

JUST PICK YOURSELF UP AND GO ON

This morning you hurried along on your way. No eager were you to get out to your play. Not seeing the stone that lay right in your path. Till down you fell plump, while you spluttered in wrath. But did you there till the play hour was gone? Not you. You just picked yourself up and went through the back of Mark. In life as in play, you will find it the same. As you hurry along to take part in the game. You will stumble and fall where some hidden stone lies. And not there a bit in indignation. Did you stay down till the players "got on"? No, indeed! You must pick yourself up and go on.

THE SUNDAY SCHOOL LESSON

FOR SUNDAY, JULY 20, 1924

THE MEANING OF HAPPINESS

Mark 1: 1-21 Golden Text—Then art my beloved Son, in thee I am well pleased. Mark 1: 11

The Test Explained Verse 1.—The gospel of "equal happiness." The word "gospel" has its meaning through the back of Mark, but it is good tidings about Jesus, or his salvation, or his kingdom, rather than the general sense in which it is used in the Bible. Jesus Christ—Jesus is the personal name of our Lord and, as indicated in Mark 1: 2, means Saviour. The title Christ is official, denoting him as the Anointed in the Old Testament. The term is used to refer to kings as "anointed" of God, but is not found as a title of the Messiah.

Verse 2.—John.—The quotation is from Mark 1: 1 and the second from Luke 4: 3. The quotation is here used to prove the prophecy that the gospel, that is, the good news about Christ, really had its beginning in the furnace that purifies the way for him. I send my messenger—in the book of Malachi this passage reads: "I will send my messenger before me."

Verse 3.—John.—The quotation is from Mark 1: 1 and the second from Luke 4: 3. The quotation is here used to prove the prophecy that the gospel, that is, the good news about Christ, really had its beginning in the furnace that purifies the way for him. I send my messenger—in the book of Malachi this passage reads: "I will send my messenger before me."

Verse 4.—The baptism of repentance.—The symbolic use of water to denote inner cleansing or purification was not new to the Jewish people. They were familiar with the Levitical washings of the law (Lev. 14: 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100).

Verse 5.—The Spirit as a dove.—This appearance of vision, which it may have been, was symbolic. The dove, the emblem of gentleness and guilelessness, suggests the character of Jesus' ministry and the kingdom he came to establish.

Lesson Themes John prepares the way.—Preparation of the heart for the great crisis of the life. The baptism of repentance.—The symbolic use of water to denote inner cleansing or purification was not new to the Jewish people. They were familiar with the Levitical washings of the law (Lev. 14: 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100).

Verse 6.—The Spirit as a dove.—This appearance of vision, which it may have been, was symbolic. The dove, the emblem of gentleness and guilelessness, suggests the character of Jesus' ministry and the kingdom he came to establish.

Verse 7.—The Spirit as a dove.—This appearance of vision, which it may have been, was symbolic. The dove, the emblem of gentleness and guilelessness, suggests the character of Jesus' ministry and the kingdom he came to establish.

Verse 8.—The Spirit as a dove.—This appearance of vision, which it may have been, was symbolic. The dove, the emblem of gentleness and guilelessness, suggests the character of Jesus' ministry and the kingdom he came to establish.

Verse 9.—The Spirit as a dove.—This appearance of vision, which it may have been, was symbolic. The dove, the emblem of gentleness and guilelessness, suggests the character of Jesus' ministry and the kingdom he came to establish.

Verse 10.—The Spirit as a dove.—This appearance of vision, which it may have been, was symbolic. The dove, the emblem of gentleness and guilelessness, suggests the character of Jesus' ministry and the kingdom he came to establish.

Verse 11.—The Spirit as a dove.—This appearance of vision, which it may have been, was symbolic. The dove, the emblem of gentleness and guilelessness, suggests the character of Jesus' ministry and the kingdom he came to establish.

Verse 12.—The Spirit as a dove.—This appearance of vision, which it may have been, was symbolic. The dove, the emblem of gentleness and guilelessness, suggests the character of Jesus' ministry and the kingdom he came to establish.

Verse 13.—The Spirit as a dove.—This appearance of vision, which it may have been, was symbolic. The dove, the emblem of gentleness and guilelessness, suggests the character of Jesus' ministry and the kingdom he came to establish.

Verse 14.—The Spirit as a dove.—This appearance of vision, which it may have been, was symbolic. The dove, the emblem of gentleness and guilelessness, suggests the character of Jesus' ministry and the kingdom he came to establish.

Verse 15.—The Spirit as a dove.—This appearance of vision, which it may have been, was symbolic. The dove, the emblem of gentleness and guilelessness, suggests the character of Jesus' ministry and the kingdom he came to establish.

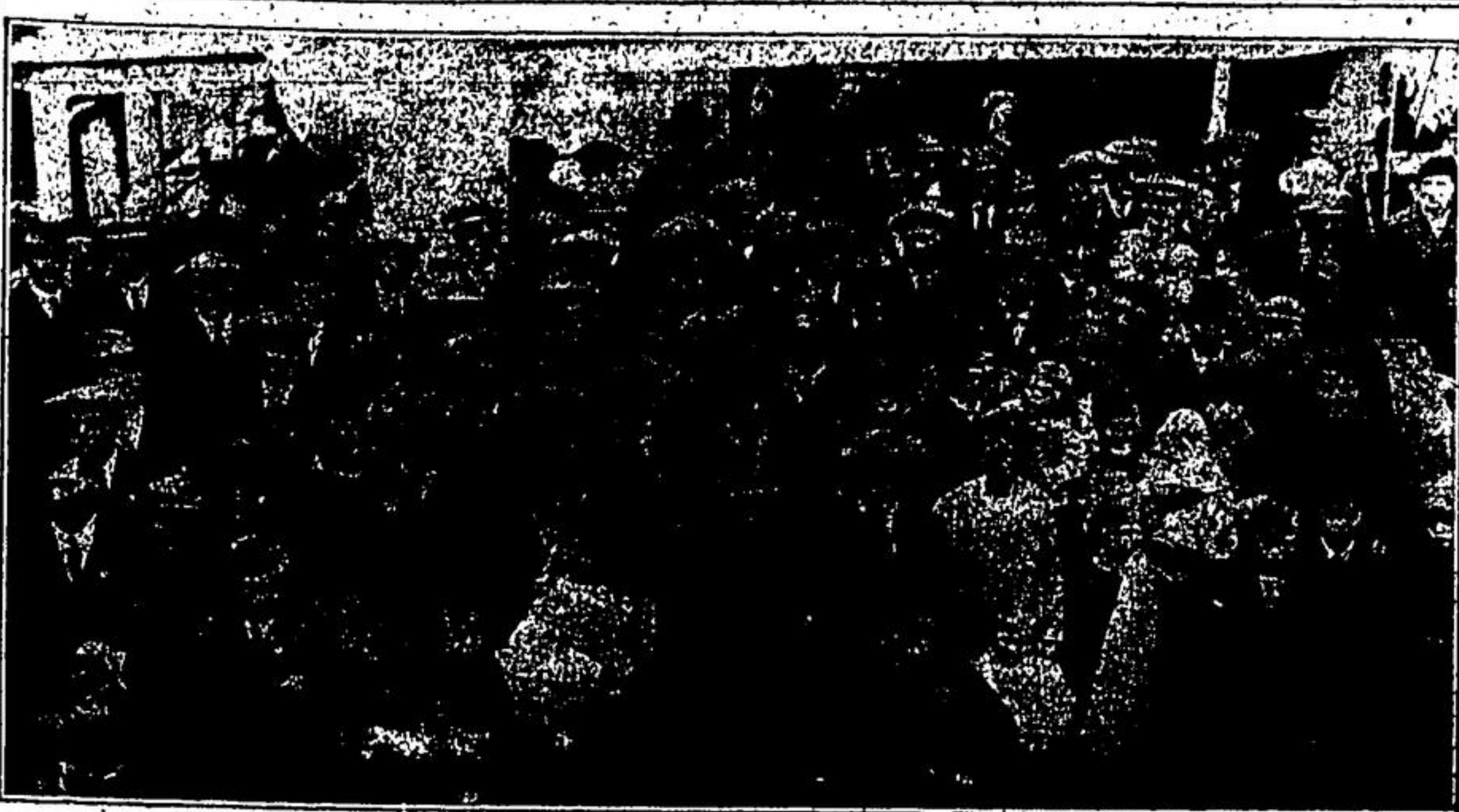
Verse 16.—The Spirit as a dove.—This appearance of vision, which it may have been, was symbolic. The dove, the emblem of gentleness and guilelessness, suggests the character of Jesus' ministry and the kingdom he came to establish.

Verse 17.—The Spirit as a dove.—This appearance of vision, which it may have been, was symbolic. The dove, the emblem of gentleness and guilelessness, suggests the character of Jesus' ministry and the kingdom he came to establish.

Verse 18.—The Spirit as a dove.—This appearance of vision, which it may have been, was symbolic. The dove, the emblem of gentleness and guilelessness, suggests the character of Jesus' ministry and the kingdom he came to establish.

Verse 19.—The Spirit as a dove.—This appearance of vision, which it may have been, was symbolic. The dove, the emblem of gentleness and guilelessness, suggests the character of Jesus' ministry and the kingdom he came to establish.

Verse 20.—The Spirit as a dove.—This appearance of vision, which it may have been, was symbolic. The dove, the emblem of gentleness and guilelessness, suggests the character of Jesus' ministry and the kingdom he came to establish.



SCOTTISH PLOUGHMEN FOR CANADA

Two hundred ploughmen from all parts of Scotland, including twenty-two splendid families, recently sailed from Scotland, under the direction of Mr. T. E. Roberts, of the Department of Colonization and Development, Canadian Pacific Railway. These emigrants have capital ranging from a few hundred to a thousand pounds. Ninety of the party, hailing from the counties of Inverness, Ross, Sutherland and Caithness, were selected by Miss Anne MacDonald, Canadian Government agent at Inverness. Most of the party entrained for the West upon arrival at Quebec.

Why Pay the Big Price? When you can buy the genuine goods at the following prices: We have a car of Western Oats coming at 49c a bushel. Our present stock in hand 52c per bushel. Car of Salt on hand. You can get any kind you want from 60c to 90c per cwt. Five Roses Flour, 98 lbs., for \$3.70. Five Crown Flour, 98 lbs., for \$3.70. D. H. LINDSAY MILL STREET ACTON, ONTARIO

WHEN USING WILSON'S FLY PADS There is only one way to kill all the Flies This is it—Darken the room as much as possible, close the windows, raise one of the blinds where the sun shines in, about eight inches, place as many Wilson's Fly Pads as possible on the window ledge where the light is strong, leave the room closed for two or three hours, then sweep up the flies and burn them. See illustration below. Put the plates away out of the reach of children until required in another room.

The right way to use Wilson's Fly Pads

CHEVROLET Motor Cars are Economical in First Cost and Upkeep Because They give remarkably high mileage on gas, oil and tires. Repairs per mile are extremely low. First cost is lowest in the world for a fully equipped, quality car. High quality materials ensure long life. Dealers and Service Stations everywhere. Production is so great that economy in manufacture is made possible to a very great degree. Fire Insurance rates are Class A—the lowest rate obtainable. Ask us about the GMAC Deferred Payment Plan

CHEVROLET (DEALER'S NAME and ADDRESS) FISHER & KING REPRESENTATIVES FOR THIS SECTION CALL ON THEM AT OR WRITE AND THEY WILL CALL ON YOU GEORGETOWN

Full Fair Dates List of those in which Acton people will be interested. The following is a list of full fair dates issued by the Agricultural Section of the Ontario Department of Agriculture, in which the people of this vicinity will be interested: Acton September 23-24 Alburyville October 3 Alton September 22-23 Brampton September 19-20 Brantford September 19-20 Caledon September 24-25 Cookville September 10-11 Durham September 30-October 1 Erin October 9-10 Fergus September 28-29 Preston October 2 Galt September 19-20 Georgetown October 2-4 London September 6-13 Milton September 28-29 Oakville September 12-13 Orangeville September 16-17 Woodstock September 30-October 1 Streetsville October 11 Toronto August 23-September 2 Weston October 3-4

A HOPELESS INQUIRY A stranger was questioning Helen, trying to get her to say her father's first name. "What does your mother call your father?" "She calls him my daddy." "Yes, but when she wants to speak to him, what does she say?" "She says, 'Dad, please,'" was Helen's reply. "I don't mean when she calls him at the office. When she tells him to get up in the morning, what does she call him?" "She says, 'Dad, please,'" was Helen's reply. "I don't mean when she calls him at the office. When she tells him to get up in the morning, what does she call him?" "She says, 'Dad, please,'" was Helen's reply.

The Georgetown Lumber Co. PHONE 120—ACTON Now on hand, a full line of high quality Lumber, Lath, Shingles, Hydrated Lime, Hardwall Plaster, Cement, Sash, Frames, Doors and Interior Trim. We now have a truck for delivery and are prepared to give prompt service. Quality and Service Our Motto Get our prices before buying elsewhere. Estimates furnished on all classes of buildings free of charge. Georgetown Lumber Co. A. McCann, Acton Representative Mill St., Acton

North American Life Assurance Co. "Solid as the Continent" \$5,000.00 Whole Life Contract Age 20, Annual Premium \$ 65.00 Age 25, Annual Premium 72.75 Age 30, Annual Premium 80.00 Age 35, Annual Premium 100.00 Age 40, Annual Premium \$120.35 Age 45, Annual Premium 147.50 Age 50, Annual Premium 184.10 Age 55, Annual Premium 233.30 This Contract carries with it liberal Cash Surrender Values and Paid-up Guarantees, also Extended Insurance and Non-forfeitable privileges, together with out Monthly Guaranteed Income for Life. F. C. WALLS, District Manager 504-605 Bank of Hamilton Building, Hamilton

Children Cry for Fletcher's CASTORIA MOTHER! Fletcher's Castoria is a harmless Substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups, prepared to relieve Infants in arms and Children all ages of Constipation Wind Colic Flatulency To Sweeten Stomach Diarrhea Regulate Bowels Aids in the assimilation of Food, promoting Cheerfulness, Rest, and Natural Sleep without Opiates To avoid imitations, always look for the signature of J. C. Ayer on each package. Physicians everywhere recommend it.

ACTON ELEVATOR NEAR G. T. B. STATION Following Brands on Hand: FLOUR—MANITOBA FLOUR—PATRY ROLLED OATS OAT GHOPE OATS OILCAKE HAY AND GRAIN Grain Bought and Retailed ALEX. L. NOBLE HENRY AWREY, Manager

This Store's Policy To represent goods exactly as to their quality; to sell to those who know and to those who don't know at a uniform fair price; to fulfill all guarantees; to satisfy confidence, by always giving you satisfaction.

Savage & Co. JEWELLERS GUELPH — ONTARIO

Railway Time-Tables

CANADIAN NATIONAL RAILWAYS

AT ACTON

Going West No. 29 8:09 a.m. No. 31 10:25 a.m. No. 33 2:29 p.m. No. 35 5:06 p.m. No. 39 8:39 p.m. No. 45 Sunday 10:20 a.m.

Going East No. 26 7:05 a.m. No. 27 11:18 a.m. No. 28 3:15 p.m. No. 30 6:17 p.m. No. 32 8:18 p.m. No. 34 Sunday 7:42 a.m.

TORONTO SUBURBAN ELECTRIC RAILWAY

Westbound No. 82 8:40 a.m. No. 84 11:40 a.m. No. 86 2:40 p.m. No. 88 5:40 p.m. No. 90 8:00 p.m. No. 92 11:40 a.m.

Eastbound No. 84 7:42 a.m. No. 86 10:42 a.m. No. 88 1:42 p.m. No. 90 4:42 p.m. No. 92 7:42 a.m.

SUNDAY TIMETABLE

Westbound No. 86 11:40 a.m. No. 88 2:40 p.m. No. 90 5:40 p.m. No. 92 8:40 a.m.

Eastbound No. 88 10:43 a.m. No. 90 2:43 p.m. No. 92 5:43 p.m. No. 94 8:43 a.m.

Freight delivered by special express freight. Freight picked up at any address in Toronto. E. T. THEFTOLD, Agent, Acton

Patrons of This Establishment PLEASE NOTICE Examinations for Glasses on Thursday, Friday and Saturday only of each week. Lens grinding and quick repair department operating as usual. Write in of phone 1091W for appointment. A. D. SAVAGE Optometrist & Mfg. Optician Sawney Optical Building "Right at the Post Office" GUELPH

T. E. Gibbons EXPERT SHOE REPAIRING PROMPT ATTENTION TO ORDERS LEFT T. E. Gibbons MAIN STREET — ACTON

JONES ENGRAVING CO. 23 Richmond St. West TORONTO CANADA

ACTON ELEVATOR NEAR G. T. B. STATION Following Brands on Hand: FLOUR—MANITOBA FLOUR—PATRY ROLLED OATS OAT GHOPE OATS OILCAKE HAY AND GRAIN Grain Bought and Retailed ALEX. L. NOBLE HENRY AWREY, Manager

This Store's Policy To represent goods exactly as to their quality; to sell to those who know and to those who don't know at a uniform fair price; to fulfill all guarantees; to satisfy confidence, by always giving you satisfaction.

Savage & Co. JEWELLERS GUELPH — ONTARIO