

**Sunday School  
Lesson**

February 27. Making the Community Christian (Temperance Lesson), Galatians 5: 13-25. Golden Text—Have no fellowship with the unfruitful works of darkness, but rather improve them.—Eph. 5: 11.

**ANALYSIS.**

**I. WHAT IS CHRISTIAN LIBERTY? 13-18.**  
**II. THE MARKS OF A TRULY SPIRITUAL LIFE, 19-25.**

**INTRODUCTION**—When St. Paul preached the Gospel, he made it clear that those who accepted Jesus as their personal Lord and Saviour were set free from all previous systems of religion in order to serve Christ alone. But he found that many of the converts were apt to misunderstand this freedom, and to interpret their new-found liberty in a manner very unlike the spirit of Jesus. So he had to interpret to them the true nature of that Holy Spirit by which all Christians ought to live. First, he pointed out that Christian liberty, so far from meaning that the Christian owned no law, meant only the following of the highest and holiest ideals. It meant, in fact, freedom to do the will of God without hindrance from other systems and codes. Secondly, he showed that the Spirit was opposed to "the flesh," that is, to everything that was sensual, gross, and earthly. Thirdly, and above all, he taught that the Spirit must always and everywhere be thought of only in the closest association with Christ. In fact, the life of the Spirit is life in accordance with the example of Jesus. Only those are spiritually free who live like Jesus, walking in his steps.

These thoughts will help us to understand the present lesson, in which St. Paul calls all Christians to "walk," that is, to order their lives, by the Spirit, and shows that spiritual life involves the highest self-control as well as the richest possession of moral power.

**I. WHAT IS CHRISTIAN LIBERTY? 13-18.**

V. 13. St. Paul admits that Christians have been made free by Christ from the obligations imposed by all other systems of religion, and that they are to be self-governing. Nevertheless, this means self-government in accordance with the Holy Spirit of God. We must be careful not to interpret this liberty as a permission of the kind of conduct to which "the flesh," that is, man's lower or sensual nature, is only too prone. The lower desires are to be overcome by loving and choosing what is pure and holy. Selfishness and egotism are not to be allowed a place, for Christian life means loving service to others after the pattern of Christ's example.

V. 14. Paul reminds us of Christ's commandment: "All things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets," Matt. 7:12. The service of others, not the service of self, is the true principle of Christian life.

V. 15. When Christians, forgetting this, carp at one another and by uncharitable accusations injure each other's characters, they are ruining the Christian cause. It is Satan who is the gainer.

Vs. 16, 17. So Paul returns to his first principle: "Regulate your lives by the Spirit," and this will keep the lower instincts under proper and seemly control. He points out that the flesh and the Spirit are the opposites of one another. Human weakness is prone to anger, to spite, to gross and shameful acts, and, if indulged, destroys spiritual life.

V. 18. But those who regulate their lives by the Spirit of God have the sufficient principle of the good life within their own hearts, and are not "under the law," that is, they do not need to be constantly told what to do and what not to do, for God teaches them.

**II. THE MARKS OF THE TRULY SPIRITUAL LIFE, 19-25.**

Vs. 19-21. Paul begins by an appalling exposure of what the lower principle of the flesh leads to when indulged. The first four sins which he mentions are sins against purity. The heathen world had a very low standard here, and some of the Galatian Christians were in danger of relapsing. The next two sins, "idolatry and magic," are specially connected with heathen religion. The heathen worshipped their own worst passions under the form of idols, and their minds were exposed to Satan's influence through belief in the efficiency of magical rites. Paul always teaches that magic or sorcery was a tampering with Satanic forces. The next sins, "hatred, variance," etc., are sins against our fellow-men, various unlovely forms of selfishness. These would not occur if we made love and service to one another our aim. The last two sins, "drunkenness, revellings," point to a special weakness of the Galatian people. St. Paul catalogues these sins in all their ugliness, and once again warns the Galatians that those who continue in such sins will not inherit the kingdom of God. They will have no place among the redeemed.

Vs. 22, 23. With all these, Paul now contrasts the beautiful effects which flow from the Spirit's operation in human lives. First, he mentions love, for this is the quality which should most of all characterize a Christian. A Christian without love is a contradiction in terms. Then he mentions joy, for this, too, is an unerring mark of a true Christian. Gratitude should always be shining in a Christian's face. Thirdly, peace. The Christian who has given himself to God possesses a serenity and a contentment which the world cannot give or take away. The graces which follow are in contrast with the anti-social sins ("hatred, variance," etc.) which St. Paul has mentioned under the head of "the flesh." He ends with temperance, or self-control, which is the opposite of

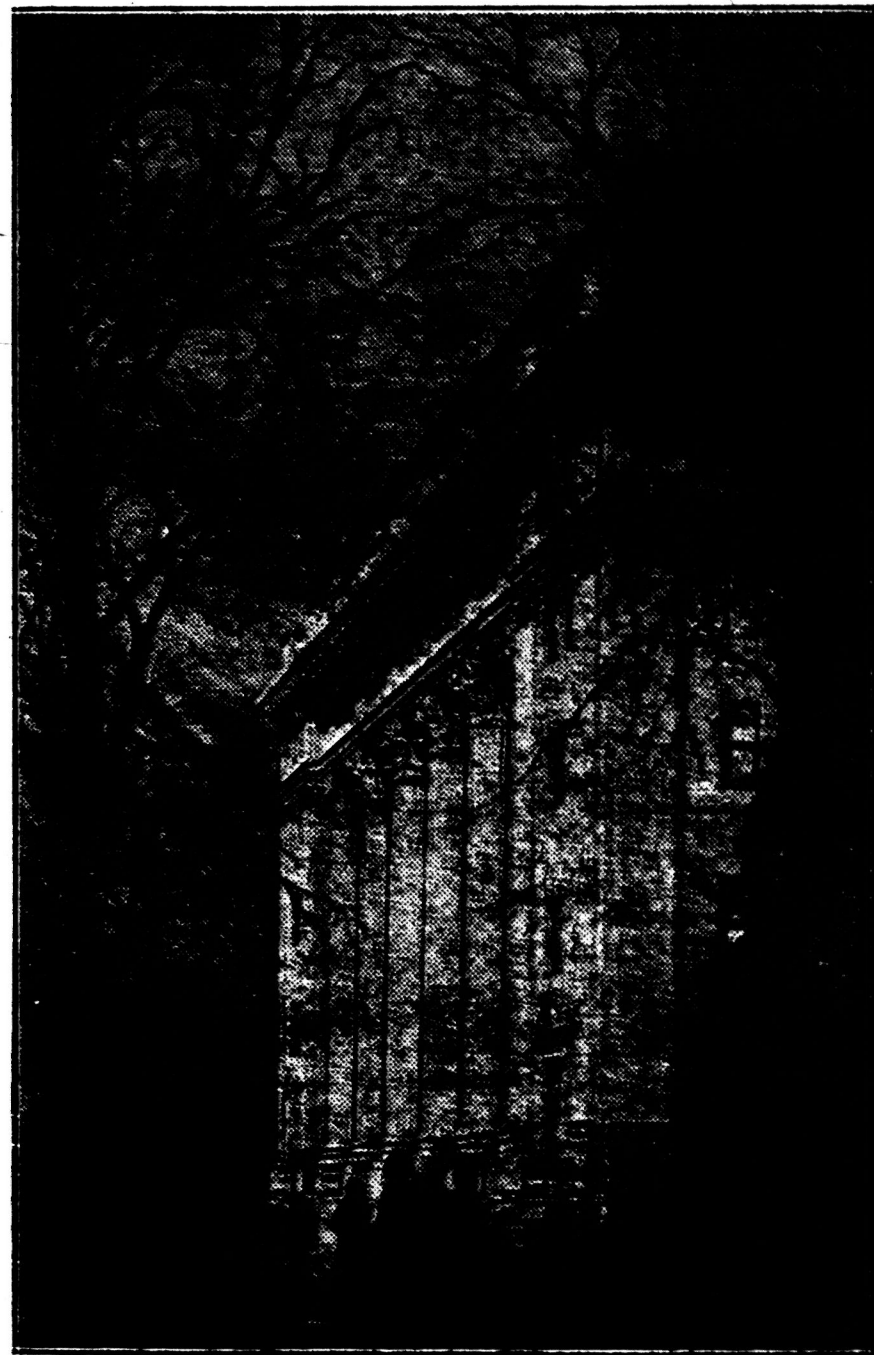
**SUN LIFE ASSURANCE COMPANY OF CANADA**

**A TOWER OF STRENGTH**

**1926**

ASSURANCES IN FORCE (net)	\$1,256,490,000
An Increase of \$235,393,000	
New Assurances Paid For	265,889,000
An Increase of \$72,412,000	
Total Income	78,972,000
An Increase of \$9,825,000	
Payments to Policyholders and Beneficiaries	38,576,000
Total Payments Since Organization	257,816,000
Reserve for Unforeseen Contingencies	11,000,000
Surplus over all Liabilities and Contingency Reserve	\$4,011,000
An Increase of \$5,371,000	
ASSETS at December 31, 1926	345,251,000
An Increase of \$42,195,000	

*Dividends to Policyholders increased for seventh successive year*



**EXTRACTS FROM DIRECTORS' REPORT**

The operations during the past year have resulted in substantial advances in all departments. . . .

The new policies paid for. . . almost double the figures of two years ago.

The assurances in force, after deduction of re-assurances, . . . show an increase of . . . over twenty-three per cent.

Policies and group certificates now outstanding aggregate well in excess of half a million.

The figures relating to resources and earning power are equally satisfactory.

The high quality and profitable character of our investments has again been demonstrated. As a result of continued reduction in prevailing rates of interest, and of satisfactory industrial conditions, there has been a further rise in the market values of our long-term bonds and of our preferred and other stocks. The appraisal of our securities made by the Government Insurance Department shows that the excess of market values over cost has increased during the year by \$6,894,266.26. In addition, the sum of \$1,729,364.52 has been realized as net profit from the redemption or sale of municipal debentures and other securities which had risen to high premiums. The rate of interest earned on the mean invested assets has also risen to the remarkable figure of 6.69 per cent, as the result of substantial dividend increases, bonuses, and

stock privileges received in connection with many of our holdings.

The quality of the investments listed in the assets may be judged from the fact that on 99.55 per cent of the bonds and on 99.71 per cent of the preferred stocks, not one dollar of interest or dividend is in arrear for even one day. On our common stocks the dividends now being received are greatly in excess of the dividends payable on the same stocks at time of purchase.

The total surplus earned during the year amounted to \$20,457,077.28. From this the following appropriations have been made:

The sum of \$2,000,000 has been deducted from the official valuation of our securities to provide for possible fluctuations in market values. This raises the amount set aside for this purpose to \$5,000,000. In other words, the value at which our securities are carried in the balance sheet is \$5,000,000 less than the appraisal made by the Government authorities.

The account to provide for unforeseen contingencies has been increased by \$1,000,000 bringing the total under this heading to \$11,000,000.

The book value of our Head Office building has been written down by a further sum of \$250,000 though it certainly could not be replaced at even its original cost.

An additional amount of \$400,000 has been set aside to provide for greater longevity of annuitants. The total held under this heading in excess of Government requirements, is now \$1,500,000.

The reserves on the newly acquired business of the Cleveland Life, and on other re-assured policies, have been raised to the same high standard as that used for the valuation of liabilities under our own contracts.

To our policyholders, profits have been paid or allotted during the year to the amount of \$9,235,526.80.

After making these deductions and allocations an addition of \$5,371,564.56 has been made to the undivided profits. The surplus over all liabilities, contingency accounts and capital stock, now stands at \$34,011,565.25.

For six years in succession we have increased the profits to participating policyholders. During this period our profit scale has been doubled. While the assurances in force have multiplied two and a half times since 1920, the amount paid or allotted as profits to policyholders has multiplied five and a half times. We are gratified to announce, for the seventh consecutive time, a further increase in the scale of profits to be distributed to our policyholders in the ensuing year.

**SUN LIFE ASSURANCE  
COMPANY OF CANADA**

**EMPLOY CHEMICAL HIRED GIRLS,  
SAVE TIME IN YOUR KITCHEN**

BY MADELINE CARTER.

Dishwashing is always with us, but my chemical hired girls, that I have employed ever since last winter, have made this twice-a-day job much easier than the "rub and scrub" method that I previously employed. They are the best investment for saving time and labor that I have ever made for my kitchen. The hours I previously spent in rubbing and scrubbing are now used for more restful occupation.

The inside of aluminum sauce pans and kettles, I clean easily by cooking an acid solution in them, such as vinegar and water. The bottom and the sides of them can be more easily cleaned by steel wool and soap. The lime which forms in a pitcher or glass after water has been standing in it, may be removed without friction by the aid of lemon juice. Fill the pitcher or glass with enough water and lemon juice to come above the lime stain, and allow to stand for a day. The lime will disappear when the dish is washed. Dried lemons, or even peel that cannot be used for any-

thing else will serve this purpose well. Vinegar or muriatic acid are also effective.

**TEMPERATURE MAKES A DIFFERENCE.**

The temperature of water makes a difference in the ease of washing baking dishes. Dishes which have contained eggs are more easily cleaned if soaked in cold water first. Hot water is more effective in cleaning saucepans which have been used for sugar syrup. Salsoda water may be used to remove the browned portion so often found in baking pans.

When milk sours in a bottle, it may be easily cleaned by filling the bottle half full of hot water and adding one-half teaspoon of salsoda. Shake well and rinse in cold water.

**HAVE CHEMICAL HIRED GIRL HANDY.**

A cabinet, containing the various supplies needed for dishwashing, is placed above my sink. It has a glass door which serves as a mirror over the sink. Its complete stock cost less than a dollar, and consists of a bottle

brush, a dish mop, a shaker to hold odd bits of soap, a package of steel wool, a rubber plate scraper, a woven wire dish cloth, soap, scouring powder, a box of borax, a large cork for applying scouring powder, and a bottle of muriatic acid labeled poison.

A teaspoon of borax or ammonia added to warm water will clean greasy kitchen woodwork quickly.

Boil a tablespoon of baking soda in a pan that has been burned, for about ten minutes and you will find that it can be easily cleaned.

To remove fresh shellac from a brush, rub a small quantity of borax well into the bristles. Then wash in soap and water. The same treatment will remove shellac from the hands.

To clean rusty knives, drop them into thick sour milk and let remain overnight. In the morning they can be cleaned very easily.

A teaspoon of snowflakes may make a better suds more economically than the bar of soap that you have been using.

**Two Garden Tips.**

Here is how I keep my radishes free from worms: When they are well up I sprinkle the leaves with fresh wood ashes while they are wet with dew. If rain should wash the ashes off I go over them again at once. Usually one or two good applications are sufficient.

For onions I use a different method. I confine a hen with little chickens in a small coop near my garden. The little chickens will run all over the garden, eating insects, and will get the flies that cause the onion maggot. While they are small they do no harm to the garden.—Mrs. Roi t. Hall.

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