

Sunday School Lesson

October 13, Lesson II—Keeping Fit For the Sake of Others (Temperance Lesson)—Daniel 1: 8-20. Golden Text—Know ye not that your body is the temple of the Holy Ghost, which is in you, which ye have of God, and ye are not your own? For ye are bought with a price; therefore glorify God in your body.—1 Corinthians 6: 19, 20.

I. ABSTINENCE ON PRINCIPLE, DAN. 1: 8-20.

II. THE HIGHER MOTIVE, 1 Cor. 9: 19-27.

III. THE DEMANDS OF VIRTUE AND HONOR, 1 Tim. 4: 7-12; 2 Tim. 2: 1-5.

INTRODUCTION—The Golden Text of this lesson provides a good beginning. Paul is urging the Corinthian Christians, most of them his own children in the faith, to avoid evil-doing of every kind. He warns especially against sins of impurity, such sins as affect both mind and body. He takes high ground. "Know ye not," he says, "that your bodies are the members of Christ?" 1 Cor. 6: 15. And in our Golden Text, "Know ye not that our body is the temple of the Holy Ghost which is in you, which we have of God, and ye are not your own?" When a man believes that with all his heart, he will endeavor to keep himself fit for the uses of the Master, a fit instrument for service, a temple for the indwelling of his Holy Spirit.

The figure is slightly changed in 1 Cor. 3: 16, 17, and Rom. 12: 4, 5. Here the Christian community is thought of as the body of Christ, or as the temple of God in which his spirit dwells. The apostle exhorts, therefore, to keep this temple, the common life of Christ's followers, free from defilement, from "envying, and strife, and divisions" (v. 3), and as members of Christ's body to exercise our various gifts in harmonious co-operation, each desiring to serve the other as all serve Christ. Compare also 1 Cor. 10: 17; 12: 12-31; Eph. 1: 22, 23; 4: 11-13.

I. ABSTINENCE ON PRINCIPLE, DAN. 1: 8-20.

The story of Daniel tells us that a number of Jewish youths of character and ability, and of high rank were taken by order of Nebuchadnezzar from Jerusalem to Babylon to be educated there and trained for the king's service. Three years of training were prescribed with residence and entertainment in the palace. Four of these young men are mentioned by name, of whom Daniel was the chief.

Now the Jews had been, as many of them still are, very careful in observing their laws regarding clean and unclean foods. See Lev. 11: 1-47, and Deut. 14: 1-21 for the laws of Christ's church, and Acts 15: 20, 29. The question arose, therefore, immediately, whether or not they should keep strictly to the customs and laws of their homeland and their fathers, or eat the king's meat, and drink the wine which was set before them. Daniel purposed in his heart that he would not defile himself, and his three companions agreed with him.

Whatever the necessity or value of such abstinence we cannot but honor the steadfast adherence of these young men to a high principle of religion and of clean living. The particular rules governing clean and unclean foods may not have been important (Rom. 14: 17), but the exercise of temperance, of discipline, of self-control, at the dictation of conscience, was of the highest importance. The prince of the eunuchs thought their health would suffer (v. 10) and that he would be held responsible. But the simple vegetable diet chosen proved to be more conducive to health and good looks than the king's meat and wine. The word "pulse" probably means here all kinds of vegetables. With bodily health went also knowledge and skill in all learning and wisdom. On that ground, also, as well as on the ground of obedience to ancient law, their abstinence was justified.

Paul has been discussing the question of Christian liberty. The question was raised regarding the eating of meat and other foods which had been offered in sacrifice to idols and in II. THE HIGHER MOTIVE, 1 Cor. 9: 19-27.

III. THE DEMANDS OF VIRTUE AND HONOR, 1 Tim. 4: 7-12; 2 Tim. 2: 1-5.

powers which he unquestioningly has, but which he does not use for his work's sake, lest by so doing he should hinder the gospel of Christ," vs. 12, 15. There is, he declares, a higher motive by which the Christian man is governed. That motive, in his own case, is to "preach the gospel," to gain men for Christ. Free as to is, as a Christian, to choose his way of life, he makes himself servant unto all, that he may win the more. No man is without law to God, and it is in the lad recognition of that higher law, written in no statute book, that he finds freedom. Paul draws an illustration from the custom of the races. "In the races all the competitors run, but only one wins the prize. Let them run so as to win, exercising, like the athletes, self-control at every point, and for no corruptible crown like theirs," P. 16.

Paul is writing words of friendship and wise counsel to his younger friend and fellow-worker, Timothy. Converted to faith in Christ by Paul's preaching he had been the apostle's companion for some time on his second and third missionary journeys. At the time of the writing of this, and probably also of the second, letter he was at Ephesus in Asia Minor, meeting serious difficulties, and in need of such counsel and encouragement as Paul could give. Here then Paul is advising Timothy regarding his own behavior. Certain false teaching has entered the church. "Shut your mind against these profane drivelling myths; train for the religious life," Moffatt, v. 7. The discipline of the body has some value, but religion is profitable in all things—having in it promise of the best in this life, and in the life to come.

The faithful saying, or "sure word," v. 9, is rendered by Moffatt, v. 10, "We toil and strive because our hope is fixed upon the living God, the Saviour of all men." This, then, is Paul's counsel that Timothy command and teach the kind of exercise and self-discipline which promotes true piety, himself setting the example. And this is that he may both save himself and them to whom he ministers, v. 15.

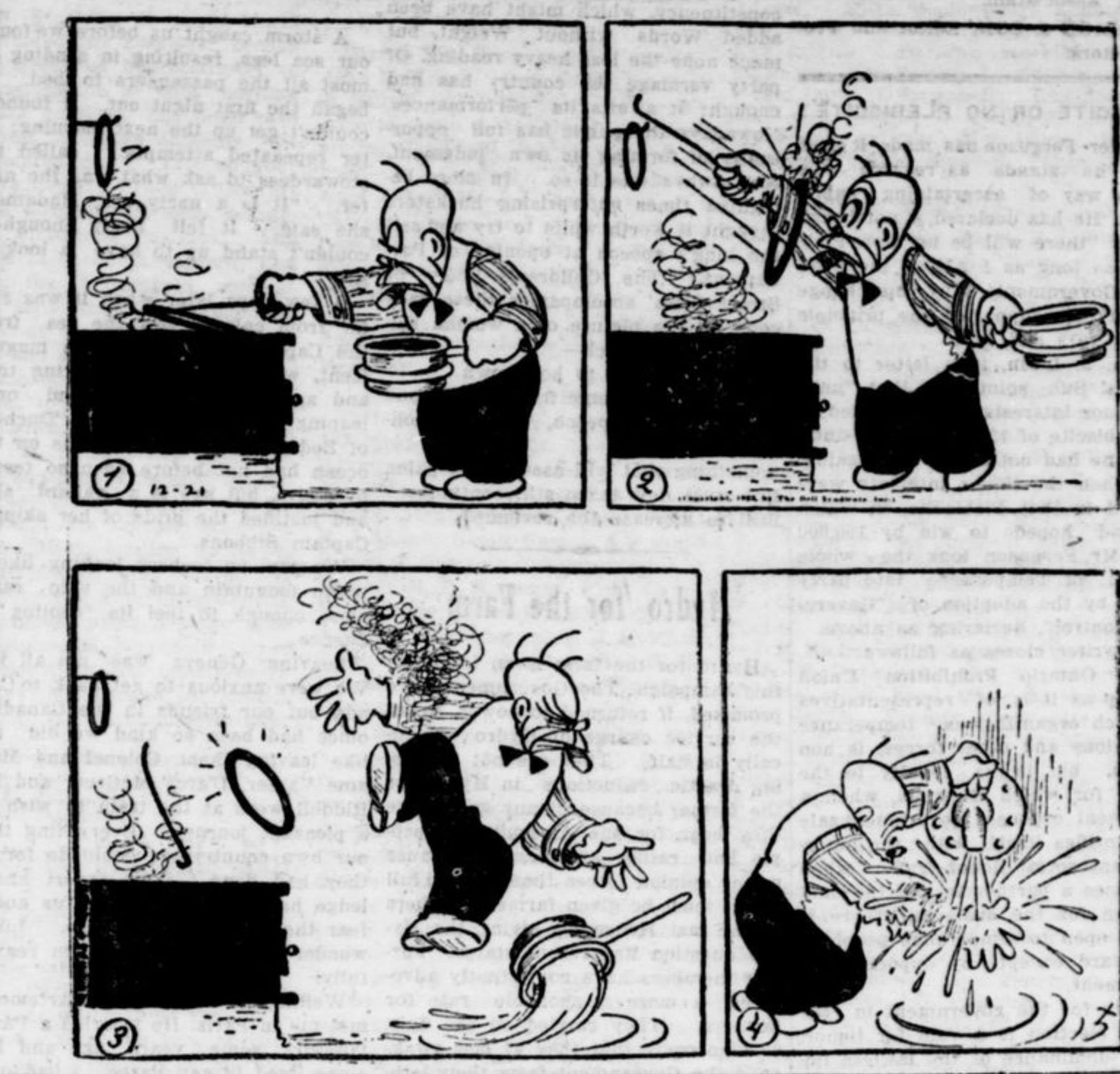
The admonition of 2 Tim. 2: 1, all will take to heart who minister in the church of Christ. Be strong... endure hardship... observe the rules.

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ADAMSON'S ADVENTURES—By O. Jacobsson.



Farm Notes

ADVERTISING CANADIAN APPLES.

The Empire Marketing Board are doing an excellent service for the apple growers of Canada. An advertisement widely distributed in British newspapers, posters, and in other forms calls attention to the pyramids in the shop windows of glowing fruits in rosy reds, warm yellows, and melon russets. Those wishing crisp apples are recommended to ask for Golden Russets. When softer fruit is wanted Jonathans are recommended, and for cooking it is suggested to the buyer to ask for Starks and Fallwaters.

Confidence in the packing of Canadian apples is expressed in the advertisement, which states that at the back of those jolly pyramids the apples are as good as at the front. Readers are assured that if they were to gather the fruit for themselves they could not pick and choose better than their Canadian cousins can do.

PORTABLE HOG CABINS.

While a substantial hog pen is necessary on a farm where pigs are raised to any extent, it is of great advantage to make use of small moveable cabins, particularly for housing brood sows under winter conditions or under summer conditions when on pasture. The small cabins are also useful as a shelter for growing pigs in summer when on dry lot or pasture. The Dominion Animal Husbandman, in his Report for 1928, published by the Department of Agriculture at Ottawa, recommends a cabin with a floor area of fifty square feet. A cabin of this size will comfortably house five adult brood sows when fed outside and given the run of the yard. Such a structure has been found at the Experimental Farms to be inexpensive and in many instances may be constructed from material which is found on the farm. The A-shaped cabin popular some years ago has lost favor at the Experimental Farms as the sloping roof is apt to be broken away by the hogs when crowding inside. The walls should be perpendicular for three or four feet with a ridged roof above.

COST OF PRODUCING FARM CROPS.

In a study of the cost of producing farm crops in Eastern Canada, it was discovered that hay was the cheapest crop to produce and potatoes the dearest. The production of seven crops shows that per acre expense to have been \$19.95 for hay, \$25 for sweet clover silage, \$29.86 for oats, \$38.40 for oats, peas and vetch silage, \$47.02 for corn silage, \$59.72 for mangels,

and \$78.35 for potatoes. The study was made by E. S. Hopkins, Dominion Field Husbandman, and two of his assistants, A. Goslin and J. M. Armstrong. The results of their work, covering several years, are recorded in a new 48-page bulletin number 115 of the Dept. of Agriculture at Ottawa. The cost factors studied include the use of land, fertilizers, labor, and machinery, and such other incidentals as enter into the cost of the particular crops. These results were obtained by doing the work in the modern fashion and using good seed and doing the work well. In the case of the potatoes the yield was 264 bushels per acre, which made a cost of about 3 cents per bushel. The investigation included a comparison of cost as between small one and two-horse equipment and the wider and larger machinery operated by three and four horses and tractors of various sizes. In discussing the advantages of the tractor the author expressed the view that one hundred acres of cultivated land is about the smallest area that would justify the operation of a tractor. This acreage, it is pointed out, is of the average for general farm conditions. One of the main advantages found in the use of the tractor is that it enables the farmer to keep his work up to date. In general farm practice there are many jobs that can be done more economically with horses than with the tractor. The place of the tractor, it is believed by the author of the bulletin, is to supplement the work of horses and to provide power for belt work where conditions warrant its purchase.

THE LAST STEPS

Churches of Scotland to Unite: Merger Favored in Plebiscite

Edinburgh, Scotland.—To ascertain finally the decision of the congregations of the United Free Church of Scotland on the subject of the impending union with the Church of Scotland, the Free Church congregations which indicated a desire for a further expression of opinion were authorized to take a plebiscite. The result announced was that of the 1,441 congregations in the church 117 desired a plebiscite; of these 64 were in favor of union and 53 against; 19 made no return and the remaining one had no preference.

CANADIAN EGGS ENJOY EXCELLENT REPUTATION

Canadian eggs have earned a fine reputation in the Mother Country as a result of the care that is taken in their production and in the grading and methods of marketing. From now on they will be required to meet a keener scrutiny in the British market. In accordance with a new regulation put in force by the British government all imported eggs have to bear an identification mark placed on each individual egg. Mr. W. A. Wilson, the Agricultural Products representative for Canada in Great Britain, has expressed his view of Canada's prospects under the new regulations that have been introduced by the Merchandise Marks Act and the Grading and Marking Act recently put into force. These measures require that all imported eggs be individually marked for identification with ink. In the month of August, Mr. Wilson writes, home produced eggs which were stamped were particularly in demand in price range from two to ten shillings per long hundred more than stamped fresh eggs from any country.

NAVAL PARTY

Dr. Albert Shaw in the American Review of Reviews: At whatever cost, the United States must arrive at actual parity. If drastic reduction is too hard a doctrine for the British Government, then parity must be brought about by an energetic American building program. President Hoover understands this situation quite as well as any Senator; and he will not fail to uphold what is now an unalterable American determination. If he reaches the opinion that we can afford to modify the fifteen-cruiser program, he will in due time present his recommendations and his reasons to Congress.

All-Canadian Road to Yukon

Great Highway Projected by British Columbia Government

FINANCES IN SIGHT

Vancouver—With a Pacific highway link being completed in the south which will connect Vancouver by direct route with Ensenada, and other Mexican ports, and the prospect of another link in the north to connect with Alaska and the Yukon, British Columbia itself is preparing to launch on the greatest road building program in the history of Western Canada. For the present year the road program has totalled \$7,100,000 and for next year departmental officials at Victoria estimate that double that amount will be needed to handle the various pressing demands already made for highways.

Higher Tax on Gas

Increase of the gasoline tax from three to five cents a gallon is forecast tentatively by the Government. If this is inaugurated, next year's road loan will probably be \$5,000,000. This, in addition to the \$7,000,000 which is made possible out of this year's tax returns, will mean at least a \$12,000,000 road program. The present three cent tax will produce \$1,000,000 this year, it is estimated. In the last fiscal year it was \$914,000, and it is growing at the rate of more than \$100,000 a year. Altogether, out of gasoline tax and motor vehicle licenses, the province expects to have \$2,500,000 to carry its road loans.

Many Millions

The loans now outstanding require \$1,916,529 carrying charges, so that \$623,600 will be left to cover \$7,000,000 of next year's program aside from tax increase. Since 1919 when the present system of financing road programs was inaugurated the province has spent \$28,432,000. All this has been financed out of gasoline tax and motor licenses. Annual loans have shown a consistent growth. At present Vancouver is connected by all-weather highway with Los Angeles, San Diego and other Southern California cities. The new road connection into Mexico is already being projected.

Northward, Premier S. F. Tolmie has already sought Federal aid for a highway into Alaska and the Yukon. It would require 460 miles of new road in British Columbia and 125 in the Yukon. It would have the double advantage, Dr. Tolmie points out, of giving Canadians direct access to the Yukon without crossing the Alaskan panhandle, and would lure tourist traffic to the land of the midnight sun, just as Scandinavia is luring Europeans.

Dominion May Help

The highway would then run from Tia Juana, Mexico, to the international boundary, thence on the existing roadway to Hazelton, B.C. Hon. Charles Stewart, Dominion Minister of the Interior, is declared to be willing to have the Dominion build the Yukon part of the road, but did not make promises regarding the B.C. section. It is understood that Tolmie declared he was hopeful that the project would ultimately go through.

Literary Garbage

William Lyon Phelps in Scribner's (New York): The majority of "realistic" novels just now are both dull and dirty. It is hard to say in which of two respects they most greatly afflict the intelligent reader—boredom or filth. It is astonishing that sex, which after all is a subject of general interest, can be made so dull. Many readers wander over these books, like dogs in a vast field, searching from smell to smell and ignoring the odorless tracts between.

Comment is being made that Montreal knows very little about Montreal. Still they occasionally catch glimpses of it through gaps in the traffic.

Toto: Mr. Smith, you are not dumb, are you?—Mr. Smith: Of course not! Why do you ask?—Toto: Big sister said that she had been expecting you to speak all winter.

"United We Stand"

By MAY WHITCOMB

"Great Scott! Polly's still in there washing her hands! I left her there fifteen minutes ago and told her I'd be right back." Daddy, who had made himself responsible for three-year-old Polly's preparations for bed since Mother's return from the hospital, dashed from the room. A moment later he was heard inquiring in pained surprise why Polly had unrolled all the toilet paper, and his reproof was followed by Polly's fearful attempt at an explanation, for she adores her daddy and can't bear to have him scold.

Strange to say, exactly the same thing occurred the next evening. Daddy, unused to his task, left Polly in the bathroom while he ran down to look at the furnace; Mother was busy with the new baby brother, and when Daddy returned in haste fifteen or twenty minutes later the paper was not only unrolled but torn in bits. "Polly, you naughty little girl! Daddy scolded you for that last night and now you have done it again. Why did you tear up the paper?" The small hands were spat and poor little Polly went to bed in disgrace for the second night.

"The little mixx," said Daddy as he came from her room, seeing the funny side of the affair in spite of his vexation. "What made her do it? I'll leave her in there for half an hour tomorrow night and if she dares touch that paper—"

Mother half smiled as she quoted in clever Irish brogue, "it's not because I hates yez that I hits yez wid me stick. It's just to show me authority." You know, Bob dear, it was partly our fault that the little monkey got into mischief. Of course she knew that she shouldn't unroll the paper, but we forgot and left her there for an unreasonable length of time. She'll have to learn to mind and not play with it, but if we leave her alone with a temptation—and yards of toilet paper must be an almost irresistible temptation to a little tot of three—and then punish her just to show our authority I don't see that we gain much. Let's give her a fair trial and help her do right; then if she deliberately disobeys I won't interfere. You can try your hand at making the punishment fit the crime."

"Well, I suppose it isn't exactly square to take it on Polly, because I forgot—but right now I want to engage your services as counsel in case I ever get into difficulties with the law. You certainly can work up a grand line of defense on short notice," said Bob as he twirled the dial of the radio. "Which shall it be—the concert from FZD or the WTK quartette?"

The question of removing or not removing too great a temptation from Polly's path may seem a small matter, but was it? In any case it illustrates the same, friendly way in which Nell and Bob go at the whole subject of child training. They disagree frequently, but never before the children. They discuss a question or make a decision, and both of them live up to it. And what their common sense doesn't see them through, their sense of humor does.

"There is probably no period of the child's life certainly no period of his school life, when he is forming so many habits and developing more tendencies than during the kindergarten period. It would seem only a part of wisdom to take advantage of this plastic period of the child's life and give him the very best possible start in training for citizenship.—W. E. Sealock, Dean of Teachers College, University of Nebraska.

A Happy Trial

Farm and Village Folk Entertain Boys and Girls from the City

Two months ago the interesting experiment was tried of getting country-off farmers and villagers to invite children who were wards of the Children's Aid Society to spend a few days as their guests. An appeal made by the Stratford branch was so well taken up that fifteen children were quickly absorbed by these homes. Now the Secretary of the Society writes that seven have been returned greatly improved, physically, mentally and spiritually. The remaining eight are still in their vacation homes and the Society has received word that several will be kept permanently. In another district there were eight or the children who were boarded in the city. An appeal was made to a big-hearted clergyman in one of the country parishes and he replied at once—"send them all to me". He had no difficulty in getting them placed with members of his church and still there. This is probably the finest philanthropic work that could possibly be taken up by the community, and it might readily be carried on throughout the year.

Caller—Will you contribute something to the Old Ladies' Home. Householder—with pleasure; help yourself to my mother-in-law.

Your motorists came into collision at the same time at Birmingham. That's the worst of chasing the same pedestrian! As this item was scanned in pity we sigh: "Heaven help some poor man in the sweet by-and-by!"

MUTT AND JEFF—By BUD FISHER

