IMPROVED UNIFORM INTERNATIONAL

SUNDAY SCHOOL Lesson

By REV. HAROLD L. LUNDQUIST, Dean of the Moody Bible Institute of Chicago.
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Lesson for June 12

FACING THE SUPREME TEST OF SERVICE

LESSON TEXT—Mark 14:32-36.
GOLDEN TEXT—Not what I will, but what thou wilt. Mark 14:36.
PRIMARY TOPIC—Jesus in the Garden.
JUNIOR TOPIC—In Gethsemane.
INTERMEDIATE AND SENIOR TOPIC—Courage in the Face of Danger.
YOUNG PEOPLE AND ADULT TOPIC—The Challenge of God's Will.

No man has ever faced such a crisis as Jesus met in the Garden of Gethsemane, for He was the Son of God incarnate in order to bear the sins of the world. No one can ever fully understand the agony of soul involved when God "made him to be sin for us, who knew no sin; that we might be made the righteousness of God in him" (II Cor. 5:21). It is, therefore, true that we may never say that we have gone "through Gethsemane." But there is a very real sense in which our Lord's experience is shared by His disciples, in a lesser degree and as ordinary human beings.

Our lesson brings before us the closing scene of Thursday before the crucifixion. The day has been crowded with important events, among them the eating of the Passover, the revelation that there was a traitor among the twelve, the institution of the Lord's supper, the precious words of the upper room, the intercessory prayer in the garden. Midnight is at hand, and as the night dips to its deepest darkness, the Son of Man tastes the depth of a sorrow unto death as He alone with His Father in prayer is prepared for the betrayal and death to come.

I. Exceeding Sorrowful (vv. 32-36).

The text uses many words to convey the depth of His soul's agony, as though it were impossible to express it in the faulty medium of speech. So it is, for our Lord here experienced something far more serious than a dread of physical death. He was not a coward. He was not afraid to die. His soul was about to have put upon its spotless sinlessness the stain and dishonor of the world's sins. Little wonder that He was "sorrowful even unto death" (v. 34). It breaks our hearts to see His loving heart break!

Since this was the road the Master trod, should not His servants tread it still? Service for Christ may call for passing through deep and chilling waters. The hours may come when through no fault or failure of our own we find ourselves "greatly amazed and sore troubled." Our Master has been that way before us, and here as everywhere we will find Him our true Guide and Companion.

II. Alone with God (vv. 37-41).

Jesus took with Him into the secluded place in the Garden the three who were closest to Him in the circle of disciples. He counted on their fellowship and sympathy in His hour of anguish. Merely to have them near Him, to know that they were there to watch and pray even though they could not share His holy burden, was to be a comfort to Him. We try to do as much for one another in hours of bereavement and disappointment, but how much greater was the opportunity of these three, and how ignominiously they failed. The spirit was willing (v. 38), but the flesh took the upper hand, and they slept! He was alone with His Father, when He prayed that if it were possible the hour might pass from Him, but in true and beautiful submission said, "not what I will, but what thou wilt."

The follower of Jesus will know this experience, too. While he will ever find it to be true that there is nothing more precious than the friends God gives him, he should prepare himself to expect the arm of flesh to fail him. There is no more bitter experience in human relationships than to count on those who should stand by, come what may, and to find that they have slept through our hour of soul-struggle. Here again let us remember that Jesus knows all about it, and let us, like Him, say to our heavenly Father, "Thy will be done, even in this trying time, and no matter what may be the outcome."

III. Betrayed by a Kiss (vv. 42-46).

To betray the one who had done nothing but good, who had loved him and served him even in the washing of his feet, this would have been far more than one could have expected of even the sin-blackened heart of a Judas. But he fills the measure of his ignominy to overflowing by betraying his Lord with the sign of affection—a kiss.

We know full well that we may not stand on the same ground as our Lord even here, for, whereas He had done nothing to merit betrayal, we at our best are not able to stand forth without fault. Nevertheless, great is the hurt when we face the betrayals of life. It may be one whom we have befriended, who has been the object of our loving thought and care, and who in the hour when he thinks to gain himself some advantage or avenge some fancied wrong strikes us in the back, even as he smilingly professes to be a friend. Shall we be embittered in soul and give like for like? God forbid! Let us rather say as Jesus did to Judas, "Friend, wherefore art thou come?" (Matt. 26:50.)

A Creative Power

The universe is not self-produced or self-maintained, but the result is a creative power; and requires a continually directing agency.—Sir Ambrose Fleming.

Business

Business dispatched is business well done, but business hurried is business ill done.—Bulwer-Lytton.

Giant Sun Dials in Dodge City, Kansas.

Kansas, Once Battleground of Settlers, Rich in Farming, Oil and Industry

Prepared by National Geographic Society, Washington, D. C.—WNU Service.

CROP control measures are of vital interest in Kansas, where the corn crop is ripening and the problem of limiting wheat acreage is due for discussion in the fall of this year. Today, from Boston bankers to Arizona cowboys, all America eats bread made of Kansas hard red winter wheat. Each year some 120,000,000 bushels are threshed here, and enough is ground to make about 47 loaves for every human being in the United States.

Until Mennonites settled in Kansas in 1873, little wheat was grown. From Russia, however, these immigrants brought a new variety—a red winter grain so hard that millers at first had trouble grinding it.

Since that time, the best kinds of wheat grown here have come through selection or hybridization, from Turkey, or from other imports of Crimean wheat similar to Turkey's. Now agents of Soviet Russia's government come here to buy seed of this improved wheat, taking it back—after all these years—to the regions it came from.

To Kansas from Asia came white blossom sweet clover; from Manchuria the soybean.

In fact, most plants of economic value in Kansas are from other lands. This is true of orchards, vegetable, and flower gardens. Few plants were introduced accidentally. The pioneer's covered wagon, carrying horse feed, may have been the means of first bringing in bluegrass; influx of noxious weeds may also be traced to accident. But the spectacular change—in a few decades—in Kansas plant life was willfully achieved after study, selection, and scientific plant breeding.

To add a familiar back-east look to home-sweet-home on the plains, one trader imported a flock of common house cats and sold them at a good cash profit to early Hays settlers.

Owned by Spain, Then France.

From Spain to Kansas was a long way—in 1541. Yet that year Coronado got here, seeking his fabled Seven Cities of Cibola.

More Spaniards came later, but they left only faint footprints in the sands of Kansas time.

After La Salle floated down the Mississippi and claimed its basin for Louis XIV, French trappers ranged all these Midwest streams. From a trading post, built near present-day Oak Mills village, in one year (1757) they shipped 10,000 pelts to Paris, via New Orleans. Many French trappers married squaws. Charles Curtis of Kansas, former Vice President of the United States, was proud of his Indian ancestry.

Bandied back and forth between Spain and France, this was a little-known region even when Napoleon in 1803 sold the Louisiana Territory to the United States. It included most of Kansas, though Spain still ruled over what is now the southwest section of the state.

Rightfully, we didn't get title to all of what is now Kansas till after the annexation of Texas, which, as a republic, had owned the southwest corner of it, the same corner that had been first Spanish and then Mexican.

By this time a few whites were settling in east Kansas. From Missouri to New Mexico flowed that steady, two-way stream of traders, soldiers, teams, wagons, goods, furs, and treasure which was to make the Santa Fe trail one of the most romantic and spectacular caravan roads in all history.

Gold seekers, rushing to California after 1849, swarmed across Kansas by scores of thousands, along with outlaws, swindlers, and road agents, breaking still more new trails, including the Oregon and its branches, the Salt Lake, Mormon, and California.

Indians raided and killed. When not fighting whites, they fought each other.

News that aroused the nation broke in Kansas in 1854, over the Kansas-Nebraska bill. This law set up the territories named, and said that when they were ready to join the Union each might say for itself, by popular vote, whether or not its citizens should hold slaves.

Battleground of North and South.

Immediately Kansas became a battleground. From the North came colonists, sent by the New England Emigrant Aid company to vote for "free soil." Some carried guns, called "Beecher Bibles" because paid for with funds raised by Henry Ward Beecher.

Southern states raised funds and sent armed bands of settlers to vote the pro-slavery ticket. Missourians—dubbed "Border Ruffians"—flocked over to help the slave-owning element.

Murders, raids and house burnings continued for years. At Lawrence, type metal from the Herald of Freedom, thrown into the river by a previous mob, was fished out and molded into cannon balls.

One event in border war Kansas will never forget; that is Quantrill's guerrilla raid on Lawrence, when that Missouri hothead sacked and burnt the town and slew some 150 citizens. History gives space to the Marais des Cygnes massacre and "Old John Brown's" historic crusade and his final execution, after his effort to seize guns at Harpers Ferry arsenal to arm slaves.

Even after Kansas was admitted as a free state, in 1861, and after the Civil war ended, it was plagued for years by Indian raids, county-seat fights, and bad men who rode up the great cow trails from Texas. Writers still argue as to whether Dodge City, in its wild days, was more wicked than Abilene.

Scenes in the Oil Fields.

Day and night, oil field bedlam, as at Russell field near Hays, fills the air with clatter and shouts. Big strikes quickly cover empty plains with new, unpainted pine shacks, tents, new stores, lumber yards, machine shops, auto camps, big piles of new pipe, "walking beams" of working pumps, black pools, frightful-looking dense smoke clouds from burning waste, long lines of tall steel derricks that march like big skeletons to far horizons.

You see slangy waitresses at quick-lunch counters; gnomelike electric welders, in ceaseless movement, wearing odd helmets that ward off heat and blinding torchlight; and crowds of men in overalls so greasy that they seem to have just been baptized by total immersion in the smelly black oil now pumped from the world's deep, dark, greasy bowels—oil that means more cash to Kansas than her boasted wheat crop.

As you near McPherson, silvery domes of oil refineries glint in morning sun like mosques on a Babylonian plain. Heavy tank trucks, loaded with new-made gasoline, speed west for Denver.

One of the newest scientific oil-hunting methods is use of the sismograph, which works more or less like the echo-sounding machines used by ships now to measure ocean depths.

When the oil hunters have made enough shots and got enouch "echoes" in a given area, they draw a chart, based on the time in seconds or split seconds that it took echoes to bounce back at different spots on the area tested.

This contour map shows at depths anywhere from 1,000 to 6,000 feet the major underground "hills" and "valleys," just as a common topographic map shows hills, valleys, and drainage on the earth's surface. If the oil hunter's sub-surface map reveals hills and valleys, or basins, a "structure" has been found that may prove to be an oil field. But the science of geophysics has not advanced to the point where proof of a commercial oil field is furnished until wells are drilled to the porous rocks and a natural oil and gas reservoir is found.

Wichita Is a Busy City.

Wichita has one of the West's finest airports, with airplane shops that build planes for our army and navy, and some for export.

Supplanting its pioneer fires of buffalo chips, a gigantic factory here makes oil stoves and lamps that are sold to world's end. Tall flour mills pierce the skies, and crowded stockyards, noisy with bawls, grunts, squeals, and bleats, handle trainloads of meat-bearing animals.

From all over the South buyers flock to Wichita's busy mule market. "Missouri mockingbirds," they nickname these agile, shapely, but sterile hybrids, whose quick heels pack a lot of dynamite.

Metropolis of this state is Kansas City, Kan. On the Missouri side: shops that sell boots, big sombreros, and horse gear; on the Kansas side: a big, busy town of mills, packing plants, soap factories—and the fine homes of many who ride over to daily affairs in the big Missouri town across the river. Shaded by great modern buildings, in the heart of the Kansas city, is an old Indian burying ground, long a bone of contention between sentimentalists and municipal builders.

In sheer size, colossal Santa Fe shops and offices easily dominate Topeka, almost obscuring even the statehouse. Brisk industries abound, ranging from meat products and flour to the printing and metal trades.

Curious among industries is one which packs horse meat for export to France.

Hub of the state's highway system, served by four railways and by ample water and power plants, Topeka is a good example of a well-balanced, mature American provincial city.

Round, fecund earth knows no better corn land than east Kansas. Most corn is not sold for cash; it is turned into money through the alimentary canal of livestock, particularly pigs.

Star Dust

★ *Hollywood Modistes*
★ *Amazing Women*
★ *Private Radio Jokes*

By Virginia Vale

CAROLE LOMBARD and Clark Gable really ought to go into the dressmaking business. They co-operated on a sports jacket which Alice Marble, the United States' Number One woman tennis player, will wear when she steps out on the courts of Wimbledon, England, to battle for a championship.

Carole designed the jacket, (she's Alice Marble's best friend) and Clark had his tailor make it. It's a knockout. And Alice, tall, blonde and pretty, will wear it.

—*—

Remember "Dawn Patrol," in which Richard Barthelmess starred, and Douglas Fairbanks, Jr., after pleading and fighting for the role, played the second lead so ably that

ERROL FLYNN

he stole the picture and proved himself a good actor? Well, it's to be made again, with Errol Flynn, Patric Knowles and Basil Rathbone in the leading roles.

—*—

Claudette Colbert, who recently got home from that European vacation, likes simple clothes—but listen to the description of the dress recently designed for her by Travis Banton, one of moviedom's ace designers. It's frilly, it's frothy; it's of white organza, covered with a printed pattern of cherries in black. The skirt is shirred and full, the neckline is outlined by a flounce, with wider flounces forming the sleeves. Sounds anything but simple!

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Alice Brady has had years on the stage and years in the movies, but when you hear her on the radio you may be sure that she is nervous. The microphone simply scares her into such a state of nerves that the pages of her script have to be pasted on cardboard, to keep them from rattling.

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Encouraged by its success in building Ginger Rogers up as a dramatic star, RKO is going to try to do the same thing with Ruby Keeler, the dancer who is Mrs. Al Jolson in private life. You'll see the first results of the new campaign in "Mother Carey's Chickens." With Fay Bainter and Ralph Morgan also in the cast, the girl will have to act or be utterly swamped.

—*—

Bob Ripley has discovered, in his search for "Believe It Or Nots," that it is three and two-thirds times as easy for a man to become an amazing person as it is for a woman to do so. He finds that amazing women are just as interesting as men, but rarer. The only reason he can give is that they don't have as much chance to distinguish themselves as men do.

—*—

The first thing any of us know, someone is going to form an organization to protest against radio programs which are awfully amusing to the audience in the broadcasting studio, but pretty dull to those who just tune in, and can't see what is going on. Eddie Cantor is one of the worst offenders. After all, radio is supposed to be heard, not seen. And I know of more than one instance in which a listener, at home, swore never to buy the sponsor's product because it was so annoying to hear the laughter and not know what was funny.

Eddie Cantor

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Candy Highly Energizing

A steady stream of dollars—more than a hundred million of them—go to American farmers annually from candy manufacturers.

And, according to Thomas J. Payne, of Chicago, president of the National Confectioners Association, this amount will be larger in 1938.

"Candy manufacturers," Payne said, "have been urged to make larger appropriations for advertising. This should stimulate sales. And increased sales will mean that manufacturers must buy more from the farmer."

Advertising copy will stress the fact that candy, composed largely of farm products, is a highly energizing food.

Latest figures from the United States department of commerce show that 713,001,634 pounds of sugar, 428,799,715 pounds of corn syrup, 197,629,916 pounds of nuts, 82,775,533 pounds of milk and milk products and 20,083,236 pounds of fruit are now being used annually in the manufacture of candy.

WHAT to EAT and WHY

C. Houston Goudiss Warns Against Food Fads and Fallacies

Nationally Known Food Authority Explains How They May Endanger Health

By C. HOUSTON GOUDISS
6 East 39th St., New York City.

AS SCIENCE and civilization have progressed, painstaking investigators have sought to replace ignorance with knowledge, to substitute truth for superstition. But in spite of their efforts, our eating habits are still influenced by a multitude of food fads and fancies, which should have no place in this enlightened age.

Some of these are harmless; others may endanger health. And the homemaker must learn to distinguish between fact and fancy.

—★—

Fish Is Not a Brain Food

One of the most persistent fallacies is the notion that certain kinds of food are especially beneficial for certain parts of the body. Many people believe that fish is a brain food and celery a nerve tonic. Lettuce is thought to be a soporific. None of these things is true.

The idea regarding fish probably arose because fish contains phosphorus and the brain also contains phosphorus. How simple it would be if one could increase brain power merely by eating fish. Unfortunately, there is nothing to it! The brain, like other parts of the body, requires a balanced diet. No case has ever been reported of a man soothing the irritated nerves of his wife by feeding her celery. And as for lettuce, it is a fine source of minerals, vitamins and gentle roughage, but it does not contain any narcotic drug that induces sleep.

—★—

Not Necessary to Sip Milk

Another false idea is the widespread notion that milk **must** be sipped slowly or it will be difficult to digest. This has been refuted by a widely known investigator who made many tests. One day he fed a man a pint of milk in **10 seconds.** The next day the same man was fed the same amount of milk in **10 minutes.** On both occasions the contents of the stomach were examined a half hour later.

It was discovered that the milk which was drunk in 10 seconds had formed smaller curds than the milk which was sipped in 10 minutes. And in both cases, the curds were of practically the same consistency.

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Water With Meals?

It is widely held that water should not be taken with meals, the argument being that it dilutes the gastric juice and thus interferes with digestion. This sounds logical and many people have been fooled. **But the truth of the matter is that water stimulates the flow of the digestive juices and careful research has established that normally, water taken with meals in reasonable quantities aids digestion.**

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Danger of Half Truths

The most insidious food fallacies are those which contain some portion of truth—for example, the belief that cooked fruit is more wholesome than raw fruit. It is true that cooking increases the digestibility of some fruits and also has a sterilizing effect. On the other hand, most fruits are easily digested in the raw state, are more palatable and richer in vitamins.

A widespread belief which has a small portion, but only a small portion of truth, is that whole wheat bread is vastly superior to white bread. Whole wheat bread contains more minerals, vitamins and roughage than white bread. But the minerals and vitamins lacking in white bread can easily be supplied by other common foods, and there is no justification for going to the extreme of omitting white bread entirely from the diet.

—★—

Fad Diets Lack Balance

Far more harmful than the fallacies regarding individual foods are the fad diets constantly put forth by those who seek to exploit the homemaker's desire for dietetic knowledge.

—★—

Foods Not Incompatible

A fad diet which has gained a large number of adherents in recent years is based on the notion that certain foods — notably starches and proteins—are incompatible and should not be consumed at the same meal because they cannot be digested at the same time. **It is interesting to note that this fad has been condemned by the medical profession and that a physician of the highest standing has proved clinically that starches and proteins do not interfere with one another in the stomach.**

The fallacy of this theory is further appreciated when one realizes that there are few pure proteins or pure carbohydrates, most foods containing varying proportions of protein, carbohydrate and fat. Such foods as dried peas and beans and whole grain cereals contain a substantial percentage of both starch and protein.

—★—

Dangers of Fasting

Fasting is urged by some faddists as a means of "detoxifying" the body. Advocates of this practice claim that it is nature's method of housecleaning. As a matter of fact, fasting for any length of time may be dangerous to health, because it may result in the accumulation of incomplete oxidation products of fat, and the development of acidosis.

Homemakers must put aside superstitions, half-truths and food fallacies if they are to nourish their families properly.

Put your faith only in established food facts. Remember that upon your knowledge and breadth of vision depend, to a great degree, not only the health but the happiness of your family.

Questions Answered

Mrs. A. F. R., Jr.—Light corn syrup yields nothing but energy values, but dark corn syrup is a good source of iron. Pure molasses is rich in calcium and iron.

Miss M. F.—Nut protein is similar to the protein of meat and fish and nuts may be used in place of these foods when desired. They should not replace milk and eggs, however, as with few exceptions, they are low in minerals and cannot compare with eggs or milk as a source of vitamins.

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Influencing Action

The forces that impel action reside in temperament. The ideals and convictions that guide it are hidden in the mind and heart. A man moves slowly or swiftly, he does his work slowly or swiftly, according to the energy that is in him. But the direction of his life, this way or that way, follows the unseen influence of what he admires and loves and believes in.—Henry Van Dyke.

Do You Want to Learn

How to Plan a Laxative Diet?

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