

IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL LESSON

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LESSON FOR APRIL 4

EASTER LESSON.

LESSON TEXT—Luke 24:13-35.
GOLDEN TEXT—Ought not Christ to have suffered these things, and to enter into his glory?—Luke 24:26.
PRIMARY TOPIC—The Story of a Wonderful Walk.
JUNIOR TOPIC—The Walk to Emmaus.
INTERMEDIATE AND SENIOR TOPIC—The Proofs That Jesus Rose From the Dead.
YOUNG PEOPLE AND ADULT TOPIC—The Fact and the Meaning of the Resurrection.

I. Two Disciples Journeying to Emmaus (vv. 13-16).

1. Who they were. One was Cleopas (see v. 15); some think the other was Luke, whose modesty forbade him to give his name; but it is not definitely known. Why they were going we can only conjecture; perhaps they were only walking away from Jerusalem to relieve their anxiety and drown their sorrow. The ordeal through which they had passed left them somewhat stunned; they needed the physical exertion and quiet of the country to calm their nerves. They were sad (see v. 17).

2. What they talked about (v. 14). "All the things which had happened." Strange and wonderful things had taken place and they could not but commune together concerning them.

3. Jesus joins them (vv. 15, 16). It was while they communed together and reasoned about Jesus that he appeared to them. He never leaves those in doubt who sincerely seek the light; he promises to meet even with two or three who gather in his name (Matt. 18:20). Those gathered in his name have their heart toward him in love, and their talk is concerning him. If we would have Jesus draw near to us more frequently than let us more frequently commune together concerning him.

II. The Conversation on the Way. (vv. 17-27).

1. Jesus' question (v. 17). Though he was a stranger to them his question did not provoke resentment; there must have been something in his manner and tone which unlocked their hearts.

2. The disciples' answer (vv. 18-24). Though surprised that there should be a single man in the confines of Jerusalem unacquainted with the things which had recently come to pass, they spoke fully and freely of what they had communed about.

(1) It was concerning Jesus of Nazareth (v. 19). This Jesus was mighty in word and deed before God and the people. (2) Delivered, condemned and crucified by the chief priests (v. 20).

(3) Shattered hopes of the disciples (v. 21). They had reposed their hope in him as the Redeemer of Israel. (4) Their bewilderment (v. 22-24). The story of the women concerning the empty sepulchre reminded them of Christ's words that he would arise on the third day. A new hope seemed to be arising in their hearts, yet they were too timid to take their stand upon it. (5) Jesus expounding the Scriptures to them (vv. 25-27). He chides them for their unbelief of the prophetic Scriptures (v. 25). What sorrow and perplexity they would have escaped had they believed what God had revealed! Jesus showed them that what had happened was exactly what the Scriptures had foretold concerning the Messiah and that it behooved Christ thus to suffer and to enter into his glory.

III. The Lord Reveals Himself (vv. 28-35).

1. Nearing the end of the journey (vv. 28, 29). He made as though he would go farther, but they constrained him to abide with them. It would have been a great loss to them if he had not been "constrained."

2. Sitting together at the table (vv. 30, 31). His blessing of the bread and breaking it were so familiar that they knew him. Then, too, they may have seen the nailprints in his hands while he broke the bread. They now knew for a certainty that the Lord whom they had mourned as dead was alive and in their very presence. If we had eyes to perceive we could see Jesus daily walking and talking with us. What a different life would be ours if we would but see him!

3. The disciples convinced (vv. 32-36). They at once returned to Jerusalem and reported to the eleven what things were done and how the Lord had revealed himself to them in the breaking of the bread. They exclaimed, "The Lord is risen, indeed!" May Christ come to every believer on this Easter occasion in such a way that we may know beyond the peradventure of a doubt that he is really alive!

Reaching the Top.

It is by attempting to reach the top by a single leap that so much misery is produced in the world.—Cobbett.

Keep Straight On.

The way to heaven: Turn to the right and keep straight on.—Spurgeon.

Be Wise.

Be wiser than other people if you can, but do not tell them so.—Earl of Chesterfield.

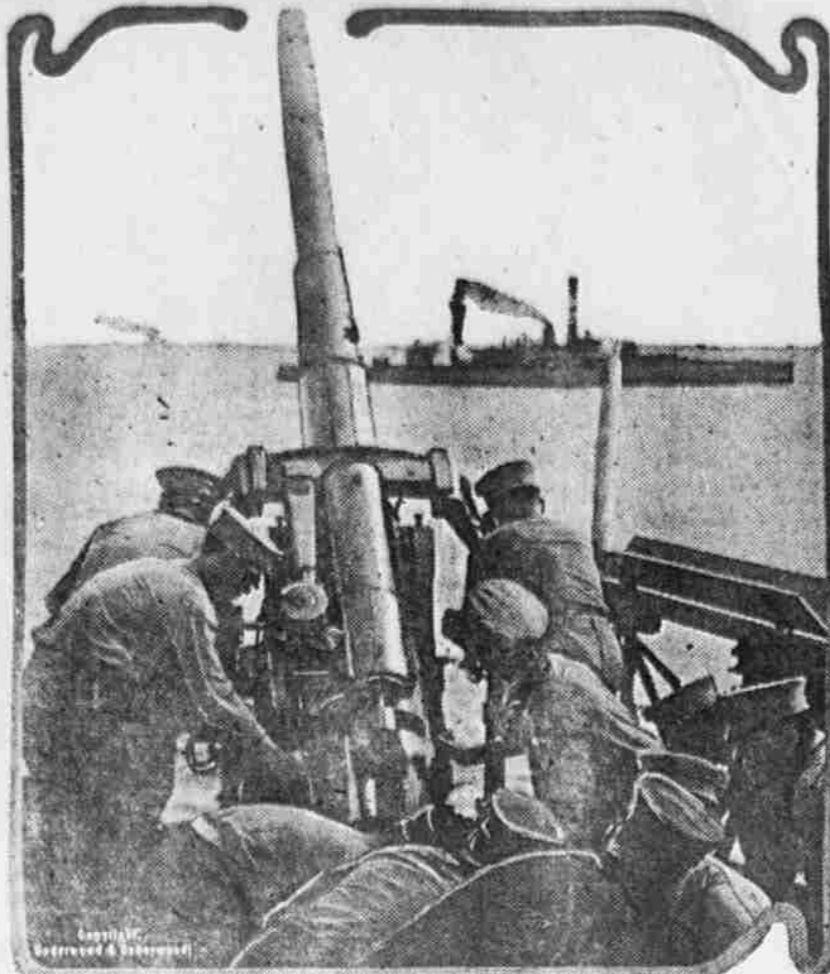
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World's Debt Has Increased From \$40,000,000,000 in 1914 to \$200,000,000,000 in 1920

The world's debt has been estimated at \$200,000,000,000 compared with \$40,000,000,000 in 1914.

Paper currency throughout the world has increased 600 per cent since 1914, while the gold reserve behind it has increased only 40 per cent, according to statistics. The face value of paper currency of thirty principal countries, which totaled \$7,250,000,000 in 1914, has increased to \$40,000,000,000 at the time of the armistice and to \$50,000,000,000 in December, 1919, exclusive of \$54,000,000,000 issued by the Russian soviet government.

Germany, Austria-Hungary, Turkey and Bulgaria show an advance in note circulation from \$1,200,000,000 in 1914 to \$12,200,000,000 at the close of the war, and \$18,770,000,000 in December, 1919. The gold reserve falling from \$800,000,000 in 1914 to \$327,000,000 in 1919. The ratio of gold to notes declining from 49.7 per cent in 1914 to 5.5 per cent in December, 1919.

In the eight principal countries of the allies, paper notes increased from \$1,105,000,000 in 1914 to \$2,420,000,000 in 1919, while the gold reserve increased from \$516,000,000 to \$1,450,000,000, a ratio of 44.3 in 1914 and 59.9 in 1919.

"Gallery of Mirrors" Named From Glasses Which Were More Precious Than Rubies

"Galerie Des Glaces" or the "Gallery of Mirrors" at the Palace of Versailles, gets its name from 17 beveled mirrors, which were more precious than rubies before glassmaking was reduced to a science. Opposite each mirror is a window, these windows overlooking the famous gardens which were scenes of royal revelries and regal pomp.

In these gardens all the sculptors of standing in France were commended for innumerable pieces. Piped waters spout from mouths of gilded frogs and lizards, fawns play flutes, and dragons kidnap cupids, while stately old trees give one touch of nature against this supremely artificial setting in these gardens.

The mirrors are framed in works of art and surmounted by paintings. One series of these paintings depicts in flamboyant scenes the career of Louis XIV. Originally tables and chairs in this hall were of solid silver. The ensemble was typical of the emptiness of the yoke from which France freed herself.

Man Must Be Busy—Have Hobby or Be Entertained

Man can rise only as he grows out of his bad habits. This is the highest test of worth. Habits become so much a part of the individual that it is hard to throw them off. They are the builders of character. Let alone, habits determine our conduct and set the limits of our possibilities. The wholesome habits—habits of industry and balance—we want to cultivate and develop. Habits that create appetites, set limitation and resultant weakening of the powers we want to grow out of. Man must be busy. If he has surplus unengaged time he must have a hobby or be entertained. He must grow out of idleness into industry.

Highest Village.

The little village of Karzok, in Kashmir, India, is believed to be the highest in the world. Its altitude is 14,540 feet.

DEVILED WHITEBAIT—Wash the whitebait thoroughly and drain on a soft cloth. Dip them in milk, then roll in flour and fry, about a half cupful at a time, in deep, smoking hot fat. Drain on soft paper and sprinkle with cayenne, then send at once to the table.

A broom when not in use should always be placed in a holder to fit it. Those who wish to make one should have two large screens into the wall, about two inches apart. Drop the broom between them, handle down, and it will wear a very long life.



THE KITCHEN CABINET

FOOD FOR THE CHILD.

So make it your intention With proper comprehension To see the world from every point of view. Smile on if you're defeated, Or smile if you think you're cheated; Smile on and soon the world will smile on you! —Caroline Sumner.

Children are far more restricted in their diet than are grownups, and they are more dependent upon special foods. We all need a diet so balanced that it will produce the highest efficiency, but the food for a growing child must do more than that. The growing child is building new flesh and bone. For this reason the child should have a larger proportion of body-building foods than adults. Milk is the most important; eggs, butter and well-cooked cereals, with top milk, are very important in the diet of the child.

We are told repeatedly by those who have made a study of the diet of the child that no mother should buy a pound of meat until she has purchased a quart of milk for each child in her family. Milk is the ideal food for the child. It contains the elements needed to promote growth with the exception of iron. This element is given the child in such vegetables as spinach, beet greens and carrots.

As the child grows and becomes very active other foods are added, such as starchy foods, which supply energy. When milk is unpleasant to the child give it to him in cream soups, custards and cocoa. The older members of the family may be undernourished on milk, but never let the children want for it. Dishes made chiefly of milk, meat, fish, poultry and eggs, with meat substitutes, form the most important group in the well-balanced ration. Then come cereals and bread; then fats, of which the most important is butter. Do not give children fried foods which are hard to digest. Fruits and vegetables are next; then simple sweets such as dried fruits or pure candies. Candy should always be given at the end of the meal, never before.

Wheat taken from the ordinary, well-washed, soaked over night, then cooked in the same water until well cracked and covered with gluten, is one of the most desirable of foods for growing children. Serve it with top milk.

Nellie Maxwell

SCENTS DANGER.



Jim Bangs—Is yo' hawse afraid of automobiles?
Joe Bangs—Yup.
Jim Bangs—I thought he was blind and deaf.
Joe Bangs—He is, but he kin smell.

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