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Church Officers' General Instruction Department

Special Appointments for the Month of April

Medical Missionary Day April 2
Rural Schools Offering April 9
Elementary Schools Offering April 30
Big Week Campaign April 30 to May 2

"Bring Ye All the Tithes"

(Concluded from last month)

What Should Be Tithed by City Members?

IN this cause, our church members live either in the cities and towns or on farms in the country. Let us consider what a church member living in a city or town should tithe. The true spirit in tithing, whether by one in the city or one in the country, will be that of Jacob, who declared, "Of all that Thou shalt give me I will surely give the tenth unto Thee." Gen. 28: 22. It is made quite plain in another scripture that this would include possessions, such as houses, lands, etc., as well as actual money in banks, stock and bond investments, and one's weekly salary. "Honor the Lord with thy substance, and with the first fruits of all thine increase: so shall thy barns be filled with plenty, and thy presses shall burst out with new wine." Prov. 3: 9, 10.

When this message of tithing comes to a man in the city, it either finds him owning his own home, store, or some city property, having a bank account, or holding stocks and bonds, as well as receiving a weekly wage or some definite sum from a business in which he has capital; or it finds him a wage-earner, with no property or bank account. The real estate that a man in the city owns, whether houses or lands, is surely a part of his substance, and subject to a definite money valuation. It never was tithed before, but a tenth of its value should be turned in as tithing as soon as the truth reaches this man. Any bank account should likewise be tithed, as well as paying a tenth on the interest that accrues from such accounts; for all of this is a part of his substance, as well as constituting sources of income.

His weekly salary should be tithed, for that is a very definite income. I firmly believe there are houses and lands, as well as bank accounts, stock and bond investments, all over this country held by our people, that have never been tithed. If this were done, just think what a mighty stream of tithing would flow into the Lord's treasury.

Tithe Paying by Farmers

Now what about our brethren who live on farms, where they do not receive a definite weekly wage, and where only at stated times do they handle actual cash in their business?

"All the tithe of the land, whether of the seed of the land, or of the fruit of the tree, is the Lord's: it is holy unto the Lord." "And concerning the tithe of the herd, or of the flock, even of whatsoever passeth under the rod, the tenth shall be holy unto the Lord." Lev. 27: 30, 32.

When a farmer accepts the truth, his farm, stock, tools, etc., constitute his substance, and would be worth a definite sum of money if he were to sell them. They are just as much money to him as the bank account is to the man living in the city. Consequently, a proper valuation should be placed upon these things, and a tenth, or tithe, paid into the treasury of the Lord. There are doubtless many untithed farms among us which should be tithed for the Lord.

The man in the city, in order to earn an income, must give his full time, and his wage constitutes his income. The farmer should give his full time on the farm without deducting this from the returns of his crops, dairy, etc., when he tithes his money. A careful record should be kept of hired help, seed purchased, fertilizer, feed, cost of harvesting, etc., in order to have a true bill of what it actually costs to operate a farm and harvest the crops. But just as accurate an account should be kept of everything produced on the farm, whether it be milk and cream, fruit, grain, vegetables, poultry, eggs, or animals, whether sold or not sold; thus both sides of the ledger are in hand.

The actual cost of running the business, deducted from the gross income, will give the real income of the farm, and on this an honest tithe should be paid.

But right here is where many fail. For while they are sure not to forget the price paid for things, many times they do fail to put down in actual valuation the produce received from the farm. Thus they are forced to guess at their income, and the tithe, likewise, is but a guess, rather a tithe of the true increase. Surely such slackness is not pleasing to the Lord, neither will any one be excused for guessing in such a solemn matter as tithing. One might as well guess at the time of sun setting in the attempt at Sabbath keeping.

What about all the milk, cream, eggs, fruit, vegetables, grain, etc., our people on the farms use on their own tables? Surely these all have a definite money value at the time they are used; for if a family had to buy these articles at the store, real money would be required to purchase them. The brother in the city church tithes his wages first of all, and so pays for his family's needs out of the nine tenths left. Surely, then, the brother on the farm should count all he uses for his family's needs of that which his farm has produced, reckoning it as part of his income, or wage, and should likewise tithe it.

Far too many are using all these farm products for themselves, without thinking of tithing them. The Lord requires this of us, and it should be considered a pleasure to do it. What the family use on the farm for their own needs, is surely a part of what the farm produces, and thus becomes a part of the gross income of the farm. When the rest of the income from produce sold is tithed, just as truly should an honest tithe be paid on what is consumed by the family, for that is part of the farmer's true income. Not to tithe this is to rob the Lord of part of that which is His own. Such a person has not brought in all the tithe. Our motto should be, whether in the city or in the country, "Of all that Thou shalt give me I will surely give the tenth unto Thee."

Tithing a Character Test

"To rob God in tithes and offerings is a violation of the plain injunction of Jehovah, and works the deepest injury to those who do it; for it deprives them of the blessing of God, which is promised to those who deal honestly with Him."—*"Testimonies," Vol. V, p. 644.*

"The tithe is the Lord's, and those who meddle with it will be punished with the loss of their heavenly treasure unless they repent. . . . Every church member should be taught to be faithful in paying an honest tithe."—*Id.*, Vol. IX, pp. 250, 251.

"This tithing system, I saw, would develop character, and manifest the true state of the heart."—*Id.*, Vol. I, p. 237.

In view of the closing hours of the judgment, when we shall all be judged as either faithful or unfaithful stewards, surely we cannot afford to rob the Lord in tithes and offerings. But even as important as this reason may be, there can be no true tithe paying unless the love of Christ rules in our hearts, and lives. Where it does dwell in the heart, we shall not only pay an honest tithe, but we shall give liberally of offerings as well, and we shall do it all because of our love for Him who died that we might live.

J. K. JONSS.

Union Springs, N. Y.

Leaning on the Preacher

NEARLY all denominations, in the days of their infancy, have numbered as their members men and women who were enthusiastically working for the advancement of the principles for which they had so lately taken their stand. Then as the denominations grew and the number of adherents multiplied, little by little the members began to look to the preacher to do the work which God originally intended the laymen to do.

The experience of many denominations demonstrates that this is the way things naturally develop. Now the question is, Shall it be so with Seventh-day Adventists? Shall Seventh-day Adventists take it easy, looking to the preacher to feed them week by week, and literally to carry them along to the kingdom of God? I am confident that we all recognize that such a program can bring nothing but defeat.

In our union conference during the present year we have asked our city evangelists to leave their work in the cities and get out into new territory to raise up new believers, thus establishing churches in new places. It may have seemed to some of the members of our churches in the larger cities that they were being neglected or were being forgotten by conference committees, but this really is not the case. With so many cities and villages in our territory where men and women have never heard the message of truth, and with so few conference workers, what else could be done than to call these workers away from the churches that have already been established, and send them out to respond to the calls that come in from new fields? After all, I believe this plan will prove to be a great blessing.

It does not help us to depend wholly upon our conference workers to take us all the way to God's kingdom; such dependency makes weaklings of us. In order to grow and develop our own Christian experience, God expects us actually to engage in work for Him, rather than to "lean on the preacher." It is when we learn to stand alone, that we become strong. It is when we endeavor to bring others to the foot of the cross, that we develop strong characters and enjoy a growing Christian experience. Let us not be leaners, but lifters.—*S. A. Ruskejer, in Western Canadian Tidings.*

The Italian Band

IT is said of Cornelius that he was "a centurion of the band called the Italian band." While I was reading this, it occurred to me that it would be a fine thing to organize an Italian band in every church situated near a community of Italians.

It is remarkable how the Italians are responding to the message at the present time. Company after company of that nationality are accepting the Sabbath and the system of truths for which the Sabbath stands.

Our Italian colporteurs are meeting with amazing success in the sale of Italian books. Now is evidently the accepted time for that people.

Where there are no Italians near by, but other nationalities are found, let it be a "Foreign Band," to reach after these strangers within our gates. We have the literature in abundance to use among them, but it needs warm-hearted human beings to take it to the foreign communities. Those who want some thrilling and inspiring experiences should join the Foreign

Band, for it is in laboring for these people that we find the most heart-hungry souls.

We appeal to church officers to take upon their hearts the organization of a Foreign Band in the church under their watch-care, to evangelize the foreign-language-speaking peoples in the surrounding community.

M. N. CAMPBELL.

Washington, D. C.

Time of Quarterly Meeting

QUESTION: "We understand that the quarterly meeting of any church, at which the ordinances of the Lord's house are celebrated, is the closing work of the church for that quarter, not the beginning of its work for a new quarter.

"Our quarterly meeting was first announced to be held the last Sabbath in December. Then it was postponed to the first Sabbath in January. I am one of the new deacons elected at our recent election, to serve the church for the year 1927. However, I did not offer my services at our quarterly meeting, though it was held the first Sabbath in January, supposing that it was the duty of the deacons for 1926 to serve, for the reason cited above. Was I wrong in this conclusion, or was I right?"

If, as intimated in the question, it is the custom of your church to hold quarterly meeting services at the close of the quarter, instead of the first Sabbath (as is the custom in some churches), then, technically speaking, we should think the deacon's position right. The postponed meeting properly belonged to 1926. The same thing might occur at the close of 1927, giving this deacon opportunity to complete his year's service at a postponed quarterly meeting service held the first Sabbath of the new year, 1928. However, if ordained before, either as deacon or local elder, a newly elected deacon would be prepared to serve in his office, if needed, at the first quarterly meeting service held by the church after his election, let that come when it may, and should continue his services until his duly elected and properly ordained successor appears to take his place, let this also be when it may.

It sometimes occurs that a newly elected deacon cannot be ordained immediately. This makes it necessary for the old officer to continue on in service into the new year, until the newly elected one is prepared to serve the church.

T. E. B.

Worth Remembering

THAT the tongue is not steel, yet it cuts.

That cheerfulness is the weather of the heart.

That sleep is the best stimulant, a nervous safe for all to take.

That it is better to be able to say "No" than to be able to read Latin.

That there are men whose friends are more to be pitied than their enemies.

That cold air is not necessarily pure, nor warm air necessarily impure.

That a cheerful face is nearly as good for an invalid as good weather.

That it is not enough to keep the poor in mind; give them something to keep you in mind.

That nature is a rag-merchant who works up every shred and part and end into a new creation.

That men often preach from the housetops when the devil is crawling in at the basement window.

That life's real heroes and heroines are those who bear their own burdens bravely, and give a helping hand to those around them.

That hasty words often rankle in the wound which injury gives, while soft words assuage it, and forgetting takes away the hurt.—*Selected.*

No Longer Held by Bound Feet

IN one of our outstations we met an elderly Chinese sister with bound feet, who testified in a praise service that before she was baptized her feet were so painful and sore that she could not walk any distance without severe suffering. When she was baptized, she prayed God to heal her, and He did so, and now her heart is filled with gratitude. The last time we visited Tung-a, this sister walked twelve li (four English miles) to the meetings, and back again, with no pain at all.—*Leslie H. Davis, in the Far Eastern Tidings.*

Home Missionary Department

MEDICAL MISSIONARY MINISTRY

Suggestive Program for Home Missionary Service

(Sabbath, April 2)

OPENING SONG: "Not a Wasted Moment," No. 499 in "Christ in Song."

Prayer, closing with the Lord's prayer.

Missionary Report.

First Sabbath Offering.

Special Music.

Bible Study: "Health and Godliness."

Talk: "How the Right Arm Serves the Body."

Testimony Study: "Health Service We Can Do."

Securing names of entrants for Home Nurses' Class or Christian Help Band.

Closing Song: "What Are You Doing for Jesus?" No. 542 in "Christ in Song."

Benediction.

Note to Leaders

"During His ministry, Jesus devoted more time to healing the sick than to preaching."—*The Ministry of Healing*, p. 19. The subject for today's meeting is one the importance of which the Master Missionary did much to emphasize during His earthly ministry. The program for this service is prepared by the General Conference Medical Department, giving very timely instruction covering the principles of successful medical missionary ministry. If you do not have a Home Nurses' Class in your church, this is the opportune time to organize one. It should be taught by a graduate nurse, a physician, or some other properly qualified person. The textbook for this course is entitled, "Home Nursing," the retail price of which is \$1. If you cannot organize at this time a Home Nurses' Class, by all means endeavor to form a Christian Help Band. Instruction for the carrying forward of such work will be found in "Lessons for Home Missionary Institutes in Churches," also priced at \$1. Order both of these books from your Book and Bible House.

The most effective first Sabbath services, we believe, are those which, with the GAZETTE material for a basis, are adapted to the local needs of the church and made most suitable for the number attending. With this in mind, vary the method of presenting a topic. The Bible study in this program may be given in a number of different ways. The texts may be written on slips of paper, numbered, and given out to various ones to read as called upon; or they may be written on the blackboard, and different persons asked to read one or more of them. All present with Bibles may look them up together, or the usual form of a Bible reading may be followed in calling on different persons to read the text in answer to the question. Adapt the manner of presentation in order to make it most practical in your own church.

This is an excellent time to interest the church members in a subscription to the *Life and Health* magazine. Get information from your Book and Bible House as to single and club rates and do your part to give this paper which breaks down prejudice to the truth a large circulation.

E. T.

Health and Godliness

L. A. HANSEN

1. WITH how much of our being should we bless the Lord?

"Bless the Lord, O my soul: and all that is within me, bless His holy name." Ps. 103: 1.

2. Does our worship of God include the physical being?

"What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's." 1 Cor. 6: 19, 20.

3. What is included in God's blessings to us?

"Bless the Lord, O my soul, and forget not all His benefits: who forgiveth all thine iniquities; who healeth all thy diseases; who redeemeth thy life from destruction; who crowneth thee with loving-kindness and tender mercies; who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's." Ps. 103: 2-5.

NOTE.—To heal is to make whole. In the Bible sense it includes healing of body and soul. It may really be considered as one complete work which God alone can do. "For I am the Lord that healeth thee." Ex. 15: 26, last clause.

4. How does Inspiration present God's wish as to our physical well-being?

"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." 3 John 2.

(May we reasonably believe from this statement that physical and spiritual health normally belong together?)

5. On what condition does the Lord promise health?

"If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in His sight, and wilt give ear to His commandments, and keep all His statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee." Ex. 15: 26.

6. What is the relation of health laws to God's laws?

"Sickness is the result of violating nature's law. Our first duty, one which we owe to God, to ourselves, and to our fellow men, is to obey the laws of God. These include the laws of health."—*Christian Temperance and Bible Hygiene*, p. 12. (See also "Counsels on Health," pp. 24, 25.)

7. What promise is given those who serve God?

"And ye shall serve the Lord your God, and He shall bless thy bread and thy water; and I will take sickness away from the midst of thee." Ex. 23: 25.

(Note that the removal of sickness is connected with a blessing on our food.)

8. What connection is there between observing God's commandments and long life?

"He said unto them, Set your hearts unto all the words which I testify among you this day, which ye shall command your children to observe to do, all the words of this law. For it is not a vain thing for you; because it is your life: and through this thing ye shall prolong your days in the land, whither ye go over Jordan to possess it." Deut. 32: 46, 47.

9. Give a good prescription for health.

"My son, attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart. For they are life unto those that find them, and health to all their flesh." Prov. 4: 20-22. (See margin for "health.")

NOTE.—Medicine, in the true sense, is that which heals, not merely something that tastes bad and comes in bottles or pill boxes. Good food, pure air, water, exercise, rest, and sleep are medicinal; they aid recovery from sickness and give health. Healing and health come through the blessing of God in connection with the proper use of these health essentials.

10. What is said of the remnant people?

"Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus." Rev. 14: 12.

11. If the laws of God include the laws of health, and if health is promised through their observance, what might reasonably be expected of the remnant church that keeps the law? (It should possess health.)

Again, is it not very fitting that the closing gospel message, calling people to the observance of God's laws, should carry a health reform message?

12. How much is included in complete sanctification?

"The very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ." 1 Thess. 5: 23.

13. How should we regard our bodies?

"I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service." Rom. 12: 1.

14. The mystery of godliness is "Christ in you, the hope of glory." Col. 1: 27. What relation does our physical being have to this?

"I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave Himself for me." Gal. 2: 20.

THE knowledge that man is to be a temple for God, a habitation for the revealing of His glory, should be the highest incentive to the care and development of our physical powers. Fearfully and wonderfully has the Creator wrought in the human frame, and He bids us make it our study, understand its needs, and act our part in preserving it from harm and defilement.—*The Ministry of Healing*, p. 271.

Health Service We Can Do

L. A. HANSEN

VARIOUS phases of gospel medical work are open to us, offering the privilege of doing practical missionary service in different ways within our several ability. It is not a narrow work that was intrusted to us when the Lord laid upon the church the care of the sick. Neither is it an impossible task, for He has promised His own presence to help. The example He set in His own ministry and the commission He gave His disciples and His church to the end, help us to know the place that ministry to the sick should occupy in gospel work.

"By His example He has shown us that medical missionary work is not to take the place of the preaching of the gospel, but is to be bound up with it. Christ gave a perfect representation of true godliness by combining the work of a physician and a minister, ministering to the needs of both body and soul, healing physical disease, and then speaking words that brought peace to the troubled heart."—*Counsels on Health*, page 528.

Every one can do something and it is to be done with intelligence and knowledge.

"The Lord desires every worker to do his best. Those who have not had special training in one of our medical institutions may think that they can do very little; but, my dear fellow workers, remember that in the parable of the talents, Christ did not represent all the servants as receiving the same number. To one servant was given five talents; to another, two; and to still another, one. If you have but one talent, use it wisely, increasing it by putting it out to the exchangers. Some cannot do as much as others, but every one is to do all he can to roll back the wave of disease and distress that is sweeping over our world. Come up to the help of the Lord, to the help of the Lord against the mighty powers of darkness. God desires every one of His children to have intelligence and knowledge, so that with unmistakable clearness and power His glory shall be revealed in our world."—*Id.*, p. 520.

The pioneer work, the last work.

"Medical missionary work is the pioneer work. It is to be connected with the gospel ministry. It is the gospel in practice, the gospel practically carried out. I have been made so sorry to see that our people have not taken hold of this work as they should. . . . I wish to tell you that soon there will be no work done in ministerial lines but medical missionary work."—*Id.*, pp. 532, 533.

The only way to reach many, and a blessed way.

"Medical missionary work is the pioneer work of the gospel, the door through which the truth for this time is to find entrance to many homes. God's people are to be genuine medical missionaries; for they are to learn to minister to the needs of both soul and body. The purest unselfishness is to be shown by our workers as, with the knowledge and experience gained by practical work, they go out to give treatments to the sick. As they go from house to house they will find access to many hearts. Many will be reached who otherwise never would have heard the gospel message. A demonstration of the principles of health reform will do much toward removing prejudice against our evangelical work. The Great Physician, the originator of medical missionary work, will bless all who thus seek to impart the truth for this time."—*Id.*, p. 497.

Cannot be improved upon.

"The divine commission needs no reform. Christ's way of presenting truth cannot be improved upon. The Saviour gave the disciples practical lessons, teaching them how to work in such a way as to make souls glad in the truth. He sympathized with the weary, the heavy-laden, the oppressed. He fed the hungry and healed the sick. Constantly He went about doing good. By the good He accomplished, by His loving words and kindly deeds, He interpreted the gospel to men."—*Id.*, p. 498.

We are to work in like manner, finishing the work Christ began.

"Christ's work in behalf of man is not finished. It continues today. In like manner His ambassadors are to preach the gospel and to reveal His pitying love for lost and perishing souls. By an unselfish interest in those who need help they are to give a practical demonstration of the truth of the gospel.

Much more than mere sermonizing is included in this work. The evangelization of the world is the work God has given to those who go forth in His name. They are to be collaborators with Christ, revealing to those ready to perish His tender, pitying love. God calls for thousands to work for Him, not by preaching to those who know the truth for this time, but by warning those who have never heard the last message of mercy. Work with a heart filled with an earnest longing for souls. Do medical missionary work. Thus you will gain access to the hearts of people, and the way will be prepared for a more decided proclamation of the truth."—*Id.*, p. 499.

Must study for ourselves and correct our own habits first.

"While Satan is constantly doing his utmost to take advantage of men's ignorance, and to lay the foundation of disease by improper treatment of the body, it is best for those who claim to be sons and daughters of God to avail themselves while they can of the opportunities now presented to gain a knowledge of the human system, and how it may be preserved in health. We are to use every faculty of mind which God has given us. The Lord will not work a miracle to preserve any one in health who will not make an effort to obtain knowledge within his reach concerning this wonderful habitation that God has given. By study of the human organism, we are to learn to correct what may be wrong in our habits, and which, if left uncorrected, would bring the sure result, disease and suffering, that make life a burden. The sincerity of our prayers can be proved only by the vigor of our endeavor to obey God's commandments."—*Id.*, p. 504.

And then help others by first correcting their wrong habits.

"Will those who claim to believe the solemn, sacred truth for this time arouse their sluggish energies and place themselves in the channel where they can gather to their souls every ray of light that shines upon their pathway? God calls upon all who claim to believe advanced truth to exert every power to the uttermost in gaining knowledge. If we would elevate the moral standard in any country where we may be called to go, we must begin by correcting their physical habits. Virtue of character depends upon, the right action of the powers of the mind and body."—*Id.*, p. 505.

A time of special need coming, for which we should now prepare.

"As religious aggression subverts the liberties of our nation, those who would stand for freedom of conscience will be placed in unfavorable positions. For their own sake, they should, while they have opportunity, become intelligent in regard to disease, its causes, prevention, and cure. And those who do this will find a field of labor anywhere. There will be suffering ones, plenty of them, who will need help, not only among those of our own faith, but largely among those who know not the truth."—*Id.*, p. 506.

An important work and a duty.

"As a people we have been given the work of making known the principles of health reform. There are some who think that the question of diet is not of sufficient importance to be included in their evangelistic work. But such make a great mistake. God's Word declares, 'Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.' 1 Cor. 10:31. The subject of temperance, in all its bearings, has an important place in the work of salvation."—*Id.*, p. 443.

The Lord's approved means.

"The work of health reform is the Lord's means for lessening suffering in our world and for purifying His church. Teach the people that they can act as God's helping hand, by co-operating with the Master Worker in restoring physical and spiritual health. This work bears the signature of Heaven, and will open doors for the entrance of other precious truths. There is room for all to labor who will take hold of this work intelligently."—*Id.*, pp. 443, 444.

A part of our special message.

"The health reform is one branch of the great work which is to fit a people for the coming of the Lord. It is as closely connected with the third angel's message as the hand is with the body. The law of ten commandments has been lightly regarded by man; yet the Lord will not come to punish the transgressors of that law without first sending them a message of warning. Men and women cannot violate natural law by

indulging depraved appetites and lustful passions, without violating the law of God. Therefore He has permitted the light of health reform to shine upon us, that we may realize the sinfulness of breaking the laws which He has established in our very being."—*Id.*, pp. 20, 21.

We are to make natural law plain.

"To make natural law plain, and to urge obedience to it, is a work that accompanies the third angel's message. Ignorance is no excuse now for the transgression of law. The light shines clearly, and none need be ignorant; for the great God Himself is man's instructor. All are bound by the most sacred obligations to heed the sound philosophy and genuine experience which God is now giving them in reference to health reform. He designs that the subject shall be agitated, and the public mind deeply stirred to investigate it; for it is impossible for men and women, while under the power of sinful, health-destroying, brain-enervating habits, to appreciate sacred truth."—*Id.*, p. 21.

Health literature to help people.

"The circulation of our health publications is a most important work. It is a work in which all who believe the special truths for this time should have a living interest. God desires that now, as never before, the minds of the people shall be deeply stirred to investigate the great temperance question and principles underlying true health reform. The physical life is to be carefully educated, cultivated, and developed, that through men and women, the divine nature may be revealed in its fullness. Both the physical and the mental powers, with the affections, are to be so trained that they can reach the highest efficiency."—*Id.*, p. 445.

Not a minor matter.

"Let none think that the circulation of the health journals is a minor matter. All should take hold of this work with more interest, and make greater efforts in this direction. God will greatly bless those who take hold of it in earnest; for it is a work that should receive attention at this time. . . . The circulation of the health journals will be a powerful agency in preparing the people to accept those special truths that are to fit them for the soon coming of the Son of man."—*Id.*, p. 447.

Live your convictions, teach the truth.

"To all hygienic reformers I would say, Live up strictly to the convictions of your own enlightened mind. Be not led into indulgence by the entreaties of friends. Live the reform at home; and when you go abroad, carry it with you. Live it, and at proper times, in proper places, and in a proper manner, talk its principles. Never let the opposition or the kind entreaties of friends, gain ground on you. Ever hold on your way, and by all proper means labor to impress those around you with the importance of the subject."—*Id.*, p. 447.

An urgent work.

"Workers—gospel medical missionaries—are needed now. You cannot afford to spend years in preparation. Soon doors now open to the truth will be forever closed. Carry the message now. Do not wait, allowing the enemy to take possession of the fields now open before you. Let little companies go forth to do the work to which Christ appointed His disciples. Let them labor as evangelists, scattering our publications, and talking of the truth to those they meet. Let them pray for the sick, ministering to their necessities, not with drugs, but with nature's remedies, and teaching them how to regain health and avoid disease."—*Id.*, p. 397.

How the Right Arm Serves the Body

KATHRYN L. JENSEN, R. N.

We are all more or less familiar with the three angels' messages, but are we as familiar with all the related factors which hinder or help us to give this most wonderful message "to every nation, and kindred, and tongue, and people" in this generation?

It is true that Heaven could give this message to a listening world without the aid of one human soul, but a kind and all-wise heavenly Father has committed to His children this privilege, just as in the days of the apostles. Peter was sent to Cornelius to carry a message that angels might have given with less effort.

One Way the Right Arm May Serve

"God has shown that health reform is as closely connected with the third angel's message as the hand is with the body. There is nowhere to be found so great a cause of physical and moral degeneracy as a neglect of this important subject. . . .

"Our bodies are not our own. God has claims upon us to take care of the habitation He has given us, that we may present our bodies to Him a living sacrifice, holy and acceptable."—*Counsels on Health*, p. 73.

Did the apostle John desire Christ's followers to be in health, even as their souls prospered, merely for self-gratification? (3 John 2.)

No! He and the early leaders of this last message to a sick and dying world knew that the best we have to offer is none too good to meet the demands of the message.

"Many have expected that God would keep them from sickness merely because they have asked Him to do so. But God did not regard their prayers, because their faith was not made perfect by works. God will not work a miracle to keep those from sickness who have no care for themselves, but are continually violating the laws of health, and make no efforts to prevent disease. When we do all we can on our part to have health, then may we expect that the blessed results will follow, and we can ask God in faith to bless our efforts for the preservation of health."—*Id.*, p. 59.

It is a privilege accorded every Seventh-day Adventist that he may present his body "a living sacrifice, holy, acceptable unto God, which is your reasonable service." Eating at regular hours good wholesome fruit, grains, nuts, and vegetables prepared in a wholesome manner, with milk or cream; seven to nine hours of sleep daily in well-ventilated rooms; cleanliness of body externally and internally, with a mind stayed upon God, will do much to prevent the breaking of body or mind before the threescore years and ten allotted man. Thus we may conserve for this work the best physically we have to give. It is as much our duty to God as it is to pray. Indeed, we are told: "Let none who profess godliness regard with indifference the health of the body, and flatter themselves that intemperance is no sin, and will not affect their spirituality. A close sympathy exists between the physical and the moral nature. The standard of virtue is elevated or degraded by the physical habits. . . . Any habit which does not promote healthful action in the human system degrades the higher and nobler faculties."

A Second Way the Right Arm May Serve

This is by safeguarding the health of those lives for which we will be held responsible to God. The safeguarding of the health of our children and youth, "the richest heritage of this denomination," will yield rich returns, not only in dollars and cents, but in young lives, vigorous and ready to serve a needy world. Fifty per cent of missionary applicants are unfit for service where stress and strain of Christian warfare call for positive health of mind and body. Many return from mission lands when they are just beginning to be of service, because the poor foundation laid in childhood and youth breaks under the pressure of foreign service.

May we not learn some lessons from the experience of the American nation during the World War? The president of the American Child Health Association, Herbert Hoover, says in a recent article entitled, "A Little Child Shall Lead:" "Nine years ago, when the country needed fighting timber to break the deadlock in France, we took stock of our freshly matured masculine citizens, the first time we ever appraised the physical vigor of the youth of the country, reckoning it as a national asset, and we found that one in every four was physically unfit. Amazed at what the revelations of the draft board made clear, we sought for causes and traced back to the cumulative effects of malnutrition, and neglect through the school period, and back of the school period to infancy, and back of infancy to prenatal conditions. The whole health problem was laid bare in its entire sequence, and it became clear that the youth of the country was found wanting because we had cheated our children."

Are we cheating our children? Twelve thousand school inspections show that we need to give more specific education in habits of healthful living to our children, more detailed help to mothers on foods and food values, and devote more time to

remedying the defects already existing which prove remediable in childhood, but lay the foundation for ill health in adult life if not corrected.

Quoting again from Mr. Hoover:

"The great bulk of American-born children have a sufficiency of food and are surrounded by parental care, but there is a surprising degree of undernourishment and habits that produce bad health even among such children. . . . This campaign on which we are embarking involves education,—education of mothers, education through the schools, provision of public health agencies, periodical medical examination of children, and the organization of consultation centers co-operating with the physicians and health officials."

Is not this the need of our children? And is not our objective, the training of workers for the King of kings, a more stirring appeal than that of preparing children and youth for war?

So important was right physical training of children at the time of the first advent of the Saviour to this world, that angels were commissioned to teach the mothers of John the Baptist and the Saviour, the need of careful attention to the laws of health. It was not by chance that John the Baptist was able to stand the wilderness life, and it is not by chance today when our missionaries remain ten, twenty, or thirty years in mission service.

In no other field will we find such rich returns as we will in an endeavor to safeguard by simple and regular habits of living the health of our children and youth. Yearly school examinations, health education, and education of our church members through home nursing classes and cooking schools are effective ways in which the right arm is at present serving the church. Are your church and school being fed?

A Third Way the Right Arm May Serve

As an entering wedge to the heart and home in both foreign and native land, the message of health given us direct from heaven is causing many to inquire into the body of truth.

The evangelist, the Bible worker, the teacher, the colporteur, every worker who knows the simple remedies to relieve suffering, is equipped with a language even the heathen can understand.

We read: "When properly conducted, the health work is an entering wedge, making a way for other truths to reach the heart. When the third angel's message is received in its fulness, health reform will be given its place in the councils of the conference, in the work of the church, in the home, at the table, and in all the household arrangements. Then the right arm will serve and protect the body."—*Counsels on Health*, page 434.

We need to study the "subject broadly and deeply, and seek to bring our own ideas and practices into perfect harmony with the principles of true Christian temperance."—*Id.*, p. 451.

"The world will be convinced, not by what the pulpit teaches, but by what the church lives."—*Id.*, p. 474.

We can be true home medical missionary workers by educating others "through the power of our own example," and through a church prepared to serve a needy neighbor and a more needy world.

"Every church should be a training school for Christian workers. Its members should be taught how to give Bible readings, how to conduct and teach Sabbath school classes, how best to help the poor and to care for the sick, how to work for the unconverted. There should be schools of health, cooking schools, and classes in various lines of Christian help work. There should not only be teaching, but actual work under experienced instructors."—*The Ministry of Healing*, p. 149.

This will break up the monotony of our service for God.

Far Goals

Set not your goal too near at hand

Lest it be early won,

And you, content with some small aim,

Leave better things undone.

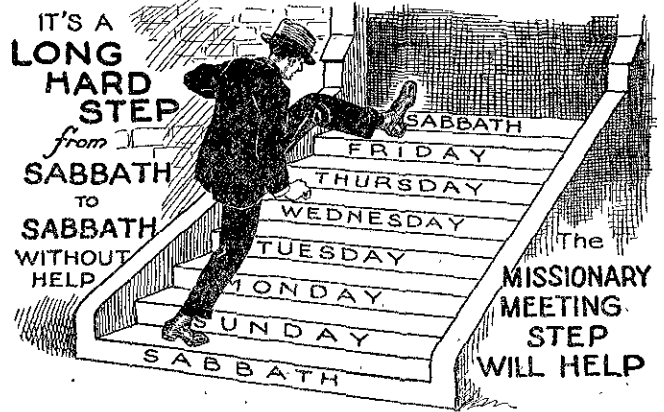
No great ship on its outboard way

But seeks a harbor far;

And every hill, however high,

Looks upward to a star.

—F. C. Hamlet.



Prayer Meeting Suggestions

April 6

TOPIC: "Motive for a Righteous Life."

TEXT: Matthew 6: 4.

SEED THOUGHTS: This text contains both a warning and a promise: (1) A warning—good deeds, alms, prayer, and fasting are not to be done with the idea of being seen of men. Divine approval is what must be sought; (2) A promise—the certainty that the Father of all sees in secret the true motive, which is so often misunderstood by men, is a refuge indeed to which Christians in all ages have fled. "The rabbis counted their righteousness a passport to heaven; but Jesus declared it to be insufficient and unworthy. External ceremonies and a theoretical knowledge of truth constituted Pharisaical righteousness. The rabbis claimed to be holy through their own efforts in keeping the law; but their works had divorced righteousness from religion. While they were punctilious in ritual observances, their lives were immoral and debased. Their so-called righteousness could never enter the kingdom of heaven."—*The Desire of Ages*, p. 309. "Christ is acquainted with all that is misunderstood and misrepresented by men. His children can afford to wait in calm patience and trust, no matter how much maligned and despised; for nothing is secret that shall not be made manifest, and those who honor God shall be honored by Him in the presence of men and angels."—*Thoughts From the Mount of Blessing*, p. 53.

April 13

TOPIC: "Learning of Jesus."

TEXT: Matthew 9: 13.

SEED THOUGHTS: The Pharisees were the most learned teachers of their day. To them Jesus said, "Go ye and learn." He said this to them because of their utter lack of understanding of the Scriptures, which taught fulness of salvation through the Lord Jesus Christ. Danger of God's people today becoming Pharisaical. Possibility of being zealous for our conception of God, without genuine experience of conversion and abiding presence of Christ in the life. Time and effort must be given to learning and growth in the Christian life. "What we need is to know God and the power of His love, as revealed in Christ, by an experimental knowledge. . . . Through the merits of Christ, through His righteousness, which by faith is imputed unto us, we are to attain to the perfection of Christian character."—*Testimonies*, Vol. V, pp. 743, 744.

April 20

TOPIC: "Basis of True Christian Giving."

TEXT: 2 Corinthians 9: 6-15.

SEED THOUGHTS: Basis for true Christian giving is an appreciation of the unspeakable gift of God in His Son, Christ Jesus.* "And has not the Lord a right to demand this of us? Did He not give His only begotten Son because He loved us and desired to save us from death? And shall not our gratitude offerings flow into His treasury, to be drawn therefrom to advance His kingdom in the earth? Since God is the owner of all our goods, shall not gratitude to Him prompt us to make freewill offerings and thank offerings, thus acknowledging His ownership of soul, body, spirit, and property? Had

* Such an appreciation will make sure abundant gifts to the cause.

God's plan been followed, means would now be flowing into His treasury; and funds to enable ministers to enter new fields, and workers to unite with ministers in lifting up the standard of truth in the dark places of the earth, would be abundant."—*"Testimonies," Vol. VI, p. 386.*

April 27

TOPIC: "Christian Lights."

TEXT: Philippians 2: 15, 16.

SEED THOUGHTS: The Greek word translated "light," is the same as that used in Revelation 21: 11, referring to the light of the Lamb of God. Then the children of God today are to be to the world what the Lamb of God will be to the New Jerusalem. That is possible only as they emanate the light of the Lord Jesus. "No other light has ever shone or ever will shine upon fallen man, save that which emanates from Christ. Jesus, the Saviour, is the only light that can illuminate the darkness of a world lying in sin. Of Christ it is written, 'In Him was life; and the life was the light of men.' It was by receiving of His life that His disciples could become light-bearers." The life of Christ in the soul, His love revealed in the character, would make them the light of the world. Humanity has in itself no light. Apart from Christ, we are like an unkindled taper, like the moon when her face is turned away from the sun; we have not a single ray of brightness to shed into the darkness of the world. But when we turn toward the Sun of Righteousness, when we come in touch with Christ, the whole soul is aglow with the brightness of the divine presence."—*"Thoughts From the Mount of Blessing," p. 64.*

Good Use for Old Papers

HAS it ever occurred to you that double use can be made of our papers? After you have read your copy of the *Review and Herald*, *Signs of the Times*, *Youth's Instructor*, or *Little Friend*, if wrinkled but not soiled, iron smooth with moderately heated flatiron. When you have ten or twelve issues of any one periodical, take them to the missionary society, preferably the Missionary Volunteer Society. The society can use them in the following manner, with very satisfactory results:

Cover ten or twelve issues with heavy paper similar to that used on the de luxe Morning Watch Calendar, lighter weight will be satisfactory. Punch two holes in back and tie with ribbons. Paste appropriate pictures cut from magazines on front page cover, also artistically write the title on this page, and you have a very nice book, which you need not be ashamed to present to the hospitals and orphan homes. One of our societies tried this at the great Cook County Hospital, and the following is one of the letters which they have received in response:

"DEAR SIR:

"Please give the members of your group our most sincere thanks for the attractive books which you brought to our office for the patients in the hospital. We can assure you that each one of them is making the time pass much more quickly for some one who appreciates your thoughtfulness very much indeed.

Very truly,

"Director: MARION C. PRENTISS,
"Social Service Department."

Another society is now at work on one hundred fifty of these books, which they will soon place with the shut-ins. Why should our excellent papers find the way to the wastebasket in Seventh-day Adventist homes when others enjoy them so much? In this form they are not so quickly soiled, and are not destroyed as unbound papers are likely to be. S. T. SHADEL.

Now is this time of the year when all our churches should build up their clubs of *Signs*, *Life and Health*, *Watchman*, and other magazines. Our periodicals are soul-winning, and every loyal believer should do his utmost to place this blessed message in as many homes as possible. By far the best way is through a subscription to periodicals. Here is one sister's experience:

"The *Watchman* won me to this truth, and here is pay for four yearly subscriptions, to be sent to my brother, my neighbor, my groceryman, and my aunt. I want them to have the same chance I had to know about this great plan of salvation."



It Pays to Circulate Our Literature

NOT long ago one of our sisters gave a few *Present Truth* papers to a very prominent lady in Los Angeles, and during the conversation she was informed that these papers and other religious literature could be obtained at 3131 Pasadena Avenue. As the result, this lady has come to the office a number of times, and has purchased, approximately, \$100 worth of books and periodicals, besides sending several of her friends, who also have made purchases. Among the different items purchased was a set of "The Conflict of the Ages Series," and hundreds of copies of *Present Truth*. She told the writer that this was the most wonderful literature she had ever read. She has given up her former position with one of the Los Angeles newspapers, and is starting a little mission, where she has Seventh-day Adventist literature displayed in a very prominent place, for sale. Almost every week brings an order for more books and papers. It pays to obey God and circulate this truth-filled literature wherever we go.—*Dean A. Lower, Pacific Union Recorder, July 29, 1926.*

Auxiliary Reading Course Corner

(Conducted by the Ministerial Association)

READING ASSIGNMENT: "Thoughts From the Mount of Blessing," pp. 95-150; "Deeper Experiences," pp. 73-135.

SELF QUIZ: (Emphasizing points of value in soul-winning endeavor.)

BOOK I: (1) What powerful influences reach the life through the gateway of the will? (pp. 95-97) (Note also Fénelon, pp. 136, 137, Book 2.) (2) What is the difference between "existence" and "life"? (p. 96) (3) How far-reaching is the admonition in Matthew 5: 37? (p. 105) (4) What is the insignia of the royalty of heaven? (p. 115) (5) What compensation is experienced by living one day at a time? (p. 150)

BOOK II: We now begin the study of individual experiences in the deeper Christian life, and combined with the study of Book I many practical lessons may be set forth:

Savonarola.—Note the transformation in the lives of children and adults which resulted from his preaching.

Madame Guyon.—Experience of childhood and youth should be made of value to young people of this day. (pp. 88-90) Note the influence of the young Christian missionary. (p. 91) Note the distinct stages of development in Christian character. (pp. 94-102) Note also the resultant passion for souls. (pp. 103, 110)

Fénelon.—Personal effort won him. (pp. 108, 109) Give special consideration to the six progressive steps in experience. (pp. 111-113)

Fox.—Formalism in the church and infidelity in the world go hand in hand. (p. 121) Truly, this is verified today. Upon God's remnant church rests the responsibility of warning against formalism and admonishing to heed the counsel of the True Witness. Rev. 3: 14-22. Especially note that warning against formalism, and placing full dependence upon the righteousness of Christ, does not militate against good works and the outward observance of all God's commands. (p. 134) Here is a motto to keep ever in mind: "Faith is not an opiate, but a stimulant."—*Mrs. E. G. White, in Review and Herald, Jan. 24, 1893.*

"THE restless millions wait
The light whose dawning
Maketh all things new.
Christ also waits;
But men are slow and late."

Senior Missionary Volunteer Meeting

A Pure Language

(For Week Ending April 2)

Suggestive Program

Song Service.

Scripture Reading (James 3); Sentence Prayers.

Leader's Comments.

Talk: "A Pure Language."

Poem: "Let Something Good Be Said." (Also see Junior Program.)

Dialogue: "Enjoying the Testimonies."

Song: "Can the World See Jesus in You?" No. 21 in "The Gospel in Song."

Close by Repeating in Unison Psalms 19: 14.

Bands Meet.

Your Poster

Your poster today can well be simply a sketch of a door key, and underneath the words, "The Key to Your Character."

Leader's Comments

Study "Christ's Object Lessons," pp. 335-339. See also Junior program, the object lesson, and symposium. The purpose of this meeting is to impress your Missionary Volunteers with the thought that we in these last days must be a people of a pure language. It is essential to the progress of our message that we speak correctly and with force, but even more important is the quality of our conversation. Read Zephaniah 3:9. We are told that the disciples, ever after Pentecost, were noted for their purity of speech. And where can we better obtain this influence in our lives than from studying the Bible. We know that the power of old English writers and essayists lay in their simplicity and choice of diction. The Bible is a model in the use of the right word in the right place. Ruskin testified that he owed much of his ability as a writer to the fact that his mother had him memorize long portions of Scripture, and he found himself unconsciously reverting to Biblical expressions. How is it in your speech, Missionary Volunteers?

Talk: "A Pure Language"

(HAVE written on the blackboard these topics: A Pure Language, Freedom From Slang, Use Correct English, Avoid "Smutty" Stories and Jokes, Using the Best Words, Distinct Pronunciation and Enunciation, Leave Out Criticism and Gossip, Speak Kind, Encouraging Words, Refrain From Impatient Words, Always Tell the Truth. Space does not permit comment on each one, but you will think of further thoughts and illustrations.)

Two men going to the same place, met on a train, the older man, a resident of the place, returning home; the younger, a stranger, hoping to find work there. Upon leaving the train, the older man said:

"You are a stranger here; come home with me, and I will help you all I can to get a place."

"But you know nothing about me, sir," said the surprised young man. "How can you invite me to your home?" But he went.

After dinner, the host said to the astonished young man: "You are of a cultivated family; the tone of your voice told me that. You are well educated; your intelligence betrayed that. You are cultured and refined; your use of words and the views you take of things told me that. I see you are surprised, but you know the words, 'Open thy mouth, that I may know thee.' We will now see what we can do about a situation."

When we read, "By thy words thou shalt be justified, and by thy words thou shalt be condemned," we are quite likely to apply it to that indefinitely future "day of judgment," when we must "give account." It does apply then; but it also applies now, in our daily life and work.

"Freedom from slang." "Why is slang so objectionable?" asks one; "it's very expressive! One can say in slang what cannot be said any other way." Are you sure? Have you consulted Webster? The continued use of slang produces faulty reasoning and indistinct thinking; it depletes the vocabulary, and we forget how to express our thoughts in good English. It is important that surgical instruments should be sharp, but still more important that they should be sterilized.

"Use correct English." Watch your own speech and that of your friends. Form a help-one-another band, then *help* one

another. Try adding a new word each day to your working vocabulary? Look up its exact meaning and its correct pronunciation, then *use* it.

"Avoid 'smutty' stories and jokes." Read clean things, think clean thoughts, and unclean thoughts will be put to rout. "A clean mind makes a clean citizen," some one has said; and that's the only kind that is *really* valued here, and the only kind that will be received into the New Jerusalem.

"Leave out criticism and gossip!" Emerson said: "There are three classes of people,—those who discuss ideas, those who discuss things, and those who discuss people; and the last is the lowest." Criticizing others is not only un-Christian; it is useless, unnecessary, and harmful to ourselves. "Gossips are too lazy to read and get things worth talking about; so they gossip. Mental laziness! Gossip comes out of an intellectual vacuum." The first step in curing ourselves of criticizing others may well be to criticize ourselves. "What would I have done in his place?" Then let us apply the antidote, "Speak kind, encouraging words." If God, through Jesus Christ, is living in us, our words will be kindly, encouraging; we will speak more often of His mercy and love, and of the precious experiences He gives us; we will more often express appreciation of the good qualities and kind, helpful deeds of our loved ones, our friends, our associates in school or work. "The tongue of the wise useth knowledge aright." Prov. 15: 2.

T. ROSE CURTIS.

Let Something Good Be Said

WHEN over the fair fame of friend or foe
The shadow of disgrace shall fall, instead
Of words of blame, or proof of thus and so,
Let something good be said.

Forget not that no fellow being yet
May fall so low but love may lift his head;
Even the cheek of shame with tears is wet,
If something good he said.

No generous heart may vainly turn aside
In ways of sympathy; no soul so dead
But may awaken strong and glorified,
If something good be said.

And so I charge ye, by the thorny crown,
And by the cross on which the Saviour bled,
And by your own soul's hope of fair renown,
Let something good be said!

-- James Whitcomb Riley.

Dialogue: "Enjoying the Testimonies"

(HELEN sits near a table reading. Upon the table are the following books: "Testimonies," Volumes I and V, "Counsels to Teachers," "Ministry of Healing," and "Christ's Object Lessons." Soon a knock is heard at the door, and Helen welcomes three of her chums, Joyce, Nadine, and Fern.)

HELEN: O girls, come right on in. You can't imagine how glad I am to see you. I know you'll all be willing to help me out.

GIRLS in concert: Of course, if there's anything we can do.

NADINE (looking at the books scattered over the table): Looks as if you might be taking correspondence lessons or writing a theme. But what's your problem anyway? Of course we'll help. (The girls remove wraps and find chairs. Nadine picks up Volume V.)

HELEN: Well, you know the topic for our next meeting is, "A Pure Language," and Mr. Stone asked me to find paragraphs from the spirit of prophecy. I'd like to find one for each member of our society to read and then take home with him.

FERN: Well now, isn't it fine that we all came along? We've often discussed how we could make our conversation more profitable. Surely it will not be along wrong lines tonight.

JOYCE: Do you know, I wish I could make myself study the "Testimonies." I really want to, girls. Now I know you don't believe that, but I do; just getting started is the thing. (Takes "Ministry of Healing" from the table.)

NADINE (who has been reading): Girls, just listen to this. (Reads from Volume V, p. 58, last paragraph, first eleven lines.)

FERN (Taking "Christ's Object Lessons" from table): That's the truth. You know, Gwendolyn is always telling—

JOYCE: Fern, Fern, but what are you doing right now? (Reads from "Ministry of Healing," p. 489, par. 2.)

FERN: Well, I confess that's a good one for me. I'm glad you read it. But how do you find those paragraphs?

HELEN: You have "Christ's Object Lessons." It has an index, so you can easily find anything. Look under "Conversation" or "Criticism." (Pause.) But I never thought of this in this way before. (Reads from Volume I, p. 408, 9 lines, beginning with "Christ is denied in many ways.")

FERN: Oh, how careful we should be. I'm sure I don't want to deny Jesus. Listen to this: (Reads from "Christ's Object Lessons," p. 337, par. 3.)

HELEN: I know "Counsels to Teachers" has something good on this subject. (Takes book from the table.)

JOYCE (Glancing at watch): O girls, how the time has gone! We must go. (All rise and take coats.)

HELEN: Oh, I'm sorry. Will each of you mark the one you've read (passes her pencil), and I'll copy them tomorrow. It has made this study more interesting to have you all here. Thank you so much.

NADINE: I think we're the favored ones. Girls, why don't we study together like this often? What do you say to every Sunday evening?

ALL TOGETHER: Why not? I'll do it. (Girls leave, calling back): Look for me next Sunday night. Let's study amusements. I want to study nature. Good night!

EMMA E. HOWELL.

Standard of Attainment Band

1. At the beginning of the new quarter it may be helpful to review the work done by the band since the first of the year. Not all the good done can be measured. When we speak of the fellowship of such a study and work band and the courage it brings to the band member, no measurement can be accurate. Let us say its influence is a power only for good. But we can check up some of our efforts.

a. How many young people have we "looked up" and tried to encourage?

b. How many personal conversations have we had in which the Christian life was the central theme?

c. How many Bible readings have been given?

d. Let each member respond with a word of appreciation of the weekly lesson study.

2. The season of prayer should include the spiritual needs of each member. How much we need the refreshing grace in our own lives as we seek to minister to others!

3. Brief review of the lesson, and assignment.

4. What will you do for the Master during the coming week?

Literature and Correspondence Band

1. Prayer and consecration. Today spend a little time in reconsecrating yourself to the Master's service. "As a worker gives himself unreservedly to the service of the Lord, he gains an experience that enables him to labor more and more successfully for the Master."—*"Testimonies," Vol. VII, p. 21.* Is not that what the workers in your band need?

2. Study *Present Truth*, No. 13, which you passed out last week. Did you assign definite parts, so that you can survey it quickly when you meet today?

3. Help members check up on their visiting route or mailing list, culling out those who do not care to receive more literature, and suggesting additional helps for especially interested ones.

4. Pass out No. 14 for study during the week and discussion at next band meeting. Assign different proofs and objections on the Sabbath question to members for special study.

It is time for you to plan with your church missionary secretary for Big Week, which comes April 29 to May 6.

In making a profession of faith in Christ we pledge ourselves to become all that it is possible for us to be as workers for the Master, and we should cultivate every faculty to the highest degree of perfection, that we may do the greatest amount of good of which we are capable.—*"Christ's Object Lessons," page 330.*

THE test of enjoyment is the remembrance it leaves behind.—*Jean Paul.*

For your Home program, May 7, you will need to order two leaflets, "Father" and "Mother."

Literature and Correspondence Band

Today your regular missions program is on the publishing work. Why not co-operate with the society members by introducing plans for Big Week? Make special effort to get as many as possible of them to take part in the campaign. I hope you have the books in hand and can present them briefly.

Social Plans for Missionary Volunteers

(For Week Ending April 9)

Suggestive Program

Opening Exercises. (See story of the song, "Stand Up! Stand Up for Jesus.")

Leader's Remarks.

The Bible Comment.

Talk: "Social to Save." (Base on the chapter of this title in the book, "Social Plans for Missionary Volunteers.")

Symposium: "I Read in the Spirit of Prophecy."

Poems. (See "As I Go On My Way" or "The House by the Side of the Road," pp. 8 and 157 of the above-mentioned book.)

Discussion: "The Test of a Good Time." (Encourage all to join in this.)

You Are Invited. (If at all possible, have a social gathering planned for a set date in the near future, and extend a hearty invitation to all. See "Social Plans for Missionary Volunteers" for excellent ideas. Ask each Missionary Volunteer to bring a friend, and all get acquainted.)

Band Meetings.

Advertise Today

Advertise with two words printed in large letters, "RECREATE OR WRECK-CREATE." Illustrate with sketches or picture cut-outs. Something in the process of being repaired may be used to represent the first; an automobile wreck will suggest the latter.

Song: "Stand Up! Stand Up for Jesus"

(Have some one tell this story and then sing the song.)

The story is told that just before Civil War times a great revival was held in Philadelphia. One young preacher, Dudley Tyng, was especially in earnest, and through his efforts many were won to Christ. Before the series of meetings closed, this young man was injured by his arm's being caught and mangled in a piece of machinery. The doctors told him he must die. It was a terrible blow to Dudley Tyng that he could not help to finish the work begun in Philadelphia, but raising himself up with effort, he said, "Say to them, stand up for Jesus!" The young man's best friend, Dr. George Duffield, was so stirred by this message that he composed the hymn of this title, basing it on the words of his friend and Ephesians 6:14. It was especially loved by the soldiers during the Civil War.

Leader's Remarks

Some one has said, "Man is incurably social." But did God intend us to be cured of it? The Bible story itself begins with a lonesome man for whom God made a companion, and ends with a picture of throngs about the throne, all united in voice and destiny. We find the enemy of souls always attacking us on the points that are filled with greatest possibilities, and since he puts so many enticements in the line of recreations and pleasures, we must conclude that there are large opportunities to serve the Master in the social life. Jesus Himself was no hermit, He enjoyed the companionship of others; but He sought always to glorify God. The spirit of prophecy has told us that "it is through the social relations that Christianity comes in contact with the world."—*"Testimonies," Vol. IV, p. 555.* And again: "Especially should those who have tasted the love of Christ develop their social powers, for in this way they may win souls to the Saviour."—*Volume VI, p. 172.*

(Leader, here point out the difference between mere amusement and true recreation. Glean thoughts and inspiration from the chapter on "Recreation" in the book, "Education," pp. 207-213.)

The Bible Comment

(Pass out these numbers in advance, so that each one who reads a text can comment upon it. Those given are suggestive.)

1. WHERE can we find the truest and most lasting joy? Ps. 16:11.

2. Name a young man who, in Bible times, chose affliction rather than the pleasures of sin? Heb. 11:24-26. Men whom God has used in all ages have been ready to suffer affliction rather than indulge in sinful pleasure. Will He be able to use you and me?

3. What is the result of overindulgence in pleasure? Luke 8:14. Pleasures which in themselves are harmless may become very harmful if indulged to excess. He who seeks only pleasure can "bring no fruit to perfection."

4. What should be our object in all pleasure? 1 Cor. 10:31-33.

Symposium: "I Read in the Spirit of Prophecy"

(Pass out these references to be read)

1. "COUNSELS TO TEACHERS," p. 342, par. 3.

2. "Many declare that it is certainly no harm to go to a concert and neglect the prayer meeting, or absent yourself from meetings where God's servants are to declare to you a message from heaven. It is safe for you to be just where Christ has said He would be. Those who appreciate the words of Christ

themselves. Second, familiarize yourself with literature which relates to nature. The Bible is an excellent teacher. Note the first chapters of Genesis, the latter part of Job, many of the Psalms, parts of Isaiah, and the parables of Jesus. Of modern writers in prose, Ruskin is a great interpreter of nature, and

will not turn aside from the prayer meeting, or from the meeting where the Lord's messenger has been sent to tell you concerning things of eternal interest. Jesus has said, 'Where two or three are gathered together in My name, there am I in the midst of them.' Do not be afraid to choose your pleasure and

are non-Christians. To multiply the effectiveness of their 321 foreign and 1,425 native workers, five publishing house centers have been built and equipped. They are situated in Singapore, Manila, Shanghai, Seoul, and Tokio. They employ 150 native workers and supply about 250 native colporteurs. They are

the nature teachings of Ellen G. White, in "Christ's Object Lessons" and parts of "Education," are spiritual and helpful. In verse there is an almost innumerable company of writers, such as Wordsworth, Tennyson, Longfellow, Bryant, Lanier. Memorize much of the Bible, and of the poets who speak of nature, so that these thoughts will become the habitual attitude of your mind, and you will grow into a love of the great lesson book of God.

A. W. SPALDING.

Prayer on the Mountain

GIRD me with the strength of Thy steadfast hills,
The speed of Thy streams give me;
In the spirit that calms, with the life that thrills,
I would stand or run for Thee.
Let me he Thy voice, or Thy silent power,
As the cataract or the peak,
An eternal thought, in my earthly hour,
Of the living God to speak.

Clothe me in the rose tints of Thy skies
Upon morning summits laid;
Robe me in the purple and gold that flies
Through Thy shuttles of light and shade.
Let me rise and rejoice in Thy smile aright,
As mountains and forests do;
Let me welcome Thy twilight and Thy night,
And wait for Thy dawn anew.

Give me of the brook's faith, joyously sung
Under clank of its icy chain;
Give me of the patience that hides among
Thy hilltops in mist and rain.
Lift me up from the clod, let me feel Thy breath,
Thy beauty and strength give me;
Let me lose both the name and meaning of death
In the life that I share with Thee.

—Lucy Larcom.

A Lesson From the Rain

A SPECIAL mission has been given
To every drop of rain;
God drew it upward to Himself,
Then sent it back again
To freshen some poor with'ring flower
Upon the dusty plain.

To every man is also given
A mission from on high,
If he will only first be drawn
Away from earth to sky;
He's filled with God's own life and power
To quicken those who die.

Then shall we not fresh courage take,
When list'ning to the rain?
The cross has power enough for all;
It was not raised in vain;
It can uplift and fill the weak,
And send them forth again.

—Mrs. J. F. Moser.

Illustration: "Who Is Behind the Door?"

A BRILLIANT young scientist was lecturing on elementary botany to a schoolroom full of children. He proceeded without hesitation until he began to describe the cell, the protoplasm with which it was filled, and the energy that gives it life. Because he was addressing children, he lingered over this part of his lecture, and strove to get closer to their understanding.

"This protoplasm," he said, "while it has a big name, is after all a simple enough affair. The scientists have analyzed it, and can tell you exactly of what it is composed, but we do not yet know what gives to protoplasm its vital energy, its power of living and growing. From it all things proceed, but we know no more." Here a certain tone of solemnity came into his voice, as if even his keen, cold intellect could not help being awed by the wonder of the problem. "The door is shut to us. Behind that door whence the impulse comes all its mystery—impenetrable mystery."

His voice sank away into silence. For the space of a moment it seemed as if the spellbound children scarcely breathed, and then through the shadows of the big room there pierced a sweet, girlish voice, asking, "Please, sir, does God live behind the door?"—Adapted.

PRAY and work; work and pray!

Standard of Attainment Band

Discussion.—Some one asked Lyman Beecher, the famous evangelist, this question: "Mr. Beecher, you know a great many things. What do you count the greatest thing that a human being can be or do?" Without hesitation he replied: "The greatest thing is, not that one should be a scientist, important as that is; nor that one shall be a statesman, vastly important as that is; nor that one shall be a theologian, immeasurably important as that is; but the greatest thing of all," he said, "is for one human being to bring another to Christ Jesus the Saviour."

Did some one win you to Christ? Do you remember how? Some one will respond to your loving efforts.

Special prayer for interested ones and for those who may be passing through special temptations.

Assignment of Work.—It takes time and effort to do things worth while. Most of the work for the Master is done by busy people.

Review of lesson and discussion of leading points.

Lesson assignment.

Literature and Correspondence Band

1. Special prayer for the Big Week campaign.
2. Have some short suggestive canvasses given on the books to be sold. No definite helps can be given on this, because we do not know what books will be used in your territory.
3. Assign territory. The campaign begins at the close of this week.

"The Redeemer will not accept divided service. Daily the worker for God must learn the meaning of self-surrender."—*"Gospel Workers," p. 113.*

God's Great Love

(For Week Ending April 30)

Suggestive Program

Songs of Love and Praise. Nos. 180, 182 in "The Gospel in Song" and Nos. 288, 587 in "Christ in Song."
Two Seasons of Prayer.
Introductory Talk and Memory Texts. (See note. All join in repeating the texts several times during the talk.)
Poem: "God's Love." (See p. 16.)
Testimonies: "God's Great Love to Me." (Seek a full response, either by personal testimony or by repeating Bible verses.)
Band Meetings.

Introductory Talk and Memory Texts

John 3: 16; Eph. 3: 17-19.

Luther said John 3: 16 is "the Bible in miniature." In these few words we find the greatest truth of the whole book. Herein is told (1) the story of God's love, (2) its expression through sacrifice, and (3) the means whereby we may be saved. Then (Ephesians 3: 17-19) considers "the breadth, and length, and depth, and height" of the love of God. Here is an illustration from the pen of Dr. J. H. Jowett: "God's love is deeper than sin. One night when I was crossing the Atlantic an officer told me that we had just passed over the spot where the 'Titanic' went down. It is too far down for the power of man to recover. Then I thought of all the human wreckage engulfed and sunk in oceanic depths of sin. Very far down. But not too far down for the love of God! A Scotchman illustrated the all-embracing love of God to his little son by pointing to the Highlands stretching out on the north, the North Sea on the east, on the west of them the Irish Sea, and to the south the great Atlantic. "God's power and love," said he to the lad, "are like that." "Then," said the boy in wonder, "then, father, we are in the middle of it all, aren't we?"

Standard of Attainment Band

Discussion. "Ye shall be witnesses unto Me." With these words Jesus sent forth His followers. The early church shook the very foundations of the Roman Empire through their witnessing. What will the Missionary Volunteers do in the "last days" of witnessing? What about your testimony concerning Jesus? Are you denying Him by being silent?

Prayer for power to witness for Him, for wisdom that we may know how to labor for Him. Remember those who have drifted away.

Plans for the coming week.

1. Personal work among our own youth.
2. Efforts to reach young people not of our faith.
3. Bible readings.

Review of lesson and assignment.

Literature and Correspondence Band

1. A season of prayer for the help of those taking part in this campaign, and for those whom they will meet in the homes.
2. Give further points on the canvasses.
3. Throw the band open for discussion of best methods.
4. Consider the question, Will I win a soul in this campaign?
5. Be sure that all have definite territory assigned.
6. Are all supplied with books?

"NOTHING that any one else does really matters; it is what you do that will count."

Extension Fund has been busy, supplying them with a heating plant, a fine Miehle press, a paper cutter, bindery outfit, and working capital. In addition to the Korean Signs, and a liberal list of tracts, they have several books in Korean, such as "Helps to Bible Study," "Patriarchs," "World's Destiny," "Health and Longevity," and "Matthew 24." So great has been the influence of this literature, that the Rev. J. S. Gale, the first Protestant minister to enter Korea, forty-three years ago, recently wrote:

"Wisely and well has this mission [Seventh-day Adventist] seen beyond this more limited horizon that bounds most of us, and put their emphasis on books, thus reaching a world where no missionary goes; a world that never comes to church; a world that is proud and old and distressed, and needs the light of hope as much as any. I propose that we take our hats off to the Seventh-day Adventists and make a deep bow. They have had more sense and vision in regard to missionary work than the rest of us. All other things pass away, printed pages alone remain."

Japan.—A new one-story building of pressed steel takes the place of the brick publishing house destroyed three years ago by the earthquake. It is being surrounded by dainty shrubs and flowers such as the Japanese lily. The Miehle press, the paper cutter, and some other valuable machinery were not seriously injured by the falling walls of the old building, and are all busy turning out such books as "Patriarchs and Prophets," "Steps to Christ" and "Way of Life." Their Signs of the Times magazine is enjoying a liberal circulation, largely through the efforts of the lay members. As a comment on the missionary spirit of our membership there, it is interesting to note that although our constituency is less than 500, our literature sales are greater than those of all the other Protestant denominations combined.

Leader's Remark.—The combined efforts of colporteurs and lay members, with the literature supplied by these five houses, have had their full share in increasing the membership from 9,740 in 1921 to 17,007 in 1925. H. H. HALL.

Harbor Lights

FAR up on the rocky heights,
While the breakers dash and roar,
And the sea gulls play in the foaming spray,
And the bleak winds whistle night and day,
The lighthouse stands secure.

Its friendly beams are thrown
To warn the ships at sea
That 'neath the tide the sand bars hide,
And treacherous rocks the coast beside
Bring wreck and misery.

Along the shores of life,
Guarding the narrow way,
Are lights that stand, at Christ's command,
Pointing the lost to the Promised Land
Of everlasting day.

O may the beacons shine
With clear and steady flame,
Sending their glow o'er waves of woe,
That storm-tossed mariners may know
There's refuge in His name.

—Elizabeth Wheeler.

Standard of Attainment Band

Reports From Band Members.—Note work done and discuss conditions among the youth of the church. What can be done to increase the spirituality? What worldly tendencies are evident? Tempted youth is in need of strong friendships and the closer association of spiritual-minded young men and women.

Plans for work the coming week.

Prayer.—Samuel considered prayer a sacred duty. Ponder his words, "God forbid that I should sin against the Lord in ceasing to pray for you."

Review of the lesson and discussion of leading points.
Assignment.

Literature and Correspondence Band

Today your regular missions program is on the publishing work. Why not co-operate with the society members by introducing plans for Big Week? Make special effort to get as many as possible of them to take part in the campaign. I hope you have the books in hand and can present them briefly.

Natural Beauties

(For Week Ending April 23)

Suggestive Program

Opening Song: No. 329 in "Christ in Song."
Scripture Reading (Ps. 19: 1-11) and Prayer.
Leader's Talk: "Natural Beauties."
Nature Bible Verses. (See p. 16.)
Talk: "Seeing God."
Poems: "Prayer on the Mountain" and "A Lesson From the Rain."
(Also see poem in 1926 Morning Watch Calendar, inside cover, "An Outdoor Man's Prayer.")
Exercise: "Trees of the Bible." (See p. 16.)
Illustration: "Who Is Behind the Door?"
Close by Repeating the Pledge in Concert.
The Bands Meet.

Leader's Talk: "Natural Beauties"

(For your poster today see notes, page 16)

A number of boys were playing ball one afternoon, when all at once a sunset of many hues painted the western horizon. Unconsciously every boy of them faced the west in reverent silence. At length, in subdued tones, little Robert spoke: "Boys, we must play fair; God is watching." Who but the Master Artist could paint such a glorious scene! How few of us actually take time to understand and enjoy the natural beauties that a loving Father places all around us. It was Phillips Brooks who said, "You must feel the mountains above you while you work in your little garden." God would have us consider the things of nature and be led through them to contemplate His great love. Through nature we can look up to nature's God. David meditated upon the works of God. (Read Ps. 77: 12 and 143: 5.) Shall we not take time to get acquainted with God this springtime? (For further thoughts, read "Testimonies," Vol. IV, p. 581, and Vol. II, pp. 588-590, and look up the word "nature" in the index. Perhaps you will wish to carry out the idea suggested in the Junior leader's talk, page 16.)

Talk: "Seeing God"

ONE of the greatest needs of young people is to know God through the works He has made, to come to see Him and feel Him and meditate upon Him and talk with Him in the temples of the wood and under the broad tent of the skies. Not very many do this today. It is the age of the machine, of drive and hustle and rush. It is the age of great cities,—cities that shut out God in the pride of man's works and in the press of man's activities.

I believe with all my soul that the people who are going to meet Jesus must meet Him now, and walk with Him now, and talk with Him now. I think it is possible to meet and to talk with Jesus even in the city streets, or shut up in a prison, but I believe that not very many will do it in either place. To every one of us comes the crisis which came to Abraham and Lot, the necessity of deciding whether to pitch our tents toward Sodom or live in the hills of Canaan.

Many of you were born in the city, and it is not easy for you to love the country and the things of nature, but it is a part of Christian education to do so. You can read literature which will inspire and cultivate your love of nature, and instruct you in its spiritual lessons. (Read what Mrs. E. G. White says on this in "Education," pp. 100, 101, and in "The Ministry of Healing," pp. 363-367.)

You who are in a country environment, make the most of your opportunity. Do not long for the city; remember Lot's children. Many country people are lonesome because they have not learned to study and enjoy nature, and thus to commune with God. If you will study the plants and the creatures about you, and the sky overhead, and with all this study the Bible and other helpful literature, you will come to feel at home in God's great house, so that you will never want to leave it for the city, except it be on God's errands. Thus did Enoch and Abraham. Moses was an example of a city man converted to the country, where he communed with God.

Now, to go about it, do two things. First, study to know the names, the nature, and the services of the flowers, the trees, the birds, the insects, the animals about you, and to know the names of the clouds and of the stars and constellations. You can get books which will help you in all these matters, but you must do more than read. You must study the things themselves. Second, familiarize yourself with literature which relates to nature. The Bible is an excellent teacher. Note the first chapters of Genesis, the latter part of Job, many of the Psalms, parts of Isaiah, and the parables of Jesus. Of modern writers in prose, Ruskin is a great interpreter of nature, and

the nature teachings of Ellen G. White, in "Christ's Object Lessons" and parts of "Education," are spiritual and helpful. In verse there is an almost innumerable company of writers, such as Wordsworth, Tennyson, Longfellow, Bryant, Lanier. Memorize much of the Bible, and of the poets who speak of nature, so that these thoughts will become the habitual attitude of your mind, and you will grow into a love of the great lesson book of God.

A. W. SPALDING.

Prayer on the Mountain

Give me with the strength of Thy steadfast hills,
The speed of Thy streams give me;
In the spirit that calms, with the life that thrills,
I would stand or run for Thee.
Let me be Thy voice, or Thy silent power,
As the cataract or the peak,
An eternal thought, in my earthly hour,
Of the living God to speak.

Clothe me in the rose tints of Thy skies
Upon morning summits laid;
Robe me in the purple and gold that flies
Through Thy shuttles of light and shade.
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Under clank of its icy chain;
Give me of the patience that hides among
Thy hilltops in mist and rain.
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Thy beauty and strength give me;
Let me lose both the name and meaning of death
In the life that I share with Thee.

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Then sent it back again
To freshen some poor with'ring flower
Upon the dusty plain.

To every man is also given
A mission from on high,
If he will only first be drawn
Away from earth to sky;
He's filled with God's own life and power
To quicken those who die.

Then shall we not fresh courage take,
When list'ning to the rain?
The cross has power enough for all;
It was not raised in vain;
It can uplift and fill the weak,
And send them forth again.

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Illustration: "Who Is Behind the Door?"

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His voice sank away into silence. For the space of a moment it seemed as if the spellbound children scarcely breathed, and then through the shadows of the big room there pierced a sweet, girlish voice, asking, "Please, sir, does God live behind the door?" — *Adapted.*

PRAY and work; work and pray!

Standard of Attainment Band

Discussion.—Some one asked Lyman Beecher, the famous evangelist, this question: "Mr. Beecher, you know a great many things. What do you count the greatest thing that a human being can be or do?" Without hesitation he replied: "The greatest thing is, not that one should be a scientist, important as that is; nor that one shall be a statesman, vastly important as that is; nor that one shall be a theologian, immeasurably important as that is; but the greatest thing of all," he said, "is for one human being to bring another to Christ Jesus the Saviour."

Did some one win you to Christ? Do you remember how? Some one will respond to your loving efforts.

Special prayer for interested ones and for those who may be passing through special temptations.

Assignment of Work.—It takes time and effort to do things worth while. Most of the work for the Master is done by busy people.

Review of lesson and discussion of leading points.

Lesson assignment.

Literature and Correspondence Band

1. Special prayer for the Big Week campaign.
2. Have some short suggestive canvasses given on the books to be sold. No definite helps can be given on this, because we do not know what books will be used in your territory.
3. Assign territory. The campaign begins at the close of this week.

"The Redeemer will not accept divided service. Daily the worker for God must learn the meaning of self-surrender."—*"Gospel Workers,"* p. 113.

God's Great Love

(For Week Ending April 30)

Suggestive Program

Songs of Love and Praise. Nos. 180, 182 in "The Gospel in Song" and Nos. 283, 567 in "Christ in Song."

Two Seasons of Prayer.

Introductory Talk and Memory Texts. (See note. All join in repeating the texts several times during the talk.)

Poem: "God's Love." (See p. 16.)

Testimonies: "God's Great Love to Me." (Seek a full response, either by personal testimony or by repeating Bible verses.)

Band Meetings.

Introductory Talk and Memory Texts

John 3: 16; Eph. 3: 17-19.

Luther said John 3: 16 is "the Bible in miniature." In these few words we find the greatest truth of the whole book. Herein is told (1) the story of God's love, (2) its expression through sacrifice, and (3) the means whereby we may be saved. Then (Ephesians 3: 17-19) considers "the breadth, and length, and depth, and height" of the love of God. Here is an illustration from the pen of Dr. J. H. Jowett: "God's love is deeper than sin. One night when I was crossing the Atlantic an officer told me that we had just passed over the spot where the 'Titanic' went down. It is too far down for the power of man to recover. Then I thought of all the human wreckage engulfed and sunk in oceanic depths of sin. Very far down. But not too far down for the love of God!" A Scotchman illustrated the all-embracing love of God to his little son by pointing to the Highlands stretching out on the north, the North Sea on the east, on the west of them the Irish Sea, and to the south the great Atlantic. "God's power and love," said he to the lad, "are like that." "Then," said the boy in wonder, "then, father, we are in the middle of it all, aren't we?"

Standard of Attainment Band

Discussion. "Ye shall be witnesses unto Me." With these words Jesus sent forth His followers. The early church shook the very foundations of the Roman Empire through their witnessing. What will the Missionary Volunteers do in the "last days" of witnessing? What about your testimony concerning Jesus? Are you denying Him by being silent?

Prayer for power to witness for Him, for wisdom that we may know how to labor for Him. Remember those who have drifted away.

Plans for the coming week.

1. Personal work among our own youth.
2. Efforts to reach young people not of our faith.
3. Bible readings.

Review of lesson and assignment.

Literature and Correspondence Band

1. A season of prayer for the help of those taking part in this campaign, and for those whom they will meet in the homes.
2. Give further points on the canvasses.
3. Throw the hand open for discussion of best methods.
4. Consider the question, Will I win a soul in this campaign?
5. Be sure that all have definite territory assigned.
6. Are all supplied with hooks?

"NOTHING that any one else does really matters; it is what you do that will count."

Junior Missionary Volunteer Meeting

A Suggestion Corner for Junior Superintendents

IN a well-disciplined school the question of order and reverence in the meeting is practically solved. In church societies, however, where the Juniors come together just for the meeting, absence of order sometimes stands out as one of the chief causes for lack of interest. The superintendent can do much to meet the situation by careful planning. He should be in the room at least fifteen minutes before time for the meeting to begin, so that any Juniors who have come early may be kept quiet. A Junior may have the responsibility of arranging chairs and distributing song books. Usually, if one of the bigger boys has this duty, he will take it upon himself to see that the others do not disarrange what he has done.

Singing also helps in securing the right spirit before a meeting. Have a number of songs chosen and a good pianist on hand fifteen minutes before the meeting. Boys and girls love to sing, and the best chorister the church can provide is none too good. Learn some songs to sing from memory. The real Junior carries his hymn book in his head. Pick out some of the old "advent" hymns, and teach them to the Juniors. Perhaps a Junior chorus that can render something in the Sabbath school once in a while will be an added incentive.

Seating carefully always helps. It does not take long for the Junior superintendent to discover that certain combinations do not promote the best of behavior. A little personal work with the chummy group, trying to awaken the same group-loyalty to the society that they show for each other, may be required. Make them feel that the society is theirs, and that they want it to be the very best Junior society in the whole conference. Perhaps when they see the point they will even be willing to sacrifice the pleasure of sitting together for the sake of the society. When they themselves can be led to choose to sit where they will not encounter temptation, the battle is won.

Following the Perfect Junior in Word

(For Weeks Ending April 2)

Suggestive Program

Opening Song: No. 559 in "Christ in Song."
 Read Matthew 12: 35-37 together.
 Leader's Talk: "The Perfect Junior." (Show how Jesus followed the instruction of the previous verses. Read Isa. 53: 7. Describe the judgment scene when false witnesses were called. Read Matt. 26: 63; 27: 12. How should we act when blamed wrongly?)
 Recitation: "What Kind of Words?"
 An Object Talk. (By an older Junior.)
 Recitation: "The Way of It."
 Story: "Is It True?"
 Symposium: (Introduced by Superintendent.)
 Close by Repeating Psalms 19: 14.

Notes for the Superintendent

The purpose of this program is first to show what a blessing the tongue can be when rightly used, and how cruel a thing it is when not controlled. By it we express our best and most helpful thoughts, and can thus guide others. The other side of the picture shows gossip, criticism, exaggeration; truly a terrible power is there. And last but not least, the program should show that, "Out of the abundance of the heart the mouth speaketh."

For a motto, have some one write on the blackboard or a large sheet of paper, "Who Keeps Yours?" Make the question prominent. Underneath write the verse, "Set a watch, O Lord, before my mouth." Ps. 141: 3.

And for your poster, follow the suggestion of the Senior notes. NOTE.—There is no suggestion for a superintendent's talk, but the article given in the Senior program, "A Pure Language," is an excellent basis for one.

What Kind of Words?

His heart was a cage of gold;
 His mouth was its dainty door;
 His words were the birds that we all adore,
 Whose music can no'er grow old.

Her heart was a cage of tin;
 Her mouth was its ugly door;
 Her words were the birds that bite and devour,
 That reel, instead of win.

Like birds escaped from a cage, they flew.
 What kind of words are shut up in you?

—Helen Adair.

"SPEECH is like a great ship, and love is the little rudder that turns it in the right direction."

An Object Talk

SHOW the society a little collection of seeds arranged in a series of small boxes. Both seeds and words are little things, but when once planted, they may grow to great proportions. Show a seed which is especially small and yet grows to be a large plant. Liken this to a word that may be started about some one, and then it is picked up and repeated, and it grows until it does untold damage. *Illustration:* A young woman who was a very fine sculptress presented a sample of her work and applied for a special job which was soon to be awarded. Without question the judges would have given her the work, had not some one told them that she was a morphine addict. She lost her chance, and when the story was traced down, it was learned that some one had seen her take a pill for an attack of indigestion. Two seeds may look alike, and yet when they are grown they do not resemble each other at all. Two words may be very much the same, but one used to ruin some one, the other to help another forward. Show some seeds of flowers and liken them to words of cheer and helpfulness, which, when planted, will give a fragrance to all who hear them. Think of other similarities.

The Way of It

A LITTLE boy made him a wee snowball,
 And rolled it about in the snow;
 And it gathered the crystals and clung to them all,
 And, oh, how that snowball did grow!
 Oh, my!
 You've made one, of course, so you know.

A little boy whispered a word one day
 Unkind of some one he knew;
 And each one who heard it, repeated his way
 The story, till oh, how it grew!
 Oh, my!
 And a heartache was caused by it, too.

Two little red mittens the small ball rolled
 That grew in such magical way;
 And a little red tongue was the one that told
 The tale that grew big in a day.
 Oh, my!
 Be careful, wee tongues, what you say!

—Pauline F. Camp, in *Housekeeper*.

Story: "Is It True?"

"OH, it's a long, long ways over to the fork of the roads," said Billy in answer to the question addressed to him by the stranger. "You might get there by dark," he added thoughtfully with a question mark in his voice.

The stranger looked up at the westering sun. "I guess that I shall have to give up for today," he said regretfully. "Too bad, I understand the Smiths need help right away, too."

"Could you give me the exact miles, sonny?" said the man as he hesitated a moment longer before reversing the gear.

Like a flash Billy remembered that he and dad had watched the speedometer the last time they had gone over the road. It had always *seemed* so long as he had trudged over the way, that he had declared one day in the presence of his father that it was at least ten miles. Father had smiled at the statement, but said nothing; and so a few days ago he had pointed to the little dial in the front of the car, and told Billy to watch it until they got to the fork in the roads. "How far are we from home?" he asked as they swung onto the right-hand road at the fork, and Billy had felt sort of sickish as he remarked, "Three miles, but it *seems* like ten." And then dear, good father, who is always so careful to tell things *just* as they happened, had told him of the sorrowful consequences that often come when the truth is stretched just a little because it "*seems* that way to you." Billy had resolved then and there to ask after every statement he made, "Is it true?"

The temptation was strong not to tell the stranger that he was wrong. He might say he did not know. In the brief moment that followed the stranger's searching question, Billy argued with himself. "He didn't *know* exactly, not down to feet and inches," he tried to tell himself. And then father's whistle sounded from down in the pasture. Once more Billy was looking into the clear blue eyes as he heard father say, "Billy boy, never stretch it. Tell things the way they *are*."

With a little catch of breath, just as if he were taking a cold plunge, Billy looked up. "It isn't so far after all," he said. "Our speedometer calls it just three miles."

Billy watched the fast-disappearing car as it headed for the "forks." "I'll not get caught that way again," he promised himself. And throwing back his head he went to join his father, with a merry whistle on his lips. HARRIET HOLT.

Symposium

(Present the thought mentioned in the first paragraph of the notes. And bring it home to the children that only through Jesus may we cleanse our hearts until our lips send forth only kind, thoughtful, and truthful words. Pass out the following questions and others which you might think of, for a response. In closing, make Psalms 19: 14 a pledge that those who really wish Jesus to help guard their lips, will repeat.)

1. What about the disciples' speech showed that they had been with Jesus? Acts 4: 13.
2. Where can we find the best model for our words?
3. What faults in our speaking will make us lose friends?
4. What kind of talking helps most?
5. How can we win friends for Jesus by our speech?
6. What bad habit of speech do you think does the most harm?

Following the Perfect Junior in Deeds

(For week ending April 9)

Suggestive Program

Song Service: (Have several children responsible for selecting a song each, the sentiment of which is consecration. "Jesus, I will follow Thee" is one.)

Opening Song: No. 474 in "Christ in Song."

Sentence Prayers.

Repeat John 14: 1-3, read the 12th verse together. (The leader may point out that while Jesus is preparing our mansions, He expects those for whom He is preparing them to bear fruit, and promises that it may be even greater than what He accomplished.)

Talk: "We Must See Him."

Special Song: "I Would Be Like Jesus." No. 136 in "The Gospel in Song." (Have two or three Juniors learn this thoroughly and sing it in concert.)

Talk: "Bearing His Stamp."

Repeat the Memory Gem. (Have this printed on a large sheet of paper and hung where all can see it. Say it until it can be repeated from memory.)

Story: "Recognizing Jesus."

Drill.

Close by Repeating Mizpah.

Notes for the Superintendent

Jesus is our great pattern. To follow Him all the way should be the thought of every boy and girl who loves Him. What would Jesus do if He were in my place? should be the question we are ever asking ourselves, and when we remember that the hardest thing we ever did is small compared with what Jesus did, and that He gives us power to follow, surely there is no excuse.

Secure a picture of Jesus. Perhaps you can find one on the front page of an old Morning Watch Calendar, and paste it on a sheet of paper, with the words, "The Junior's Example," and an invitation to attend the meeting.

Talk: "We Must See Him"

OVER in Belgium, where some of the most wonderful lace in the world is made, the women who do this work sit in darkened rooms, with just one ray of light streaming in. Where do you suppose that light falls? On their work, so that they can better see to direct the threads? Oh, no, their own work must be kept in the shadow, and the light is on the pattern.

Have you ever put two dots on a sheet of paper and tried to draw a straight line between them? (Pass out sheets of paper and pencils and have the boys and girls try to do this.) If you watch your own pencil, you will find that the line will be crooked and will miss the mark. If, too, you look away, you will find your pencil coming wide of the mark you are trying to hit, but keep your eyes on the dot to which you are drawing your line, and your success is assured. Draw out the lesson that if we keep our eyes on ourselves or on others, our lives become crooked and warped and very unlike the pattern. Emphasize this. We *must* see Jesus daily and keep our thoughts stayed on Him, if we would follow His steps.

Talk: "Bearing His Stamp"

EVERY single one of us belongs to some one. Of course, I heard you say there are father and mother. Yes, but father and mother belong to some one, just as you do. There are only two masters in the universe, and every living being owes allegiance to either one or the other. Paul tells us that the one we obey, to him we belong, "whether of sin unto death, or of obedience unto righteousness." Rom. 6: 16. There are two masters, and we bear the stamp of one or the other. What is

the stamp of Satan? Impatience, unkindness to parents, lying, stealing, blasphemy, murder, and all the evil of the world is his stamp. Little things show the master just as truly as the blackest things, for murder is only hatred gone to seed.

What is the stamp of Jesus? He says: "Herein is My Father glorified, that ye bear much fruit; so shall ye be My disciples. As the Father hath loved Me, so have I loved you: continue ye in My love." John 15: 8, 9. Then Jesus' stamp is bearing fruit, with His love in our hearts. Can we show Jesus' love in our hearts in the home? (Tell of some ways that you think we can, such as bearing cheerfully our share of the burdens, doing extras without being asked.)

A gentleman dropped a quarter into the hand of a newsboy and waited for some change. "This is a Canadian quarter," he said. The gentleman took the quarter back and showed the little newsboy the stamp of the eagle upon it. "Well, if the eagle is on it, it must be all right," replied the lad, and the gentleman got his change. Should not each Junior Missionary Volunteer be as particular about the stamp his character carries as this boy was about the quarter he would receive?

(Close your talk by reading the memory gem and drilling all in it until it can be repeated without hesitation.)

Memory Gem

"The approval of God rests, with loving assurance upon children and youth who cheerfully take their part in the duties of the household, sharing the burdens of father and mother." —"The Desire of Ages," p. 72.

Story: "Recognizing Jesus"

THREE is an old story that tells of a vision a shoemaker had one night. In his dream the Saviour stood beside his bed and said, "Martin, look for Me tomorrow on the street. I shall meet you there!"

Although the shoemaker did not place much faith in his dream, still the next day he could not help watching the street to see if his Saviour passed by. Nothing much happened, just a few incidents that might have happened any day. Seeing a poor old street sweeper, the shoemaker called him in and gave him something to eat, and let him warm himself by his fire. Then he saw a poor woman shivering in the cold. He called her in and gave her a cloak and a few pennies. Then just before night he made peace between an apple woman and a street urchin who had stolen some of her apples. He got the boy to give the stolen fruit back and to ask forgiveness. They walked off together as good friends.

That night the Saviour returned again to the shoemaker's bedside, and said, "Martin, Martin, did you not recognize Me?" When Martin awoke, his New Testament was open and his eyes fell upon the verse, "Inasmuch as ye have done it unto one of the least of these My brethren, ye have done it unto Me."

Although this incident may not be true, it has a lesson for every Junior, for in the little chances to serve others that come to us every day lie opportunities to follow the Master.

Drill

(The superintendent should conduct this.)

Ask each Junior to tell of some act on the part of some one which showed that that person had the stamp of Jesus. Perhaps some mother has gone to sit up all night with a sick neighbor, perhaps some farmer has taken in a homeless boy and given him an education, perhaps some Junior has carried a load for some person who was too feeble to bear it. The purpose of this drill is to help the Juniors to see that in the everyday opportunities for loving helpfulness comes the chance to bear the impress of the Master. Encourage an informal discussion of various acts and incidents they have seen.

Does Your Junior Society Bear the Stamp of Jesus?

HAVE you ever brought cheer to shut-ins or to old people by preparing a program of song and rendering it in some hospital ward or old people's home? Why not begin to work on one now?

Has your society ever had the fun of packing a box to send to a city mission or to some school in the South? How about giving up some of your program time to this kind of society missionary work?

Child Life in Mission Lands (Southern Asia)*(For Week Ending April 16)***Suggestive Program****Song Service.**

Opening Exercises: (Choose a missionary hymn to open the meeting, and follow it by prayer for our missions.)

Repeat the "Great Commission" in concert. Matt. 28: 18-20.

Leader's Comment:**Map Talk.**

Reading: "Child Life in the Lao."

Recitation: "What if the Light Goes Out?" (See picture. If possible have this sketched on blackboard, so that the Junior giving the recitation may refer to it.)

Story: "Let Him Drown."

Talk: "What a Dollar Can Do in India." (Follow by a response from all the children, "What Can I Do?")

Close with Song and Prayer.

Notes to the Superintendent

There is such a need and such a cry from the children of many lands! The program of today can but touch, and that very briefly, upon a small corner of the earth. During the year we hope to touch upon bits of other mission lands. It is hoped that the superintendent is keeping clippings from the *Review and Herald* and other of our papers which will furnish him with material for up-to-date stories of the needs of each of these lands.

Have it announced the week before that each member is to search for some picture, book, or object from India to present when he comes to the next meeting. Secular magazines as well as our own papers may be used, and postcards from missionaries solicited. Have everything that is brought placed on a display table.

For a poster have the one word "India" printed on an outline map of the country. Underneath the time and place of meeting announce, "Admission cards requested, not required." Of course it will be explained at the previous meeting that the "admission cards" are the objects or pictures from India.

Leader's Comment

What if none of us knew anything about the gospel! There would be no schools, no hospitals, nor many of the other things we are benefited by. Many children in other lands are unwanted, abused, and even murdered because the love of God has not touched the hearts of their parents. It is not through any merit of ours that we were born in this land. Because we are thus favored, it is the duty of every Junior Missionary Volunteer to send the light to his brothers and sisters in the dark corners of the earth. (Tell the story of how the Israelitish maid brought light to Namaan's home. Give some practical ways in which you and your society can obey the great commission.)

Map Talk

Display a large map of Southern Asia, and have a Junior who is studying geography touch the following points: size; land surface, such as rivers and mountains; population; dress and habits of people; religions.

Reading: "Child Life in the Lao"

WHEN a little brown baby first opens its black eyes to the light in the Lao country of north Siam, it does not find waiting for it a number of dainty little garments, such as even the poorest American mother tries to provide for her little one, for to have anything prepared beforehand would be considered unlucky by a Lao mother. Besides, clothes for babies are regarded as a superfluous luxury, so the little creature is wrapped in any old piece of cloth that happens to be available, such as a bit of its mother's old skirt, or its father's loin cloth, and is laid in a nest of old rags on the bamboo floor of the house.

A little child is considered well dressed if its little body is stained yellow with tumeric and streaked or smeared with little dabs of lime or powder, and if its hair is adorned with a flower, its neck with a chain, its wrists with bracelets, and its ankles with anklets of hammered silver from a quarter of an inch to an inch in diameter. When the children are older, they dress just as grown people do. The little girls wear a seant little skirt striped round and round in different colors, and having a deep hem of dark brown. A gay cotton scarf is often worn about the shoulders.

The boys' costume consists of a long strip of bright-colored silk or cotton cloth fastened around the waist by a light knot in front, while the long ends are twisted together, brought up between the legs, and tucked in at the waist behind. The general effect is that of full trousers reaching about to the knee.

The food of the country is curry and glutinous rice, and it seems to make fine, strong children, although often the coarseness of the food makes the stomach large and prominent, and it is possible that many a tiny baby does not survive a long course of pap made of rice and bananas steamed and pounded

to a paste, with which the poor mite is fed whose mother's milk fails.

The Lao people are very good to children, and are seldom guilty of any cruelty to them, although when they are angry, they sometimes punish them quite severely. The little ones can help care for the last baby, and often the most disagreeable task, such as the dirtiest bit of washing, is given to the smallest child to do. But as fast as the child grows up, it seems to shift its task upon those younger, so that sometimes one hears of the older people sleeping late, while the little children get up and cook the rice which is to serve the family for meals all day. The children take the buffaloes to and from pasture, they help in the ricefields and in the vegetable gardens. Often a very small child does all the marketing for the family. The children are taught how to weave cloth and make baskets, and do many useful things, but they get very little book knowledge.—Adapted from story by Mrs. E. B. McGilvary, in "Child Life in Many Lands."

What if the Light Goes Out?

WHAT if the man who watches the light
Way up in the lighthouse tower,
Should say: "I'm tired of the dull routine
Of tending the lamps each hour."

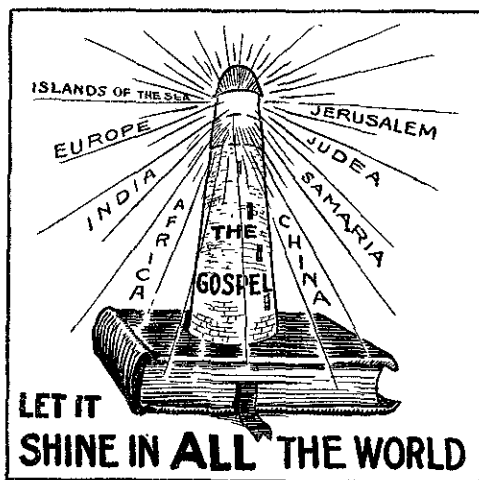
And the ship which was nearing its harbor safe
Was dashed on the rocky coast;
Just because no light shone out in the night,
The lives of the crew were lost.

What if a child who has promised to shine
As a light in this world of sin,
Should tire of the light bearer's task, and say,
"To live for myself I'll begin."

Her mite box lies empty upon the shelf,
To borrow from it was no theft.
A vacant chair in the mission band
Is all of that light bearer left.

And out in India a little girl
From the mission school is sent
To the awful dark of a heathen home,
For the light bearer's light was spent.

—Selected.

**Story: "Let Him Drown"**

A WILD scream, then the patter of hurrying feet, broke the stillness of a quiet courtyard in a home of the better class of northwestern India. Chandra, the beloved son of the household, had fallen into an open well. The well was deep, the men of the household were away, and the women could not reach him. There was much wringing of hands. Finally a sweeper, who was one of the servants, ran up and offered to go down the well and save the boy, but the mother refused. Chandra was left to drown rather than lose his caste.

The Hindu religion teaches that the touch of a low-caste person will defile one of the upper caste. How different the story might have been, if that mother had known of the love of the true Saviour, who received all, even lepers, and touching them, healed them. What do we as Juniors owe the Juniors of other lands?

Talk: "What a Dollar Can Do in India"

1. FEED a starving child for three weeks.
2. Feed and clothe an orphan for two weeks.
3. Educate an orphan for fifteen days.
4. Feed a poor widow for twelve days.
5. Furnish a teacher for untaught children for five days.
6. Send a Bible woman for a week to brighten a score of homes and a hundred souls, perhaps.
7. Send an evangelist for three days who may reach six villages and hundreds of people.
8. Send out three hundred leaflets for distribution, bringing a knowledge of Jesus to several hundred souls.
9. Buy one hundred Gospels in any language.
10. Buy twelve Testaments in any language.
11. Buy three Bibles in any language.
12. Set in motion incalculable influences.

God's Other Book

(For Week Ending April 23)

Suggestive Program

Song Service: (Ask a number of the children to select a favorite and sing one verse of each.)

Opening Song: "God Made Them." No. 426 in "Christ in Song." (If the Juniors are not familiar with this, sing it over a number of times. It is worth learning.)

Leader's Talk: "God's Other Book."

Nature Bible Verses.

Recitation: "Overheard in an Orchard."

Exercise: "Trees of the Bible." (Pass out the questions. Keep the references until all have had an opportunity to answer, then give out texts and correct the answers.)

Recitation: "Lesson From the Rain." (See p. 12.)

Superintendent's Talk: "Seeing God." (Study the article on p. 11, along with the references it suggests, and put it into your own words.)

Close by Repeating Psalms 19: 1.

Notes to Superintendent

Over and over the spirit of prophecy points us to the book of nature that reveals God to His children, and yet comparatively few Juniors understand nature or even see the many wonderful things of interest all around them. How many recognize the song of passing bird, even though it may be heard in the din of city sounds? This program is planned to awaken a desire to see the things of nature, and in seeing them, let the mind be drawn to God. It needs preparation.

For a poster, cut out a picture of some woodland scene, and underneath print the question, "What Do You See?" And don't forget to announce the time and place of meeting, not only on the poster, but at the Sabbath services.

Leader's Talk: "God's Other Book"

If possible, obtain enough common flowers so that one may be passed to each of the members. We will suppose that you are using the dandelion, for it is a composite flower, and all the more wonderful when examined closely. Call attention to the coloring. What is it that makes the stem green and the head another color? Why is it that the same soil makes red on one plant, blue on another, and yellow on another? Think of other wonderful things about this common dandelion. Then pass out several simple magnifying glasses. (These are usually to be found among the supplies of a schoolroom, and possibly may be borrowed for the occasion; if not, one or two are not expensive, and could be profitably used many times in nature walks or further talks.)

Put the whole flower under the magnifying glass, and study the beauty of structure that is brought out. Take a pin and tear off one of the tiny parts of the head or disk. Now put that under the magnifying glass, and you find that that tiny part, so small it looks like a minute tube, is a complete flower containing all the parts in itself. In parts of the country where it is too early for dandelions, use a simple flower such as a crocus, and put the stamens and pistil under the glass. Cut them so that a cross-section is seen. Bring out the fact that the more minutely we examine the works of God, the more wonderful they become. While the glasses are being passed and the flowers are being examined, read the following statements:

"Perfection exists in the least as well as in the greatest of the works of God. The hand that hung the worlds in space is the hand that fashions the flowers of the field. Examine under the microscope the smallest and commonest of wayside blossoms, and note in all its parts the exquisite beauty and completeness. So in the humblest lot true excellence may be found; the commonest tasks, wrought with loving faithfulness, are beautiful in God's sight."—*Education*, p. 114.

See chapter on "Lessons of Life," of the same book, for other illustrations. Use several of these if you do not follow out the examination of a flower.

Nature Bible Verses

(Have the following verses written on slips to be passed out for reading. Introduce this number by calling attention to the many times nature is referred to in the Bible. For instance, note the number of times the word "tree" or "bird" appears in a concordance.)

Ps. 1: 3.	Ex. 19: 4.	Ps. 103: 15.
Jer. 17: 7, 8.	Ps. 103: 5.	Isa. 40: 8.
Luke 6: 43, 44.	Isa. 40: 31.	Matt. 6: 28.
John 15: 1, 2, 5.	Matt. 8: 20.	1 Peter 1: 24, 25.

Recitation: "Overheard in an Orchard"

Said the robin to the sparrow:
"I should really like to know
Why these anxious human beings
Rush about and worry so."

Said the sparrow to the robin:
"Friend, I think that it must be
That they have no heavenly Father
Such as cares for you and me."

—From the Sunday School Times.

Exercise: "Trees of the Bible"

1. In what trees was to be heard the breeze that was the signal for David to attack the Philistines?
2. What tree is symbolic of the prosperity of the wicked?
3. What tree did Zechariah behold in a vision?
4. A branch of what tree appeared to Jeremiah as a sign when he was called of God?
5. Under what tree did Deborah sit while judging Israel?
6. What tree and weed were used as a parable by Jehoash, king of Israel, before giving battle to the king of Juda?
7. Into what tree did Zachaeus climb to see Jesus as He passed by?
8. From what tree did the dove bring a leaf into the ark?
9. On the branch of what tree did Absalom hang?
10. What tree did Jesus mention in a parable as the example of a fruitful Christian life?

1. 2 Sam. 5: 24.	6. 2 Kings 14: 9.
2. Ps. 37: 35.	7. Luke 19: 4.
3. Zech. 4: 3.	8. Gen. 8: 11.
4. Jer. 1: 11.	9. 2 Sam. 18: 9.
5. Judges 4: 5.	10. Luke 13: 6-9.

The Wonderful Love of Jesus

(For Week Ending April 30)

A Word to the Superintendent

THIS program should be one of the best of the month. It is to be first and foremost a praise service. Have the poem given thoroughly memorized. Open the service with a number of songs (see those suggested on p. 12), and then have two or three short seasons of prayer. Perhaps the notes on p. 12 will help you in preparing a talk which will bring a response from the children. This is to be their time. Give your message briefly and make the rest of it as informal as possible by spontaneous praise or reciting verses which show God's love.

God's Love

LIKE a cradle, rocking, rocking,
Silent, peaceful, to and fro,
Like a mother's sweet looks dropping
On the little face below,
Hangs the great earth, swinging, turning,
Jarless, noiseless, safe, and slow,
Falls the light of God's face bending
Down and watching us below.

And, as feeble babes that suffer,
Toss and cry and will not rest,
Are the ones the tender mother
Holds the closest, loves the best,
So when we are weak and weary,
By our sins weighed down, distressed,
Then it is that God's great patience
Holds us closest, loves us best.

—Selected.

"In youth we grow; in manhood, broaden."