

Bible Thoughts For Today

JUNE 1 THESE SIX THINGS doth the Lord hate; yea, seven are an abomination to him: A proud look, a lying tongue, and hands that shed innocent blood, A heart that deviseth wicked imaginations, feet that be swift in running to mischief, A false witness that speaketh lies, and he that soweth discord among brethren.—Proverbs 6: 16-19.

JUNE 2 O COME, let us worship and bow down: let us kneel before the Lord our maker. For he is our God; and we are the people of his pasture.—Psalm 95: 6, 7.

JUNE 3 THE WOLF ALSO shall dwell with the lamb, and the leopard shall lie down with the kid; and the calf and the young lion and the falling together; and a little child shall lead them.—Isiah 11: 6.

JUNE 4 THY SUN shall no more go down; neither shall thy noon withdraw itself: for the Lord shall be thine everlasting light, and the days of thy mourning shall be ended.—Isiah 60: 20.

JUNE 5 WHEN THE RIGHTEOUS ARE IN AUTHORITY, THE PEOPLE REJOICE: BUT WHEN THE WICKED BREATHE RULE THE PEOPLE MOURN.—Proverbs 29: 2.

JUNE 6 FOR THE LORD GOD IS A SUN AND A SHIELD: THE LORD WILL GIVE GRACE AND GLORY; NO GOOD THING WILL HE WITHHOLD FROM THEM THAT WALK UPRIGHTLY.—Psalm 84: 11.

JUNE 7 WHOSEVER WILL COME AFTER ME, let him deny himself, and take up his cross, and follow me. For whosoever will save his life shall lose it; but whosoever shall lose his life for my sake and the gospel's, the same shall save it.—Mark 8: 34, 35.

Time

Make time, save time While time lasts; All time is no time. Who's time is past.

A Renewer

Nature is the great freshener, the renewer, the restorer. She will mother you and put you in trim quicker than any doctor or any medicine.

You came out of Nature, and when anything is the matter with you it pays to get back as close as possible to her until you are normal again. She is the great healer.

JOY OF HEALTH WOMAN'S RIGHT

Mrs. Evans Freed from Female Weakness by Lydia E. Pinkham's Vegetable Compound

Detroit, Michigan.—"I had female weakness with pains in my back, and I could not stand on my feet for any length of time. I was working in a factory but had to quit as I was too much on my feet. A friend recommended Lydia E. Pinkham's Vegetable Compound to me, and I can hardly believe it myself that I am well. Oh, it is a grand thing to have your health! I feel well all the time and can go out like other women and not feel that awful torture. When I took your medicine first I thought it should cure after the first bottle, but I am glad my husband kept me at it. I have had nine bottles and now I am well."—Mrs. JENNY EVANS, 1604 Lafayette Blvd., Detroit, Michigan.

If you are suffering from displacements, irregularities, backache, nervousness or other forms of female weakness, you should take Lydia E. Pinkham's Vegetable Compound.

The reason is given in letters like these, and we have published thousands of them. You may expect that a medicine that has helped other women will help you. Try it.

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Sunday School Lesson

JUNE 1ST THE EXILE OF JUDAH IN BABYLON

2 Chron. 35: 11-21 Golden Text.—Righteousness exalteth a nation; but sin is a reproach to any people. (Prov. 14: 34). Time.—B. C. 586. Notes by REV. C. RISEBOROUGH

The Siege and Fall of Jerusalem The ministry of Jeremiah was rejected. The king and people of Judah persisted in their rebellion and idolatry. They listened to the false prophets. Jeremiah had, by command of the Lord, made bonds and yokes and worn them around his neck as a sign that Judah would wear the yoke which the king of Babylon would put upon them. Hananiah, the false prophet, took the yoke from off the prophet Jeremiah's neck, and brake it, declaring in the presence of all the people, that the words of Jeremiah were false: "Thus saith the Lord: Even so will I break the yoke of Nebuchadnezzar, king of Babylon from the neck of all nations within the space of two full years. (Jer. 28: 10-11). For this Hananiah was cut off in the seventh month of that year, according to the prophecy of Jeremiah, who by the command of Jehovah said, "The Lord hath not sent thee; but thou makest this people to trust in a lie. Therefore thus saith the Lord, Behold I will cast thee off from the face of the earth: This year thou shalt die, because thou hast taught rebellion against the Lord."

Jehovah never forgave the sin of manasseh. God forgave Manasseh and he was restored to his throne but there was something so dreadful about his sins that had to be visited in judgement. Joash turned to the Lord with all his might, neither was he restored there any like him. Notwithstanding the Lord turned not away from the fierceness of His great wrath wherewith His anger was kindled against Judah, because of all the provocations that Manasseh had provoked him withal. (2 Kings 23: 25-26). Surely at the commandment of the Lord came this upon Judah to remove them out of His sight, for the sins of Manasseh he did unto all that he did. And also for the innocent blood that he shed, for he filled Jerusalem with innocent blood, which the Lord would not pardon. (2 Kings 24: 3-4) During the days of Good King Josiah, God's judgment waited in the days of Zedekiah the iniquity of Judah was filled up to provoke the anger of Jehovah. There was no remedy. There was nothing left but judgment.

The Sins of Zedekiah

He sinned in the sight of Jehovah. His sins were committed openly, without shame or fear. They were sins against light and knowledge. Zedekiah knew the way, but he walked not in it. He consulted with the prophet Jeremiah, but did not heed his advice. (2) He was proud. He humbled not himself at the word of Jehovah by the mouth of His prophet. (3) He was false to his oath which he took. He swore allegiance to Nebuchadnezzar, who made him swear by God. The most sacred of all words was nothing to him. The counsel of the Lord to him was submission at that time to the king of Babylon who placed him on the throne. Zedekiah was false to his name—Jehovah my righteousness. He was false to his oath. He stiffened his neck and he denied his heart against turning to Jehovah, the God of Israel. (v. 13).

The Sin of the Chief Priests and People

They practised all the abominations of the nations. These abominations are portrayed for us in 2 Kings chapter 21. Children were slain and their blood poured out upon the idol altars. They were also roasted alive in the fires as offerings to the idol god Moloch. They polluted the house of the Lord. Their wickedness was above all that the Amorites and other nations had done. We must never compromise with even the best forms of heathenism; lest we fall lower than the lowest. The idol altars in the house of Jehovah were abominations. The enchantments and communion with familiar spirits, and seeking unto wizards is apostasy. God is the pure Holy Father who has revealed Himself in Jesus Christ as the Only Being to be worshipped. There must be a clean cut between heathen temp-

les heathen customs, heathen literature. When the light comes darkness will flee away. We must not sidetrack the Christian religion by anything spurious however beautiful. God is Light and in Him is no darkness at all.

The Judgment Upon the King

First the Siege. The king of Babylon came up again Jerusalem, surrounded the city and besieged it. It lasted nearly two years, and had a terrible ending. Famine, Destruction, Slaughter. Evil. Nebuchadnezzar built forts all around the walls of the city. There was no way of escape. The inhabitants were shut in. Day and night the soldiers fought. After long weary months of bloodshed and terror, the food supply gave out; there was no bread for the people. (2 Kings 25: 3) Then came the breaking down of the walls. The Chaldean soldiers, bored into the city and King Zedekiah and the men of war fled out of the city. The army of the Chaldees pursued and captured the king and all his army was scattered. They brought Zedekiah to a place called Riblah and passed judgment upon him. All his sons were killed before his eyes. Then his own eyes were put out and he was carried captive to Babylon, bound in fetter of brass and cast into a prison until the day of his death.

The Judgment Upon the Priests and People

It has always followed that in the hour of calamity the people run to the temple of God. This was what happened in Jerusalem. The young men and the young women as well as the old and gray headed fled to the temple for safety. They imagined that there at least they would be safe from harm. Alas, the fierce soldiers of Babylon had no mercy. They slew the young men, the virgins and the aged. The temple was filled with the dead and dying. Truly, "The way of transgression is straight." After this merciless slaughter, followed destruction and desolation. First they robbed God's house. They took out all the vessels, great and small, and the treasures of the House of Jehovah, the treasures of the king and princes, and they were carried to Babylon. Then they set fire to the temple that had been built by Solomon. The house that had been the house where the glory of Jehovah had ascended to heaven and the many sacrifices offered, was destroyed. The king and people of Judah had polluted it. God caused it to be destroyed because of their wickedness. Only the words of Jeremiah in Lamentations, chapter 2, can describe it. Also the Chaldeans burnt down the wall of Jerusalem, burnt all the palaces and destroyed the goodly vessels thereof.

The Climax of God's Judgment

This was the exile of those that were not slain with the sword. They were carried away from their own land into a strange country. Weep ye not for the dead neither bemoan him, but weep sore for him that goeth away, for he shall return no more, nor see his native country. (Jer. 22: 10). Never would they see their homeland again. To the Hebrews there was no land like their own. Every other land was unclean. They would not worship Jehovah as they ought. Without a country, without a temple, without a king. Many of them were slaves. They were forced to dwell in the midst of idolatry; contempt and scorn was poured upon them day by day. The Psalmist gives us a picture of these exiles. By the waters of Babylon we sat down and wept when we remembered Zion. We hanged our harps upon the willows in the midst thereof. When asked to sing the Lord's song in a strange land." (Psalm 137).

There we must leave them in their loneliness and sorrow, but we must not forget the lesson that God would teach us. All these things happened unto them by way of example and they were written for our admonition upon whom the ends of the ages have come. There are no more solemn words than those uttered by Jesus: "And these shall go away." (Matt. 23: 46). There are words written of these exiles and not forgotten which we must not forget—they mocked the messengers of God; they despised His words and scoffed at His prophecies. They stirred up the wrath of Jehovah against their sins. God had only one remedy left—Judgment.

SPRING FLOWERS

My! what an enterprising town our borough has become. Reminds me of a weaver's loom, to hear its buzz and hum. Our bridge's health was failing fast; we feared its days were few. 'Twas suffering from a "shear-shock" and was wounded badly too.

The shell shock that 'twas suffering from I think it's safe to say. Was caused by those who tease the gulls, each morn at break o' day.

Of course they only fire for fun to see the birds take wing. They wouldn't shoot to kill, you know, no not for anything. We held a consultation then and call in Doctor Jones, Who told us that the only cure was diet it on stones.

So word was sent to Johnny and he got to work to haul. And healed the wounds with brush and stumps, and stones both large and small. Although in health 'tis much improved, 'twas by no means a cure.

In my opinion that would take an operation sure, it sorely needs the surgeon, but those thoughts are much too harsh. You see an operation would play havoc with the marsh.

Then we have some other cases to attend to here this year. One of them the most essential, putting wings upon the pier. To enable ocean liners passing by to call and dock.

Or perchance a little freighter let us "try" some of their "stock." Then we're having weekly lectures by our much esteemed J. P. Dealing with the country's taxes, and what governments should be.

So if we attend to business it will take our mind and might. Leaving us no time to wander in the moonshine's dreamy light. Jangling Jack.

CARING FOR RUGS

Having selected the rugs for the home, the next important thing is to keep them in good condition. An important point in their care is to clean them daily with a good carpet sweeper, and at least once a week with the vacuum cleaner, or sweep with a broom. Inexperienced housekeepers are frequently distressed by the amount of fluff and loose wool which sweeps off new to six glasses of water every day.

The teeth should be examined and treated early in pregnancy and brushed at least twice a day. Loose clothing is essential to comfort. Skirts and dresses should hang from the shoulders; there should be no tight bands about the waist or chest. Breasts and nipples should be kept clean and softened with a little vasoline every day; this will make nursing a pleasure instead of causing the pain and discomfort sometimes present. Mother and child should have plenty of simple and nourishing food; the baby must not be starved before it is born.

A diet of tea and crackers will not make a strong, healthy baby. Highly seasoned, rich and fried foods should be avoided. The common belief that in order to have an easy labor a woman may starve herself during pregnancy is false and its consequences are dangerous. Overeating taxes the organs that care for waste materials and may cause serious illness. You do not have to eat "double."

FACE BROKE OUT WITH PIMPLES

Hard, Red and Large. Itched and Burned. Cuticura Healed.

"My face broke out with pimples that looked terrible. They were very hard, red and large, and they festered and scaled over. The pimples itched and burned something terrible. My face looked terrible and I hated to go any place. The trouble lasted over a year. I read an advertisement for Cuticura Soap and Ointment and sent for a free sample. I purchased more, and after using several cakes of Soap and a couple of boxes of Ointment I was healed." (Signed) Miss Gertrude Wagner, Rt. 5, East Main Ave., Benton Harbor, Mich., Sept. 10, 1923.

Use Cuticura Soap, Ointment and Talcum daily and keep your skin clear and healthy. Sample Each Free by mail. Address: Cuticura Dept., P. O. Box 103, Portland, Me. 1923. Try our new Shearling Stock.

Child Welfare And Public Health

Articles on Child Welfare, and Public Health will appear Weekly in this Column. Furnished by the Local Red Cross Branch.

YOUR BABY—HOW HE MAY BE KEPT WELL

L. Emmet Holt.

Before the Baby Comes Anticipation of motherhood should be a source of happiness, never a cause for fear. Giving birth to a baby is natural and normal. As soon as you know a baby is coming, engage the best doctor you can afford and place yourself under his care.

If you cannot afford a doctor, apply to a hospital or dispensary, if there is one within reach, where good doctors and nurses will advise you and care for you. Allow nothing to worry you. It is bad for you and your baby. A nervous, overworked, and underfed woman cannot expect to have a strong, healthy baby.

The soon-to-be mother should have an extra amount of sleep, and a daytime nap of at least an hour. She should keep the windows open while she sleeps. The use of the sewing machine and much climbing of stairs should be avoided during the later months of pregnancy.

Hard household or factory work during the later months often brings on miscarriages or makes the baby small or delicate. When labor is threatened before the proper time, the mother should go to bed at once and remain perfectly quiet until the doctor assures her that the danger is over.

Walking in the open air may be done during the entire time of pregnancy. Such exercise and light housework will do more to keep you well than medicine. Take simple and enjoyable recreation that is not tiring. Avoid excitement. The jouncing of an automobile during the last months is especially to be avoided. Daily bathing is indispensable.

At least one free movement of the bowels should take place every day; otherwise the doctor should be consulted, for this is something that no woman can afford to neglect. To secure proper action of the kidneys one should drink from four to six glasses of water every day.

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The food should be simple, nutritious, and easy to digest. The following may serve as a general diet. All kinds of plain soups. Fresh fish, oysters and clams. Most meats in moderate amounts, never more than once a day. One egg a day. Cooked cereal with thin cream and sugar. No fresh bread or rich cake. All green vegetables. Only the simplest desserts, such as custard, ice cream, and plain pudding. Fruits in abundance, ripe, raw and cooked. Drinks—milk, buttermilk, cocoa, and plenty of water, five or six glasses daily; tea and coffee sparingly.

Dress for Southern Wear For southern wear a frock of lacquer red silk, gayly printed with a Chinese design in colors is both new and smart.