International Sunday School Lesson for July 28 THE STORY OF DANIEL Daniel 1:1-4, 19, 20; 2:17-24
This book which will be studied for blemish, but well-faypred and skillful three weeks is rich in thrills. Youth is edge and understanding science, and particularly fascinated in reading
these accounts which help to empha-
such as had ability to stand in the
king palace." At once these four, size the fact that truth is stranger with others in Babylon, were invited
than fiction. Plan to read all twelve to eat fancy food that was provided at chapters in these three weeks. Por- the court table. tions especially indicated for' study Principle asserted itself above the this time by the lesson committee are desire to gain a place in the house of
$1: 1-2-; 2: 13-19 ; 4: 19 ; 7: 28 ; 8: 15-18 ;$ the king. There, meats that had been 1:1-2-; $2: 13-19 ; 4: 19 ; 7: 28 ; 8: 15-18 ;$ the king. There, meats that had been
offered to idols would be served. These
9:20-23; $10: 1-19 ; 12: 9.10$
Daniel Daniel did nat follow the saying the Jew must refuse for conscience
which is an excuse for many extra sake and Daniel does this very thing.
sins when away from home: "When in He asks that he and his friends may sins when away from home: "When in
Rome do as the Romans do." Had he follow a vegetarian diet and drink Rome do as the Romans do." Had he follow a vegetarian diet and drink
even observed the example of his own only water during the coming ten people when back in Palestine he days of preparation. They know that
would have followed the base customs they will be physically better than was deported as a captive and who not be body-building. When the test
 home back in Judea.
This fine young fellow was soon lowed the simpler diet was superior. eunuchs in the household of Nebu- this they stood "ten times better" than chadnezzarr. When the king asked all the lads of Babylonia whom Aspethat likely lads be searched out and naz brought forward. Thus Daniel was
brought to him for special favor this well started on the road that led in brought to him for special favor this well started on the road that led in
Jewish boy was chosen, as well as time to the prime ministry of the Jewish boy was chosen, as well as time to the prime ministry of the
three of his companions. The specifi- country to which he had been carried
cations were a "youth in whom is no as a captive.

## 6ilm GUIDEPOSTS TO <br> feath $\boldsymbol{H}$ Happiness <br> By Bernarr Macfadden

reducing
For several years now the country men hike her who have encouraged has been swept by a reducing craze. men to put on the market expensive,
Listen to any group of women talk- powerful and destructive pills, which ing, and invariably the conversation guarantee the desired reduction in a turns to reducing. They are, of course, phenomenally short time. She might referring to the reduction of weight, better save her money and buy a mild but in most instances reduced health form of slow poison. Any woman will
or.reduced strength or reduced brain lose weight quickly if she begins to power-and sometimes death-accom- put into her system drugs designed to right the health-giving proprietories
panies reduced weight.
That is because women are so ea- of good wholesome food. ger to be in fashion that they become "Eat all the pastry and candy you 'erything except what the scales show. advises. "Let our Sure-Thin Pills do No woman has any right to attempt the work.
to reduce her weight until she has They do their work, only it is a
learned from experts whether or not deadly form of work that often cause a reduction of weight is desirable or nervous breakdowns, melancholia and safe in her particular case. We are not permanently ruins the digestive powall alike; some of us require less food ers and assimilation. The vital organs
and more exercise than others. No one give way next-and often the coveted is up to par physically or well formed sylphlike form is borne off to the unless he is carrying around the cemetery in a wooden box. Bath powamount of flesh that his bony struc- ders in which the patient is told to
are requires. All women were not in- empty one of the powders into tended to have boyish forms or sylph- steaming hot bath and lie there any-
like grace and it is folly for all women where from half an hour to an hour to try and attain them. Often the wo- are equally dangerous. They cause man who has decided of her own ac- heart ailments and leave the flesh
cord that she is too "fat" actually flabby and unsightly. body the proper contours. I have seen no alarmist; I am citing truths, well women who were but little more than known to every physician. The only But the lazy woman who desires to to achieve a b beautiful figure is reduce her weight is in the gravest through hard work-regular exercise
danger of all-- or she is the one who and an inteligent diet, rigidy adhered wants to get something for nothing. to, that provides sufficient nourish
She wants to get rid of surplus flesh ment to the bony strueture of the and have a beautifully rounded form body. No other method can be adopted and the accompanying vitality with- without serious danger to health an
out exertion or self denial. It is wo- to life.

## (8) feart Heart <br> (2) <br> SILENT ELOQUUENC

verhead, the dom of the Most High, whose silen A calm summer day. Overhead, cence. The forest stands cummits, studded here and there with and deviation have no place nor par wild flowers, smiles its silent approv- here in presence of the Absolute. al of everything above and around. Al need no lexicate perfume permeates the al- upon the stained page of this life o delicate perfume permeates the al- apone, I may write truthfully, "A $\begin{array}{ll}\text { rence everywhere eloquent beyond ex- } & \text { hail the Infinite, of which I am off } \\ \text { spring. Here I pledge my fidelity } t\end{array}$ It is the teaching of Nature. Even $\begin{aligned} & \text { all that is grand and inspiring, while } \\ & \text { I drink in the silent eloquence of hea }\end{aligned}$ the unlettered may comprehend to 1 drink in the silent eloquence of hea
fullness. No lexicon is needed to point
ven and earth that show His handi out hidden philosophies; no dictionary
to detail mysterious or perplexing or-
delity
work
thography. Only the seeing eye is re- quired, to be able to grasp the grand- Government authorities tell us tha ing its cause. A calm summer evening. The moon,
blushing at first, rises in her flight to become magnificent in her bewitch. ing beauty. Listening earth heacs eveloped at Meilion Institute of In
through the majestrial Research by Rex Fellowship hrough the majestic silence the noc-
turne, the symphony, the cathedral harmless to mankind but death
to all household jnsects. Just follow

$\qquad$ this silent oratory,
proclaims with the creation its Great
Creator. Close the printed tome with its hieroglyphics that fade with the years! Gaze on the eernal scroll of
earth and heaven, and, read the wis-


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## AT BUICK DEALERS

## SATURDAY Juily $27^{\text {th }}$

