

A SMILING FACE

There is no tonic in these days
Can beat a cheerful face,
When pessimistic rumors run
Like wildfire round the place.

A smiling countenance can put
Fantastic tales to shame;
And strengthen faith that right will
win.

If all will play the game.
Although the skies be overcast
We know the sun's still there;
And gloom will suddenly be pierced
By sunshine, clear and fair.

With courage bold in face of odds—
The hallmark of our race,
There's naught can dim our future
If we keep a smiling face.

William McClure.

From The Issue of The Free Press
of Thursday, November 8, 1921

The new Hydro shop is quite an attraction.

Mr. Robert Barbour, of Hillsburg, when calling on Tax Farm Pass, mentioned the large potato shipments from that village. Up to last Friday seventy car loads of potatoes, had been shipped. The ruling price was \$1.15 per bag.

Two weeks ago today Mr. and Mrs. Alex. Donald left Acton for their new home at Picton. Last week Mr. Donald was taken suddenly ill and death followed on Tuesday morning. Mr. and Mrs. Donald came to Acton from Prince Edward County about six years ago and had made many friends here.

The indoor garden party given by the members of the Epworth League in the Methodist school room was as unique as it was successful.

Census figures for Halton county just announced from Ottawa give the population of this county as 23,263 compared with 1911 we have had a gain of 3,057.

BORN

SPEIGHT—In Georgetown, on Monday October 17, 1921, to Mr. and Mrs. A. F. Spoligh, a daughter.

DEVEREAUX—At Limehouse, on Friday October 14, 1921, to Mr. and Mrs. J. H. Deveraux—a daughter.

DECEASED

BILTON—At her home, lot 27, first line, Esquimaux, on Sunday, October 30, 1921, Mary Elizabeth Bennett, widow of the late Robert Bilton, aged 70 years.

MUST HAVE GOOD HEALTH TO WIN WAR

"The health of Canada's manhood is such an important factor in our war effort, it may be the determining factor whether we win or lose," declared Dr. James J. McCann, of Ottawa, chairman of the Parliamentary Health Committee, speaking recently to an audience of women in Toronto.

To win, Dr. McCann declared, we must be strong, morally, mentally and physically. "It is not enough to have the will to win nor to be financially strong, or to have all the instruments of war, unless we have men and women in good health to work on the home front."

"Why were 12,000 men who offered their services to their country rejected because they were physically unfit," Dr. McCann asked. "Probably with old heart or kidney lesion, the result of diphtheria or scarlet fever, or measles, or ocular defects or stomach ulcers that either were preventable or could have been cured had early treatment been available."

Dr. McCann urged that every Canadian soldier be immediately toxoided against diphtheria. He also advocated a serological test for syphilis, both on entering the ranks and on discharge.

As for industrial workers on the home front, he urged that their hours of work be not too long, their working conditions should be good, and their nutrition up to standard.

Canada has 50,000 idle workers on the industrial front every day of the year through sickness, he went on.

Instead of 50,000 health workers in Canada there ought to be half a million of them, Dr. McCann declared.

In conclusion Dr. McCann advocated a national health crusade, subsidizing of full-time health services, medical care of the under-privileged, federal grants to aid provinces, and larger grants to voluntary bodies engaged in health work.

SPINACH TAKES SECOND PLACE TO THE SOY BEAN

Whatever may be the truth about spinach as a purveyor of iron, its value as a source of the essential vitamin B1 is far outdone by the soy bean, according to the current issue of "Hygeia." The former is listed as yielding .11 milligrams per 100 grams, while the same quality of dried soy beans yields 1.46 milligrams of the valued vitamin B1, or thiamine.

The fact is important since it is estimated that men and women need from 1.5 to 2.3 milligrams of the vitamin, and children from 0.4 under one year old to 1.2 up to 12 years old per day to keep them in full mental and physical health.

Pork, wheat germ and dried brewer's yeast are also given as generous sources of thiamine, though it is contained in smaller quantities in milk, most vegetables and various fruits. It is stated that thiamine is readily soluble in water, so that as little water as possible should be used in cooking, and wherever convenient the residue be used in the preparation of soups etc.

The Sunday School Lesson

FOR SUNDAY, NOVEMBER 3

SIN AND CONSEQUENCE

Golden Text.—If we confess our sins, he is faithful and righteous to forgive us our sins, and to cleanse us from all unrighteousness. 1 Jno. 1:9.

Lesson Text.—Gen. 3:1-24; Ps. 14:1-3; Jer. 17:9, 10; Mark 7:20-23; Rom. 1:18-32; Gal. 6:7, 8; Jas. 1:13-15; 1 Jno. 1:5-2:6; Rev. 22:10-12.

Exposition.—I. Whosoever a Man Soweth, That Shall He Also Reap, Gal. 6:7, 8.

God rules the world and through it all has established a law that a man will reap just what he sows. Men may try to "mock" (i.e. "sneer at") God and fancy they will escape the operation of His laws but they will find in the issue that they mock themselves, not God (v. 7). The primary application of this principle suggested by the context is its application to giving (cf. 2 Cor. 9:5, 6), but the principle has far wider applications than that in all our actions we shall reap just what we sow: If we sow honor, we shall reap honor; if we sow truth, we shall reap truth; if we sow deceit we shall reap deceit; if we sow love, we shall reap love. The principle is as true of nations as of individuals: the nation that grossly wrongs another will in turn be grossly wronged.

Every act is a sowing and therefore every act necessitates a reaping. If we act with the gratification of our appetites and ambitions in view, we are sowing to our "own flesh" and of the flesh (which is corrupt), we shall "reap corruption" (Gal. 6:8). The loss we suffer is not an arbitrary punishment but the natural fruit of carnal-mindedness. If we act under the leading of the Spirit (ch. 5:16, 25), we are sowing to the Spirit, and of the Spirit (who is Himself life, cf. Jno. 6:63; 2 Cor. 3:6) we shall reap "life eternal." In one path is "corruption," i. e., moral, spiritual, eternal decay and destruction; in the other path is "life eternal," i.e., life endless in duration and divine in its quality. The figure of sowing and reaping is a favorite one in the Bible (Ps. 126: 6; Prov. 11:18; 22:8; Hos. 8:7; 10:12; Jas. 5:7; Matt. 13:3-30).

II. Sin Makes Fellowship with God Impossible, 1 Jno. 1:5-7.

"Light" in this epistle is manifestly a symbol of truth and holiness. God is infinite and unalloyed truth and holiness. There is not one smallest trace of error or sin in Him, "in him is no darkness at all." This was "the message" that John had "heard" directly "from Him" (i.e., from the Lord Jesus), and now announced to all believers in Him. The whole foundation truth of the entire Bible is the infinite holiness of God. It determines and explains everything in the Book. The attempt to understand the infinite love of God and to draw inferences from the love of God without first getting a clear view of the infinite holiness of God has led men into all kinds of destructive error and evil conduct. But what has the infinite holiness of God to do with the subject of sin? Everything; the consciousness of the infinite holiness of God must underlie any true consciousness and conviction of sin and realization of the appalling enormity and awfulness of sin (Jas. 6:1-5; Job 42:5, 6). If "God is light," to have fellowship with Him we, too, must "walk in the light" (v. 5). To "walk in the light" is to walk in full surrender to the truth as found revealed in the Word of God (Ps. 119:130; Jno. 17:17). To "walk in darkness" is to walk in sin, to walk in known disobedience to the will of God as revealed in His Word, to walk in error in hatred (ch. 3:11-5).

Wherever cleansing is mentioned in the Bible in connection with blood, it refers to cleansing from the guilt of sin: Cleansing from the guilt of sin is by the power of the blood, the power of the atoning death of Jesus Christ (Gal. 3:13; 2 Cor. 5:21); cleansing from the power of sin is by the power of the risen Christ and the indwelling Holy Spirit, whom the risen Christ gives to dwell in us; cleansing from the very presence of sin will be by our Lord as He returns from Heaven at His second coming (1 Jno. 3:2).

III. "If we say that we have not sinned we make him (God) a liar," 8-10.

Many seek cleansing from sin in another way than on the ground of the shed blood of Jesus Christ, by denying that they have any sin to be cleansed from, by an assertion of their own righteousness and consequent denial of any need of the atoning blood of Christ. If instead of trying to cover up our sins or excuse our sin, we uncover it to God, confess it fully to Him, He will cover it up, blot it out. God's own faithfulness and righteousness are pledged to forgive the believer's sins (i.e., diamas them from His thought). His faithfulness is pledged to do so, because He has promised and always keeps His word; His righteousness is pledged to do so because Jesus Christ has made full atonement for every believer's sins (ch. 2:2; Gal. 3:13; 2 Cor. 5:21).

IV. Jesus Christ, the Believer's Advocate, and Propitiation, 2:1-6.

John wrote the things contained in Ch. 1 to keep us from sinning; but if "we" i.e., believers in Christ (ch. 3;

3) still do sin, is there no hope? No, there is abundant hope, for "we still have an Advocate with the Father" and no less a one than "Jesus Christ the" perfectly "righteousness." One whom the Father always, heareth (Jno. 12: 41, 42). Jesus Christ always represents all believers in Himself before the throne of God; He pleads our case for us every time we fall into sin. "He is (also) the propitiation for our (the believer's) sins." The fact that Jesus Christ is the believer's Advocate when he sins and also "the propitiation for our sins" will not make us careless about our life; it will make us careful "to walk even as he walked."

UNEMPLOYMENT INSURANCE BOOKS SHOULD BE WELL KEPT

Many employees fail to realize the value of their unemployment insurance books. Cases have been reported where books have been found lying on the street. The district manager points out that an insurance book is the employee's most conclusive evidence of contributions on the basis of which benefit payments will be made.

While the employee is working, the care of his insurance book is in the hands of his employer. It is the employer's duty to affix the stamps indicating the amount of contribution made, and to cancel these stamps with his number. During the time the employee continues working for the same person the insurance book remains in the possession of the employer.

Immediately upon separation from employment, the employee must obtain his book and see that the proper stamps have been affixed. The employer should hand over the employee's book to him promptly when he leaves his job, since careless retaining of it may cause the employee much trouble. Other employers will not give the worker a job unless he produces the book. He must have it if he registers at the local employment and claims office for employment. When he becomes eligible for benefits the worker cannot establish his qualification if he has no book.

When the employee goes to a new job in insurable employment, he will give his insurance book to his new employer.

An employee will take his original insurance book, and the number first assigned to him when he was registered, to every new job.

Care should be taken by employees that their books are not defaced, destroyed or lost, when they have them in their possession while seeking new jobs.

Indians Reclaim Discarded Military Clothing

With needles and hand-powered sewing machines, women on Indian reserves in northern Canada are making their own contribution to Canada's war effort, reports the Indian Affairs Branch of the Department of Mines and Resources. Substantial reductions in government relief expenditures for Indian clothing have been made possible by the ability of these Indian women to convert discarded military clothing into useful garments for their families.

BEARS ARE NUMEROUS CLOSE TO METROPOLIS

Bears are fair game in the province of Quebec and the open season for hunting is now in force. Even allowing for the enthusiastic exaggeration of local scouts, the Bruin family is in plentiful evidence in this section of the Laurentian Mountain foothills, just forty miles from Montreal by the Canadian National Railway. Summer forest fires have driven game animals away from their previous habitat and the Bears are making their way here for now—feeding grounds. Meanwhile they are not above raiding a patch of buckwheat which greatly reduces their popularity with the farmers. The Quebec Government offers a bounty of \$5 for each bear to bite the dust.

Girl "Missing" Just Joined Up

LONDON, (CP)—Seventeen-year-old Eileen Davis, whose mother had reported her missing when she failed to return from work several weeks ago, walked into her home in the uniform of the Auxiliary Transport Service. Eileen explained she had decided suddenly to join the A.T.S., but wanted to keep it a secret until she could go home on leave wearing her new uniform.



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