

# IMPROVED UNIFORM INTERNATIONAL Sunday School 'Lesson'

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## Lesson for August 16

### TEMPERANCE LESSON

**LESSON TEXT**—Gal. 5:13-14.  
**GOLDEN TEXT**—"Be not deceived: God is not mocked; for whatsoever a man soweth, that shall he also reap."  
—Gal. 6:7.

**PRIMARY TOPIC**—A Picture of a Good Life.  
**JUNIOR TOPIC**—Good and Bad Friends.

**INTERMEDIATE AND SENIOR TOPIC**—Drunkenness and Kindred Evils.  
**YOUNG PEOPLE AND ADULT TOPIC**—The Flesh Against the Spirit.

Having shown in chapters 3 and 4 of this epistle that the believer is free from the law as a means of justification, Paul makes practical application of this doctrine.

I. Christian Freedom (vv. 13-15).  
1. It Is Not an Occasion to the "Flesh" (v. 13).

Liberty is not license. The notion that when one is free from the law he is free from constraint, is wickedly erroneous. License of the flesh means not merely the indulgence of the flesh in actual material sins, but in the expression of a self-centered life in biting and devouring one another (v. 15). Bickering among Christians is an example thereof.

2. By Love, Serving One Another (v. 13).

Freedom from the Mosaic law means slavery to the law of love. "The emerging from bondage through Christ is the passing into a sphere of life in which all the powers should act under the domination of the true motive, love."—Morgan.

II. Walking in the Spirit (v. 16-18).  
This discloses the secret of how a life of service to another can be lived. The governing principle in the life of a believer is the Holy Spirit. Walking in the Spirit results in:

1. Loving Service to Others (v. 13).  
2. Victory Over the Flesh (vv. 16-17).

By the flesh is meant the corrupt nature of man expressing itself in the realm of sense and self. The renewed man becomes two men between whom a mortal conflict is going on. The Christian must choose between good and evil. When he chooses the evil, the Holy Spirit opposes, and when he chooses the good the flesh opposes. Notwithstanding this deadly conflict, victory is sure if one chooses the good.

III. The Works of the Flesh (vv. 19-21).

By works of the flesh is meant the operation of the carnal nature. The one who chooses to live according to the impulses and desires of his natural heart will be practicing the following sins:

1. Sensuality (v. 19).  
The sins enumerated here are practiced in the sphere of the body and are:

(1) Fornication. (The word "adultery" is omitted from the best manuscripts.)  
(2) Uncleanness. This includes all sensual sins, open or secret, thought or deed.  
(3) Lasciviousness. This means the wanton reckless indulgence in the shameful practices of the flesh.

2. Irrigation (v. 20).  
These acts take place in the realm of the spirit and are:

(1) Idolatry, which means the worshiping of idols.  
(2) Witchcraft or Sorcery. This means all dealing with the occult such as magical arts, etc.  
(3) Sins of the Temper (vv. 20-21).  
These take place in the sphere of the mind and are:

(1) Hatred.  
(2) Variance, which means strife.  
(3) Contentions, jealousy.  
(4) Wrath, bursts of passions.  
(5) Seditions, factions in the state.  
(6) Heresies, factions in the church.  
(7) Envyings.  
(8) Murders.

4. Sins of Excess (v. 21).  
(1) Drunkenness. This means indulgence in intoxicating liquors.  
(2) Revelings, acts of dissipation under the influence of intoxicants.

IV. The Fruit of the Spirit (v. 22-24).

This indicates action in the realm of life, the product of the Holy Spirit indwelling the believer.

1. Love, to God and man.  
2. Joy, glad-heartedness because of what God has done.  
3. Peace with God and fellowman.  
4. Longsuffering, taking insult and injury without murmuring.  
5. Gentleness, kindness to others.  
6. Goodness, doing good to others.  
7. Faith, believing God and committing all to Him.  
8. Meekness, submission to God.  
9. Temperance, self-control in all things. Against such there is no law.

**Man's Sorrows**

Man's sorrows are a mystery, but that sinners should not have sorrows were a sadder mystery still. And God pleads with us all not to lose the good of our experiences of the bitterness of sin by our levity or our blindness to their meanings.—Alexander MacLaren.

**Do It Today**

There are a lot of people who never get off till tomorrow what they can get somebody to do today.—Western Christian Advocate.

## LOADING LAND SHOULD BE PUT TO WORK

Raleigh, N. C., August 3.—Put the loafing land to work and instead of securing returns from a certain area for six months in the year get these returns for the full twelve months.

"Cover crops will do this," says E. G. Blair, extension agronomist for the State College of Agriculture. "The average Tarheel farmer has more land than he has money. He pays taxes on this land for twelve months in the year yet much of the highest priced farm land in the State works only six months. Still worse, the land is damaged by its winter vacation."

Mr. Blair states that it is entirely feasible to make North Carolina farm lands work the year around and give good returns while doing so. The way to do this, he states, is to plant another set of crops in the fall, after the regular crops are matured and let this additional set grow during the winter.

Winter cover crops give returns in five ways, states Mr. Blair. They will preserve the existing fertility. There is always some plant food left from the fertilizer applied in the spring and much of this will leach away unless there is a crop growing to take it up. Second, the cover crop when turned under will fill the soil with organic matter making it easier to till and increasing its water-holding capacity. Fourth, leguminous cover crops when turned under will add more nitrogen per acre than it ever likely to be applied at one time in commercial fertilizers. A good crop of vetch or crimson clover will furnish more nitrogen than 300 pounds per acre of nitrate of soda. Fifth, cover crops will furnish an abundant yield of high grade hay which may be cut at a time when the farm is apt to be getting short of feed.

### A LITTLE STORY DID THIS

Raleigh, N. C., August 3.—Some time last year, Mrs. Irma Wallace, home demonstration agent of Cleveland County, made a report of the fine basketry work being done by one of her home demonstration club women. It told how this woman had been making baskets for a number of years and how the agent learning of her interest, gave her new weaves to try and sought new markets for her out put. The whole thing resulted in a visit of the extension editor to Mrs. Canipe's home and his learning that the little home she had paid for on the edge of King's Mountain was made possible solely by her basketry work.

Pictures were made of the home and of Mrs. Canipe and a news story sent out. This solicited inquiries for more extended stories from several of the large farm magazines and as a result Mrs. Canipe and her baskets became known far and wide over the South. Mrs. Wallace was called upon to answer numerous inquiries about the work and over twenty people in different states wrote in requesting that Mrs. Canipe teach them by mail the art of making baskets.

Finally a method of "Teaching By Mail" was worked out and quite a number of people paid Mrs. Canipe a small fee for the instruction given. This income brought in the only money coming to the family for one month recently when all three members were stricken with influenza. They were unable to work or to market the baskets already made and the husband stated that but for the basketry instructions and the one woman who had read of the work, his family would have suffered greatly.

# DAIRY

## VALUE OF OFFSPRING IS BIG COST FACTOR

The value of the offspring is a factor which, while indirectly, yet fundamentally, influences the cost of milk production. Calves from grade cows have a low value at birth, and calves from pure bred cows may have only a slightly higher value unless they are the offspring of cows with official or cow-testing association records. Therefore, since records of the sales ring show a direct relation between production under proper authenticity and prices paid, the value of pure bred calves at birth and consequently the effect of this value in lowering the cost of producing milk, depends to quite an extent on the production records and breeding of the ancestors.

Hence we find there are five fundamental factors influencing the cost of producing milk.

1. Size of the business.
2. The individual cows.
3. Time of freshening.
4. Care and feeding practices.
5. Value of the offspring.

For making the proper application of these factors in reducing milk cost, the value of a definite system of book-keeping such as is offered through the medium of the cow-testing associations and circles becomes apparent. He who would increase his profits can only do so by receiving more for his product, or producing it for less. The first method is not usually in the control of the individual farmers except when strongly organized in a co-operative body. The second method, or the reduction of production costs, is within the power of every man who milks cows.

The state dairy commission is an office created by the people of Colorado for the purpose of fostering and advancing the interests of dairying within the state and for the enforcement of all laws pertaining thereto.

It is the duty of the field man to particularly aid producers needing assistance on production problems. In this phase of reducing costs the state dairy commissioner is always at the service of the producer of man's most valuable single food—clean milk.—H. H. Lascelles, Field Man, Colorado State Dairy Commissioner.

## FOUR QUALITIES OF HIGH PRODUCING COW

The farmer who is willing to milk cows at all, should milk only those animals that will give large yields of rich milk. These only are profitable; the rest will lose money for you as sure as you're alive.

The wise dairyman, therefore, demands cows with four outstanding qualities or signs. These are capacity, dairy temperament, well developed milk organs and constitution and vigor. If you will learn these four items by heart and find out what they mean and how to tell them when you examine a cow, you will make more money milking cows than most men.

Cows with feed capacity are full-sized for the age and breed. They will show plenty of room for the storage of feed. They will have long, deep, roomy middles, a wide forehead, broad muzzle, good-sized mouth, strong, stoney jaws and a comparatively long face.

Cows with dairy temperament are best judged by the milk scale, Babcock tester and good yearly records. They have comparatively long, thin necks; sharp withers; prominent backs, hips and pinbones; thin, incurving thighs, and a wedge-shaped conformation; are free from marked coarseness; show alertness and marked activity; are not overfed.

Cows with well-developed milk organs have udders of good size for age and stage of lactation, with quarters of udder uniformly developed; have udder extended well forward underneath the body and high up behind and between the thighs; udder well attached to body and not pendulous; udder tissues plastic and free from coarseness and blemishes; udder combined with a good system of large veins underneath the body.



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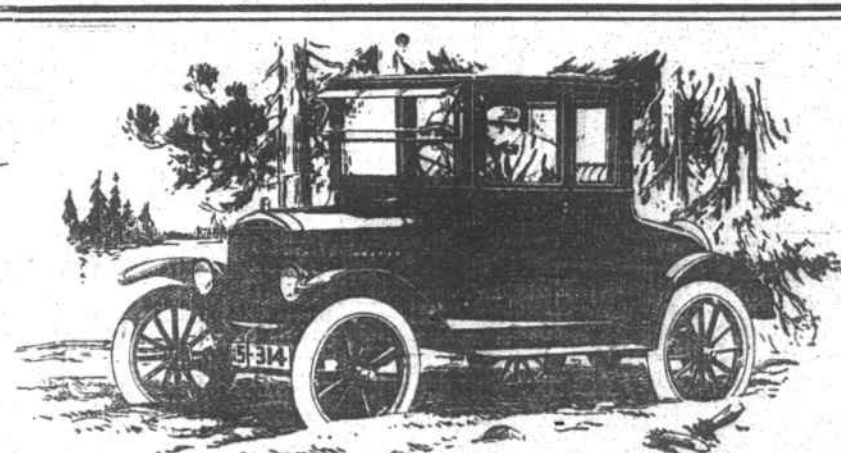
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