

# INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Acting Director of Sunday School Course, Moody Bible Institute.)  
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LESSON FOR FEBRUARY 13

HUMBLING AND EXALTED.

LESSON TEXT—Phil. 2:1-11.  
GOLDEN TEXT—I know the grace of our Lord Jesus Christ, that though he was rich, yet for our sakes he became poor, that through his poverty might become rich.—II Cor. 8:9.

The key word of the first chapter of Philippians is "confidence" (see vv. 6, 14, 25). Paul has confidence in the church at Philippi on account of their spiritual condition (vv. 1, 2), which resulted in fellowship (vv. 3-8) and fruitfulness (vv. 9-13). This confidence inspires boldness and is a source of joy and blessing. Paul's creed is also set forth in chapter 1:5-11. This confidence is in the face of the conflict and suffering which was before them (see 1:27-30).

I. Be of the Same Mind, vv. 1-4. The key word of this chapter is the word "comfort" (vv. 3, 19). The first section might be entitled "The Comfort of Love" (vv. 1-18) and the second section "The Comfort of Knowledge" (vv. 19-30). If there was to be opposition from without certainly the Christians ought to stand together. Paul is urging them to unity in order that it might comfort and console him. He had always rejoiced in this church (1:4), but he desired them to "fill full his joy by being of the same mind, having the same love, being of one accord, of one mind." Paul's comfort of love in the disciples he anticipated would be due to their state of mind, which depended upon (a) unity (vv. 1, 2); (b) humility (v. 3); (c) that they might "mind the things of others" (v. 4). Nothing would so comfort and console, or so gladden the heart of Paul as such unity. It was even so with the heart of our Lord (see John 17:21). The words "be of the same mind" do not refer merely to a unity of opinion, but rather to a unity of purpose and affection, literally "being souled together." The word "loving" in the first clause (v. 3), is a strong one. Paul does not want anything to be done through faction, or party spirit, or vainglory. Each one should put the rights of others before those of his own. Furthermore each one should look with interest and favor, not on his own things, but "each also to the things of others," "having equal regard for the interests of others as he would have for his own."

II. Let This Mind . . . Which Was Also in Christ Jesus, vv. 5-8. The second comfort of love was due, not to a unity of mind, but to the standing which Paul and this church had in Christ, due to his (Christ's) standing in God. The words of this passage are among the most wonderful to be found anywhere in the Bible. They contain a statement of the most profound truth and mystery that we have regarding the person of our Lord Jesus Christ. No plummet has sounded their depth, nor tape measured their breadth. His eternal deity—and on the other hand his amazing self-humiliation—yet these facts and truths are brought before us to enforce the homeliest duties of every day life. Equal to God (John 10:30) yet he gave up his divine glory and incarnated himself in the historical Jesus, was anointed of God, died on a Roman cross, buried in Joseph's tomb, yet rose again and is alive today as much as when he walked o'er Galilee's hills. The mind that was in Jesus was a purpose to choose the lowest depth of humiliation rather than a full equality with God, either choice of which he might have made; but he chose the former—creation's most sublime illustration of self-sacrifice—and this is the mind we should have. The word "robbery" implies a thing to be seized hold of. Instead of seizing hold of equality with God, Jesus let go and seized hold of the death on the cross, and thus made himself of no reputation, literally emptied himself. The context shows of what he emptied himself: (a) his divine form; (b) his divine glory. This latter is shown by his birth in a stable and his death upon a cross, thereby being under the curse of God (Gal. 3:13). But this was an act of obedience to God (v. 8). The father bade him to do it. The sacrifice of Christ had its original source in the will of God—his love towards us (John 3:16, Rom. 5:8). There are three thoughts in this passage: (a) the incarnation; (b) the passion; (c) the exaltation. Keep this in mind and remember Paul's circumstances in prison when he wrote this letter. Remember also how this Philippian church was formed as a result of a prison experience (Acts 16).

III. God Also Hath Exalted Him, vv. 9-11. The result of this comfort of love, due to a state of mind on the part of the disciples and their having the exaltation of Christ (v. 9), and the giving unto him of "the name, not 'a' name, that is above all other names; and secondly, worship on the part of all of God's creation, every knee bowed in submission, and that, confession" (v. 11). Jesus, who humbled himself to the lowest place, God has exalted to the highest place. Humiliation of self is the path to exaltation by God. The name "Jesus" is above every name, because Jesus has been exalted above every man.

The worship mentioned here is not merely that we worship through him, though that is true (John 14:6), but that worship shall be paid to Jesus himself (see Psa. 45:9, Heb. 1:6). The phrase "every knee shall bow" is a clear expression of the oneness of Jehovah and Jesus.

Notice that those that bow are in heaven, in earth and in Hades (Rev. 5:3).

Even lost men and angels who will not bow now will have to do so some day though it will then have no saving power in it for them.

## AFRO-AMERICAN CULLINGS

Among the differences that set apart the Negro race as a peculiar people, none is more significant than the fact that he is insistently adjured to look to the future. Other men may rejoice not only in the present, but also in the past. But if the Negro recalls the past, this is merely to enable him to measure his progress away from it. If he thinks of the present, it is as a basis for the radiant time that is to come. No doubt may ever cross his mind as to whether the present is as noble as some parts of the past. His past is happily dead. There is nothing in it he would perpetuate. His duty and his pleasure are to travel as fast and as far from it as he may. His own feeling about it has been expressed from the first day of freedom, by those of more fortunate races who have shown an interest in him.

Why, then, asks the New York Evening Post, should the new year be signaled by the appearance of a magazine bearing the title, The Journal of Negro History? How can there be such a thing as history for a race which is just beginning to live? For the Journal does not juggle the words; by "history" it means history and not current events. The answer is to be found within its pages. The opening article, "The Negroes of Cincinnati Prior to the Civil War," is a reminder that slavery did not cover all the country. Undaunted by persistent opposition, writes Doctor Woodson, "the Negroes of Cincinnati achieved so much during the years between 1835 and 1846 that they deserved to be ranked among the most progressive people of the world." Still, 1835 and 1849 are not very far back in the past, as other races measure time. By "history" most people mean ancient history. What has the Negro to look back to in that sort of past that he would not prefer to ignore? Well, in an article on "The Passing Tradition and the African Civilization," Monroe N. Work presents little-regarded developments in the Dark Continent a thousand years ago which show that the black man need not despise the rock whence he was hewn. "Not all black men everywhere throughout the ages have been hewers of wood and drawers of water. On the contrary, through long periods of time there were powerful black nations which have left the records of their achievements and of which we are just now beginning to learn a little."

More impressive than these shadowy records are literary productions of which neither the Negro nor his better-educated white brother is often aware. These are the most interesting and impressive things in the initial number of the Journal, as to the Negro they should be the most inspiring. Here is one passage: "That the Americans after considering the subject in this light—after making the most of all possible exertions in defense of liberty—after publishing to the world the principle upon which they contended, viz.: 'That all men are by nature and of right ought to be free,' should still retain in subjection a numerous tribe of the human race merely for their own private use and enjoyment, in all things, the strongest inconsistency, the deepest reflection on our conduct, and the most abandoned apostasy that ever took place, since the Almighty fiat spoke into existence this habitable world."

How many white men have argued

Says the Macon (Ga.) Telegraph: "To set up that the South can get along without the Negro is ridiculous, and this being true, not a country should be allowed to shrink its share of the problem by the simple expedient of showing it off bodily into the next one." Suppose that, by some magician's wand, the Negro could be removed from the South. Instead of benefiting that section, the action would plunge it into bankruptcy. The African element in our farm labor—all we have and all we ever will have. If it is incompetent, that is a reason for improving it, not for dispensing with it. The trained Negro "is a more efficient instrument than the untrained white man"—and it is because the latter instinctively senses dangerous competition that he moves for banishment of the black.

Empress Sadako of Japan is the mother of four sons, one having been born to her on December 2. The other children are Hirohito Michinomiya, the crown prince, born in 1901; Yasuhito Atsunomoya, born in 1902; and Nobuhito Terunomiya, born in 1905.

According to the United States public health service, a new disinfectant, derived from pine oil, a by-product in the manufacture of turpentine, possesses qualities superior to ordinary disinfectants, being more than four times as powerful as carbolic acid for disinfecting purposes, yet nontoxic and without harmful effects when it comes in contact with delicate membranes or with fabrics or metals. This discovery is particularly valuable at the time because of the shortage of coal tar derivatives for disinfectant purposes.

Tells Disease "Eyemarks." Did you ever hear of the "eyemarks" of a disease? Neither had some of the St. Paul optometrists and opticians until they listened to a recent lecture by Dr. Frank J. Pratt of Minneapolis, who told them that more than seventy diseases can be detected by looking into the eyes of patients. These "eyemarks," Doctor Pratt said—only he didn't use that expression—often point out a disease before the patient himself is aware that he is ill. Persons often seek relief from sup-

posed difficulty with their eyes when the real source of the trouble is the kidneys, stomach or some organ far removed from the optic regions, he said.

Record Catch of Fish. A catch of fish worth \$10,000 the most valuable catch of fish ever landed at Aberdeen was sold the other morning at the fish market by the trawler Great Admiral. The vessel had been operating in Icelandic waters, and had a catch of 48 tons.

more powerfully than the Negro who signed himself, in this essay and another, "Othello"? He has a striking way of turning the tables: "Might not the inhabitants of Africa, with still greater justice on their side than we have on ours, cross the Atlantic, seize our citizens, carry them into Africa, and make slaves of them, provided they were able to do it? But should this be really the case, every corner of the globe would reverberate with the sound of African oppression; so loud would be our complaint, and so 'feeling our appeal' to the inhabitants of the world at large. We should represent them as a lawless, piratical set of unprincipled robbers, plunderers and villains, who basely prostituted the superior powers and information which God had given them for worthy purposes to the vilest of all ends."

"The chief aim of the higher education is to produce an efficient leadership," remarks Prof. Kelly Miller of Howard university. "According to the last available data from the federal census, there are 15,000 Negro clergymen, about two thousand Negro physicians and dentists, 21,000 Negro teachers, 700 Negro lawyers, and several thousand workers along the other lines of the higher callings and pursuits. These constitute about one-half of 1 per cent of the race; but it is to this class that the 99 1/2 per cent must look for leadership."

The Professor Miller points out that the graduates of Negro colleges and universities are at times "derided in all the moods and tenors of irony and ridicule."

"In the rapid rise of this class from the lower to the higher levels of life instances of mal-adaptations and grotesque misfits might naturally be expected. But a wide acquaintance with the graduates of Negro colleges and universities in all parts of the land convinces me that such instances are exceptional, and do not in the least characterize them as a class. They are almost universally employed along lines of useful endeavor for the general betterment of the community and command the respect and good will of the people of both races among whom they live and work."

In a communication to the Baltimore American, Elliot Norton urges the formation of an army of Negroes. He writes:

"Preparedness is in the air. Secretary of War Garrison recommends an army of 500,000 men. Such men would be the hired men of the United States government, but they would not be engaged in any useful labor. It would, therefore, be a detriment to the country and to every taxpayer to take them from the ranks of regular laboring men. There is no overplus of labor in this country. But we do have a class, constantly increasing, of men who idle away their lives, who are detrimental and wasteful. I refer to the Negroes, especially those in the cities. Why not make our proposed army out of them? They make first-class soldiers. And the training they would receive would make men of them. To take 500,000 male Negroes, or half that number, and to train and discipline them as soldiers would pretty nearly settle the so-called Negro question."

The tensile strength of a paper fly wheel is greater than one made of iron.

The swiftest dog in the world, the borzoi, or Russian wolfhound, has made record runs that show 75 feet in a second, while the gazelle has shown measured speed of more than 80 feet a second, which would give it a speed of 4,800 feet in a minute if the pace could be kept up.

To enable an automobile to pull itself out of a mud hole there has been invented a reel of broad tape, which, when fastened to a mired wheel, is unwound by it to form a dry pathway.

By a Frenchman's invention as a language student hears a word spoken by a phonograph he also sees it appear on a printed roll in conjunction with its translation in his own tongue.

During the last year 79,281,735 short tons of sand and gravel, having a value of \$3,846,999, were dug out in the United States.

This year will establish a record for the number of messages sent over Swedish telegraph lines.

A new lifeboat which its inventor claims is proof against storm waves consists of a water-tight cylinder inclined a suspended floor that always remains level, connected to which are pipes to admit air.

Japan will build at Tokyo an astronomical observatory the equal in size and completeness of anything in the United States or Europe.

If a word to the wise is sufficient, lawyers must consider jurors a lot of idiots.

posed difficulty with their eyes when the real source of the trouble is the kidneys, stomach or some organ far removed from the optic regions, he said.

Return of Tunics. Novel in cut and in a diversity of styles, the tunic is again a feature, says the Dry Goods Economist. Many of the new season's dresses have the overskirt extremely full and almost even in length with the underskirt. In other models the tunic is rounded in front or at the sides, with a rounded, pointed, or cascaded outline in the other sections. Some of the new tunics are trimmed with small ruffles or have groups of tucks, small or large, in trimming effect. Often

## New Features in a Silk Coat



Everyone appreciates the usefulness of a silk coat which may be made to serve for many occasions and emergencies. And everyone will welcome the newly designed silk coats for spring whose arrival is hurried to meet the requirements of southern tourists. Just now both long and short coats, of in all the moods and tenors of irony and ridicule. The cuffs are finished with a band of silk finished with a button. The belt is cut with four tab extensions, and these are decorated each with a row of four buttons, and buttons in groups of four provide the fastening at the front.

A soft and heavy quality of silk is appropriately used for coats of this kind, and they are made up in dark colors and in black.

Street Costumes. Gros de Londres, a heavier fallé silk, is largely used for street costumes, and some exquisite tints are shown in this weave. Among them some of the loveliest are sapphire blue, royal blue, silver gray, citron, royal purple, mole, brown, mole, Nubia brown, taupe, mushroom color and mysterious green, a very dark shade with an olive tinge.

The English city of Birmingham uses nearly 90,000 penny-in-the-slot gas meters.

## Two of the Best Spring Blouses



Blouses for the coming spring are made of all the daintiest wash fabrics in cotton and silk, and their creators never before presented such varied and beautiful assortments. Excellent as the model waists have been hitherto, those of today are better. The American woman is wedded to the blouse; it answers her needs perfectly. It is made for utility, but not at the sacrifice of beauty, and the sheer cottons and lightweight silks used in its construction are woven to last and to withstand washing. They will even outwear heavier materials.

Two of the best of the new models are shown here, for the benefit of those who wish to make early purchases in advance of the season. Each of them embodies at least one of the new style features of the spring season.

The blouse at the left is made of fine white voile and cut on the most popular of patterns. The back piece is extended over the shoulder to form a short yoke at the front, and the plain surface of the material is relieved by groups of the narrowest of flat tucks. The yoke for narrow bandings, and two colors in one garment, is recognized in this model. A border of voile, in blue or rose or maize color, finishes the edge of the collar and the top of the pockets and cuffs and extends down the fronts. The banding is set in with handstitching, and the effect is very fine. Small sprays of embroidery outline the pockets, in the same tint as the banding.

and appear on the points of the collar. All this work is done, with amazing cleverness, by machinery, and the blouse may be bought for a moderate price, something like four or five dollars. When the embroidery and sewing is done by hand the blouse will bring more money in the shops, but the needswoman may make it at home, introducing her own handwork, for less than the machine-made garment must bring to be profitable to the retailer.

At the right a blouse of white crepe de chine is shown, in which machine stitching, in black, furnishes a very elegant and graceful decoration. This idea was brought out by a modiste of Paris in the earliest costume showings, and is proving very useful to makers of blouses. The blouse is almost perfectly plain, with high collar and deep cuffs. It is finished and stitched with exquisite neatness, and calculated to delight the eyes of all those women who appreciate the elegance of tailor-made styles.

Julia Bottomley

Beads Again. There never seems to be an absence of beads from fashionable attire, and now they are finding a new use for them on lace and embroidered silk stockings. Of course, beading and sequins are not serviceable, but one may have one pair of unserviceable stockings in one's stocking box, may not one?

Binders for Lingerie. Ribbon binders for lingerie are made of satin ribbon about an inch wide, long enough to go around a pile of long dresses or other lingerie, or perhaps around sheets and pillow cases. The ribbon ends fasten with a hook and eye under a single satin ruffle, which hides the junction and ornaments the pile.

Car for Each One. "Are the Grabcoins having a party?" "No. Why do you ask?" "I see half a dozen automobiles in front of their house." "Oh, that means all the members of the family are at home for a while."

G. E. D. Lawson—I don't believe in the control of mind over matter. Dawson—You don't, don't you? Did you ever see a fat man going down a flight of icy steps?—Somerville Journal.

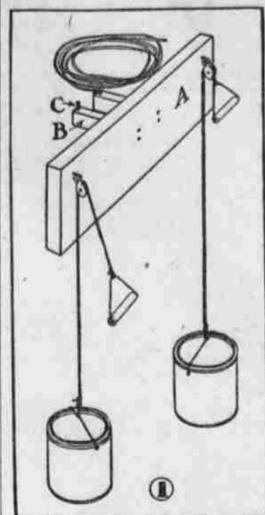
## HANDICRAFT FOR BOYS AND GIRLS

By A. NEELY HALL and DOROTHY PERKINS

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### A HOME-MADE CHEST-WEIGHT.

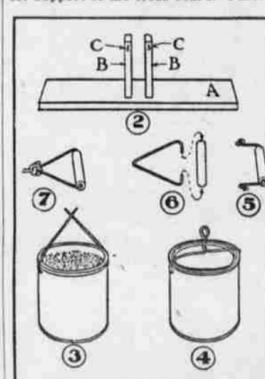
The objection to the common form of chest-weight exerciser because it cannot be fastened to a wall without marring the plaster, is eliminated in the set shown below by reason of



its being attached to the edge of a door.

The cross board A, to which the pulleys are attached (Fig. 1), should be prepared first. Cut this about 5 inches wide and 18 inches long. Get a pair of clothes-line pulleys, not screw-pulleys, but the kind with "eyes" that fasten with staples. Attach these pulleys to the cross board one inch from the ends and the same distance down from the top edge.

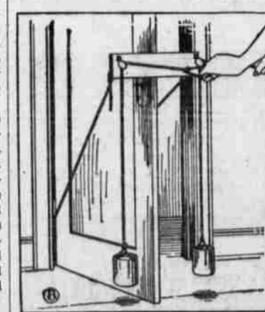
Fasten a pair of strips 8 inches long to the back of board A (B, Fig. 2), placing them in the center of the length of the board, one inch above what will be the lower edge of the board, and spacing them two inches apart, or just far enough to allow the door to slip between. Strips B are provided to rest upon the door knobs for support of the cross board. Fasten



them with nails driven through board A into their ends. Drive a nail into each of the strips near the outer ends (C, Fig. 2), and tie the end of a six-foot length of clothes line to one of these nails (Fig. 1).

To attach the chest-weight to a door, it is necessary to rest the bottom edge of board A upon the door latch, and strips B upon the door knobs, then run the rope attached to one of the nails C around the face of the door, around the hinged edge, beneath the lower hinge, back to the second nail, and then tie securely to the nail. To prevent board A from scratching the edge of the door, tack a piece of heavy cloth over the back.

The weights are made of tin cans filled with sand or earth, preferably



sand. Sirup cans with covers that fit down into the tops are the best kind to use. Pierce two holes through each can, locating them directly opposite one another, and near the top, and run through them a wire long enough to extend up over the top and be bent into a loop (Figs. 3 and 4).

The handles for the chest-weights are made from a pair of package-carrying handles (Fig. 5), with the hooked wires removed, and V-shaped wire loops inserted in their stead (Fig. 6).

Car for Each One. "Are the Grabcoins having a party?" "No. Why do you ask?" "I see half a dozen automobiles in front of their house."

"Oh, that means all the members of the family are at home for a while."

G. E. D. Lawson—I don't believe in the control of mind over matter. Dawson—You don't, don't you? Did you ever see a fat man going down a flight of icy steps?—Somerville Journal.

### FOR A SAINT VALENTINE'S DAY PARTY.

Ask each one invited to your St. Valentine's day party to bring a Valentine for sending through Cupid's post office. The names of the boys and girls must be placed upon the back of their Valentines; and the Valentines dropped into Cupid's mail box immediately upon entering your home.

Cupid's mail box is easily constructed out of a cardboard box. Cut a piece from the cover equal to one-third of its length, and with a strip of cloth hinge together the two parts (A and B, Fig. 2), and sew the rim of part B to the sides of the box.



Part A is hinged to provide for the removal of mail. In the end of the box at C, cut a slot for the letter-drop.

The arched top of the box is made by fastening the pieces of cardboard (Figs. 2 and 3) to each end of the box, and then attaching a bent piece of cardboard to the tops of these. Slash the curved edge of pieces D, and turn them down for flaps to glue the curved piece E to.

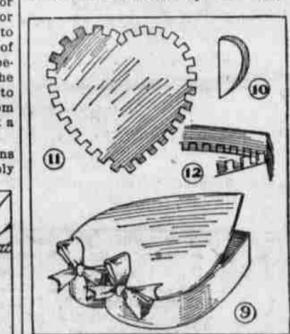
Have your little brother or some small boy friend play the part of Dan Cupid's postman (Fig. 5). A school-bag for a mail sack, a pair of cardboard wings (Fig. 6), a cardboard bow



and arrow (Fig. 7), and a postman's cap (Fig. 8) are needed.

Make the cardboard band A of the cap to fit the boy's head, and cut tabs on the edge of the top piece B to turn down and glue to the inside of the band. Also cut tabs on the upper edge of visor C, and glue them to the inside edge of band A. Make the heart D of red paper, letter "Cupid's Mail" upon it, and glue it to band A.

The postman should collect the mail previous to the serving of refreshments, and sort it over, placing in one pile the Valentines posted by girls, and in another pile those posted by boys. Then taking the girls' Valentines in his bag, he should distribute them among the boys. Each boy's supper partner will be the girl whose name is written upon his valen-



tine. When the partners have been selected in this way, the postman should deliver the boys' Valentines to the girl partners of the boys whose names are written upon the backs.

A heart hunt is a jolly game for beginning the fun at the Valentine party. There should be large hearts, small hearts, half hearts and quarter hearts, and these should be concealed in every accessible hiding place, prior to the guests' arrival. Count one point for each heart recovered.

Make heart-shaped candy boxes like that shown in Fig. 9 for each place at the supper table. Cut the top and bottom out of heavy red paper, making them heart shaped by a pattern folded and cut as indicated in Fig. 10. Cut little tabs upon the edge of the bottom piece (Fig. 11), bend up these tabs, and paste a strip of paper to them to form the sides of the box (Fig. 12).

Impossible Task. Editor—Sorry, young man, that you are a failure in this business, but we can't treat you as we can an article here.

Aspirant (haughtily)—How is that, sir?

Editor—Put a head on you. A Seat in the Senate. "But," protested Senator Wombat, "if women get into politics they will be wanting office next." "Well, would you decline to give up your seat to a lady?"