

SUNDAY SCHOOL LESSON

LESSON I—JULY 4.

Paul's Journey from Antioch to Philippi—Acts 15: 36-41.

Commentary.—I. Paul's second missionary journey began (vs. 36-41). Some time after their return from the Jerusalem council Paul proposed to Barnabas that they again visit the churches which they had founded in Asia Minor. These churches need apostolic care and training. Barnabas was ready to go, but wished to take with him his nephew, John Mark, who had left them on their first missionary journey. Paul refused, and the difference of opinion was so marked that they separated. There is nothing to bear out the supposition that they separated in anger. Paul chose Silas, one of the delegates sent to Antioch from the Jerusalem council, and went north through Asia Minor, while Barnabas chose John Mark and journeyed to Cyprus, his former home.

II. Paul in Asia Minor (vs. 1-8), 1-5. Starting from Antioch Paul first traveled through Syria. He then entered Cilicia and came to Derbe and Lystra, where he planted churches on his first missionary journey. Timothy was found Timothy, who joined him, and became his life-long companion. Timothy had been taught the holy scriptures from his youth, was trained to a religious life, and was prepared through the providence of God by the sight of Paul's sufferings to follow him as a good soldier of Jesus Christ.

6. Phrygia—This is an undefined region round about Antioch. The reference here may have been to a tour among the church at Iconium and Antioch. There is nothing to show that he preached in any new church in this district. Galatia—The great central table-land, north and east of Phrygia. This is his first visit to this province. "Into a single session" compressed the labor of months, of which we can obtain a deeper insight through the epistles to the Galatians, which were written at this time. The Galatians, who had been baptized by Paul, but probably an angel in the form of a man. "The heathen do not present themselves before us, but God sends the shadow of his wings, and himself calls us. Not lack of vision, but lack of obedience is ours."—Pentecost. Macedonia—This most celebrated country lay to the north of Greece. Thessalonica was its capital. Come over—Understood by Paul to be a call from the Lord to preach in Macedonia. This was not the continent, nor Asia Minor, but the Roman province, bordering on the Aegean Sea, of which Ephesus was the capital. It included the smaller provinces of Caria, Lydia, Mysia, and the interior of Phrygia. The missionaries were not permitted to stop in Asia at this time as God had a wider field for them to occupy, but on his next missionary journey Paul entered Ephesus, and for nearly three years preached to Jews and Greeks in Asia. 7. Mysia—A province on the Aegean Sea. Assayed—Were intending to go. Bithynia—Northeast of Mysia, on the southwest shore of the Black Sea. Suffered them not—The Spirit was leading them westward to the sea-coast and Europe. 8. Passing by—They were obliged to pass through Mysia in order to reach Troas, but they omitted it as a preaching place. Came down to Troas—A noted seaport, where travellers from the upper coast of Asia commonly took ship to pass into Europe. Here Paul and his assistants, Silas and Timothy, were joined by Luke, the writer of this history.



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III. Paul led by the Spirit into Europe (vs. 9-15). 9. A vision—This was the third supernatural revelation; not a dream, but a waking vision. A man—Not an actual Macedonian, nor their actual representative, stood before Paul, but probably an angel in the form of a man. "The heathen do not present themselves before us, but God sends the shadow of his wings, and himself calls us. Not lack of vision, but lack of obedience is ours."—Pentecost. Macedonia—This most celebrated country lay to the north of Greece. Thessalonica was its capital. Come over—Understood by Paul to be a call from the Lord to preach in Macedonia. This was not the continent, nor Asia Minor, but the Roman province, bordering on the Aegean Sea, of which Ephesus was the capital. It included the smaller provinces of Caria, Lydia, Mysia, and the interior of Phrygia. The missionaries were not permitted to stop in Asia at this time as God had a wider field for them to occupy, but on his next missionary journey Paul entered Ephesus, and for nearly three years preached to Jews and Greeks in Asia. 7. Mysia—A province on the Aegean Sea. Assayed—Were intending to go. Bithynia—Northeast of Mysia, on the southwest shore of the Black Sea. Suffered them not—The Spirit was leading them westward to the sea-coast and Europe. 8. Passing by—They were obliged to pass through Mysia in order to reach Troas, but they omitted it as a preaching place. Came down to Troas—A noted seaport, where travellers from the upper coast of Asia commonly took ship to pass into Europe. Here Paul and his assistants, Silas and Timothy, were joined by Luke, the writer of this history.

10. Immediately—Paul was ready the moment he knew the mind of the Spirit. We endeavored—By seeking for a ship in which to cross the Aegean Sea. Luke's use of the word "we" here shows that at this point he joins the company. Concluding (R. V.)—After they were not permitted to remain in Asia, they no doubt rejoiced to receive direct leadings from the Lord as to their field of labor. 11. Samothracia—A rocky island in the Aegean Sea, near the coast of Thrace, half way between Troas and Neapolis. Neapolis—The same as Naples. The seaport of Philippi, seventy-five miles from Samothracia. 12. Philippi—Did not remain at the seaport, but pressed inland about ten miles to the larger city. This was an ancient town, enlarged by Philip of Macedon, the father of Alexander the Great, who named it after himself. A colony—founded by Augustus. The civil magistrate and military authorities were Roman. The inhabitants did not settle as they pleased, but were sent out by authority from Rome, marching to their destination like an army with banners, and produced, when settled, a miniature

Rome, with Roman laws, the Roman language and Roman coin. 13. We went—There were four missionaries: 1. Paul, with his fervent soul and strong intellect. 2. Silas, with his zeal and prophetic gifts. 3. Luke, with his scholarly culture and professional attainments. 4. Timothy, with his youthful earnestness. A river side—There was probably no synagogue in the city. A place of prayer—sometimes in buildings, sometimes in the open air, as was the case in this instance. Because of ceremonial washings they were as often as possible near a riverside or on the seashore.—Cam. Bib. Sat.—The posture of Jewish teachers. Unto the women—Claudius had banished from Rome and her colonies all men known to be Jews, and so there were only women in attendance at this Hebrew service.—Limsay. The Macedonian women occupied a more independent position, and were held in higher honor than in other parts of the world.—Farrar. There are lessons which we may learn for ourselves from this account of the first preaching of the gospel at Philippi: 1. It reveals to us the great practical value of the Sabbath. 2. It shows us the importance of meeting together for united prayer whenever we have the opportunity. 14. Lydia—A woman of wealth and influence. Seller of purple—Lydian women were celebrated for the art of purple dyes and fabrics, the traffic in which was profitable, they being worn chiefly by the princes and the rich (Judg. 8: 26). Luke 16: 19.—Binney. Thyatira—A city of Asia, on the borders of Lydia and Mysia. One of the seven churches addressed in the Apocalypse. Lydia had come from the very province where Paul had been, by the Spirit, forbidden to speak. The first Asiatic convert on European soil, as Cornelius was the first European convert on Asiatic soil. These two cases, Lydia and Cornelius, were the two spans of the bridge which united Asia and Europe by the gospel.—Pentecost. Worshipped God—As a proselyte in the Jewish faith. Lydia and her household, worshipping God according to their light, were the way of salvation. Opened—Enlightened, impressed by his Spirit, and so prepared to receive the truth.—Hackett. To give heed (R. V.)—She received and obeyed the truths of the gospel. The evidence of Lydia's conversion are (4) an open heart, (2) an open mind, (3) an open mouth, (4) an open hand, (5) an open house. No less than these are found in every truly converted heart. By using well the light she had, and being prepared for greater light and larger blessings.

15. Household—All who may be included in this term joined with Lydia in her new faith. Faithful—If you have confidence in my profession, then do abide with me by coming into my house. Abide—He has here the example of Christian hospitality which was commonly practised in the apostolic church. "The reality of Lydia's conversion was seen in its immediate fruits: 1. She yielded unto the things which were spoken by the Spirit, before, if curious only, if speculative, she is awake now. 2. She was baptized, and her household. She took upon herself and upon her home the profession of the Christian faith."

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Liver and Stomach Wrong

Indigestion, Bad Color, Pale, Fatigued.

Those oppressed by Palpitation and Heart Pains will find interesting Facts in this Article.

The following letter is printed with the hope that it will show a clear road to health to those who suffer the pangs of indigestion and weak stomach.

"I am anxious to send the message of hope for wide to all who are in poor health, as I was a year ago," writes Mrs. Ernest P. Gomez, from Meriden. "For years I have had a weak stomach and have experienced all the distress caused by indigestion. I may say that the heart pains, watery risings, pressure on the chest, from fermentation at times almost drove me wild. For a time I could scarcely eat a mouthful, without causing myself endless misery; I could not sleep, my color was fearful, dark circles under my eyes, bad dreams, etc.

As a last hope I was persuaded to try Dr. Hamilton's Pills of Mandrake and Buttermilk. As I recovered with this treatment my appetite gradually returned, and I began to relish my meals. My strength slowly returned, the head ache and chest pains grew less severe, and at last I began to look my old self again. Dr. Hamilton's Pills cured me, and I use them occasionally still, because I find as a system regulator and health-supporter no medicine is equal to them."

The same medicine that so wonderfully restored Mrs. Gomez will also cure you, 25c. per box, or five boxes for \$1.00. Beware of imitations. By mail from The Catarthozone Company, Kingston, Ont.

Short Stories

By Good Tellers.

An Englishman and a Scotchman chanced to meet at a football match, the Englishman, contrary to tradition, possessing the game had started a good run was made by one of the visiting forwards.

"Good run," said the Scotsman. "Fine," said the Englishman, and applied his lips to the bottle, ignoring Sandy's thirsty glances. "Later a goal was scored. "Fine goal," said Sandy. "Grand," said the Englishman, taking another drink, but still not offering it to his neighbor.

"I presume you're a bit of a fitter?" "I am," was the proud reply. "I thought so," said Sandy. "You're a grand dribbler, but you're no good at passing."—Tit-Bits.

The suffragette order at the street corner in East Edinburgh had much to contend with on Saturday night. The stock question, "Why don't you get married?" was answered in the usual way: "Because I never met a man good enough." She was an able young lady in the midst of too many ungalant men, and one of their number put a poser, as he probably thought.

"Do you," he asked, "believe that a woman will ever have as many advantages as a man enjoys?" "I do not," she replied, and the questioner prematurely smiled as she paused for effect. "A woman must always lack a man's greatest advantage; a woman's spatch."

The two strangers boldly entered the town's imposing bank building, to which they had been directed, and approached the cashier's window. "What is this for?" inquired the man behind the window, as one of the strangers deposited a bogus cheque on the slab.

"Cheque for \$200. Can't you read?" "Well," replied the cashier, smilingly, "scrutinizing the piece of paper, 'you'll have to be identified, you know.' The first finger pointed to his companion. "This gentleman'll identify me." As the second man stepped forward the cashier looked him over.

"Well, I guess it's all right, gentlemen. You both have such open faces there's no need of asking your names or business." Just indorse the cheque, please. This being quickly done, the amount was counted out, and the forgers departed in high glee. "Ain't he easy?" piped one, on the way out.

"It was a shame to take the money," rejoined his pal. "Our first game was a cinch." But a moment later both novices hurried back to the cashier. "Say," blurted the first forger, "this is stage money." "Well, what do you expect?" was the cashier's calm rejoinder. "The bank's next door. This is the box office of the theatre."—New York Times.

It was the dreary hour when the Christmas dinner, having been eaten, was doing its best to digest itself and the girls were talking in the lushed tones appropriate to the occasion. "I've just heard of a new charm to tell whether any one loves you, and if so, who it is," whispered Elsie. "What is it?" queried Sophie, absentedly fingering her new diamond ring.

"Well, you take four or five chestnuts, name them each after some man you know, and then put them on the stove, and the first one that pops is the one that loves you." "H'm," said Sophie. "I know a better way than that." "Doubt you?" "Yes, indeed. By my plan you take one particular man, place him on the sofa in the parlor close to him, with the light a little low, and look

into his eyes. And then, if he doesn't pop, you'll know it's time to change the man on the sofa."—Woman's Home Companion.

A Lancashire commercial traveller made a trip to Scotland, and in Aberdeen was asked by a prospective buyer to subscribe to the prize fund for the local golf tournament. He parted with five shillings, and as he was interested in golf, he remarked that he would like to be kept informed of the progress of the tournament, so that he could look out for the result.

"Oh," said the customer, as he picked up the five shillings and placed it securely in his pocket, "ye needna do that. The tournament was held last Saturday."

This was rather a staggerer for the latest contributor to the prize fund, but he retained curiosity enough to inquire who had proved the happy winner. The quizzical solicitor for subscriptions was quite unflinching, however.

ANOTHER WOMAN CURED

By Lydia E. Pinkham's Vegetable Compound

Gardiner, Maine.—"I have been a great sufferer from organic troubles, and I have given up all hope of recovery. The doctor said I would have to go to the hospital for an operation, but I could not bear to think of it. I decided to try Lydia E. Pinkham's Vegetable Compound, and was entirely cured after three months' use of them.—Mrs. S. A. Williams, R. F. D. No. 14, Box 39, Gardiner, Me.

No woman should submit to a surgical operation, which may mean death, until she has given Lydia E. Pinkham's Vegetable Compound, made exclusively from roots and herbs, a fair trial. This famous medicine for women has for thirty years proved to be the most valuable tonic and renewer of the female organism. Women residing in almost every city and town in the United States bear willing testimony to the wonderful virtue of Lydia E. Pinkham's Vegetable Compound. It cures female ills, and creates radiant, buoyant female health. If you are ill, for your own sake as well as those you love, give it a trial.

Mrs. Pinkham's Vegetable Compound, invites all sick women to write her for advice. Her advice is free, and always helpful.

Will Exploit Well Water. The Baku papers state that the exploitation of the well water—that is, the water that accompanies the naphtha in the bore holes, which consists of a concentrated salt brine—is to be commenced. It contains iodine and bromine, both of which can be extracted and the remaining liquid evaporated for salt. Attention is also called to the water in the bestan district, where, during the boring highly concentrated brine was found with the naphtha—rich in iodine. The idea of treating these waters is not of course new. K. I. Liseko long ago called attention to the rich content of salt and iodine they held, and which were run to the sea from the Baku wells. But for want of means they had to be let go on.

WEAK, TIRED GIRLS Will Find Health and Strength Through Dr. Williams' Pink Pills. There is a time in the life of every girl when the strain upon her blood becomes too great; when she grows weak; has headaches and backaches; when dizziness seizes her and she becomes extremely miserable. That is the time of life she needs a tonic—a medicine that will not fail to enrich her blood and give her strength to withstand the changes through which she is passing. Such a tonic is Dr. Williams' Pink Pills for Pale People. They have raised thousands of growing girls out of the dreary mire of misery and despair to a full enjoyment of good health and strength. Among those who have found good health through these Pills is Miss Suddard of Haldimand, Que., concerning whose case her mother writes as follows: "Dr. Williams' Pink Pills have been a great benefit to my daughter, who was weak and miserable. She was pale, easily tired and was bothered with indigestion. The use of the Pills has brought back her health, and made her strong and active. I am very grateful for what this wonderful medicine has done for her."

Worth Knowing. Save nut shells in an old paper bag until some time when you want something to brown very quickly in the oven. Then throw them on the fire and get the full benefit of the quick intense heat. A loaf of bread will keep fresh much longer if placed in a covered stone crock. Wrap in a large cloth to exclude air and keep the crock in a cool place. It is nicer than a tin vessel and much better than keeping the bread in the refrigerator. Keep tacks in bottles. It saves opening many boxes to find a particular kind. When cleaning house use plenty of turpentine in the scrub water. It means certain death to moths. Left-over cereals need not be wasted. They are excellent fried like mush and eaten with syrup or honey. Covering the pan when fish is frying is apt to make the fish soggy. A solid firm meat, that is at the same time flaky, is what the good cook likes. Ammonia should not be used in the evening or near a fire, nor should the bottle be allowed to remain uncorked. It is inflammable, and its fumes are not specially healthful.

Practically all Canadian druggists, grocers and general dealers sell Wilson's Fly Pads. If your storekeeper does not, ask him why.

Tea Table Etiquette. Tea table etiquette was somewhat complicated in the days of that "hardened and shameless tea drinker," Dr. Johnson, when many people thought nothing of drinking ten or twelve cups at a sitting. It was considered proper for the cups and saucers of a party of tea drinkers to be all passed up to the hostess in one batch when replenishment was considered necessary, and in order that each person might be sure of getting back the right cup the teaspoons were numbered. When the cups were passed up those who did not require any more were supposed to place the spoon in the cup. This writer remembers a very ancient dame teaching a small boy to place his spoon in his cup after the first cup had been emptied. He wondered for the reason. Now he knows that tea was once very expensive, and little boys were not expected to ask again.—London Chronicle.

BATTLE OF WATERLOO. (Montreal News.) Ninety-four years ago, on June 18, 1815, the battle of Waterloo was fought, and the Empire of Napoleon Bonaparte annihilated. At Waterloo the invincible steadiness of the British infantry, in resisting the repeated charges of Ney's availed, broke the strength of Bonaparte's army and opened the way for Blücher's aid, which completed the victory. At the beginning of last century Great Britain accumulated the bulk of her national debt in the struggle against Bonaparte, a large part of which was incurred in subsidizing the Prussians, to enable them to keep their army in the field and defend their own soil. German historians claim that the victory of Waterloo was owing to the arrival of the Prussian army towards the close of the engagement. Whether that was so or not, they refrain from mentioning the fact that there would have been no such army in the field at all if Great Britain had not supplied the funds that preserved its organization and made possible its presence on the field. If Great Britain had not interposed her arm between Bonaparte and Prussia, and opened her purse to Prussia's needs, there would be no German Empire in existence to-day, even though Bonaparte's shoddy empire might have, probably would not now be in a position to threaten Great Britain with rivalry in industry or naval armament. The humanizing progress the world has made since the fate of Europe was decided on the field of Waterloo is encouraging. The democracy, then crushed and hopeless, is now triumphing, not by arms, but by industry. Though Germany has taken the place of France as a military nuisance to Europe, militarism is a fading force in the control of national destinies. Economics are of vastly more importance than politics in shaping the policies of governments. The achievements in science and invention, with the spread of education, and the growth of intelligence, during the century since the battle of Waterloo, have wonderfully changed the world. Still grander triumphs of human brains over the forces of nature and the superstitions of heredity may be reasonably expected. Another Waterloo is not impossible, but industry and commerce, more than armies of soldiers, will decide the destiny of nations in the future.

SMASHING TARGETS IS EASY FOR HER. MRS. TOPPERWEIN. Chicago, June 12.—Mrs. Adolph Topperwein, who will participate in the grand American tourney in Chicago next month, is the most noted woman shot in the world. She is an expert with shotgun, rifle or revolver, and has a record of 99 targets out of 100 thrown from unking angles. She also smashed 485 out of 500 targets, but her best feat was breaking 90 out of 100, a feat which required four hours and 35 minutes. Although barred from the grand American handicap, she will participate in several matches where the line is not drawn against women, during the tournament.

"Love will find a way," quoted the Wise Guy. "Yes, even though it may be only a way out," added the Simple Mug.



You can rest easy nights when you Oshawa-shingle ---and save money, as well

Any roof covered with Oshawa Steel Shingles (guaranteed) is proof against lightning. Not even the best lightning rod system insulates a building so safely. That particularly matters to you if you own barns, for during 1907, from the most accurate and complete figures, it is at present possible to compile, this is what the electric light and lightning has done in the United States. Lightning struck 6,700 farm buildings in Canada and the United States. Fires, caused by lightning, destroyed property valued at \$4,123,000. Lightning killed 4,457 head of live stock. Lightning killed 425 human beings, and injured 880, nearly all dwellers on farms.

Insurance men declare that more than forty per cent. of all barn fires are caused by lightning. Barns are peculiarly subject to the lightning stroke, because they contain hay and straw that constantly give off moisture by evaporation. The moist exhalations from horses and cattle also attract the bolt.

Oshawa GALVANIZED STEEL SHINGLES A new roof for nothing if they leak by 1934

Yet for a cost of less than five cents a year per 100 square feet you can safeguard your barn—and your house for that matter—against lightning. That is the real cost of Oshawa Steel Shingles (Guaranteed).

More than that: When you Oshawa shingle any building you have a roof that is absolutely wet-proof; absolutely wind-tight; absolutely fire-proof; and that is GUARANTEED to be a good roof for twenty-five years without painting, patching, repairing, or either or fuss of any kind.

Anybody who ever saw steel shingles before can lay an Oshawa-shingled roof perfectly with no tools but a hammer and tinners' shears, and no guide but the simple, easily-followed directions that come with the shingles.

Anybody who has a building worth roofing right can afford the ONLY roofing that will roof it right—and the only roofing that is guaranteed.

The Pedlar People of Oshawa Established 1861 Address our Nearest Warehouse: MONTREAL OTTAWA TORONTO LONDON CHATHAM WINNIPEG VANCOUVER QUEBEC 121-3 Craig St. W. 423 Sussex St. 11 Colborne St. 86 King St. 200 West King St. 76 Lombard St. 821 Powell St. 127 Rue du Pont St. JOHN, N.B. 42-46 Prince William St. HALIFAX, 18 Prince St. We want Agents in some sections. Write for details. Mention this paper. 128