAR, JERUSALEM

Captured by British Arms

With the outbreak of the present European war and the alliance of Turkey with the Central Powers, Jerusalem became of interest to the Allies because of its strategic importance as a base for military operations in Egypt. The invasion of Palestine has proved a long and costly operation for Great Britain, for it was necessary to build a railroad for the transportation of supplies, and to pipe water across the desert as the army advanced. But compensation for her strenuous campaign has come in the control of the city which holds such great moral, social, and religious possibilities. This British victory has occasioned great satisfaction "among the twelve million Jews, orthodox and unorthodox, who look to Jerusalem as their sacred city, and who are rejoicing everywhere in every land in the hope that its reclamation from Turkish misrule and tyranny may mean a Jewish national revival." But we have the assurance of the prophetic Word that Jerusalem will never be fully restored to Israel till He come whose right it is to reign in Mount Zion, and the righteous of all ages are gathered home.

God's goodness hath been great to thee.
Let never day or night unhallowed pass,
But still remember what the Lord hath done.
— Shakespeare.

For the Finding-Out Club

Who Is She?

SHE is known as the "Queen of Science." Her father was one of the wise men of Warsaw. When other little girls were playing with dolls, she was playing with sound waves, electricity, metal magnetism, and gravity. It was a world of wonderland, but also a world of fear; for Russia laid a heavy hand upon her people, and she dared not even speak her own tongue.

So, when she was twenty-four and her father had died, she escaped to France. In Paris she walked from laboratory to laboratory, begging for a chance to be allowed to show what she could do. At last she got a job at the Sarbonne — to wash testing jars and tend the furnace! Nights she went to the university.

She married a fellow student, and the two young scientists set up a tiny laboratory in their Latin quarter attic.

Together they began their first real experiments with light waves, particularly those from the curious new substance, known as uranium, which scientists had discovered could pass through wood and other objects opaque to sunshine. It was the wife who discovered that pitchblende, the black material from which uranium was extracted, gave off more powerful rays than the isolated substance itself, and came to the conclusion that there was some other element in the ore which, if extracted, would prove more valuable. With infinite patience she worked for this unknown substance. At last two new elements were separated from pitchblende — polonium and radium. She awoke a few days later to find not only Paris, but the whole world, ringing with her fame.

Now in the university which she attended as a poor apprentice girl at the Sarbonne, she lectures to people who have come from all over the world to hear her, men of research and science — even kings and queens.

Who is she? — *Every Week*.

Answers to Questions in "Instructor" of March 12

1. FULL suffrage is allowed to women in the States of Washington, Montana, Oregon, Idaho, Wyoming, California, Nevada, Utah, Arizona, New York, Colorado, and Kansas. Partial suffrage is allowed them in North Dakota, South Dakota, Nebraska, New Mexico, Oklahoma, Minnesota, Iowa, Louisiana, Wisconsin, Illinois, Mississippi, Michigan, Ohio, Kentucky, New Hampshire, Massachusetts, and Connecticut.

2. The bolsheviki are the extreme socialist party now in control of the Russian government at Petrograd.

3. The members of the President's Cabinet, arranged in the order of succession for the Presidency declared by Chapter 4, Acts of 49th Congress, 1st Session, and subsequent acts, are:

Secretary of State, Robert Lansing, of New York; Secretary of the Treasury, William Gibbs McAdoo, of New York; Secretary of War, Newton Diehl Baker, of Ohio; Attorney-General, Thomas Watt Gregory, of Texas; Postmaster-General, Albert Sidney Burleson, of Texas; Secretary of the Navy, Josephus Daniels, of North Carolina; Secretary of the Interior, Franklin Knight Lane, of California; Secretary of Agriculture, David Franklin Houston, of Missouri; Secretary of Commerce, William C. Redfield, of New York; Secretary of Labor, William Bauchop Wilson, of Pennsylvania.

4. The lift, or suction, pump "consists of a cylinder, the 'barrel,' in which a piston moves up and down. In the bottom of the piston, which fits water-tight, and also at the bottom of the cylinder, are valves opening upward. Below the cylinder a pipe, the 'suction pipe,' communicates with the water to be raised, and near the top of the cylinder is a 'discharge pipe,' or spout. Each upward stroke of the piston at first lifts air, of which none can travel back past the valve; a partial vacuum is produced in the suction pipe; water ascends in it until the external atmospheric pressure is balanced by the partial atmospheric pressure below in the pipe plus the weight of the water column; so that, if the valve at the bottom of the barrel be not more than at most 33 feet above the water below, water will be, step by step, pushed up the pipe by the external atmospheric pressure until the cylinder valve is under water; thereafter the succeeding strokes of the pump operate on the water above the valve and force it into the discharge pipe."

5. The prohibition States are: Washington, Oregon, Idaho, Montana, Arizona, Colorado, New Mexico, North Dakota, South Dakota, Nebraska, Kansas, Oklahoma, Iowa, Arkansas, Michigan, Tennessee, Mississippi, Alabama, Georgia, West Virginia, Virginia, North Carolina, South Carolina, Maine, Utah, Indiana, New Hampshire. The District of Columbia also is dry.

The Growing Boy and Tobacco

THE influence of nicotine and of alcohol on growing life should occupy a prominent place, both in the mind of the teacher and of the parent.

Smoking and the use of intoxicating liquors are today two of the most ominous dangers that threaten society, and this danger can be controlled only by carefully educating our youth as to the moral and physical effects of these poisons. Fortunately, the civilized world is awakening to the pernicious effect of alcohol on growing life, and to the fact that the effect of nicotine is nearly if not quite as bad as alcohol.

The effect of tobacco upon growing tissue is to retard its growth. The boy who smokes before he has

his growth, say before the age of fourteen years, will be a smaller man than if he had not used tobacco until manhood. This result is produced in the following way:

When taken into the system, the products contained in the tobacco smoke lessen the disintegration of tissue, thus retaining in the system that which is worn out as the result of wear and tear, and which should be gotten rid of. Instead of eliminating this worn-out tissue and allowing new and healthy tissue from his food to take its place, the tobacco boy has his tissue early clogged by this once-used material, and normal growth is arrested. You may see the principle illustrated by your furnace: throw fresh coal into the furnace already clogged with burnt-out coal and the ashes, and the fire burns but poorly; but shake the grate and get rid of the burnt-out material, and then the fresh food for the fire is oxidized, and heat is the result. In the growing boy, therefore, the more perfectly we can get rid of the burnt-out and useless material in the tissues, the more rapid will be the growth of body and the more vigorous the brain, the heart, and all the vital organs.

Every American boy wants a strong body, a steady hand, and a clear brain as he enters upon his life work. There never was a time in the history of the world when so much is required of men as today, and the man who, having had competent training, has the largest amount of reserve physical strength, is the man who is sure to win over his competitors. Young men, therefore, cannot afford to weaken their bodies and handicap themselves in the work of life by smoking in boyhood.

A very interesting experiment bearing upon this took place at the United States Naval Academy at Annapolis some years ago. A new superintendent of the academy found, in entering upon the duties of his office, that there was a rule against smoking, which rule, however, was openly and constantly violated by the students. Feeling that a law not enforced was demoralizing, he asked our Government for a commission of scientific men to examine into the subject and decide whether the rule had adequate ground for its existence. These students, you know, are picked men and fine specimens of young manhood. Several of these men, smokers, were taken and put through the following tests; viz., for muscle strength, heart strength, and capacity for study; and the same number of nonsmokers were subjected to the same tests. The average of the results was greatly in favor of the nonsmokers. Tobacco was then withheld from the smokers for a time and they were tested again, when it was found that the muscle strength, the heart strength, and the capacity for study were all increased. The result was that the rule against smoking among the lower-class men (the younger men of the school) was enforced and remains in force today. It is certainly important that every parent, every teacher in our schools, and all who have to do with boys, should know these facts relative to the action of tobacco, and, by precept and by example, teach them.

D. H. KRESS.

"MEN ought always to pray, and not to faint."

O Will of God, the Loveliest!

O WILL of God, the loveliest,
I craved so many things;
They flitted from my eager grasp
Like birds on frightened wings.
I longed for earth-loves, and for boons
The like that others seek,
But Love withheld, and gave instead
The bliss of which I speak.

The precious things sped far away,
The nights seemed cold and chill,
But from the blazing firmament
There burst a wondrous Will:
It laved me in its floods of light,
Till in Love's warm embrace
I nestle, 'neath His shadowing smile,
His weak one, saved by grace.

And so I tread the victor path
Without the things I craved,
Saved from the snare of gold, and gleam,
From siren-singers saved:
And ever toward the heights of life
I gaze, till love fulfil—
O Will of God, the loveliest—
The glory of thy will.

O Will of God, the loveliest,
Although the winds were wild,
Thou didst embrace in arms divine,
And kiss thy weeping child.
And as the glory of thy clasp
Dissolves the mists away,
The conquering splendor of the dawn
Breaks—the eternal day.

B. F. M. SOURS.

Correct Sitting Posture

YOU can be more efficient if, by sheer will-power, you train your body to sit or stand correctly. Square your shoulders. Make yourself as tall as you can and slightly sway-backed.

Keep the lower ribs expanded at the sides. Expanding the lowest ribs at the sides expands the lungs; they should be kept expanded except in so far



The More Graceful Position is the More Efficient One

as may be necessary to let them fall slightly inward during each expiration. The effect of this is that in breathing, the lungs will expand and contract from maximum to medium instead of from medium to slight expansion, as is usual.

"The results of this are soon realized in the shape of better physical welfare and endurance along with their spiritual counterparts of greater buoyancy and will-power."—*Dr. S. W. Geis, in Medical Record.*

Jesus, Our Best Friend

What Jesus Is to Me

MATILDA ERICKSON

FRIEND.—Jesus is my best Friend. His wonderful love is my only hope. Because he loved me, he left heaven and its glory, and came down to this dark speck of a world to save me. Because he loved me, he wrested my hope of eternal life from the enemy, and came forth from the grave to give it to me. Because he loved me, he went to heaven to plead his blood in my behalf. Because he still loves me, he implores me to let him guide me through life, protect me from dangers of all kinds, and help me bear all the cares that oppress my heart. Because he loves me, he desires to become the King of my heart, the Captain of my soul, that he may sail my barge safely to the haven of eternal happiness. Because he loves me, he wishes to be my Brother, that I may share with him all the riches of heaven. Isn't he a wonderful Friend?

"Which of all our friends, to save us,
Could or would have shed his blood?
But our Jesus died to have us
Reconciled, in him, to God;
This was boundless love indeed;
Jesus is a friend in need."

Saviour.—"Dr. Franz Müller, of Vienna, died of bubonic fever. When his friend, Dr. Borisch, fell a victim to that disease, he nursed him until death came, exposing with generous self-renunciation his own life in so doing; then, attacked by the fever himself, he devoted the short time that remained to him to recording for the benefit of others the result of his scientific observations. 'I am suffering from the plague,' was the message he posted on the windowpane. 'Please do not send a doctor to me, as, in any event, my end will come in four or five days.' A sacrifice for his colleague."

This helps me to sense more deeply what Christ has done for me.

Creator.—"Lord Kelvin, better known as Sir William Thomson, said: 'Forty years ago, walking somewhere in the country, I asked Liebig if he believed that the grass and the flowers which he saw around us grew by mere chemical forces. He answered: "No! no more than I would believe that a book of botany, describing them, could grow by mere chemical forces."'"

By Christ were all things made, and "without him was not anything made." Nature points to the Creator of all things, and ever sings of his wonderful love. What is my testimony? Does the song of my daily life harmonize with nature's music? Is it continuous praise of my wonderful Creator and Friend?

Guide and Protector.—"Some years ago," says the *Baptist Commonwealth*, "when Captain Dutton was commander of the 'Sarmian,' the vessel had entered the St. Lawrence River on its homeward voyage, when suddenly a heavy fog arose, which completely hid the shore and all objects from view. The ship, which was going at full speed, continued on her course without relaxing the least. The passengers became frightened, considering it extremely reckless on the part of the captain. Finally, one of them remonstrated with the mate, telling him of the fears of the passengers. He listened, then replied with a smile: 'O, don't be frightened! The passengers need not be the least uneasy; the fog extends only a certain height above the water, and the captain is at the masthead, and is up above the fog, and it is he who is directing the vessel.'"

Just so, as long as Jesus Christ has full control of

my life, I need have no fears. The terrible confusion of today does not confuse him. He stands above the fog. He knows how to avoid every treacherous rock. His wisdom *can* keep me, and his love *will* keep me. He is the one Friend I cannot get along without.

Helper.—There are burdens which no human friend can help me bear; but Jesus *always* understands our troubles.

"He knows the bitter, weary way;
The endless striving day by day;
The souls that weep, the souls that pray,
He knows."

"He knows how hard the way has been,
The clouds that come our lives between,
The wounds the world has never seen,
He knows."

And best of all, he *cares*. All my troubles he makes his own. It costs much to sympathize with our friends, to put our shoulders under their burdens. Most of us fail at times; but Christ never fails; his "love counteth not the cost."

King.—"The heart is the real throne of Christ. 'The kingdom of heaven is within you,' said the Master. But the important thing to notice is that if Christ is in the heart, the center of our life, he will rule that life to its circumference. He will cleanse it from all evil thoughts. He will make it kind and gentle. He will make us eager to serve others. Some time ago a London paper said that a missionary in China had been speaking about the custom of foot binding, and that some of the Chinese had formed a "heavenly foot society" to do away with the custom. Christ in the heart makes the feet heavenly, ready to run his errands and execute his will. To what extent Christ is actually in the heart may be seen from the purity of the thought, the life, and the service."

Brother.—Jesus is my Brother. Is not this the supreme test of his love? There are philanthropists who give large sums of money to help the poor. But where is the philanthropist who will go out to seek sinners, reprobates, criminals, that he may make these unfortunate ones members of his own home circle, and joint heirs with him in his father's estate?

Yet this is just what Jesus has done for me. He risked all to save me; then he made "whosoever will" joint heirs with him of all things. How very much he must love me! Fifteen times in the Sermon on the Mount, he speaks of his Father as our Father. These words, echoing down through the ages, remind me down here in the twentieth century, that Christ is my Elder Brother. And I know he is coming soon, very soon, to receive those who will be joint heirs with him. I hope then to go home to my Elder Brother, to my best Friend.

My Decision.—Yes, Jesus is all this to me, *if I will allow him to be*. I determine for myself what Christ shall be to me. My decision settles the matter. He has proved his love for me; he has shed his blood for me; he has walked all the way to the grave; learned all the dangers of the journey, that he might guide and protect me in my journey; he has borne every burden that human hearts can know, that he might be my helper; he has vanquished our common foe, that he might be my King; he has become my Brother, that he might make me a joint heir with himself, of his eternal wealth. All now hangs on my decision. Eternal loss? Eternal gain? My decision will determine which shall be my lot.

What I Am to Jesus

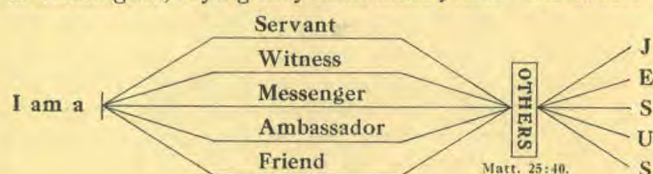
Servant.—"Before the Civil War a traveler passing through the South had his pity awakened for a young slave. He purchased her from her master, and gave her her liberty. She exclaimed: 'Oh, he has set me free! I can never thank him enough! I will serve him all my life!' She thought not of pleasing herself, but her friend; and when any one would speak of her loving service to her benefactor, she would reply, 'He redeemed me! He redeemed me! I will serve him all my life.'"

Jesus has done infinitely more for me. I am his servant, but how do I show my gratitude?

Witness.—"When Frontenac died, he bequeathed his heart in a golden casket to his wife. 'I never had it living,' she said; 'I will not take it dead.' Too many, while living, armor-plate their hearts with the love of the world, thus resisting the sweetness of divine love; but when dying, they wish to bequeath their hearts to God. No greater evidence can there be of lack of genuine heart-love; for 'if any man love the world, the love of the Father is not in him.'" Am I in this class? or am I one of his true witnesses? Does my life prove that I love him supremely? In the Missionary Volunteer Society, in my home, among my friends, do my life and my words witness for him? If I do not in word and deed confess him before others, he cannot consistently confess me before the Father.

Messenger.—I am God's messenger to my community. Can he count on me?

"At the Battle of Waterloo a regiment sent word to Wellington, saying they soon must yield. His orders



were: 'Stand firm.' 'But we shall all perish,' they said. 'Stand firm,' he repeated. 'You will find us there,' they replied. All the men fell, each fighting at his post."

"When we give ourselves wholly to God, and in our work follow his directions, he makes himself responsible for its accomplishment. Christ will increase the talent of every faithful worker."

Ambassador.—"When I was in college," says a Christian worker, "two men were sent to West Africa to fill a vacancy. Before they had been gone three months, there came a cable telling us that one was dead. In less than another month a second cable came, saying the second was dead. At once, the matter was announced to the students, and the question asked: 'Who will take their places?' Six men at once . . . offered to go, and two were sent. In less than six months these two men were dead, and a cable came again, and the question was again asked, 'Who will go?' That occasion, I shall never forget; it stands out as one of the thrilling moments of my life; when the question was asked, 'Who will go?' every man in that college stood up, and said: 'Send me.'"

Am I as willing as these to be God's ambassador, wherever he calls me to serve?

Friend.—Jesus counts me his friend if I do "whatsoever" he commands me. At first sight this seems a hard test of friendship; but when I know my Saviour as he is, I shall love him supremely and desire above all else to please him. Then I, too, shall be able to say: "To me religion means just one thing: Jesus and I are friends." There is no better way of

proving my love for Jesus than in making his will my own in living and serving. If my highest ambition is to live for him, I shall be ready for whatsoever may come to test my personal friendship for Jesus. And I shall be able to say:

"O Christ, Redeemer, Master! I, who stand
Beneath the pressure of thy gracious hand,
What is the service thou wouldst have from me?
What is the burden to be borne for thee?
I, too, would say, though care and fear exhaust,
'What matters it? Love counteth not the cost!'"



My Decision.—As effect follows cause, so what Jesus is to me decides what I am to Jesus. These are only different sides of the one supreme question. The place I give Christ in my life, will determine the place he can give me in his service. But what I decide to be to Jesus I must try to be to those about me, for he says, "Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me." If one hand goes up in faith to Jesus, the other is bound to go out in service for others. If one hand lays hold on Christ for strength, the other will be outstretched with blessings for others. That is the way the Christian keeps his balance.

A Great Sacrifice

THE story is told that a strange disease once fell upon the inhabitants of a certain city in France. Its origin was unknown, but the havoc it wrought was tremendous. For a time it baffled the efforts of the most skilled physicians. Meanwhile the plague was spreading and exacting its ghastly toll. The discovery of a remedy required the sacrifice of a human life, and a man just in the midst of a successful career volunteered. The remedy was discovered and the plague stayed, and hundreds of lives were spared through the noble sacrifice of Dr. Lyon.

Today a terrible plague is sweeping over the whole earth, and no mortal power can stop it. That plague is sin. Its ravages are frightful, and its result horrible to contemplate. God foresaw that nothing short of a supreme sacrifice could check its advance, so he sent his only begotten Son, Jesus Christ, down to earth to taste death for our sakes. Through his incomparable sacrifice the world was released from this dreadful malady. Shall we fail to appreciate that unselfish sacrifice made for our sakes? D. W. CASTLE.

Culled from the Bible

IT will be found that the Bible is responsible for several of the common comparisons that we use freely in our conversation, says the *Boston Globe*:

Meek as Moses; wise as Solomon; old as Methuselah; hairy as Esau; strong as Samson; cruel as Herod; virtuous as Joseph; wise as a serpent; sweet as honey; high as Haman; true as gospel; false as Judas; harmless as a dove; swift as an eagle; bright as the sun; big as Goliath; clear as crystal; fair as a lily; wicked as Jezebel; white as snow; red as scarlet; patient as Job.—*Selected.*

Fannie Foster's Precipitates

MISS NELSON met her Sunday school class for the first time after an absence of two months; and as her girls gathered about her, their bright, eager faces showed the pleasure they felt at having her with them again. At the close of the lesson she said:

"Girls, I've been wondering if you would not like to join a class in advanced chemistry. I have become quite interested in it myself, since I've been away, and it seemed to be just the sort of work you would enjoy."

"Chemistry!" exclaimed Fannie Foster. "O Miss Nelson, don't, please! We've begun to study that in school. It's all about H_2O and sulphates and chlorides and things, and I just hate it!"

"Why, Fan," replied May Kittredge, "I think it's beautiful to see how the alkalis counteract the acids, and how the different chemicals act upon each other. I think it's the most interesting study we have. But, Miss Nelson, how could we work in 'advanced' chemistry before we have thoroughly mastered the principles?"

"I think," said Miss Nelson, "my plan of study is a little different from yours, and perhaps I would better explain it. While in Boston, Cousin John took me through the Harvard laboratory, where the summer students in chemistry were so busy working. They were very earnest and seemed so interested I wanted very much to know just what they were doing, and why they did it. Presently one of them, in answer to my question, explained his work to me. A little box of powder before him was his 'unknown,' and by means of chemical tests he was to find out of what it was composed. He would dissolve some powder, and then add an acid to his solution; if by that means he obtained a precipitate, he would determine by further tests what metal he had obtained. If no precipitate was deposited, he must proceed further with his work until the metal 'came down,' as he put it. I watched him as he worked, until the clear liquid in his hand suddenly became milky, and gently deposited a white precipitate on the bottom of the flask. I could not wonder then at the absorbed, eager workers; and I feel sure that even Fannie, when she has studied further, will find it most interesting."

"But, Miss Nelson," questioned a sweet-faced girl, "how can we study such things — we who are not in school? Though I think it would be beautiful if one had the chemicals and the means for work."

"The way I want you to study, girls," replied Miss Nelson, "requires no chemicals and no apparatus. I will tell you just what I mean. You have each been given a complex box of 'unknowns,' and on that are daily and hourly acting the salts and acids of life. I want you to watch your 'precipitates;' you may find some things 'come down' you did not suspect. As we grow more experienced in the work, we may, if we will, learn to do what the laboratory students cannot do — we may govern our precipitates so that neither the acids nor the alkalis will have the power to bring down anything but 'precious metals.' Suppose you keep a close watch this week, girls, and next week be able to make some report as to the result of your observations."

The following Sunday all the girls were present except Fannie Foster, and after all the others had told of success or failure, Miss Nelson said, taking a letter from her Bible:

"Fannie is unable to come today, but has sent her report, which I am sure you will all be interested in

hearing, as she has granted me permission to read it to you."

"DEAR MISS NELSON:

"I am sorry not to hear the reports of the other girls, but I am rather glad I cannot give mine in person, for I'm sure none of the rest will have had such horrid precipitates as I have. I felt so lovely after our little talk last Sunday, and was in such a hurry for my tests to begin, for I felt sure the precipitates would be just beautiful. I did not for a minute think I should have this sort of report to make; but I hope the worst metals have precipitated themselves, and something better will begin to 'come down' soon.

"When I came home from Sunday school, before I took off my hat and gloves, I sat right down in the sitting-room and told mother all about it. She thought it was a very wise plan indeed, but said, with her quiet little smile, that she thought I would make some chemical discoveries in the course of the week. I had not noticed Jack, for he sat in the corner of the bay window, reading; but when mother left the room, and started to go upstairs, he leaned forward and said:

"A pious idea, Fan! You may rely upon me to furnish an unlimited supply of acids, and help you classify your precipitates."

"Oh, the horrid boy! He had simply sat there and listened to every word, and I knew I should not hear the last of it all week. Furnish the acids indeed! Well I just told him I thought if anybody was capable of making things unpleasant and horrid, he was; when he suddenly held up his thumb and finger to the light and squinted up one eye while he pretended to look at something, and said:

"Hm! growing cloudy — a little precipitate forming already!"

"Well, I just bit my lips and hurried upstairs for fear I should say something more; but my beautiful plans seemed all spoiled, and I wasn't half so sure of the results as I had been. However, the rest of the day passed off all right, much to my relief.

"On Monday morning I always help get breakfast while Mary is washing. I rang the breakfast bell and everybody was ready but Jack. So I ran up to his room, and there he was, fast asleep, and breakfast all on the table. I shook him and shook him, but he would only say, stupidly:

"What you want?" until I finally got so indignant I gave him a final shake, and started away, saying:

"Jack Foster, you are the most provoking boy! I think if folks are good enough to get your breakfast, you might at least eat it when it's ready!"

"With that Jack was wide-awake in a minute, and up went his finger and thumb, as he screwed up his face and said:

"Ah, another precipitate, I declare!"

"I felt my cheeks burn as I turned and ran downstairs; but I determined to improve on that test, and when Jack finally did come down, he found his breakfast nice and hot, with a fresh plate of cakes baked purposely for him. He looked at them a minute comically, and then very soberly said:

"Fan, I suppose that's what they call 'chemical reaction,' isn't it?" which was real good of Jack, I think, for it showed he knew and appreciated.

"Well, that's about the way things went all week, though I tried hard to be more careful. But Thursday afternoon Jack rushed into the house, and flew around hunting for something. Finally he called to me:

"Fan, have you seen that price list of bicycles I had the other evening? Fred West wants it."

"Of course, I helped him hunt, for a boy isn't worth much at finding things for himself, when he remembered suddenly that it was in the pocket of his light coat. Taking out a handful of letters and papers, he began to run them through, but stopped suddenly as he came to one, and gave a long, low whistle. I knew that sign of distress, and said,

"What's up now, Jack? Something gone wrong?"

"With a funny twist of his face he tossed a letter into my lap, saying,

"Fan, I'm dreadfully sorry! There's a note I was asked to give you a week ago, and I declare I haven't thought of it since!"

"Well of course I 'took fire,' as Jack says, and 'blazed away,' and am ashamed to remember the quick, angry words I said as I tore open the envelope. Jack sat waiting anxiously until I had read it, and meekly said,

"Well, Fan, what's the damage?"

"Damage! Jack Foster, that's all you care! I've lost the most beautiful time, but it doesn't matter to you, of course! It was a note from Mrs. Grey, saying if I would like to attend a private recital by Giovanni, she had tickets for us both, and five of the loveliest tea roses waiting to be cut for me. Of course it doesn't affect you any, but I've been just perishing for a bit of something nice, and now to miss that lovely music and the roses and all!—Jack Foster, it's too bad!" and with that I rushed off to my room for a good cry. But I heard Jack say as I passed him, 'Copious precipitate with salt and water solution,' and then he ran downstairs, slammed the front door after him, and was off with Fred for the bicycle meet at Clinton. Nobody to interfere with *his* good times!

"That was what made it all the harder, and I thought if he had only cared a little more I shouldn't have minded it so much, and then the bitter precipitates began to 'come down' thick and fast, and I felt as if nobody else had so unkind a brother, or so many hard times generally—until I was very forlorn indeed!

"A half hour later I heard a tap at my door, and to my surprise Jack stuck his head in, saying rapidly as he mopped his forehead with a most discouraged-looking handkerchief:

"Fan, there's something down on the hall table for you. Thought I'd tell you as you mightn't find it. Can't stop. I'm late now!" and with that he was off downstairs, three steps at a time, and soon around the corner wheeling for dear life to overtake the boys already some distance in advance.

"Of course I went downstairs to see what was there, and how surprised I was to find a box of the most beautiful hothouse roses you ever saw. Scrawled on the top of the box I read,

"Allow me to precipitate these upon you, Fan. I'm awfully sorry about that last acid. JACK."

"Wasn't that just lovely of Jack? and there he was saving every cent he could raise toward his new bicycle, too!

"Well, maybe he didn't find a nice, hot little supper waiting for him when he got home at ten o'clock that night, tired and hungry; and didn't he appreciate it, too! Someway Jack and I seemed to care more for each other that night than ever before, and after supper, out in the dining-room all by ourselves, we had the nicest, coziest little talk, and Jack declares the advanced class in chemistry is a pretty good thing; but he says he will withdraw from his contract to furnish my acids, and turn his attention to his own pre-

cipitates awhile. So the prospect is more encouraging for this poor student in advanced chemistry."—*Mary A. Miller.*

Luck and Joan

I NEVER saw anything like Joan Moore's luck!" Ellette exclaimed. "Mr. Peyton has made her his private secretary at a hundred a month—just think of it! And she isn't nearly so rapid a stenographer as I. Of course I'm awfully glad for Joan, for she nearly supports her family, and she's a perfectly splendid girl; but employers don't take such things into consideration as a general thing.

"And it's the same way in other things; Joan plays a little—just accompaniments; yet she's asked out all the time—a good deal oftener than she will go. And she was a delegate to the convention last fall, and all sorts of wonderful things happened to her there. It isn't as if she were especially pretty or brilliant or charming; she is just nice and quiet and inconspicuous. That's what makes it so inexplicable. You can't tell me there's no luck about it."

"I wonder," Uncle Richard said, with a smile that was keen and quizzical and friendly all at once.

"Why, but, Uncle Richard, I've just told you." Ellette always grew emphatic in her excitement.

"Suppose we work at it a bit. I've found that if you really go down into a situation and study it all out, the element of luck vanishes into thin air. About Joan at the office, first. You say she isn't so rapid a stenographer as you, but she is an accurate one, isn't she?"

"Oh, surely," Ellette was both honest and loyal.

"Does she stop with the special thing she is told to do, or go beyond it?"

"Why," Ellette considered, "she is always studying the files. If Mr. Peyton wants the number of a contract, she can generally give it from memory."

"Which saves his time and shows interest in her work."

"And she is always studying up technical building terms—we tease her about it. And she knows how every bit of the work is going, too, even if it isn't her especial business. I suppose that's why she's called on in emergencies so often."

"Good!" Uncle Richard exclaimed. "You are working it out very cleverly, little girl."

"And," Ellette went on, "I guess it's the way in everything. She keeps in practice because she says people so often want an accompanist, and although she never can be a musician, she can help that way. And she studies the mission work just as carefully as she does her business. I just know how she found a hundred ways to help other delegates at that convention. I remember now that one of her loveliest treats there was given her by a girl she had helped."

"Altogether?" Uncle Richard prompted.

"Altogether it isn't luck—it is Joan herself. She makes her own opportunities, just as any girl might do if she had eyes to see. Q. E. D.," Ellette finished saucily, running out of the room.

But she opened the door for a final shot. "Anyway, I always said she deserved her luck!"—*Youth's Companion.*

PESSIMISTS are always in the rear, and never in the van in the march of progress. Your successful men and women are never chronic grumblers.—*Bishop Samuel Fellows.*

Missionary Volunteer Department

Our Counsel Corner

M. E. KERN	Secretary
MATILDA ERICKSON	Assistant Secretaries
ELLA IDEN	
MRS. I. H. EVANS	Office Secretary
MEADE MAC GUIRE	Field Secretaries
C. L. BENSON	
J. F. SIMON	

Volunteers are Wanted

FOR the Morning Watch circle.
 For the Bible Year.
 For the Missionary Volunteer Reading Courses.
 To be soul-winners.
 To help raise \$40,000 for foreign missions.

M. E.

Take Time Each Day

"My Promise:
 "From today—
 "I promise, by God's help, to pray and read my Bible every day, and to do all I can to bring others to Christ.
 "Name _____"

This pledge was circulated in the New South Wales Conference. It is worth while for every young person to make good promises. This pledge is passed on with the hope that you too will try to do these supremely good things.

M. E.

A Good Reason

CAN you give one really *good* reason for not observing the Morning Watch? Of course you cannot. And that fact is one very good reason why you should observe it. Do you not think so?

Can you give a really good reason for not keeping a few calendars on hand to give away or to sell to friends who have none? You cannot? Well, then, is not that a very good reason why you should do so? Fifty cents will bring you ten calendars for this kind of work. Think how much good you can do in just this way.

Many who are not Seventh-day Adventists find this little daily reminder a most valuable friend. A young Methodist woman was so pleased with the Morning Watch Calendar that she ordered a copy, provided it did not cost more than fifty cents.

She was willing to pay fifty cents for one Morning Watch Calendar, and it is worth it too. But you can get ten for that price. How many of you are willing to invest fifty cents in Morning Watch Calendars to use in missionary work? The texts for any month are worth the price of the entire calendar. Why not lay in a supply? You will enjoy using them in your literature and correspondence band work, and they are just as acceptable for Christian Help work, for the calendar is a splendid friend for those who are sick or lonely.

"O the good we all may do while the days" of 1918 are going by! Are you prepared to make the most of your opportunities? Are you prepared to help others form the Morning Watch habit? Do you not think it would be worth while to invest fifty cents in this kind of missionary work?

M. E.

It is not enough to be busy: so are the ants. What are you busy about?—*Thoreau.*

"Better Late Than Never"

SINCE all should begin the observance of the Morning Watch with the beginning of the new year, do you think we should try to distribute copies of the Morning Watch Calendar after January? J. H.

This is another case where it is "better late than never." Let the good work go on. It is better to begin to observe the Morning Watch late in the year than not to begin at all. Remember it is never too late to give or to sell a Morning Watch Calendar to a friend who has none. Then, too, the calendar is very acceptable for use in all kinds of missionary work. You can use it in your bands. You can use it in your Pocket League. You can use it all through the year. Why not obtain a few dozen calendars for your society to use in band work? Why not have a few copies for your own personal use? Let the little daily reminder help you to persuade others to observe the Morning Watch.

M. E.

Morning Watch Calendar Appreciated

It seems to me that our Morning Watch Calendar is only for Seventh-day Adventists. Do you really think others would care for it? R. L.

We have reached a time when we do not have to think that others will like it. We know that they like it. Australia one year printed an edition of twenty thousand, a large per cent of which was sold to persons who were not Seventh-day Adventists. Last Christmas, a Missionary Volunteer sent a calendar to a Methodist friend. Soon a letter came from this friend, saying she was not at home when the calendar arrived. Her cousin, however, had been using it, and had become much attached to it. "So," continued her letter, "will you please send me another, if it does not cost more than fifty cents?" Doubtless many Missionary Volunteers who have introduced the Morning Watch Calendar to persons who are not members of our church, have learned that the calendar makes friends everywhere.

M. E.

Just what should our members report as missionary letters? Some leaders say "any letters written to help others spiritually;" others say "those written to persons not of our faith."

F. B.

"Any letters written to help others spiritually" is the correct answer. It is just as much missionary work to encourage and upbuild spiritually one who has already professed Christ, but who needs help, as it is to seek to win an outside soul to the Saviour. Count as missionary letters all those which are written for the purpose of helping others to know Jesus more fully.

E. I.

Some of us feel that the older church people should not be regular members of the Missionary Volunteer Society, holding society offices, and the like. We are glad to have them with us for advice and counsel, but the question is, Should they monopolize the society?

K. F.

We have tried to encourage our churches to remember that the Missionary Volunteer Society is an organization for young people, not that the older members of the church are not welcome to attend the meetings; they are encouraged to come, and there is something wrong with a young people's society that does not want the older members to attend. But it is the young people's society, and they should be given a chance to develop their initiative in leading out in the work.

This does not mean, however, that there should never be an older person in charge. There are circumstances which might make this necessary to the best interests of the society.

M. E. K.

Just for the Juniors

A Word About Our Junior Corner

THIS is a corner especially for our boys and girls. Short articles and items of interest to Juniors will be printed here. We shall be glad to have reports from Junior Missionary Volunteer Societies, and from those who have had good experiences which would be helpful to other boys and girls. Address all communications to the Missionary Volunteer Department, Takoma Park, D. C.

From the Mail Bag

DEAR MISS IDEN:

The Junior Missionary Volunteer Society at Trenton, New Jersey, is doing fine work for the Lord. The members give away as many papers as they can, all the old *Little Friends* going to the Children's Home. The society has a membership of sixteen, and all are reporting members, three of whom have read the Bible through. Two of the members are new ones. Last year the society passed its goal of \$30, raising \$115.43; it also gave away to the people of Trenton 1,618 papers. The members take great pleasure in reciting poems, learning the Morning Watch verses, and giving Bible studies. They really have very interesting meetings. The Junior Missionary Volunteer Society is led by Mrs. Tyler, who also leads the prayer band. "A Joshua prayer band" has been organized.

Your sincere friend,

FRANK THOBURN.

Frank is thirteen years old. He has completed six of the ten Junior Missionary Volunteer Reading Courses which have been given thus far. We expect that he will keep right on until he has certificates for all ten of them.

DEAR MISS IDEN:

While reading the YOUTH'S INSTRUCTOR, I noticed the article, "Just for the Juniors." As I am very much interested in our Junior work, I immediately read the article and thought it a fine plan to have a part for us in the INSTRUCTOR; so I decided to write and tell you about our club.

Our club represents a ship with a complete crew of seven members, ranging from twelve to sixteen years of age. We are in connection with our young people's work. The captain of the ship is our leader, and our secretary is the pilot, and so on down through the list. Our motto is, "To Save Souls." Our song, "Throw Out the Life Line."

We hope that our club will be a success, and that we may encourage others. We have the Standard of Attainment, and are reading the Junior Reading Course. We are beginning the second book for 1918.

Our club is a new one, so we thought we would write for suggestions to improve it. I remain,

Yours truly,

DORIS GEORGE, Captain.

Other Members:

Bonnie George	Beatrice George
Euginia Amann	Irma Elliott
Lois Giddings	Bruce George

We were glad indeed to receive this interesting letter.

DEAR MISS FRANCIS:

Maybe you will be interested to know what we are doing in our missionary society at Pacific Union College. There are sixteen members, and we have a meeting every other week. The other week our bands meet, and write letters or work on scrapbooks for the children in the hospital. I will tell you what we had at our last missionary meeting.

In our opening song, we thanked the Lord for his loving care over us, and for all the things that make this world so fair. We all bowed our heads while Marion Sanderson offered prayer. Every member in our society gave a sentence telling what he thanked the Lord for. We were grateful for sun, stars, sky, flowers, mountains, loved ones at home, playmates, and many other things. After the secretary's report,

The "Instructor" dated March 26 is the Temperance number. This issue, therefore, contains the Sabbath school lessons for March 30 and April 6. This paper should be distributed in the schools on March 23, and the announcement made that it contains lessons for two weeks.

an offering of thirty cents was taken, which was enough to finish filling our bank, and ten cents over. We can now open our bank, as there are ten dollars in it. Lawrence Anderson recited a very interesting poem, telling how the Lord feeds all creatures and cares for us.

We next had a very queer Thanksgiving dinner. You cannot guess what we had, so I will tell you. On the table there were an apple, a cap, a glass, a piece of wood, water in a bottle, a picture, and a Bible. I suppose you are wondering what they all meant. The apple represented our food, the cap our clothing. The glass had air in it, which we need to breathe. The wood is what we burn to keep us warm and cook our food. The water is something we cannot get along without, and the Bible is God's letter to us, which we are very thankful for. To close our meeting, we sang, "Praise Him! Praise Him!"

We should be very glad to have you come and attend our meeting sometime, Miss Francis.

Your friend,

BLANCHE HORNING.

A little girl in California wrote this letter to the educational superintendent of her conference. It was sent to us by Miss Francis herself. Isn't it good?

The Sabbath School

XIII — The Review

(March 30)

LESSON SCRIPTURE: Genesis 1 to 22.

MEMORY VERSE: Review the memory verses for the quarter. There should pass before us:

EVENTS: The procession of events from the beginning of creation to nearly the close of Abraham's life.

TIME: From the beginning of creation to about 1800 B. C., when we have the beginning of a more definite chronology.

PLACE: The vast universe, the making of this earth; Babylonia, Egypt, Palestine.

PERSONS: Portraits of the chief persons with the places where each event occurred, and where each person lived: Adam, Eve, Cain, Abel, Enoch, Noah, Abraham, Sarah, Hagar, Ishmael, Isaac.

Questions

Creation Week

Gen. 1; 2: 1-3.

Who is the Creator?
How were all things made?
How much time was used in the work of creation?
What is the crowning work of creation?
Which day is the Sabbath?
How was it made?

The Garden of Eden

Gen. 2: 4-25; 3.

For whom was the Garden of Eden made?
What did it contain?
How was man's loyalty to God tested?
What was the result of the test?
What plan was laid for redeeming a lost world?

The Story of Cain and Abel

Gen. 4: 1-16.

What system of offerings was established?
Why was the shedding of blood necessary in a sin offering?
To what did the disobedience of Cain lead?

The Story of the Flood

Genesis 6 to 9.

Why did God send a flood upon the earth?
What was destroyed by the flood?
Who were saved from the flood?
In what ways was the wonder-working power of God displayed?
What token of a covenant was given to man?

The Tower of Babel

Gen. 11: 1-9.

After the flood what did men attempt to build?
How were their plans brought to naught?

Abraham and Lot

Genesis 12 to 19.

What was Abraham called to do?
What promise was made to him and repeated several times?
What caused him and Lot to separate?
Where did each locate?
What purpose did God reveal to Abraham?
How was Lot saved from destruction?

Abraham and Isaac
Genesis 22.

What test was given Abraham in his old age?
Why was this test given?
What promise was again renewed?

Memory Test

Can you tell under what circumstances each of the following quotations were spoken?—

- "Why art thou wroth? and why is thy countenance fallen?"
- "I will make of thee a great nation, and I will bless thee, and make thy name great; and thou shalt be a blessing."
- "Let there be no strife, I pray thee, between me and thee."
- "Am I my brother's keeper?"
- "Ye shall not surely die."
- "While the earth remaineth, seedtime and harvest, and cold and heat, and summer and winter, and day and night shall not cease."
- "I do set my bow in the cloud."
- "I will not destroy it for ten's sake."
- "Behold now, this city is near to flee unto, and it is a little one."
- "Now I know that thou fearest God."

Memory Verses for the Quarter

1. "In the beginning God created the heaven and the earth." Gen. 1:1.
2. "God said, Let us make man in our image, after our likeness." Gen. 1:26.
3. "The wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord." Rom. 6:23.
4. "By faith Abel offered unto God a more excellent sacrifice than Cain." Heb. 11:4.
5. "The Lord said, My spirit shall not always strive with man." Gen. 6:3.
6. "I do set my bow in the cloud, and it shall be for a token of a covenant between me and the earth." Gen. 9:13.
7. "Where envying and strife is, there is confusion and every evil work." James 3:16.
8. "I will make of thee a great nation, and I will bless thee." Gen. 12:2.
9. "Look now toward heaven, and tell the stars, if thou be able to number them: and he said unto him, So shall thy seed be." Gen. 15:5.
10. "I will hear what God the Lord will speak." Ps. 85:8.
11. "Where your treasure is, there will your heart be also." Matt. 6:21.
12. "Without faith it is impossible to please him." Heb. 11:6.

I—Isaac and Rebekah

(April 6)

LESSON SCRIPTURE: Gen. 24; 25:7-10.

MEMORY VERSE: "In all thy ways acknowledge him, and he shall direct thy paths." Prov. 3:6.

STUDY HELPS: "Patriarchs and Prophets," pp. 171-176; "Bible Lessons," McKibbin, Book One, pp. 86-89.

"There is a bliss beyond all that the minstrel has told
When two that are linked in one heavenly tie,
With heart never changing and brow never cold,
Love on through all ills, and love till they die."

—Moore.

"Show me a loving husband, a worthy wife, and good children, and no pair of horses that ever flew along the road could take me in a year where I could see a more pleasing sight. Home is the grandest of all institutions."—Spurgeon.

Questions

1. When Abraham was very old, what did he say to his most trusted servant? To what country did he send this servant? Gen. 24:1-4. Note 1.
2. What possible difficulty did the servant mention? What did Abraham's faith lead him to say? Verses 5, 7, 8.
3. What did the servant take with him? To what country did he go? To what city? Verse 10. Note 2.
4. Where did the servant cause his camels to stop? What was the custom of the women of the city at eventide? From whom did the servant seek wisdom? For what very definite things did he pray? Verses 11-14.
5. Before he ceased praying who came to the well? What favor did Abraham's servant ask? Verses 15, 17.
6. How did Rebekah show her kindness of heart? Verses 18-20.
7. What indicates that the servant felt the Lord had answered his prayer in sending Rebekah to the well? Verses 21, 22.
8. What conversation took place between them? Verses 23-25.
9. How did the servant show his thankfulness for the answer to his prayer? Verses 26, 27.

10. What did Rebekah then do? What hospitality did her brother offer to Abraham's servant? Verses 28-31.

11. What entertainment did he accept? What would he not do until he had told his errand? Verses 32, 33.

12. Relate the story of his experiences as he told it. Verses 34-48.

13. What did he then ask? What did Rebekah's father and brother say? How did the servant again acknowledge that the Lord had led him? Verses 49-52.

14. What custom of the people did the servant then observe? Verse 53. Note 3.

15. What took place the next morning? Verses 54-59.

16. Describe the meeting of Rebekah and Isaac. Verses 62-65. Note 4.

17. Where did Isaac take Rebekah? Verses 66, 67. Note 5.

18. How old was Abraham when he died? Who buried him? Where was he buried? Who else was buried there? Gen. 25:7-10. Note 6.

Told in Other Chapters

The name of the servant mentioned in the lesson.

How old Isaac was when he married Rebekah.

How long Isaac's mother had been dead when he married.

A direct command concerning marriage. 2 Cor. 6:14.

Notes

1. "The inhabitants of Canaan were given to idolatry, and God had forbidden intermarriage between his people and them, knowing that such marriages would lead to apostasy. . . . In the mind of Abraham, the choice of a wife for his son was a matter of grave importance; he was anxious to have him marry one who would not lead him from God. In ancient times, marriage engagements were generally made by the parents; and this was the custom among those who worshiped God. None were required to marry those whom they could not love; but in the bestowal of their affections the youth were guided by the judgment of their experienced, God-fearing parents. It was regarded as a dishonor to parents, and even a crime, to pursue a course contrary to this."—*"Patriarchs and Prophets," p. 171.*

2. It was a long journey, probably five hundred miles, from the home of Abraham to that of his people in Haran. The caravan consisted of ten camels with their drivers and caretakers. "The camels carried rich presents, and gave the impression of the importance of Abraham to those who otherwise could know almost nothing about him. The largeness of the caravan would also be a defense against robbers, and bands of wandering Bedouin."

3. The custom of those days required ornaments and clothing to be given to the bride and to her relatives from her future husband, in order to make the betrothal binding. The presents were given with much ceremony and before witnesses. Sometimes they were even described in a written document.

4. When Rebekah learned that the man she saw approaching was her betrothed husband, she alighted from her camel as a mark of respect, in accordance with the etiquette of the country. Writers tell us that in the East a woman of any social standing still appears before her betrothed, veiled until the ceremony of marriage is completed.

5. "What a contrast between the course of Isaac and that pursued by the youth of our time, even among professed Christians! Young people too often feel that the bestowal of their affections is a matter in which self alone should be consulted,—a matter that neither God nor their parents should in any wise control. Long before they have reached manhood or womanhood, they think themselves competent to make their own choice, without the aid of their parents. A few years of married life are usually sufficient to show them their error, but often too late to prevent its baleful results. For the same lack of wisdom and self-control that dictated the hasty choice is permitted to aggravate the evil, until the marriage relation becomes a galling yoke. Many have thus wrecked their happiness in this life, and their hope of the life to come."—*Id., p. 175.*

6. "In this cave of Machpelah lie treasured the remains of Abraham and Sarah, of Isaac and Rebekah, of Leah also, and the embalmed bodies of Jacob and perhaps Joseph. No other spot in the Holy Land holds so much precious dust as this. The site over the cave itself is covered by a Mahomedan sanctuary. Since the Moslem rule, it has not been accessible to either Christian or Jew."—*Geike.* Peloubet tells us that the Prince of Wales and a few companions were once permitted to enter the church, but not the cave beneath it. It is believed that in this cave may yet be found mementos, perhaps clay tablets written at that time, which will throw much light on those early days.

THERE is no friend like the old friend
Who has shared our morning days,
No greeting like his welcome,
No homage like his praise;
Fame is the scentless flower,
With gaudy crown of gold,
But friendship is the breathing rose,
With sweets in every fold.

—Holmes.

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Spring is Coming!

The weather's fickle this time of year,
 But spring is coming, so never fear.
 The pussy willows know their time,
 The alders and maples fall in line,
 While the tender grass and arbutus low
 Are even now beginning to grow.
 Yes, spring is coming, will soon be here,
 So pass along this word of cheer,
 For spring's the pleasantest part of the year.
 True, summer and autumn both are fine
 And winter's a very jolly time;
 But as I look at such things today
 I'm glad that spring is coming this way.

C. P. Bollman.

A Good Suggestion

IT has been suggested that the Bible pictures used on the first page of the INSTRUCTOR would make a desirable scrap book for Sabbath school and church school teachers. With this idea in mind the pictures are made large and of uniform size. Such a book can but prove an acceptable source of illustration to the Bible teacher.

If You Want to Know How Much You Ought to Get, Find Out How Much You Have to Give

A GREAT word has been added to the vocabulary of business in recent years.

It is being overworked, as all new words are. We shall doubtless become very tired of it, as we have become tired of "psychology" and "efficiency" and other overworked words.

But the idea the word represents has come to stay. The word itself is *service*.

I was in the office of the general manager of a great corporation recently. The business he manages has departments in almost every large city. It is a business that has unquestionably been of enormous benefit to the people of America, and has — incidentally — made millions for its founder.

The general manager read me a letter from the "old man." I obtained permission to copy four paragraphs.

Here they are. What do you think of them as the confession of faith of a millionaire?

"I can now honestly say that I have never worked at the business for profit as the main motive.

"My profits have been incidental, though absolutely necessary.

"I have always conducted my business solely for the purpose of what I considered 'public service.'

"Had I conducted my business for the purpose of making profit, I might have made as much money as I have made, although I doubt it. I am sure that I would not have made any more. I am pretty sure that I would not have made a quarter as much."

I know a man who has become rich by building and operating three great hotels.

I slept in one of his hotels the other night, and in the morning I dropped into my pocket a copy of his book of instructions to his employees. Here are some quotations from that book:

"A hotel has just one thing to sell.

"That one thing is *service*.

"The hotel that sells poor service is a poor hotel.

"The hotel that sells good service is a good hotel.

"It is the object of this hotel to sell its guests the *very best service in the world*.

"The service of a hotel is not a thing supplied by any single individual. It is not special attention to any one guest.

"Hotel service means the limit of courteous, efficient attention from each particular employee to each particular guest.

"This is the kind of service the guest pays for when he pays his bill — whether it is for \$2 or \$20 a day. It is the kind of service he is entitled to, and he *need not* and *should not* pay any more."

It is interesting to note how, in the course of time, the practical men of the world finally come around to the point of view of the world's dreamers.

Napoleon, the practical man, refused to see the dreamer Fulton, with his absurd claim that he could make a boat run against tide and wind.

But today *all* practical men pay tacit tribute to that dreamer.

For two thousand years practical men have looked with a superior sort of tolerance on the teachings of a certain Carpenter of Nazareth. What he said was very good, of course, but utterly impractical.

Yet the service idea, which is the big new idea in modern business, was first discovered and announced by that Carpenter: "Whosoever will be great among you, let him be your minister; and whosoever will be chief among you, let him be your servant."

It is the one solid, practical rule for building a business or a business career.

If you want to know how far you will go in business, take account of stock: find out how much service you are equipped to perform.

If you want to figure what you are likely to get, first figure what you have to give.— *Bruce Barton, in Every Week.*

The Sorrows of Genius

HOMER was a beggar.

Spenser died in want.

Cervantes died in hunger.

Terence, the dramatist, was a slave.

Dryden lived in poverty and distress.

Sir Walter Raleigh was executed.

Butler lived a life of penury, and died poor.

Bacon lived a life of meanness and distress.

Plautus, the Roman comic poet, turned a mill.

Paul Borghese had fourteen trades, and yet starved with all.

Tasso, the Italian poet, was often distressed for five shillings.

Steele, the humorist, lived a life of perfect warfare with bailiffs.

Otway, the English dramatist, died prematurely, and through hunger.

Chatterton, the child of genius and misfortune, destroyed himself at eighteen.

Bentivoglio was refused admittance into a hospital he had himself erected.

Goldsmith's "Vicar of Wakefield" was sold for a trifle to save him from the grip of the law.

Milton sold his copyright of "Paradise Lost" for \$75, at three payments, and finished his life in obscurity.— *Unidentified.*