

The Sunday School Lesson

Lesson 1. April 3.
THE IDEAL CHRISTIAN

Lesson—Rom. 12: 1, 2, 9-12.
Golden Text—"As ye would that men should do to you, do ye also to them likewise" (Luke 6: 31).

The Lesson Text
1 I beseech you therefore, brethren, by the mercies of God, to present your bodies a living sacrifice, holy, acceptable to God, which is your spiritual service.
2 And be not fashioned according to this world; but be ye transformed by the renewing of your mind, that ye may prove what is the good and acceptable and perfect will of God.

- 3 Let love be without hypocrisy. Abhor that which is evil; cleave to that which is good.
- 4 In love of the brethren be tenderly affectioned one to another; in honor preferring one another;
- 5 In diligence not slothful; fervent in spirit; serving the Lord;
- 6 Rejoicing in hope; patient in tribulation; continuing stedfastly in prayer;
- 7 communicating to the necessities of the saints; given to hospitality.
- 8 Rejoice with them that rejoice; weep with them that weep.
- 9 Be of the same mind one toward another. Set not your mind on high things, but condescend to things that are lowly.
- 10 Render to no man evil for evil. Take thought for things honorable in the sight of all men.
- 11 If it be possible, as much as in you lieth, be at peace with all men.
- 12 Avenge not yourself, beloved; but give place unto the wrath of God; for it is written, Vengeance belongeth unto me; I will recompense, saith the Lord.
- 13 But if thine enemy hunger, feed him; if he thirst, give him to drink; for in so doing thou shalt heap coals of fire upon his head.
- 14 Be not overcome of evil, but overcome evil with good.

Comments
Verse 1. In this lesson we change from the history of the life of Christ as lived by Himself to the practice of that life as lived by His followers. Paul was born in Tarsus about the same time as Jesus was born in Bethlehem. He wrote this letter to the Romans probably in A. D. 58. In this chapter Paul shows the need of the fourfold development expressed in Luke 2: 52. We must grow physically, mentally, socially and religiously.
Verse 2. Conformity to this world, or the present order of things, is destructive, because things are temporal while principles are eternal. The mind is renewed by truth, and Christ is the way, the truth and the life. Through obedience to Him we prove the perfect will of God.
Verse 9. The love here meant is the love of one Christian for another. Hypocrisy is an old-fashioned sin that dons new-fashioned clothes every generation. Through Christian growth we will be led to repel it as a dishonorable thing, while being attracted to that which is good. Sin is the greatest curse, the greatest disaster and the greatest fascination in the world.
Verse 10. "Let every brother be able to know that his good name, his every interest, is safe in every brother's hands." Our greatest exaltation is in exalting others.
Verse 11. Do not waste life's strength or dissipate its powers. Purpose and high ideals are back of every achievement.
Verse 12. Some one has said that the world has already half destroyed us when we are too busy to pray.
Verse 13. To the extent that poverty exists, alleviate it; to the extent that poverty is unnecessary, prevent it. Hospitality is getting to be a lost art. It is time to revive it.
Verse 14. The deepest injury that comes from wrongs done to us is that it provokes resentment and anger in ourselves. "A soul filled with hate is a sorry spectacle." On the contrary, doing good both requires and stimulates noble impulses.
Verse 15. Human sympathy is one of the finest qualities of the soul. The capacity to feel with others is



FARM WORK OF THE MONTH

Hatch the chicks and hatch 'em—don't do anything more profitable than string a new line of fence while waiting for the ground to dry out. There's a pile of comfort in a good, tight fence.

Of course you have already planned the crops for the year. But your plans may be completely upset by the appearance of the stand on the new seeding. Better size it up now and see what promise it is holding out. Who will get the grain this year, you or Mr. Smut? Smut has been having its innings for a good long while. Why not take the profits yourself for a change? It pays to formaldehyde—and remember that corn will take the treatment as well as the small grains.

With the work in full swing let's give the horse an even break this year. See that he has a collar that fits. At least scrape and clean the old one, and then keep it clean. We can prevent sore shoulders with a little care and win the gratitude of the suffering animals, besides getting greater service from them all the season.

Ever chase hogs out of a 20-acre cornfield with the stalks 10 feet high and dripping with dew? Well, you

FINAL SETTLEMENT EXPECTED SOON

Canada's Share of Canteen Profits Not Yet Ascertained.

The Dominion Government has issued, through Major-General Eugene Fiset, Deputy Minister of Militia, the first clear statement in regard to the handling of the profits of the expeditionary force canteens.

Major-General Fiset after a preliminary statement, points out that an agreement was made with Britain for Canada to share in the profits of these canteens from the time the Canadians first began to deal in France up to the 30th of April, 1919, when the business of these canteens was transferred to the Navy and Army Canteen Board. Under the agreement arrived at the basis of settlement is to be the following:

- British troops for each man day, 1 share.
 - Canadian troops for each man day, 1 3-16 share.
 - Australian troops for each man day, 1 6-16 share.
- The above proportions are based on the spending power of the different bodies of troops.

No balance sheet has been issued up to the present time nor has any statement been received from the Expeditionary Force Canteen indicating the profits for any period. The Central Canadian Fund has, however, received an interim payable of £196,650 11s on account, up to the 31st December, 1917. Although, as stated above, the business was closed down on the 1st May, 1919, since the canteen operated in every part of the world, it will be readily understood that the liquidation of its affairs is bound to be a lengthy process. However, on the 27th November last, the War Office stated that it was hoped to be possible to notify the proportion of profits due to the Canadian forces in the course of a month or so, and the War Office is now being pressed in regard to this.

THE PLANNING SEASON.

The hour has come when winter is behind us and the farming season of 1921 is immediately ahead.

We are right in the most important season of the year. What we accomplish in 1921 depends more largely upon the decisions we reach and the action we take this month than upon the rains and sunshine during the growing and harvesting seasons.

We know not with certainty whether the sunshine and rainfall will be copious enough or properly distributed, but our faith reassures us. In fact, if we were all as certain that we were going to plan our year as greatly to our advantage as we expect the rain and sunshine to be, we would have cause to be optimistic, indeed.

Those of us who milk dairy cows, unless we think quite carefully and logically, are apt to plan with too short a vision.

It is too often the case that we arrange our fields, plant, cultivate and harvest our crops with the hope of filling silos and corn cribs, grain bins and haymows, rather than in the hope of accomplishing that which brings us our prosperity, namely, the filling of milk cans.

We are passing through a period which should teach us a very valuable lesson. Growing grains and grasses, filling cribs, and bins and haymows has in itself never been very profitable and this past year it has been the basis of much loss to the farmers of this country.

Profiting by the lesson, it would seem that right now wisdom dictates that we should plan our farming operations on the basis of filling milk cans, because the most prosperous farmers in America today are those who are filling the largest number of milk cans. One need not fool himself; the same will be true next winter and still other winters to come.

CUTICURA HEALS BABY'S FACE

Could Not Sleep Eruption Itched and Burned So.

"I noticed a little pimple on my baby's face. I thought it was from the sun but it kept getting worse and the skin was red and very hot. He could not sleep or rest the eruption itched and burned so, and it caused him to scratch. I was quite discouraged.
"I saw an advertisement for Cuticura Soap and Ointment and sent for a free sample. I bought more and after using two cakes of Cuticura Soap and two and a half boxes of Cuticura Ointment he was healed." (Signed) Mrs. S. D. McGuire, Clarksburg, Ont., Dec. 18, 1918.
Use Cuticura Soap, Ointment and Takum for every-day toilet purposes.
Soap 25c, Ointment 25 and 50c. Sold throughout the Dominion, Canadian Depot: Lymco, Limited, St. Paul, Montreal.
Cuticura Soap shaves without lather.

GOOD JOKES

WHERE HE FELL DOWN.
Employer (to youth applying for situation)—And have you a knowledge of any foreign language?
Applicant—Yes, sir; a little.
"Do you know Latin?"
"Well, sir, I began to learn it and got on fairly well, but I had to throw it up in favor of shorthand because I couldn't pronounce some of the words."
"What were the words you couldn't pronounce?"
"Words like 'MDCCCXIV,' sir."

AND IT IS.
"Say, buddy, do you remember when we were over there they used to tell us that when we got back nothing would be too good for us?"
"Sure, what about it?"
"Well, they told the truth."

ON THE OTHER FOOT.
"So the affair is off, eh? Afraid you couldn't support her in the style to which she was accustomed, I suppose."
"Not at all. It was the girl who was afraid."

IF THAT'S RIGHT HE'LL GET LEFT.
"Don't you think Braggins puts on too much side?"
"Yes, and a good deal of front; but I don't think it has any real backing."

BRIDGET SCORES.
Misses (heaping to prepare dinner)—It's an old saying, Bridget, that too many cooks spoil the broth. What do you think?
Bridget—Sure, ma'am, there's nothing to worry about; there's only one cook here.

HAD A LAST RECOURSE.
A villager had been confiding to a country clergyman some of the shortcomings of her husband.
"Certainly," agreed the clergyman, "he seems to treat you rather unkindly. But remember that you took him for better or for worse."
"Well, it has always been for worse, so far as I can see," replied the woman, dabbing at her eyes with a handkerchief.

"Have you ever tried heaping coals of fire on his head?" inquired the clergyman.
"No, I haven't," she answer, grateful for the new suggestion. "So far I've only tried hot water."

THE ORIGIN OF GALL STONES.

They are simply dried bile made up of crystalline constituents of that fluid. Very common is this disease among merchants, clergyman, shop girls, and those of sedentary habits. Prevention consists in maintaining correct action of the liver and bowels, and this is speedily accomplished by using Dr. Hamilton's Pills. No person using Dr. Hamilton's Pills will be subject to bilious fits. Sound digestion, good appetite, a clear color will evidence the health giving properties of Dr. Hamilton's Pills which are safest and best for general family use. When a laxative is needed, when you feel out of sorts that's the time to use Dr. Hamilton's Pills of Mandrake and Euterpat 25c at all dealers or The Catarrozone Co., Montreal.

The vessels sold during last year in Canada to other countries had a total tonnage of 48,965 tons, their value amounting to \$14,612,333.