

Improved Uniform International Sunday School Lesson

By REV. F. B. FITZWATER, D.D., Dean of Exe. and Training Schools, Moody Bible Institute of Chicago

Lesson for August 8 THE GIVING OF MANNA

LESSON TEXT—Exodus 16:1-36. GOLDEN TEXT—Jesus said unto them, "I am the bread of life." PRIMARY TOPIC—God's Gift of Daily Bread. JUNIOR TOPIC—God Sends Food in the Wilderness. INTERMEDIATE AND SENIOR TOPIC—Our Daily Blessings. YOUNG PEOPLE AND ADULT TOPIC—God's Good Gifts.

I. Lusting for the Fishpots of Egypt (vv. 1-12).

1. Murmuring against Moses and Aaron (vv. 1-3).

As they journeyed from Elim into the great wilderness, they became conscious of the scarcity of some of the things they had enjoyed even in Egyptian slavery. Only a few days before they were singing God's praises for their wondrous deliverance at the Red Sea (Ex. 15). Their complaint not only displayed ingratitude but a deep-seated impety. It was against God that they were murmuring, for He had led them into the wilderness. His object in so doing was to teach them to walk by faith instead of sight. They went so far as to express the wish that they had died in Egypt with full stomachs rather than to be walking in the wilderness by faith.

2. God's answer to their murmurings (vv. 4-12).

(1) He promised to rain bread from heaven (vv. 4, 5).

His purpose in this was to teach them that man liveth not by bread alone, but by every word that proceedeth out of the mouth of the Lord (Deut. 8:3).

(2) He promised to give them a vision of His glory (vv. 6-10).

This served as a warning and encouragement. Moses and Aaron told the children of Israel that the glory of the Lord should be seen in the morning as a reminder that their murmuring was against the Lord and not against themselves.

(3) He promised them flesh and bread (vv. 11, 12).

"At even ye shall eat flesh and in the morning ye shall be filled with bread."

H. Quails and Manna Given (vv. 13-15).

At the appointed time God gave the Israelites the promised food. He first allowed them to feel their need to show them that man's highest need is not physical food, but living faith and fellowship with God.

1. In the evening the quails came up (v. 13).

Since they desired flesh, He gave them flesh to eat. God frequently enters to the desires of His people, knowing that the best way to teach them is to allow them to be filled with their own folly.

2. In the morning God gave the manna (vv. 14, 15).

The Israelites did not know what it was. They therefore exclaimed, "What is it?" Moses told them that it was the bread which the Lord had given them to eat.

III. The Responsibilities of the Israelites (vv. 16-31).

1. They must gather a certain quantity (v. 16).

The purpose of this was to test their faith. They must look to Him for their daily bread (Matt. 6:11).

2. Every man must gather for himself (v. 16).

This teaches us the important lesson that every man must appropriate Christ for himself.

3. They must not gather in excess of one day's supply (vv. 18-20).

That which was in excess of a day's supply became corrupt. The Christian must use what gifts the Father bestows upon him. Christian grace and His truth must not be hoarded up—they are good only when put to use.

4. The manna must be gathered fresh every morning (v. 21).

This was to be done early before the sun was up. We must seek Christ, who is our manna, every day and the first thing in the day (John 6:27).

5. The manna must be eaten to preserve life.

They were in a wilderness, so could live only by the eating of the food which God gave. It is so with Christ (John 6:33).

6. The manna should be given to the Sabbath day (vv. 22-31).

A double portion was to be gathered the day before so as to keep inviolate the Sabbath day.

IV. Manna Kept as a Memorial (vv. 32-36).

This was to be kept as a reminder of God's favor in feeding them in the wilderness, even for supplying them with bread for forty years until they reached the promised land.

To Give All

The love of the base spirit is the desire to take all it can. The love of the nobler spirit is the desire to give all it can.

Infection of Excellence

If one life shines the next life to it must catch the light. It is the infection of excellence.

Best Preparation

Doing good in this life is the best preparation for the life to come.

About Your Health Things You Should Know



(by John Joseph Gaines, M.D.)

RIGHT LIVING

If our scientists would give us a single volume containing rules for right living, put up in simple language so that all could understand, they would be doing humanity more good than the thousand and one useless fads being developed can ever do.

Where is the man who thoroughly understands eating and sleeping? How many lives are cut short by errors in these two essentials to life itself? How many men know the capabilities of their individual bodies for work? How many obey them or have any kind of systematic program for the conserving of strength on the output of energy? We go slipshod, hap-hazard, break-neck to wreck and ruin so far as good health and consequent happiness are concerned.

We scorn the night and desecrate the day. We stuff the body and wonder why we have indigestion and blood pressure.

In the matter of rest we are as ignorant, or, if not ignorant, then in a state of rebellion. We should sleep eight hours. We should never hurry in eating. We should never neglect the necessary amount of water, internally and externally. We should never waste energy in worry over things we cannot help. We should be temperate in all things. One of our greatest exponents of temperance literally ate himself into premature death. Many other do the same thing.

The distorted shapes that you see at the bathing beach bear witness to dietary crime that bathing will not cure. Man was not created in the shape of a hippopotamus. Right living will correct most of our evils by prevention—no telling how long we might live, if we obeyed the law of right living.

AUGUST ENDS PLANTING FOR FALL GARDEN

Raleigh, N. C., July 25.—The latest planting dates for many vegetables for the fall garden close by the middle of August. Frost is too near to plant later than this and the vegetables will not mature so as to be of value to the grower.

The plants of cabbage, tomatoes and celery must be set during the

first half of August to insure their maturity before killing frost occurs," says Prof. Robert Schmidt, vegetable investigator for the North Carolina State College. "The first week in August is not too late to plant late Irish potatoes in eastern North Carolina. The succession plantings of snap beans should be continued all over the State and the first sowings of such crops as lettuce, spinach, turnips, mustard, Chinese cabbage and kale should be made."

Where tomato wilt is present in the garden soil, Prof. Schmidt recommends the planting of such wilt resistant varieties as the Norton or Margloba. It is unnecessary to stake tomatoes unless the season is unusually wet. Unstaked vines will produce a larger crop though they will be a little later.

Tomatoes, Irish potatoes, celery and cucumbers should be sprayed frequently or dusted with Bordeaux mixture to check the serious diseases which affect these crops, states Prof. Schmidt. The late summer and fall is the most trying season of the year for the garden and it should not be neglected. Frequent cultivation is necessary if the season is dry and if too much rain falls, the grower will have hard work to keep crab grass and weeds from smothering the crop. Irrigation will pay in many gardens.

Bilious dull feeling

"MY old stand-by is Thedford's Black-Draught—I have used it off and on for about 20 years," says Mr. W. S. Reynolds, of R. F. D. 2, Arcadia, La.

"I get bilious and have a bad taste in my mouth. My head feels dull. I don't just feel like getting around and doing my work. I know it isn't laziness, but biliousness."

"So I take a few doses of Black-Draught and when it acts well, I get up feeling like new—full of pep and ready for any kind of work."

"I can certainly recommend it." In case of biliousness and other disagreeable conditions due to an inactive liver, Black-Draught helps to drive the poisonous impurities out of the system and tends to leave the organs in a state of normal, healthy activity. Black-Draught is made entirely of pure medicinal roots and herbs and contains no dangerous or harmful mineral drugs. It can be safely taken by everyone. Sold everywhere. Price 25c.



TRUSTEE'S SALE OF REAL ESTATE

Under and by virtue of the authority contained in an order of the Honorable Clifford Frazier, Referee in Bankruptcy in a certain matter entitled L. E. Loog, Bankrupt, the undersigned trustee will offer for sale at public auction to the highest bidder, for cash, 12 o'clock M., Saturday, August 14, 1926,

the following lot or parcel of land situated in the village of Hurdle Mills, North Carolina, and described as follows:

Bounded on the North by the Lands of George Brooks and C. C. White; on the East and South by the Roxboro and Hillsboro public road and the lands of John Thompson and N. D. Harris; on the West by the lands of Mrs. R. L. Long, containing three (3) acres, more or less. Situated upon this lot of land is a five room cottage, store, filling station and other buildings.

The successful bidder is required to deposit a certified check for ten percent of the bid with the trustee. Any and all bids are subject to rejection by the Referee. For further particulars inquire of the trustee or C. A. Hall, Attorney. Place of Sale: Courthouse in Roxboro, North Carolina. Date of Sale: 12 o'clock M., Saturday, August 14, 1926. Terms of Sale: Cash. This the 14th day of July, 1926. THOS B. WOODY, Trustee in Bankruptcy. L. E. Loog, Bankrupt, Burlington, North Carolina.

JUNIOR ORDER MEETINGS

Longhurst Council No. 570 meets every Monday evening 7:30. Come to these meetings members. Business of importance comes before us often which you should know about. LEMON OLIVER, Councillar, O. J. BLUE, Rec Sec.

ADVERTISE IN THE COURIER

SUBJECT TO CHANGE

Diner:—"Gosh, this is high! I don't think I'll have enough left for a tip." Waiter:—"Let me see the bill again, sir. Maybe I made a mistake."

DR. S. RAPPORT of Durham OPTOMETRIST

Specialist in examining eyes and fitting glasses will be in Roxboro at Davis' Drug Store every first Wednesday in each month. His glasses will give you real pleasure and satisfaction. They are accurately fitted in every detail. They feel right and look right. Charges reasonable.

My next visit will be Wednesday September 1st.

People say they like it because



It's "the most refreshing of drinks".... "delicious to taste".... "thirst-quenching".... "delightful with food—especially sandwiches".... "cooling".... "it costs but 5 cents." Buy it by the case and keep a few bottles on ice at home.

7 million a day

ROXBORO BOTTLING WORKS Roxboro, N. C.

IT HAD TO BE GOOD TO GET WHERE IT IS

Grocery Service That Satisfies

GOOD FOODS— QUICK SERVICE— PROMPT DELIVERY— PLENTIFUL SELECTION—

Everything you buy here is noted for its cleanliness as well as its quality. Rapid turnovers of present merchandise insure the best Groceries at all times.

J. Y. BLANKS

Phone 25 Roxboro, N. C.

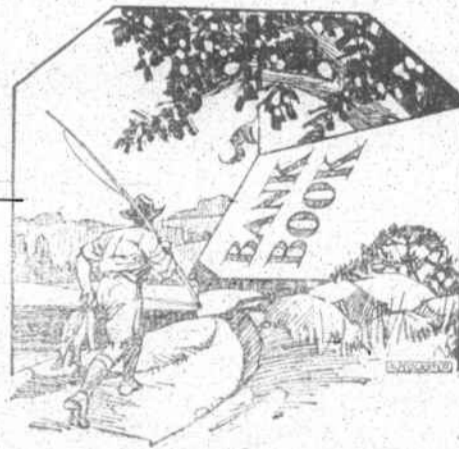
FOR A SUMPTUOUS SUNDAY DINNER



It's most necessary that you have good Meat as the basis for your Sunday spread. So you will at all times find here the very choicest cuts you like.

Moore's Market

PHONE 175



Shelter In Storm or Fair

All work and no play makes life very dull and hardly worth while. With the call of the great out doors, sea or camp lure you far. Pleasure and enjoyment becomes a matter of finances. Will the pocketbook cover all?

Should a storm of expenses rise, would it mar your complete enjoyment?

Provide yourself with ample shelter — start a saving account.

The First National Bank

"THE FRIENDLY BANK"

Under Supervision U. S. Government