

WORLD PEACE STARTS AT HOME - WITH A GLASS OF ORANGE JUICE

IF WE DON'T LIKE WHAT'S INSIDE US, WE CAN CHANGE IT, SAYS MAQBOOL SHEIKH



MAQBOOL SHEIKH
Column

Ever notice no matter how hard you apply pressure to an orange, it will only give you orange juice?

What comes out of us when pressure (stress, demands, requests, everyday life) is applied to us?

Do we lash out or plan revenge?

Do we show compassion and love?

Like the orange can only give orange juice, we can only give what is inside us.

Good news, if we do not like what is inside us, we can change it.

Can we expect world peace when the majority of us does not experience peace in our own lives?

How do we achieve world peace? That's perhaps the golden question of life.

There are nine basic principles (thepathwayto-

peace.com) and, if we apply them, we can effect and pressure our fellow humans' and governments to also make this change.

Recognize the one creator, who created all of us - as equals - and upholds human values.

Secondly, fulfilling the rights and needs of others with the same zeal and passion we pursue for ourselves leads to absolute justice. Absolute justice leads to trust.

Trust does not insist that 'my way' is the only or best way and imposing this on others. With love, fulfilling the needs of others in the manner they like is key.

Fear of change, fear of the unknown or fear of having less by sharing our wealth leads to injustice. Respecting others, recognizing the basic human needs we all strive to fulfil and being focused on others with the same regularity and passion we have to fulfil our own allows for the beginning of new results in our relationships.

Nuclear disarmament is good, unless you are focused on protecting yourself and 'your own' with little thought or relevance to the humanness of others in our global family of hu-

manity.

Likewise, in our families and relationships, if we give preference to our own interest and are willing to take up weapons - violence, threats, abuse, etc. - in an effort to get our way at all cost, we will never achieve peace.

Service to others is key to peace.

Take action. Volunteer. Donate. Consider making a contribution to humanityfirst.ca. Use your abilities to remove the hardships of others - family and innocent people alike - and comfort them with compassion.

As a Canadian Muslim, I know these are Islamic values. I also know these are values shared by all religions.

Knowing that all we have was given by God and being grateful to him. We are reminded to serve in a just manner, with grace and mercy. Islam reminds us, eventually we give account to God for our actions.

Maqbool Sheikh is the director of advocacy and public relations with the Ahmadiyya Muslim Jama'at Canada. Follow him on Twitter at @thecndn-muslim.

MILTON HAD A NUMBER OF CASES OF INFLUENZA IN 1923

EPIDEMIC WAS SEEN ACROSS ONTARIO, WRITES DILLS



JIM DILLS
Column

Time Capsules are gems of information extracted from past issues of the Champion and other publications in order to provide a window into Milton's past.

February 1923

Influenza, or la grippe, of a mild type, but severe enough, is epidemic in many places in Ontario, urban and rural. Milton is having its share. Among the sufferers have been Miss Harrison, Mr. and Mrs. Neil McPhail, Rev. T.H. Bole and Messrs. S.R. Bews, J.J. Wilson, A.S. Willmott, C. Toletzka and J.F. Little. Rev. Bole was in-

bed on Sunday and J.M. Denyes conducted the services in the Methodist Church. Mr. Bews has been ill with congestion and danger of pneumonia. A graduate nurse is still in attendance in his case. Messrs. Wilson & Willmott's flour and feed store was closed on Saturday and Monday. James Houston took charge of it on Tuesday. Postmaster Stewart and John Wallace were taken ill yesterday.

The town administration is having its troubles. Mayor Irving, Councillor Pearen and Town Clerk Hemstreet are all in bed. In Esquesing Mr. and Mrs. T.F. Chisholm have been seriously ill, as have been members of Mrs. John Chisholm's and George Irving's families.

This evening's carnival at the arena promises to be one of the finest and most spectacular, with fancy and comic costumes. The Allied Theatrical Co. of To-

ronto, will rent most of the costumes.

Theirs are the best.

The big sheet of ice and the brilliant lighting will show all to advantage. Liberal prizes for ladies, gentlemen, boys' and girls' fancy, national, original ... and comic costumes, also for races boys, 12 years and under and 16 years and under, men's open race, obstacle race and farmers' race. The Milton band will supply splendid music. Admission 35¢ and 25¢.

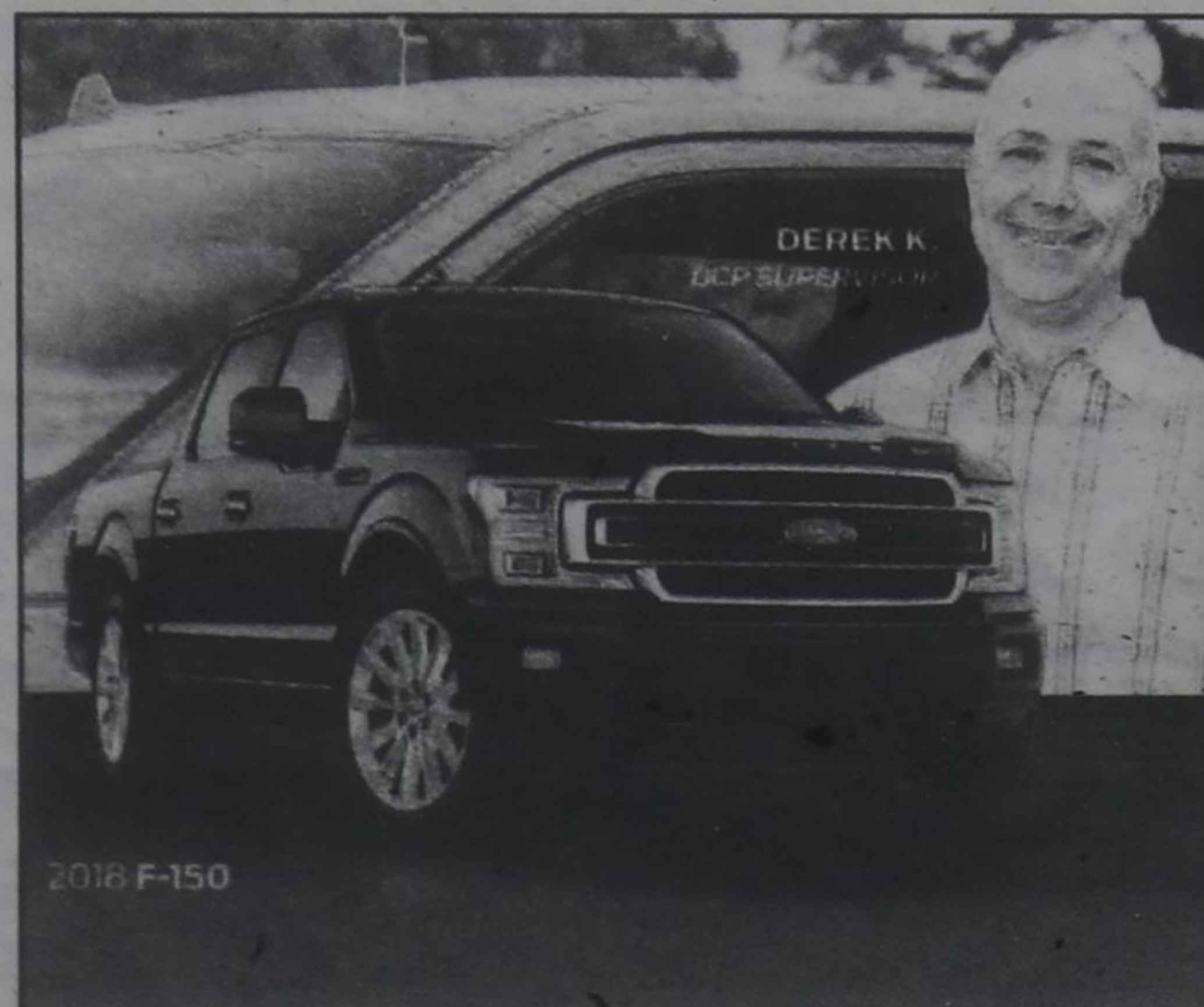
The Boy Scouts of Grace Church intend giving a concert and entertainment in Grace Church schoolroom on Feb. 10th. Admission, adults 15¢, children 10¢.

County Council appointed Geo. Gowling High School Trustee for Milton for 1923, 1924, 1925.

Assembled on behalf of the Milton Historical Society, by Jim Dills, who can be reached through the society at 905-875-4156.



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