**IMPROVED** 

UNIFORM INTERNATIONAL

OF The Money Baths Institute of Chicago.

Lesson for March 8

DISCOVERING WHY PEOPLE

DRINE BEVERAGE ALCOHOL

LESSON TEXT-General 43 56; Pagin

154 14. 15. Proverte 21 67. Ecciestastes

COLDEN TEXT-Wise to a morter, strong

The alcohol problem receives at-

This is the first one for 1942 and

brings before us a number of scrip-

tures not often used, in order to

suggest the drinker's reasons for

drinking. Other matters appear, but

me shall limit ourselves to present-

ing these reasons, together with the

L. To Be fieciable (Gen. 43:34).

eph the allowance for Benjamin was

greatly increased, and they "drank

and were merry." How often that

has been the plea which has led

into drinking and into drunkenness

The "social glass" has often led to

Well, surely God wants us to be

sociable. Yes, He does, and the

perfect provision for man's social

nature is found in Christian fellow-

II. To Be Happy (Ps. 104:14, 15)

ness, and we may admit that it

does bring a temporary lift which

some cull happiness. But who is

sutisfied with happiness? It depends

entirely on what "happens." If the

wrong thing happens we are un-

happy. We need a deep abiding loy,

and only a right relationship to God

III. To Evade Responsibility

When life's burdens become too

much for him the weakling seeks

relief and evades his responsibili-

ties in the deadening power of alco-

hol. But that doesn't solve the prob-

lem. It is still there when sobriety

returns, and usually more serious

than ever. What can a man do? The

wisdom, grace and strength.

answer in turn to God. He gives

IV. To Forget Sorrow (Prov. 31:

"Drown your sorrows" is the de-

ceptive promise of liquor; but they

stand right there beside man, and

when his poor befuddled head be-

gins to clear they present them-

selves more persistently than ever.

What's the answer? The God of all

comfort is ready to bear man's sor-

rows or to give him grace to bear

them and to lead him out into .

V. To Forget Poverty (Prov. 31:

Heavy is the affliction of poverty

in a world of plenty. Sometimes it

is the result of carelessness or of

sin, but often it is the lot of those

who are innocently caught in its

grip. Men have tried to forget, to

"drown" even this problem in drink,

and have only made their poverty

VI. To Find Satisfaction (Eccl.

The book of Ecclesiastes gives

the account of a man "under the

sun," that is, apart from God's

guidance and blessing, seeking to

satisfy the cravings of his heart in

many ways. All of them prove vain,

including the effort to find it in wine

Frustrated souls often seek re-

lease through intoxicants. They gain a measure of liberty and a sense

of masterful power, but it is all as

delusive as the dreams of grandeur

of the insane. It is even worse, for

it is a false condition, deliberately

created and soon lost, together with

lost character and decency of life.

deepened despair of greater dissat-

VII. To Stimulate Hope (Isa. 56:

A certain fearful looking forward

to the time of judgment tends to

dampen the drinker's enthusiasm.

So he drinks more to reawaken in

his heart the "hope" that tomorrow

will not bring reckoning, but will

be another "good" day. The world

has no real hope, in fact, the word

itself has lost its true meaning and

indicates only a sort of wishful

thinking. Is there any real hope?

Oh, yes, and the Christian has it,

hope that is a confident expectation of the fulfillment of God's every

promise. That kind of hope takes

care of tomorrow-and all the to-

VIII. To Encourage Play (I Cor.

Paul warns against the folly of

the "eat; drink, and be merry" phi-

lesophy. That road ends in disaster.

Does not Ged want us to play?

Indeed He does. He gave us the

worse and more unbearable.

3: 1-3, 10, 11).

and in pleasure.

isfaction.

morrows.

10:6, 7).

place of peace and victory.

Wine is supposed to bring happi-

At the banquet prepared by Jos-

Christian enswer to each one.

Why do men drink?

the drunkerd's grave.

can give that

(Prov. 31:4, 5).

tention in four trasons of each year

1 1-2 18, 11; Lanta to 12, 1 Cortettians

dries to regter, and unconsver to deceived

thereby to not was .- Proverte # 1,

CUNDAY

CH PERLENDOR

# Look Out! A Sick iver is Dangerous

Bo you have purishent hundreles and backschief? Are you tertured by riesematic pains in muscles and faints? A tantly liver is chapping your which tore-

O Your liver is the largest organ in your body and most important to your health. It supplies energy to musciss, tissues and giands. If nabrality, your body tacks this coursy and becomes enterbled-possible sum disappare. Again your liver pours out bile to digres food, get rid of water and allow proper nounthment to reach your blood. When your liver gets out of order proper digresson and nours haves stop-jou're possoned with the water that decomposes in your intestines. Nervous troubles and chramatic pains arise from this posson. You become consupaird, someth and sidneys can't work property. The whole system is servied and you feel "romen," bradschy, heckerby, dirry, wird out-s ready pery

for sickness and disease. @ I housends of prople are never skt, and have won prompt relief from these miseries with "Improved fruit a tires Liver Tablets" The liver is toned up, the other organs function mormally and faming good health results. Today "Improved trutt a tives" are Canada's largest selling lover tablets. They must be good! Try them yourself NOW. Let "Irwit a tores" pur you back on the road to latting braith-

MAKE

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had a bad cass of bulloussess and constant bredat hee and backaches. I berame so till I had to go to a hospital buthtime I tried would here until Herred Georgetown dutrict tobing truit.e. tree. In a very short time my froubles dissp-sected Now I have no more reader her or barbaches and can



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#### TIMELY TOPICS By Barbara Baines FOR WOMEN

#### OUR ALLIES - THE RUSSIAN WOMEN

Russia has astonished, and continues to astonish the world, her friends and fore alike. Her successes have been due, not to military power alone, but also to the complete unity of her people and her high Leason subjects and Ecropture texts ca-terted and copyrighted by International Council of Resignors Education, used by civilian morale. But a factor that is often overlooked is her vast wo-

In Russia there are 44,000,000 able-bodied women between the ages of 15 and 49 who are helping defend their country. They are doing every conceivable tob from digging trenches, driving tractors and transports, tilling the soil, and working in wat industries to flying planes and even manning anti-aircraft guns . . . anything and every thing a man

No women have been given greater opportunities than have the women of Russia under the Stalin regime. All are free to follow a vocation outside their homes, and are given training by the state in their chosen field. Many are refined and highly educated, some are highly stilled in the arts. There are women judges, ambassadors, custom officials, somen in all phases of profusional life, and somen in charge of hig business. The wives of most Russian leaders hold jobs with the state which often have bittle connection with their husbands work.

The women of the English agranting world take pride in their "equality of rights," and in being very modern. Actually in comparison with our Russian sixters we are pampered and chellered and often presented by public prejudice from the full expression of our ambitions and atclity. Nor have we developed the physical stamina of the Russian .

I was surprised to learn through a bulletin issued by the American-Russian Institute that by 1940, 30 percent of the engineers in largemale industry were women; that women comprised 37 percent of the employees in chemical plants. 27 percent of those engaged in the tron and steel undustries, one-third of the sorters in the metal industries, and our quarter of the norzers in the cost mines. Of 120,000 physicians and assistants in hospitals and clinics 73,000 were women. And there were women architects, chemists, lawyers, yes and women "trainmen." In order that women might be free to work outside their homes,

and also to protect the health and well-bring of the workers and children, the government established many state services, some of which are now being copied both in England and in America. There were communal freding centrer, day nurterire for small children in factories and on collective farms. There were boarding schools for older boys and girl and training centres and recreation centres for all ages.

So it will be seen that even before the war began in Russia women were already playing an important role in the life of the nation, and since the outbreak their efforts have been doubled and redoubled. The political system in the land of the floriets could never be acceptable to us but her people are sincere and are determined that, whatever the cost, our common enemy shall be sanquished.

Today the women of Russia are making a tremendous contribution to the freedom of all women the world over, more than we Canadian women can ever hope to do. Almost daily come new atories of the greathers of their sacrifice, and of their courage and daring; of women serving an doctors and nurses, and as chrke and typede at advance milltary headquarters, of the members of the wartime sanitary corps who drive ambulances and man mobile hospitals, and carry guns for their own protection, of young girls who ferry planes right to the front lines and know how to handle the gun, if need be, of girls and older women who have joined the roving guerrals bands that are such a thorn in the

ride of the Naza in the occupied territory Blandards of living in Russia are very crude compared to ours. Bhies were a luxury postered by few, augus and butter very scarce, and a candy-bar a vreat treet even in peacetime. Not because Russia was not rich enough to supply her wemen with kitchen gadgets and beautiful gown, but because from the beginning of the Stalin regime the people knew that cometime, comes or later, they would have to fight Chermany And an army and airforce that could win would come pretty

The Russian women are willing to wait until the main job is finished, but already they are looking forward to the day when, the victory won, their great industrial wealth will be used to turn out "American goods." fine howe furnishings, good clothes, cosmetics, jewellry, and all the other things dear to every woman's heart, be she Russian or Canadian.

### FOR OUR SCRAP BOOK

Happiness grows at our own firesides and is not to be picked up -Douglas Jerroldin strangers' gardens.

### HOMELY NOTIONS

Canada's new alogan is 'Eat it up. Wear it out. Make it do-Salvage everything of any me."

I guess Canadiant are pretty square shooters when the thing is put to them right. The authorities tell us that Britain's cheese quota of 112,000,000 pounds will be filled by the end of March thanks to the cooperation of the public, pork and becon consumption has been reduced 40 to 50 per cent, so that Britain may get her there. And now they tell us that under the honour system of rationing the consumption of augur has dropped almost 50 per cent. Well done folks.

Are you wendering today how best to preserve the life of your foundation garment? There wed to be an idea abroad that laundering weakened the clastic. But this is false. The tires of your car don't deteriorate when they are wet, neither does your foundation. Much more damaging to its life is perspiration that is allowed to remain in the garment indefinitely. For this reason it should be laundered once & week or every ten days. Here is a simple method to follow: Dip the garment up and down in a rich suds. in lukewarm water, and use a soft brush on the parts that are soiled. Rinse two or three times in clear warm water, and partially dry in a towel . . . don't try to wring the garment. Hang it to dry, but not near a radiator or other hot place. Press with a warm from when almost dry to stretch the fabric parts to their proper shape. If garters are replaced when worn, and repairs made at the first sign of wear your garment should last you for a year

### THE BOOK OF THE WEEK

By WALTER D. EDMONDS "YOUNG AMES" (McClelland, Stewart, 350pp. \$3.00)

Do you feel in the mood for a book that is jully and exciting, just pure entertainment, with no reference to suffering or want or war? If so then read about "Young Ames," a bright lad who know what he wanted and made a pretty thorough job of getting it.

At 18 he started as a junior clerk and messenger with the "second-The morning after brings only the best commercial house" in New York. That was in the 1830's, in the days of sailing ships, when the price of cotton and linen and rice was set in London, and every incoming ship meant fresh news of the market. By sheer effrontery and native wit young Ames soon forced his canployers to recognize his unusual ability.

It was by accident that he first met the niece of the senior partner. But it was not by accident that he crashed the New Year's party. wearing his host's new and expensive coat, in order that he might see

Each chapter of the book covers some new adventure of this her amin. uncouth, brash, but extremely likesble young man with the sandy hair and appealing blue eyes. His quick wits made a million for the firm on one occasion. There was the time he was sent on a hasty trip to New Orleans with \$1,000 expense money and was taken for a ride by prefessional gamblers, and only the vigorous action of the captain of the ship saved him from the unfortunate consequences. There was the time he put over his first personal deal on the market, his escapades with Mike Dolan and his Irish cronies; and his meeting with President

All was not always smooth sailing, but as his fortunes rose Jackson. his quite unorthodox courtship of Christine kept page, and of course you've guessed it. He won a junior partnership in the firm and the

boss's niece. BRAISED BEEF DELUXE No nation is strong unless all its people are well fed, and the problem now seems to be, "How to serve nourishing meals on a main budget?" This meet dish has the required vitamins as well as calculat. 1% cups hot water 3 Dr. stowing beef 16 CHD STAND DASS

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