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 THE FUTURE OUTLOOK

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**WIT IN A NUT SHELL**

"All men are endowed by their Creator with inalienable rights; among these are life, liberty and the pursuit of happiness."  
 —Thomas Jefferson.

"I believe in work, hard work and long hours of work. Men do not break down from over-work but from worry and dissipation."  
 —Charles E. Huges.

"Take time to deliberate; but when the time for action arrives, stop thinking and go in."  
 —Andrew Jackson.

"The fruit of liberal education is not learning, but the capacity and desire to learn, not knowledge, but power."  
 —Charles W. Elliot.

**A PRE-EASTER BIBLE STUDY**

"When Jesus understood it, He said unto them, why trouble ye the woman for she hath wrought a good work upon me."  
 Matthew 26:10.

"And they were exceeding sorrowful and began, everyone of them to say unto Him, Lord, is it I," Matthew 26.22.

"Peter answered and said unto Him, though all men shall be offended because of Thee, yet will I never be offended."  
 Matthew 26:33.

"And he came and found them asleep again, for their eyes were heavy." Matthew 26:43.

"And Peter remembered the words of Jesus, which said unto him, before the cock crow, thou shalt deny me thrice. And he went out, and wept bitterly." Matthew 26:75.

**GOOD HEALTH LEADS TO SUCCESS**

In answer to the question, "Why do you eat?" the following answers were received:

1. I eat because the food tastes good.
2. I eat because I like to eat.
3. I eat because my body needs the energy that food gives.
4. I eat because I want to live.
5. I eat because my life work depends upon my body.

If more people's answers could have been printed, doubtless, each would have been worded differently but in reality all would point in the same direction. Each man vies with another for success in some achievement and each man's success depends upon the condition of his body. A starved, undernourished, ill-fed body is no good for physical labor nor mental labor but a body that

partakes of well-planned nourishing meals makes a man fit and adaptable for whatever confronts him.

Every man and woman, boy and girl has desires to be gratified, ambitions to be realized and hopes to be attained. His success in all these depends upon his health. Another item that plays a very important role in the health program is work. "Idle hands are the devil's workshop", is a true saying. Keep a man busy and he has no idle hands. Teach him to utilize his time, to show production for the hours spent at a task and his leisure time will likewise be spent profitably. All Jacks and Jills need recreation but it can be another form of work. Any change is a rest.

Food! Work! Recreation! Then Rest. Keep regular hours and carry to bed a tired but not a dissipated body. Make your dealings fair with your fellowmen and at the close of the day, you can relax peacefully.

All of us know the rules of good health so well, that they need not be written on our walls, constantly in view, lest we err. Our big job is to conquer ourselves. Many men lie beneath the sod, who over-ate, who ate to many sweets because they were palpable, who kept late hours playing poker, who indulged in intoxicating beverages or violated in some other ways, the laws of good health.

But let us resolve: that as we, the United States of America are involved in a bloody war, we, on the home front will do all within our power to win the victory by keeping healthy. We can if we will.

William Ernest Henley says in his, "Invictus".  
 "It matters not how straight the gate,  
 How charged with punishment the scroll,  
 I am the master of my fate,  
 I am the captain of my soul."

**INTERNATIONAL SUNDAY SCHOOL LESSON**

**SEEING THE GLORY OF CHRIST**

Golden Text: There came a voice out of the cloud, This is my beloved Son: hear ye him.  
 —Mark 9:7.

**ON THE MOUNTAIN**

Why were these three men — Peter, James, and John—chosen by the Master to share with him this and other intimate experiences of his life? Whatever the reason, something in the character of these three friends opened to them intimacies that were denied to others.

"Where there is no vision, the people perish" is an old and wise saying (Proverbs 29:18; King James Version). Without frequent doses of idealism a malarial of secular and material interests destroys the vitality of human life. This is one reason for the rhythm between dejection and exultation in our experience. Summits of inspiration rise out of valleys of weariness and discouragement. Frequently we move from one to the other with a suddenness that is quite puzzling. But without the vision on the mountain, men would perish in the valley below.

Here is at least one explanation of the unique experience in which Jesus and his friends were concerned. The disciples were




depressed and confused by Jesus' recent announcement of his approaching passion. They were going through a process of adjustment in their own thinking. They were convinced that Jesus was the Christ, but they could not understand why the Christ must suffer. They needed further light and assurance at this point.

It is not without significance that in Luke's account of the Transfiguration (Luke 9-31) he tells us that Moses and Elijah on the mountain spoke "of his decease which he was about to accomplish at Jerusalem." This reference to the inner sources of such an experience does not detract anything from the divine meaning of this hour of exalted inspiration. The orderly will of God works through human and natural processes. The cause of a moment of high vision may often be traced to what has previously occupied the mind. Whatever may be the explanation of these hallowed hours on the mountaintop, the experience resulted in needed encouragement for the disciples. It doubtless had its value, too, for Jesus himself, whose faith and courage must have been sorely tried in those days preceding his passion.

Peter's remarks on this occasion give us an insight into his character. He had capacity for leadership and usefulness. Jesus recognized this when he said, "Thou art Peter, and upon this rock I will build my church" (Matthew 16:18). But he did not always think clearly or show good judgement. "He knew not what to answer" on this occasion. He was bewildered and amazed. He offered the well-meant suggestion of the three shelters, intimating that it was a good place to stay for a while. He did not realize that such experiences are of value only as they prepare us to return to the lower levels of daily living, where we may render better service. The essential thing in the story is the presence of

**COSMOPOLITAN POETRY**  
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**LITERARY DEVOTEES**  
 By William Malet Carpenter



**IT IS THE END THAT COUNTS**  
 Gold is metal in Spain,  
 Gold is metal in Algiers,  
 Gold is metal in Abyssinia,  
 Tyranny is imposition everywhere.

Loving rule is a blessing,  
 Yet deception invariably falls,  
 And the folly of fickle monarchs,  
 In the end is revealed to all.  
 William Malet Carpenter.

Few evils are released,  
 To fly over the Devil's back,  
 But which burn his belly,  
 And stop base imps in their tracks.

**WATERWORKS BY NIGHT**  
 I walked past the reservoir at night—  
 Dynamos throbbed; the filters hissed;  
 From the water an ethereal mist  
 Rose slowly in the pale electric light,  
 The waterworks is an eerie sight—  
 A dim gnome world with lamps around,  
 Pulsing to the dynamos low sound,  
 Hidden in the Goblin quilt of night.

The Father of Lies is cunning,  
 But wrong can never make right,  
 So in the long run, injustice,  
 Must surely be brought to light.

It would surprise the town to learn,  
 That an elfin world of fitful misty glow,  
 Filled with the hum of a goblin dynamo,  
 Lies behind the facade that they turn;  
 That a universe like those of fairy lore,  
 Lies, unsought in the common reservoir.

Jesus on the mountain or in the valley. Though the mood of exultation passed, the three disciples were still aware of "Jesus only with themselves."

William Thompson.  
 (From "The Round Table" in the February 1, 1943 issue of "Scholastic.")

For Peter, James, and John this experience must have remained in their memories as something to fall back upon. Their thought must have returned to it again and again as a source of assurance and courage. Years later Peter refers to it in the paragraph from one of his letters recorded in our lesson: "This voice we ourselves heard . . . when we were with him on the holy mount." He could not forget this incident. It was like an anchor for his faith. Faith based upon the presence and power of God is the most valuable possession of the Christian.

During the 1942 prune harvest in Payette County, Idaho, all business houses closed until 4 p. m. daily so that employees could help get in the crop.