By William T. Ellis.

International Sunday School Lesson For October 13th is "Abram Helping Lot." Genesis 13:5-11; 14:-14-16.

privilege and safety.

Of course, the slacker is such in his spirit long before he begins to dodge a draft or a duty. He holds the childish and stupid notion that he is some sort of superior creature who has a right to special consideration, It may be because he is rich, and has always slept in soft beds and ridden sight of blood; or because he has political influence-whatever the reason, it easily seems adequate to the one who entertains it. He feels justified in asking odds of life. Othersmay stand up under the average man's of which is a roundabout way of saying that the slacker is a small and selfish soul, tinged yellow.

acterization when applied to a Bible tify, is of tropical luxuriance. There spoiled favorite of fortune; and in the and day . Truly does the lesson writhour of decision and opportunity, he er liken it to "the garden of the played the contemptible part. Had Lord." Who that has tasted them he lived at the present time he would can ever forget the refreshing, sweet self entangled in the troubles of the al action. Abraham was that sort of have used his uncle's influence to se- lemons of Jericho? It was a place of cure him a position, with good rank rich fruits and balmy air and effort- Gomorrah; and with them he must the force of trained men, numbering and little work, a "bullet-proof" job less life that Lot chose when he elect- suffer as well as sport. There had only three hundred and eighteen, and at Washington or Ottawa or London, Jed the Jordan lowlands.

confide in you, with a somewhat agtoo countrified to understand him; much of a frump for his polished And he had long ago outgrown the old-fogy notions of Uncle

That City Nephew. more entitled than others to ease and tal traditions as well as instinctive sen- refrain from being sharp toward the his bed, and he will have to lie in it. sibility required this.

money . His obligations to his Un- rial advantage. in his own automobile; or because his cle Abraham, his debt to the propriefather was a distinguished man; or ties his opportunity to be unselfish, A Man of Peace Fights.

glimpse of this Jordan Depression, rather walk under the stars musing perate trouble. That was enough. It That may sound like a harsh char- down by the Dead Sea, as I can tes- upon God and His promises, than character. Nevertheless, it fits Abra- wave the palm trees, while the banana bors. ham's nephew, Lot. He was the fronds make whispering music night Then there were also the oities. Lot

the city. Lot-Captain Lot or Ma- deemed himself a city man, "too big" Jordan Plain and into the mountains politan city was his metier. Ah, Lot, and they identify Amraphel with booty they had borne away. It was grieved air, that his relatives were you were not the only self-inflated Hammurabi, the king of Babylon ervating airs of the city, only to fall He and his confederates had invaded snares of the city; what moth ever them. feared the ffame? But it was rather with Mrs. Lot, for she was "too do- a delicious sensation to dally with its his household. Doubtless Lot had delights, wasn't it? You would show | pleaded that he was only a visitor in your poky old uncle that you could the city, and in general, slackerwise, handle pitch and not be defiled.

When Bigness Meets Littleness.

wil Ithen appear. Abraham proved captive. his size by the way he dealt with Lot. He did not call him an ingrate and a cad and a selfish slacker. He

separation between Abraham and Lot. episode. It takes more than natural There had been strife among their gifts; it needs the grace of God, to sharp; censorious toward censorious- I wash my hands of him." ness; intolerant of intolerance, calls But Lot was a slacker; what was for all the qualities of greatness a ham to those people in our day who fitting and honorable concerned him man possesses. It is only the rare point to the blunders of Russia and less than what was easy and of pres- Abraham who can remain unruffled China and Mexico, and would let ent advantage to himself. He was by a Lot. In this division of pasthe sort who would have seen in a turage. Abraham won his own spirit, is not the real dessert of a person in world war primarily a chance to make while his nephew got only the mate- trouble, but his need, that constrains

because he is of the socially elect; or all meant less to him than the chance. Old Abraham was the sort of ley, by the great cities of Sodom and hated strife. He had pleaded for Gomorrah. Truth to tell, he was peace with Lot when the hired men rather glad to get away from his un- got to squabbling. And he even surcle's religious talk and his old-fogey rendered his own rights in order that those who have claims upon us, re-Lot might select the best of the pas-Life was softer and easier down in turage. No brawler or quarrelsome the Jordan valley. Lot was pleased man was Abraham; he understood to escape the high winds and chilly what it meant to be too proud to nights of those hills. In the valley fight over an inadequate or unripe oceverything was luxuriant. The first casion. This old patriarch would

> One day, however, there came news of a different sort of war toward the East. His kinsman Lot was in peril. This foolish nephew had found himcities. He had chosen Sodom and friend. He at once mustered his litagainst five, and it had raged over the for the slow-going and pious tents of of the South. The archaeologists Abraham; the progressive and cosmo- have been busy about those names, man who, brushing aside family obli- whose code of laws is one of the mogations and traditions, sought the en- mentous discoveries of modern times. prey to its seductions. Of course the domain of the rich Jordan cities, you did not mean to succumb to the and after much fighting had looted

Among the captives was Lot, with had tried to escape the penalty of his associations. This unexpected "raid" ing friend. When subtle and inside caught Lot, who really deserved no

a man. His real bigness or littleness; which he lived, and he was carried off !

Standing by a Friend. This fighting ranged over the rekept his own spirit sweet, and sent his gion that has of late figured largely in nephew off with a blessing. If the the daily papers in connection with sense of injustice rankled in his own General Allenby's great victories over bosom, he gave no sign of it. In the Turks. Were ever maps of the shining generosity, he acted as if Holy Land so popular as to-day? The Lot's choice was perfectly satisfac- daily paper is making real and present this territory which is so inter-Circumstances had necessitated a Abraham proved his religion in this woven with the Bible story that it has been called "The Fifth Gospel."

When the tidings came to the tent herdsmen over pasturage, and the old enable a man to preserve his poise of Abraham-and news travels swiftman, with spacious and unruffled wis- and serenity in such circumstances. ly in the East-the patriarch did not dom, had proposed that the two com- As we muse upon this evidence of say, after the method of some mod-A celebrated slacker and an immor- panies divide. Magnanimously, he Abraham's calibre and character, we erns, "Well, it is none of my busital hero are the outstanding characters gave his nephew first choice. That are reminded that in life we have to ness. I am safe and untouched by in this lesson. The necident reveals was Lot's chance to show his mettle, deal with the little oftener than with this great battle of city kings." Nor the essence of slackerism-which is to He should have met generosity with the big; and that the difficult thing is yet did he cynically and self-rightchoose the comfortable place for one's equal generosity and displayed the to conduct ourselves toward the small cously proclaim to his household, self, in the assumption that one is deference due seniority. All orien- and the selfish without pettiness. To There, I told you so! Lot has made

> We commend the example of Abrathem all stew in their own juice. It us to aid him. If we demanded perfection of all our allies in this war, we should have to abandon them every one-and they us! There is a great which all of us need to learn in this war. We are going to stand by all gardless of any shortcomings or back-slidings. Abraham reached that noble attitude which is best characterized by the Scripture, "God is kind to the evil and the unthankful." Lot was in trouble, sore and des-

gave him claim upon all the powers of his kinsman and friend. When share the turbulent life of his neighone is bound to us by ties of blood or affection is in need, then is no time for philosophising or advice-giving or blame- apportioning; it is a time for action, quick, unreserved, hearty, loybeen a great battle of kings, four pursued hot foot after the retiring carrying off Lot, and smote them, and put them to rout, recovering the a clear-cut victory for loyalty and serve it does not after the situation; this part of the story is of Abraham's conduct and character. He carried back the recovered prisoners and loot, and refused all reward for himself; he was no mercenary, but a

These are the days when, as a nasit at the feet of Abraham, the fightous forces are seeking to separate our suspicious glances upon their loyalty and aims, and to magnify trivialities into occasions of difference, it i good to look back at Abraham and earn how to show militant constancy. The enemies of our friends are also

Soldiers in France have learned what fidelity to a comrade means, They practise the Abraham virtue. Not for an instant does a soldier hesitate to risk his life for a friend. He gladly goes over the top, or returns to the zone of fire, to rescue a companion. Let us hope that this same quality will be enhanced in civil life: and that we may all learn how to defend, actively and with risk to ourselves if need be, the good repute and welfare of a friend who is under attack. It is not without significance that royal-hearted Abraham won the title, "The Friend of God." For he was the sort of friend that even God himself prized.

To Have Night Classes.

Renfrew, Oct. 10.—At a special meeting of the Board of Education it was agreed to continue night classes this fall and winter, at which dressmaking, millinery, bookkeeping, me-chanical drawing and physical culture will be taught, as well as plain sewing and cooking for school girls. Last winter the mechanical drawing and bookkeeping classes were well attended, but other classes were not so well patronized. The board is desirous of meeting the wishes of returned soldiers and subjects which they desire will be taken up.

WAR PUZZLES

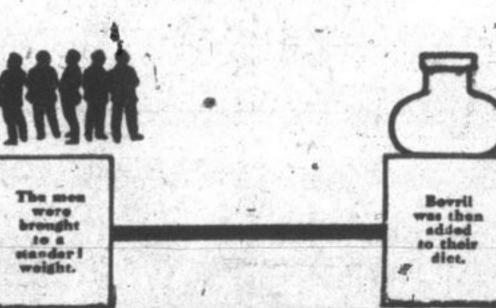


FRENCH TOOK 1200 PRISONERS In Chaulnes Wood, two years ago today, October 10, 1916. Find another prisoner.

YESTERDAY'S ANSWER Left side stoom noce at clima

Remarkable Experiments

Human Subjects



Astonishing body-building power of Bovril proved by famous Physiologist

It was a notable hour for the scientific world when Professor Thompson, of Dublin, a physiologist of international prestige, carried out his experiments with Bovril.

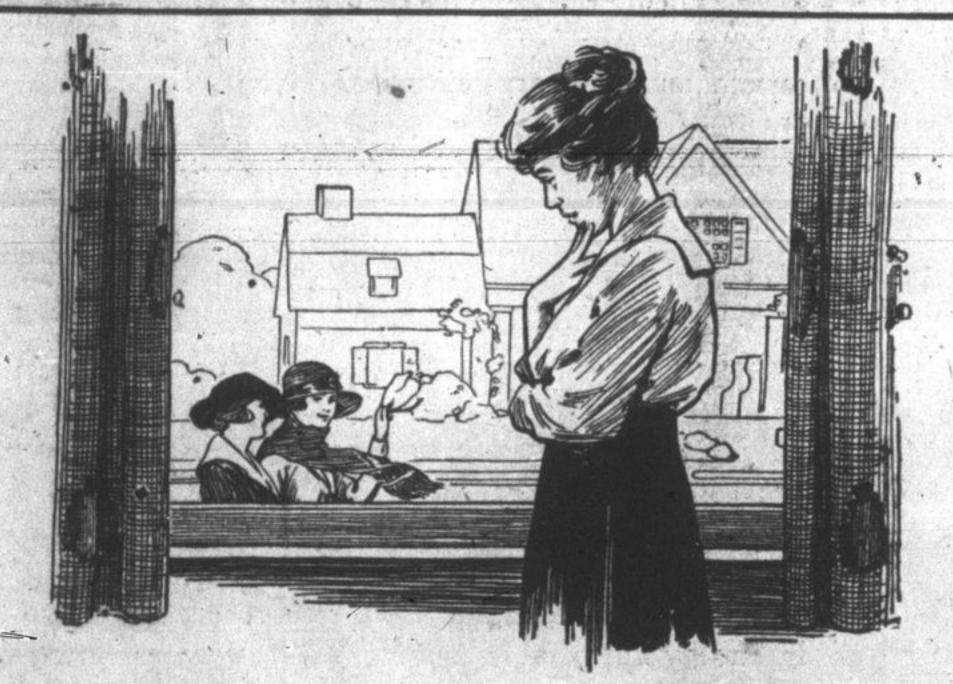
He had been asked by a Government Department to give an independent report upon the value of this food. Proceeding in a deliberate scientific way, he gave a standard diet to human subjects, until their weight was constant. He then added Bovril to the diet, and the weight of the subjects went up in an altogether astonishing way, proving the body-building powers to be from 10 to 20 times the amount of Bovril taken.

These experiments showed the gain in muscle, nerve and flesh, apart from the gain in energy and vitality, which is incapable of measurement. And yet anyone who has taken Bovril has proved this for himself. As one drinks Bovril it is as if new Life flows in, new energy, new "élan," as the French would say. Thus, in some subtle way, does Bovril re-create the forces of the body.

Bovril stands alone

24HOURS

Agreeable advice is seldom us



"If I Could Only Be Strong and Healthy Like Other Girls."

HIS is the longing of the girl who is pale, weak and anaemic.

She is lacking in energy and strength, and is so easily tired out that she does not feel like taking outdoor exer-cise or joining others in social gather-

The healthy, happy outdoor girls get in the way of leaving her to herself, and she gets lonely, discouraged and des-

The source of trouble is in the condition of the blood, which has become thin and watery, and utterly lacking in nutritive qualities.

The anaemic condition is shown in the pallor of the lips, the gums and the eye-lids, as well as in the pale face and angular

Nature has provided for the purifying of the blood by having it sent to the lungs periodically to come in contact with the fresh air and take up new oxygen.

Unfortunately this plan of nature has been defeated by human beings living too much indoors and breathing over and over again the vitiated air of ill-ventilated rooms. This is the usual cause of anae mia, as well as a reason for its continu-

The blood gets ever thinner and more watery, until the human system is literally starved.

The digestive system has failed, and your health must go naturally downhill until you can find some means of restora-

Fortunately, Dr. Chase's Nerve Food furnishes the vital substances needed for regenerating the entire organism & when in a run-down condition.

Gradually and certainly the building-up process is established, and the pure, rich blood created in the system carries health and strength to every part of the

Weakness and disease, the cause of discouragement, failure and unhappiness, give place to new hopes, new confidence and stronger determination to succeed.

The appetite is sharpened, digestion improves, and you find yourself enjoying your meals and taking a new interest in life. As you gain in strength and energy you feel encouraged to keep up the use of this restorative treatment until thoroughly restored to health.

The rosy cheeks and healthful appearance of people who have used Dr. Chase's Nerve Food is its strongest recommendation, and accounts for its ever-increasing

box, 6 for \$2.75, or by mail from Edmanson, Bates & Co., Limited, Toronto. Look for the portrait and signature of A. W. Chase, M.D., the famous Receipt Book author, on the box you buy.

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