

POWER TO HELP OTHERS

MINISTRY stands for spiritual power, the power to help others, and spiritual power for ministry. Are these words less powerful today than they were when they dropped from the Master's lips: "But whosoever would become great among you, shall be your minister?" A great ministry, this, as Peter preached with wondrous power the Gospel of the Lord Jesus Christ, whom they had crucified.

Vanished the days when Peter lacked power. His denial of his Lord must now have seemed to him like some evil dream of the night that is long past! Was he not now a faithful minister to open the eyes of the blind? Peter gave loyalty and God gave power.

Does not even humble ministry for Jesus' sake bring spiritual power? Only a few nights since a home missionary related incident after incident illustrating the power that works through such ministry. Far from other dwellings he came to a humble home. There he found an aged couple, the husband paralyzed. The wife had been suddenly taken ill. Tenderly he ministered to them; prepared medicine for the sick woman, fed the chickens, milked the cow, did all the chores. Then he prepared supper, and remained all night. He said, humorously: "When I took my leave in the morning, you might have thought they were bidding good-by to their only son." By such ministries he won the hearts of people who had been against religion. He gave service and the Lord gave power—spiritual power.

The more room we find in our lives for Jesus the more room God finds for his power. Are not Jesus and power inseparable? Is not earthly power without him only a bubble, a will-o'-the-wisp—nothing to satisfy, to inspire, to make hearts pure and ideals high?

Political power, social power, business or financial power, may or may not include ministry, but spiritual power must embrace ministry. When it ceases to be a blessing the power vanishes. The Word tells us that power belongeth unto God; he will give us the gift of power if we give him the gift of service.

WHAT IS LEARNING?

Prof. M. A. Honline says that "Learning is the modification of behavior in the light of experience."

That sounds like a great deal and it is a great deal. It is worth pondering. We never really learn anything until it has changed our behavior, and we can't expect our behavior to be changed except in the light of experience. If Bible truth is to have a chance in the minds of our pupils, it must be brought to them by themselves, for the simple reason that it must be brought to them in the light of their own experiences. Nobody knows their deepest experiences but they themselves. We must induce them to think about Bible teachings in connection with their own experiences so that their outward conduct and their inner attitudes may be transformed.

Push, pull, or get off the right of way.

Good Health



EXERCISING ALL THE MUSCLES.

Scientists tell us that there are 208 bones—with a corresponding number of joints—in the body; and that to these are attached 500 muscles, capable of 50,000 different movements or sets of movements. It is only by giving each muscle its proper amount of exercise that you can keep your body healthy; for when a muscle is not exercised, it soon becomes weak and the rest of the body is sure to suffer with it. When a child twists and turns and fidgets and goes through all sorts of antics, it is unconsciously trying to give each muscle something to do and to practice each of those possible 50,000 different movements of which it is capable. As people grow older, however, they are very apt to think that the exercise they get about their daily tasks or when engaged in certain favorite recreations is all they need. But usually there are certain muscles that are not used at all in our daily activities. Here are four exercises that are especially good for bringing into play these neglected muscles:

Rolling the head uses the muscles of the neck. Drop the head forward, then slowly and without any jerkiness in the movements, roll it to the right, then back, then to the left, then forward again. Do this eight times. Reverse and roll the head to the left, then back, then to the right, then to the front. Repeat this eight times.

This shoulder exercise uses the muscles of the back and shoulders: Stand erect with arms hanging down at the sides. Using only the muscles of the shoulders, raise the right shoulder as high as you can. Then with a rotary motion, move it back, down, forward and up. Repeat this eight times. Do the same with the left shoulder eight times; then eight times with both shoulders together. In doing this double movement, keep the head erect and the muscles of the neck relaxed.

Here is an exercise for the muscles of the back and waist. Stand erect with the hands on the hips. Bend the body forward at the waist. Then roll it to the right, then back, then to the left, then to the front. Repeat eight times without straightening up. Reverse by rolling it from the front to the left, and repeat eight times. In this exercise endeavor to keep the body perfectly still from the waist down.

The windmill exercise brings into play nearly all the muscles. Stand erect with feet about fifteen inches apart. Stretch out the right arm, and keeping the left knee rigid, bend the right knee and twisting the body to the left, touch the toe with the fingers of the right hand, at the same time raising the left arm up straight with the head turned so that you are looking at the fingers of the left hand. Bring the hands back to the sides, then repeat the exercise, this time touching the right toe with the left hand and raising the right arm. You may find this a little difficult at first, but by going at it slowly you will soon master the exercise so that it will seem quite easy. In time you will be able to repeat it twenty or thirty times in succession, but do not try this at the start. Four times is enough to begin with.