

SUNDAY SCHOOL LESSON

KEEPING THE BODY STRONG

International Sunday School Lesson for March 20, 1938

Golden Text: "Now therefore beware, I pray thee, and drink no wine nor strong drink nor eat any unclean thing."—Judges 13:4.

Lesson Text: Mark 6:53-56; Judges 13:12-14; I Cor. 3:16-17; Romans 12:1-2

After the feeding of the five thousand, Jesus told his disciples to get into a boat and row across the Sea of Galilee to Gennesaret, leaving him behind. During the crossing a storm arose and the disciples thought surely they would be drowned. However, Jesus had kept his eyes on them, and seeing their difficulty, he walked toward them on the water. We know the story of Peter, who, upon seeing Jesus approaching on the water, attempted to walk from the boat toward him, but becoming frightened, began to sink. Jesus rescued him and together they returned to the boat. Reaching land, they "moored to the shore."

Here again we see evidences of Jesus' concern for the physical bodies of men, because, as soon as news of his arrival was noised abroad through the district, the people hurried to him, bringing with them any who were sick among them. Evidently, there was much sickness in this little district, for Mark declares that "whosoever he entered into villages or into cities, or into the country, they laid the sick in the market-places, and besought him that they might touch if it were but the border of his garment, and as many as touched him were made whole." It is no wonder that Jesus is known as the Great Physician.

Throughout the Bible one can find numerous indications that God is interested also in the physical well-being of man. He created the body, as well as the soul, and He knows that in order for man to attain the highest degree of perfection in life, care must be taken of both the body and the soul.

The passage from Judges, given for our consideration, is advice given to a husband, Manoah, by an angel of God, concerning what his wife was to do before the birth of the child which God had promised them. The completeness of the angel's instructions is revealed in the fact that he simply repeated to Manoah the same instructions he had previously given to Manoah's wife. The child which was to be born was dedicated to God and would be a Nazirite, or one who is separated unto God and who takes certain vows which are to be rigidly kept.

It should be noted that not only was the Nazirite himself to abstain from strong drink, but the mother of the one who was to live under a Nazirite vow all his life was to re-

frain from drinking any strong drink from the time of the conception of the child to the day of his birth. This is significant. Dr. J. Clifton Edgar, a professor of obstetrics in Cornell University Medical College for thirty years, in a book on "The Practices of Obstetrics," in speaking of the diet of an expectant mother, says, "The drink should be water, milk, or chocolate; tea and coffee may be taken in moderation, but should not be strong. Alcoholic beverages should be avoided, for the pregnant woman is especially prone to contract the alcoholic habit."

Paul makes a very strong plea for temperance in all things, when he reminds us, in striking manner, "Know ye now that ye are in the temple of God, and that the Spirit of God dwelleth in you. If any man destroyeth the temple of God, him shall God destroy." If we realized this more fully, we probably would not do many of the things with our bodies and to our bodies that we now do. No man in his right mind would tear down or attempt to destroy a material temple of God's or desecrate a church building. No, God's temple is too sacred a place for even the unbeliever to lay hands upon. And yet, our individual temples—our bodies—are not held to be as sacred. We weaken them by carelessness, by over-anxiety, by over-work, by over-

indulgence, by sin without even considering the fact that we are destroying a sacred thing.

If we think of our bodies as the dwelling place of the Spirit of God, we cannot help but take care of them. We cannot take into our bodies anything that will destroy them and, surely all scientific research points to the fact that alcohol is a destroyer of human tissues and a paralyzer of nerve centers. Someone has declared that "the movement against alcohol is more than a question of reducing drunkenness, preventing accidents, increasing efficiency; it is a question of preserving life from generation to generation."

If we accept Paul's plea and "present our bodies a living sacrifice holy, acceptable to God," then we shall have the power to refuse to do those things which tend to render our bodies as unfit dwelling places for the Spirit of God, we shall refuse to be "conformed to this world," to do things just because others are doing them, but will strive to keep our bodies strong and clean, holy and acceptable to God.

Much Brass in French Horn

There's seven feet, four inches of brass tube twisted into the French horn. And it isn't French; it was invented in Italy. Musicians call this instrument a cross between a trumpet and a primitive animal horn. It is one of the most costly (and also one of the most difficult to play) wind instruments in an orchestra.

DEMONSTRATION CLUB MEETS

The Winfall Home Demonstration Club met on Wednesday afternoon with Mrs. Jim Lowe, at her home at Winfall. Mrs. D. L. Barber was in charge of the program. Mrs. Barber, Mrs. George Roach and Miss Mary Elizabeth White gave readings on trees.

Miss Gladys Hamrick's talk on "Buying Ready-made Clothes" was timely and interesting.

The game "Left and Right" was played, after which delicious refreshments were served.

Those present were: Mesdames George Roach, Effie Miller, Clyde Layden, E. M. Miller, D. L. Barber, T. J. Nixon, Kenneth Miller, D. R. Trueblood, Joel Hollowell, Alvin Winslow, Jim Lowe and D. R. Stallings, Misses Mary Elizabeth White, Gladys Hamrick, Frances Rogerson, Rosalie Griffin, Gwendolyn Fox, Doris Miller and Celesta Godwin.

A train was stopped near Leicester, Eng., so the women could transfer to another compartment on account of the presence of a mouse.

It Is Dangerous


It is dangerous to sell a SUBSTITUTE for 66¢ just to make three or four cents more. Customers are your best assets; lose them and you lose your business. 66¢ is worth three or four times as much as a SUBSTITUTE.

Inherit Overweight
A study of the causes of obesity disclosed the fact that more than 70 per cent of the men and women examined had overweight parents.—Collier's Weekly.

One of Europe's Giant Bells
The Bourdon bell in Notre Dame cathedral, Paris, one of the giant bells of Europe, weighs thirteen tons. It is large enough to cover a dozen people.

Mules - Horses

Young Mules and Horses



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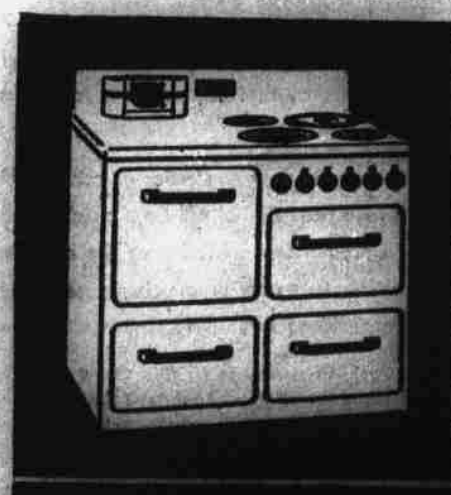
Be Modern - Cook Electrically

Amazing Economy of Westinghouse Electric Cooking Proved in Typical Home Test Kitchens

Kitchen-proof convinced us that Westinghouse is offering the best electric range value on the market today! When we saw certified records from 103 homes like yours — absolute Kitchen-proof that Westinghouse Ranges, with exclusive Corox Economizer and SuperOven, cook fast, cook better, save money — we knew we could offer them to you with supreme confidence.

So we signed up with Westinghouse. Now we are eager to show you our complete line of the new 1938 Ranges. A demonstration will convince you that our enthusiasm is justified.

EVERY WESTINGHOUSE RANGE MODERATELY PRICED... SMALL DOWN PAYMENT... EASY TERMS



The 1938 Dictator

A simplified, faster, more economical, easier-to-clean Westinghouse Range! Kitchen - proved by housewives who certify that it cooks fast, cooks better, saves money. This is only one of many popular-priced models which we will gladly demonstrate for you. All may be purchased on our easy Budget Plan.

S&M, stainless steel top makes COROX ECONOMIZER the world's cleanest cooking unit. Only Westinghouse has this 4-Heat Corox Economizer. Its exclusive, super-economical, "aluminum" heat cuts electric cooking costs 18% to 46%, and uses 60% less current than "top" ordinary units.

SUPEROVEN

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- 103 WOMEN WHO TESTED WESTINGHOUSE RANGES CERTIFY:**
- "Fuel bills were lower than formerly."
 - "More economical than old-fashioned methods."
 - "Oven cooking is a great economy."
 - "One couldn't ask for more speed."
 - "Plenty fast for any cook."
 - "As fast or faster than anything I've used."
 - "My roastmeats are 100% better... all the meat flavor is retained."
 - "Browned meats are delicious, not too dried out."
 - "Meats are more tender and the flavor is greatly improved."
 - "Vegetables have better color, and they taste wonderful."
 - "The bottom crust of my apple pies is almost as brown and crisp as the top one."
 - "Cleaner than any other cooking method."
 - "Utensils never get black, never need scouring."

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