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• Give your Electrical Appliances good care and save repairs. The supply of new electric appliances is very limited. They cannot be built in quantities until their manufacturers . . . now engaged in making weapons of war . . . turn from the battlefield to the homefront.

Do your part—don't overload your washer or operate it longer than necessary. Be sure to oil the motor. Don't let leaky or dripping taps make your hot water heater work overtime. Keep your washer, your iron, and other electric appliances in good working condition by giving them the extra care that keeps them fit for duty.

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THE HYDRO-ELECTRIC POWER COMMISSION OF ONTARIO

**What Does Inflation Mean to
You and Me?**

**'PLENTY
BROTHER!'**



Why, we couldn't buy enough food to keep our families healthy under inflation. For wages and salaries never catch up to prices when they start to soar!

How would we like to pay \$1.10 a dozen for eggs? You say it can't happen? Don't forget it's already happened right here in this Dominion, during the last war. And it will happen again . . . unless we're on our toes to keep the cost of living down. Every Canadian must face this challenge! It's our responsibility.

But be of good heart. Living costs have risen LESS in Canada than anywhere else. Canada leads the world in the fight against inflation.

HERE'S HOW IT'S DONE—
In 1941, Canada determined to control the cost of living. Price ceilings were established on wages, rentals and commodities; subsidies were paid on essential foods; goods in short supply were rationed . . . so that everyone could get their fair share at a price they could afford to pay!

But control of prices is a two-way responsibility. It needs your support if it is to continue working effectively.

**So make this
Pledge Today!**

I PROMISE to give my support to keeping the cost of living down. I will buy only what I need—I will observe the ceiling whether buying or selling goods or services. I'll pay off old debts, save for the future, invest in Victory Bonds and War Savings Certificates—and will support taxes which help lower the cost of living.

Keep Your Dollar Value High!

Published by
THE BREWING INDUSTRY (ONTARIO)
to reveal the dangers which inflation can mean to all the people of Canada.

**IMPROVED
UNIFORM INTERNATIONAL
SUNDAY
SCHOOL Lesson**

By HAROLD L. LUNDQUIST, D. D.
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Released by Western Newspaper Union.

Lesson for September 17

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**THE KINGDOM STRONGLY
ESTABLISHED**

**LESSON TEXT—II Samuel 2:4-7; 5:1-10.
GOLDEN TEXT—They that trust in the Lord shall be as mount Zion, which cannot be moved, but abideth forever.—Psalm 125:1.**

Position and power are important to a king, but of even greater importance is the winning of the hearts of his people. Only as he has them with him can he build a great nation.

David was the Lord's anointed. The kingdom was his. But God expected him to make the necessary effort and use his own abilities to bring it into a place of honor and usefulness. God gives us all we have, but He does not shower it down on us; we must go out and possess it.

Note in the three verses that precede our lesson (vv. 1-3) that David moved forward only after prayer and divine guidance. Little wonder that he succeeded.

I. The Southern Tribes Declare Their Loyalty (2:4).

The nation was divided into two parts, Judah in the south and Israel in the north. To bring them together again called for consummate skill. David had it.

When Saul had died, David showed his respect and genuine loyalty to the king by his actions and by his song of lament which we find in II Samuel 1. Then by the Lord's leading he went to Hebron, the national capital of Judah, and there awaited the will of the people.

Their declaration for David was not long in coming. They knew and respected him. He had shown himself to be their friend (I Sam. 30:26) and now they made him king. It was the first step and a long one in the right direction.

II. The King Makes Friends by Being Friendly (2:5-7).

The men of Jabesh-gilead, hearing that the Philistines had killed Saul, went for his body and gave it suitable burial. This gave David occasion to show his fine spirit of appreciation, which naturally warmed the hearts of all those who had loved and followed Saul. It was excellent strategy, but at the same time it was the natural expression of a kind heart.

He that would have friends must show himself friendly (Prov. 18:24). And why not? The friendly and open-hearted kindness of some Christians does more to win others to Christ than the brilliant discourses of some cold, exclusive Christian worker. Most of the Lord's work is done by ordinary people with warm hearts. Is there any reason why we cannot all be winsome and attractive in Christ?

III. The Northern Tribes Recognize Their King (5:1-5).

A period of seven years elapsed before this took place. The house of Saul was not willing to yield its supposed rights to the throne, and there was fighting and struggle. In it all David showed himself to be upright and considerate.

There is value in gradual development and in the struggle for the right. Had David found immediate success one wonders whether he would have gained the strength he needed for the future.

Then came the day when Israel, the tribes of the north country, of their own accord chose to put themselves under David. Note that it was because of their regard for him (vv. 1, 2) that they came to him (v. 3). That was great gain.

A united people! How important that is in the affairs of the nations. Nothing is more disturbing or a greater hindrance than internal friction. We ought to deal quickly and decisively with any group or force in the life of our nation which is clearly divisive or disloyal.

Think, then, how important it is that God's people in the Christian Church stand together in undivided loyalty to Christ, our King, and in loving devotion to one another.

IV. The King Established a National Capital (5:6-10).

Jerusalem, which was to be the "city of David," and which figures so prominently not only in history but in prophecy, had to be wrested from the hands of the heathen Jebusites, and be established as the sacred city and the capital of the Jewish nation.

Note that the kind and considerate king was not a weakling. He knew how to fight and to win. Verse 8 is difficult to interpret, but evidently does not mean that David was cruel. The Jebusites taunted him by saying that their blind and crippled could hold the wall against David's men. Then they doubtless put their best soldiers on the wall, and David said to his men, "Let us take these cripples."

We see in verses 9 and 10 that David was not only a fighter, but also a builder. He began then the development of Jerusalem, the great city of which we are yet to hear wondrous things.

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THE PSYCHOLOGY OF FEAR

(By Lewis Milligan)
I read somewhere the other day that ulcers in the stomach were caused by worry. This set me thinking about the influence of mind over matter, and it seemed to confirm the theory of Christian Science that the cause and the remedy for physical diseases are in the mind. That certain physical conditions can be set up by a distraught and fearful mind, and that recovery from an operation can be retarded by the same mental process, are recognized by most physicians.

A very prominent and practical doctor once told me that when he was engaged in his student days in post-mortem examinations, he always had a dread of blood-poisoning as the result of some slight scratch on his hands. He said that he worried so much about this that one day he discovered a small red spot on the back of one of his hands, which, on examination, proved to be a sort of imitation scratch, as there was no sign of a break in the skin. It gradually disappeared.

I am not a Christian Scientist, and I cannot accept the theory that matter is merely a concept of mortal mind, and has no real existence. That to me is self-contradictory. But I do not wish to enter into a controversy on that subject. I accept the theory that worry can cause a lot of trouble in the body, and I believe that it is the cause of most of the troubles in the body, and I believe that it is the cause of most of the troubles of the world in general. This was recognized in the drawing up of the Atlantic Charter, the main purpose of which was the elimination of

the "Four Fears."
Worry is usually a fear of the future. We are afraid of what is going to happen to us or to some one dear to us on the morrow, and we make today miserable worrying about it. The "Four Fears" are four worries about what is going to happen in the post-war world, and we are told that we can avoid these by planning the future in advance.

We must make plans for the immediate future, but it is well to remember that "the best laid schemes o' mice and men gang aft agley." Hitler was the greatest and most careful planner of modern times. He started by worrying about the future of Germany—worry is written on every feature of his miserable face. He infected the German people with this disease of fear of imaginary enemies to such an extent that they overlooked the opportunities of the present; they were willing to starve themselves in order to enjoy a big feast in the future. Germany's future was to be planned for the next thousand years by the National Socialist Party.

The Nazi plan, however, has gone agley. All of Hitler's worrying and long-range scheming have brought disaster to the German people and to the world in general. It might be argued that if there had been counter-planning by the present Allied Nations the disaster would have been avoided. But there was a counter plan. The League of Nations was the greatest plan for the preservation of world peace that had ever been conceived, and there is reason to believe that it was directly responsible for the greatest war the world has ever

(Continued on Page Six)