e Western Newspaper Union.

Lesson for February 23

PEOPLE BEFORE PROPERTY

LESSON TEXT-Luke 8:26-37. GOLDEN TEXT - No servant can serve two masters; for either he will hate the one, and love the other; or the other. Ye cannot serve God and mammon.-Luke 16:13.

PRIMARY TOPIC-Jesus With His Friends in a Storm. JUNIOR TOPIC - Jesus With Mis Friends in a Storm.

AND SENIOR TOPIC-Sympathy or Selfishness? YOUNG PEOPLE AND ADULT TOPIC-Human Welfare Before Financial Profit.

After his teaching by the parable of the soil and the lighted eandle, Jesus exhibited his credentials, enforcing his teaching by demonstrations of bis mighty power.

I. Jesus Calming the Storm (VV. 22-In this miracle he demonstrated his power over nature.

disciples were salling the ship the Master fell asleep. 2. The frightened disciples (vv. 23, than the normal. This means then 24). The storm seems to have been that eating or overeating is a factor

used to storms, but as their ship was cases of cancer are found in the stombeing filled with water they awoke Jesus with their cry of fear. 3. Jesus rebuked the wind and wa-

great calm. We can with confidence put our trust in Jesus Christ. 4. Jesus rebuked the disciples (v. 25). After rebuking the raging elements, he turned to the disciples. He did not rebuke them for waking him,

but for their lack of faith. 26-39).

demons was demonstrated. Demon tty or grip. possession was in that day, and it is today, an awful reality. The characinsanity, and many are called insane,

who are really demon-possessed. 26-29). This poor man's suffering was amount and variety of food. Chauncey dreadful. He abode in the tombs with- Depew attended dinners and banquets out clothing. At the sight of Jesus he made an outery and fell down be- but always looked over the menu and fore him and besought him not to torment him. There is no doubt in the the nourishment he required. mind of demons as to the reality of a place of torment.

him, "What is thy name?" His pur- required and no more. Thus in an inpose was to bring the real man to terview some years ago Edison said: consciousness, to enable him to distinguish between himself and the de- and every practical man knows that to mon who held him. The answer shows get good work out of a machine and that the man thought his case was meant that many demons had entered

into him. 3. The demons' request (vv. 31, 82). They asked permission to enter into

a herd of swine. 4. Their request granted (vv. 32, 83). believe that it was right and wise. 5. The effect upon the people (vv.

34-37). a. The keepers of the st. ine went and made it known in the city and

country. b. The people made investigation. They saw the man sitting at the feet of Jesus, clothed and in his right mind, and heard the testimony of those who

had seen what was done. depart from them. How sad it to that be obtained food because he did not in the face of the mighty works of know just when he would get his next

to him. 6. The request of the bealed man (TV. 38, 89). He desired to be with more. Jesus. This was natural and right, but his responsibility was to go home muscles covering our bodies and have and show to the people there what the same large stemach, but we do not great things God had done for him. Hve outdoors, do not work these huge III. Jeoue' Pewer Over Disease (TT.

48-48). Jesus heals a wornan with an issue of blood. Observe: 1. Her helpless condition (v. 46). She had been a great sufferer for

twelve long years (Mark 5:26). through the thronging multitude. thought furtively to get the blessing, but Jesus bad her make a public con-

L Christ's words of encouragement (v. 48). He told her that it was her increasing our weight above normal. faith, not ber touch, that saved ber, and bade her go in peace.

IV. Josus Raises the Dead (VV. 40-42; 50-56). only daughter lay dying. He besought

Jesus to come to his house. 2. Jairus informed of his daughter's death (v. 49).

8. Jesus' assurance (v. 50). 4. The skeptical mourners (51-53). 5. The daughter raised (vv. 54-56).

A Harsh Word To be silent, to suffer, to pray when-A disappointment, a contradiction, a harsh word received, and endured as

in his presence, is worth more than a

long prayer.

world.

Our Relation to God Vice and virtue chiefly imply the reation of our actions to men in this world; sin and holiness rather imply their relation to God and the other

Sparta, Beautiful City Once the most powerful city in Greece, Sparta probably now is the most beautiful. Few ruins of the anelent capital remain, but its location on the broad plain of the Eurotas, under the foothills of Mount Taygetus,

still is supreme. Discovery of Oxide

DR. JAMES W. BARTON Talks About

Menace of Overweight 66 NORMAL condition has occurred more frequently among my diabetic patients than

has obesity (overweight)." I am quoting Dr. Elliott P. Joslin, Boston, the outstanding au-

thority on diabetes. Life insurance companies are very strict in their consideration of permit ting overweights to take out insurance. as they have found that so many of

of them later develop diabetes. In fact they have found that in examining applicants for insurance as many as 20 per cent already are showing sugar in the urine. "The average diabetic man or woman has been great ly overweight. Over weight is due to overeating. What is added

to the waist line is Dr. Barton. cut from the life line." 1. Jesus asleep (v. 23). While the Dr. Chas. H. Mayo says: "Men fifty years old and fifty pounds overweight are much more likely to have cancer an unusual one. These sturdy men were in causing cancer because half the ach and intestines."

"To sum it up, the overweights have a higher death rate. At fifty years of Hasty Marriage Ban ter (v. 24). At his word there was a age an excess weight of 55 pounds increases the death rate by 50 per cent." I am quoting from "How to Live" by Prof. Irving Fisher and Dr. Lyman

However, everweights have more In this mighty act Jesus' power over sistance to ailments, their mental abil- ceremony.

Some Famed Light Eaters. 1. Jesus met by the demoniac (vv. with them and are satisfied with this three or four times a week for years. ate only the foods he knew gave him

Thos. A. Edison came of a long-lived family who for generations had learned 2. Jesus' question (v. 30). He asked to eat what they knew their bodies "The body is only a piece of machinery keep it in repair at the same time one must know how to take care of it. Now, if you have a 100-horsepower engine and a boller big enough to drive it, no wise engineer will fire that boiler to full capacity when he only wishes to take eight borsepower out of his engine. If he does, he sooner or later burns the grate-bars out of his fire-box. But that is just what the majority are doing: burning up 100 horsepower of fuel in their bodies and taking out eight horsepower of work. Is it any wonder that the boiler flues and the arteries get clogged up, that the pipes burst, causing apoplexy?"

Truth About the Stomach. As you know, early man lived outdoors, used the great bulk of muscle covering his body, had a natural appetite and "filled" ble stomach when per their bearts meal. Thus Nature supplied him with a stemach that would hold enough food to all his needs for a whole day or

> Today we have these same buge about half the food that was needed by early man. Tot because we have the same big stomach and get the kinds of foed we like, many of us thoughtstomach three times a day.

2 Her faith (v. 44). Her faith was of all the different kinds of food daily. Remember, then, that we need some cream, butter or other fat, (c) vegetables, both starchy and leafy, (d) minerals and (e) water. But if we want to be at our best mentally and physically we eat just the amounts of these

Relaxation and Sleep

So much has been written about the 1. Jairus' request (vv. 40-42). His value of sleep that many nervous individuals worry themselves into sleeplessness. They fear dire ailments or even insanity if they don't get a certain number of hours of sleep each

Now while nothing can take the

place of real sleep, with every muscle relaxed, it has been found that if an individual is unable to sleep but can relax body and mind to a point almost approaching sleep he can attain as ever I cannot act, is acceptable to God. high as 80 per cent of the value of sleep. It is estimated that two hours' sleep in the 24 will keep anyone alive. so that with complete relaxation for four hours and say four hours' sleep you might be fully capable of doing

your work. Enough outdoor exercise, without overdoing it, brings on a "notural need" for sleep that is better than any other method of inducing sleep.

Cecil County Cow Makes New Official Record

-WNU Service.

Peterborough, N. H.-A Guernsey cow owned by Joseph I. France of Port Deposit, has just finished a new official record for production which entitled her to entry in the Advanced Register French zine oxide was invented by of the American Guernsey Cattle Club. LeClaire, a French painter. Titanium This animal is the two year old Cheroxide was discovered by Rossi, a ub's Valiant Lady 422859 producing French chemist working with Barton, 7748.5 pounds of milk and 380.4 pounds en American chemist, at Niagara falls. of fat in class GGG.



Sought In New York friends' and adding to the conversa-A bill by Assemblyman Jane H. Todd as I view it, be discouraged. I think (R) of Westchester is before the New the bill will help to do that."

quired at Columbia Stradios, and they were there at the appointed time.

York Legislature to ban hasty mar- Miss Todd said that reference to New than the death rate to consider; they riages. The measure, if enacted into York divorce records would convince must think of their everyday life- law, would require 72 hours elapsed one of the truth of the old adage, II. Jesus Casting Out Demons (vv. their chances for good health, their time between the issuance of a marriage "Marry in haste and repend at leisure." ability to get around easily, their re- licenes and performance of a marriagfe.

than a hit-or-miss proposition," Miss Versailles was built was purchased by Famous men whose brains keep clear Todd explaining her bill, said. "It Louis XIII. It was a low and swampy teristics are often similar to cases of till the end are usually light eaters should be entered into only after care- tract and his improvements consisted! They wanted to find out what that who from early years of experiment- ful consideration. 'Gin weddings,' largely of draining. Under Louis XIV ing have found out just what agrees hasty marriages, entered into for the the famous palace was erected.

sake of headlines and adventure or merely for the purpose of 'surprising tional production of the world, should,

Site of Versailles Palace

THE MYSTERY IS SCLVED

IT WAS very mysterious. Yes, sir, it



So Mr. and Mrs. Quack Watched That Thing That Looked Like a Swimming Branch.

for Mr. Quack. It was too much for Mrs. Quack.

So they sat perfectly still among the brown stalks of the wild rice along the edge of the Big River and not for a second did they take their eyes from that strange thing moving toward them. They were ready to spring into branch of a tree. Lightfoot was swimthe air and trust to their swift wings the instant they should detect danger. But they did not want to fly unless they had to. Besides, they were curious. They were very curious, indeed.

mysterious thing moving through the According to these there were 20 perwater toward them was.

was very mysterious. Mr. Quack thing that looked like a swimming the number 28, for 1933; and 12 more thought so. Mrs. Quack thought so. branch draw nearer and nearer, and than the number 8 for 1932. Thirteen There, out on the Big River in the the nearer it drew the more they were of the persons lynched were in the midst of the Black Shadows was some- puzzled and the more curious they felt. hands of the law; 5 were taken from thing which looked like the branch of If it had been the pond of Paddy the jails and 2 were shot to death in jail.

> became their curiosity. At last Mr. Quack felt that not even the hands of mobs. to gratify his curiosity would it be to wait a few minutes longer.

that thing, whatever it is, comes out curred and the number in each of the of those Black Shadows into the moon- states are as follows: California. light. Somehow I have a feeling that Florida, 2; Georgia, 2; Louisiana, 4 we are in no danger."

So Mr. and Mrs. Quack waited and nessee, 1; Texas, 2. watched. In a few minutes the thing that looked like the branch of a tree came out of the Black Shadows into the moonlight and then the mystery was solved. It was a mystery no longer. They saw that they had mistaken the antlers of Lightfoot the Deer for the ming across the Big River on his way back to his home in the Green Forest. At once Mr. and Mrs. Quack swam out to meet him and tell him how glad they were that he was alive and safe. CT. W. Burgess .- WNU Service.

from records in the Department of Records and Research of the Institute to

sons lynched in 1935. This is 5 more So Mr. and Mrs. Quack watched that than the number 15, for 1934; 8 less than

a tree. But instead of moving down | Beaver instead of the Big River, they | There were 53 instances in which ofthe river as the branch of a tree would | would have thought it was Paddy | ficers o fthe law prevented lynching. if it were floating, this was coming swimming with a bran for his win- Nine of these were in the Northern and straight across the river as if it were ter food pile. But Padd, 'he Beaver Western states and 44 in the Southern swimming. But how could the branch was way back, deep in the reen For- States. In 42 of the instances the prisof a tree swim? That was too much est in his own pond, and they knew it, oners were removed or the guards augfor they had spent the day at that mented or other precautions taken. In pond. So this thing became more and the 11 other instances, armed force was more of a mystery. The nearer it got used to repel the would-be lynchers. A the more nervous and anxious they be-came, and at the same time the greater negroes, were thus saved from death at

Of the 20 persons lynched, 2 were safe to wait longer. He prepared to white and 18 were negroes. The ofspring into the air, knowing that Mrs. fences charged were: Murder, 7; at-Quack would follow him. It was just tempted rape, 3; rape, 3; altercation then that a funny little sound reached with man, 1; activity in share copper them. It was a half snort, half cough, organizing, 1; attacking person, 1; takas if some one had got some water ing a prisoner from offer of the law, 1; up his nose. There was something slapping a woman, 1; communistic acfamiliar about it. Mr. Quack decided tivity, 1; killed by mob in search of another person.

"I'll wait," thought Mr. Quack, "until The states in which lynchings oc-Mississippi, 7; North Carolina, 1; Ten-

> Long Fingers Sign A child with long fingers will be n artist or a musician.



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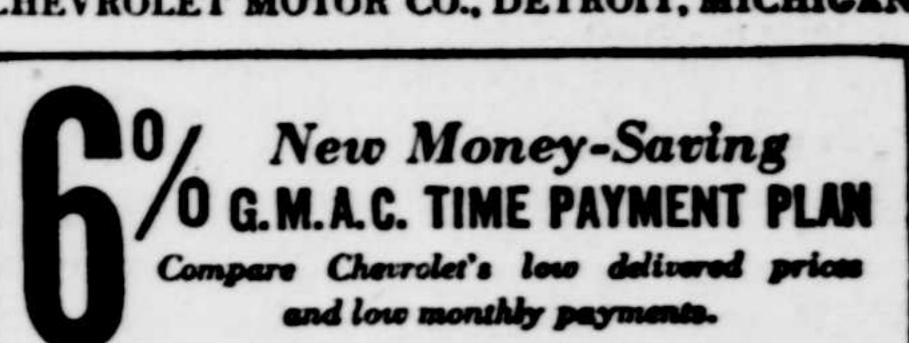
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