

# Improved Uniform International Sunday School Lesson

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## Lesson for August 22

### THE TEN COMMANDMENTS—DUTIES TO GOD

**LESSON TEXT**—Exodus 20:1-17.  
**GOLDEN TEXT**—Thou shalt love the Lord thy God with all thine heart, with all thy soul and with all thy strength.

**PRIMARY TOPIC**—The Commandments About God.  
**JUNIOR TOPIC**—How to Serve God.  
**INTERMEDIATE AND SENIOR TOPIC**—Loving and Honoring God.  
**YOUNG PEOPLE AND ADULT TOPIC**—God's Claims to Loving Service.

The Ten Commandments furnish us with the greatest moral code that the world has ever seen.

#### I. The Preface to the Decalogue (vv. 1, 2).

The Ten Commandments are based upon the truth set forth in the preface. Two great thoughts underlie this. What the Lord is and what He did. What He is is embodied in the name Jehovah-Elohim. The name Jehovah sets forth three great truths, viz.:

1. His all-sufficiency. All that He is and does centers in Himself.
2. His sovereignty. There is no being equal to Him, nor above Him. He is outside of and above every being in the universe. He is immanent and transcendent.
3. His unchangeableness. The "I am that I am" (Ex. 3:14) may be expanded into "I am what I was," "I will be what I am." Jesus Christ is the same yesterday, today and forever (Heb. 13:8). The name Elohim signifies the strong and mighty one. What He did is asserted to be their deliverance from Egyptian bondage.

#### II. The First Commandment (v. 3).

"Thou shalt have no other gods before Me" means literally, "Thou shalt have no other gods before My face." This commandment requires single-hearted worship and service. Every man has his god. It is either the true God or a false god. Life flows with all its activity in worship. The center around which our activities revolve is our God. This commandment may be broken:

1. By lying for one's self. If one's activities gather around himself, he worships himself and is therefore an idolater.
2. By making pleasure the goal of our lives and spending our time and money for sensual enjoyment.
3. By being covetous (Col. 3:5). Every man who is greedy for gold breaks this commandment.

#### III. The Second Commandment (vv. 4-6).

The first commandment is directed against false gods. The second is directed against the worship of the true God with false forms. This commandment may be broken:

1. By resorting to the use of crosses and images in our worship.
2. By putting into the place of Christ the pope and following after Protestantism. It should be observed that this commandment is accompanied with a warning and a promise. The warning is that idolatry will be visited upon the children even to the third and fourth generation. The promise is that He will show mercy to thousands. This means that the workings of the snow divine law will pass on God's mercy to thousands of generations.

#### IV. The Third Commandment (v. 7).

The Hebrew word translated "vain" in this prohibition against taking the name of God in vain means lying, deceptive, untruthful. Therefore, to take the name of God in vain means to use it in a lying, deceptive and untruthful way. The word "guiltless" is from a Hebrew verb the root meaning of which is to be clean, to go unblemished. The meaning, therefore, is that God will not hold such a man to be clean and will not allow him to go unblemished who does the divine name in a lying and hypocritical way.

The third commandment may be broken:

1. By profanity.
2. By oaths.
3. By levity and frivolity.
4. By hypocrisy, which is professing to live for God when living for self.

#### V. The Fourth Commandment (v. 8-11).

The essential principle embodied in this commandment is work and rest. It enjoins work on six days and forbids work on the seventh. The command to work six days is just as binding as the rest on the seventh. Only those who have worked can really rest. This commandment may be broken:

1. By living in idleness.
2. By working on the day set apart for the worship of God.
3. By making it a day of feasting.
4. By devoting it to pleasure and games.

#### Trusting in God

An individual heart, which worships God alone, and trusts Him as it should, is raised above all anxiety for earthly wants.—Goskie.

#### Every Sin a Mistake

Every sin is a mistake as well as a wrong; and the epithet for a sinner is: "Thou Fool."—MacLaren.

#### Men of Secret Prayer

The men whom God uses most are men of secret prayer.

# About Your Health

Things You Should Know



by John Joseph Gaines, M.D.

### YOUR KNEES

A perfect knee is a wonderfully constructed hinge, with its shock absorbers, its firm connecting bands, and its smooth, gliding "bearings." And, the knee-joint is a mighty ugly proposition when it is injured or diseased.

Knee injuries are very common, and even slight injury may result in serious damage. Over-use in heavy patients may result in diseased cartilages and roughened friction-surfaces which will take months or years to cure, even if cure be possible. The cartilages are often crowded out of place by pressure or strain, requiring surgical removal before relief may be had.

Even the knee-cap may be involved in inflammations about the joint; the "Synovial Membrane" lines the joint, and, when inflamed becomes "synovitis," a most painful condition, and one always hard to cure. It is a serious matter when the synovial fluid escapes from its natural situation, and accumulates in a bag-like cavity, requiring tapping sometimes for relief of the severe pain.

Volumes could be written on the knee-joint and its diseases. I would like my readers to remember these points:

- (1) That all knee affections are serious, or capable of becoming so.
- (2) That rest and heat are among the first things thought of in successful treatment.
- (3) That massage in any form may be positively injurious.
- (4) That a skilled physician and surgeon should be consulted on the appearance of knee-symptoms.

### CONSISTENT

Gushing She: "I understand he is very fond of children."

Cynical He: "Yes, quite right—and like Edison—I understand he is an advocate of 'four hours sleep per night' enough!"

### SOYBEAN GROWING SPREADS OVER ENTIRE NATION

Raleigh, N. C., August 15.—More than twenty states of the Union are now growing soybeans, a crop which spread from a small beginning in eastern North Carolina less than one-half a century ago.

"In 1924," says C. B. Williams, head of the department of Agronomy at State College, "more than 2 1/2 million acres were devoted to the production of this popular summer legume crop. Most of this increase has come about in the last five or six years. The popularity of the soybean is due to its wide range of soil and climatic adaptation; to its suitability in fitting in with various crop rotations; its relative ease and cheapness of production; its wide range of usefulness for feeding purposes and its great value in increasing the fertility of the soil."

The soybean when rightly grown rates Prof. Williams, is a valuable crop in building up the fertility of the soil. It is doubtful if another crop can match the heavy favor and rapid spread in growth and use which

### Rather Unusual



No, this isn't a Follies beauty or the latest bathing contest winner, but it is an unusual picture of Mme. Amelita Galli Curci, famous Grand Opera song bird, about to hit the high "C's" at Atlantic City.

this crop has enjoyed in the last few years. Farmers use the bean largely for seed purposes, for hay production and for grazing. North Carolina is still the great seed producing center. Over 47 per cent of the crop grown in this state is sold for seed. Mr. Williams states that the cost of production is relatively



## Bee Brand protects the baby!

Flies are dirty things. They carry germs and disease. They are a menace. Keep them out. You can't see them. They are everywhere. They will kill every fly if you close doors and windows and how it about the eggs. It's quite harmless to human beings. It can't explode. It's safe.



McCormick & Co., Baltimore, Md.

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## Moore's Market

PHONE 175

usually running from \$1.20 to \$1.50 when all costs are added. When the bean is grown in corn or other crops, or when the harvester is used, the cost is cut. Prof. Williams states also that as farmers learn the value of the bean for feeding to livestock, the production of seed will be lessened. There is still a surplus produced, however, and this can be used to depress prices unless a suitable market is found. The market is to be had apparently in crushing the beans for oil. The United States consumes over 25 million pounds of crude soybean oil per year and this will require the crushing of a little over one half million bushels to produce this oil. This amount crushed in the United States would provide an excellent outlet for the surplus seed.

### ADMINISTRATOR'S NOTICE

Having qualified as Administrator of the estate of Lex C. Brown, late of Person County, this is to notify

all persons holding claims against said estate to present them to the undersigned on or before July 8th, 1927, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment. This July 8th, 1926.

D. S. BROOKS, Administrator.

### NOTICE

Having qualified as Administratrix of the estate of G. T. Thaxton, deceased, late of Roxboro, N. C., this is to notify all persons holding claims against the estate of said deceased to exhibit them to the undersigned on or before the 28th day of July, 1927, or this notice will be pleaded in bar of their recovery.

All persons indebted to said estate will please make immediate payment. This July 28, 1926.

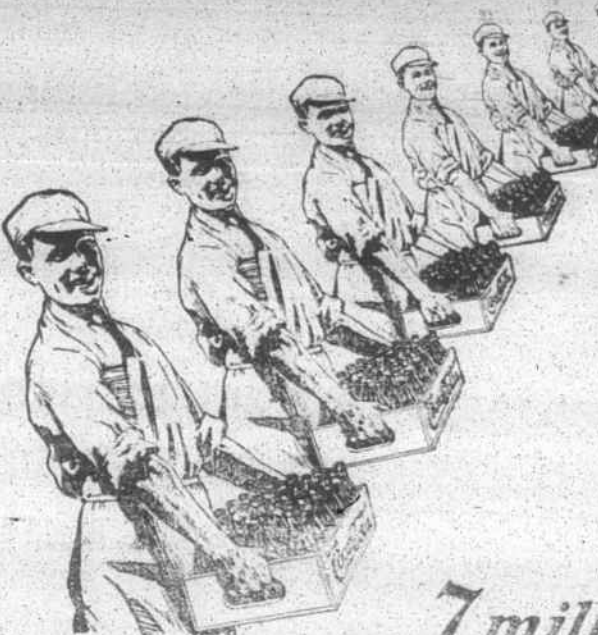
MRS. G. T. THAXTON, Administratrix.

**JUNIOR ORDER MEETING**  
Roxboro Council No. 121.  
Meeting opening at 8 o'clock P. M. All members requested to be present. Visitors of other orders invited.  
W. K. MOORE, Councilor,  
ROBERT LUNSFORD, R. S.

## 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.

# Buy it by the case!



Keep a few bottles on ice at home. Nothing like it after housework or play. And when guests drop in, serve it as a pleasant surprise. Delicious with sandwiches or wafers.

## 7 million a day

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Roxboro, N. C.

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4 per cent Interest On Savings

### What Are You Doing For Their Future?

When your children grow up and start into the world, "on their own," competition will be greater and a living harder to earn. Take education for example. You from your own experience can see how valuable a good education is, even today. The world makes room for brains, pays well for intelligence. Tomorrow a college education will be absolutely essential to success. Just as essential as a high school or grade school education is today. It is your duty to provide the necessary financial means for higher education. By starting a savings account now, and making small deposits you will be astonished how it will grow into large funds—and make your children's future a guaranteed success.

— START TODAY THE SAVING HABIT —

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