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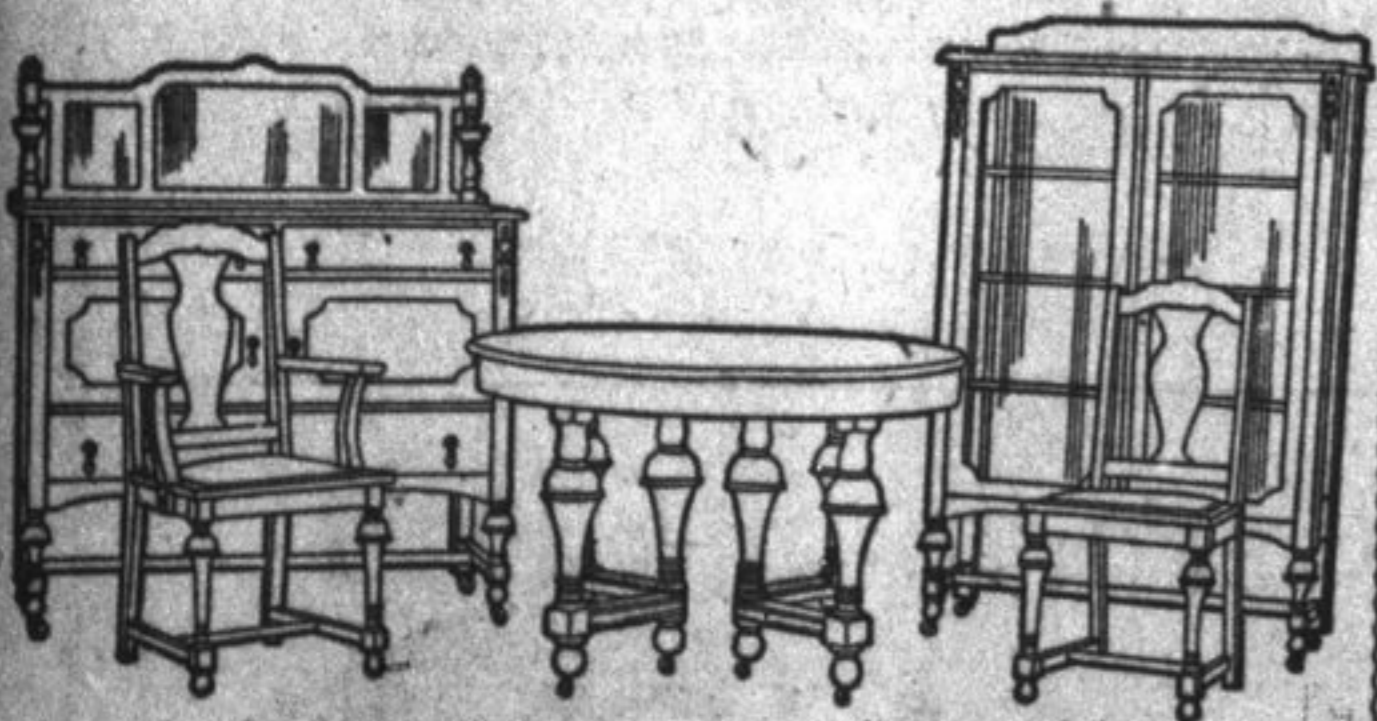
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WHAT A HERO'S FRIENDSHIP MEANS

The International Sunday School Lesson for November 8th is "Paul's Farewell at Miletus."—Acts 20:1-38.

By WILLIAM T. ELLIS

Next to knowing a real hero in person is to become intimately acquainted with him in print. Even before I knew the history of his valor and suffering at Gallipoli, or of his two adventurous years in and about Arabia, I realized that my shipmate on a recent voyage was a rare man. At present he is a practicing New York physician, his thrilling tale unknown to his city or to his patients. But his greatest interest lies in the Near East, the land of romance where he had twice proved himself.

Greatest of all the many heroes I know is this man Paul, the adventurer—apostle—philosopher—missionary. At the moment, I am travelling on his trail, and shall be doing so for months to come. Only through the New Testament have I come to know him; but every year of closer study reveals his size and splendor. By all the tests which historians have learned to apply, this Paul was a mighty man—and never greater than in his warm human relationships. A whole progeny of heroes have been begotten of him; and the story of this present Lesson by millions should put iron into the blood of uncounted youths. If we were "governed by our admirations," then Paul must be a real helper of to-day; and a sort of antidote for the effect of the vitiated and emasculated figures of the screen.

Travel Where Romance Reigns.

If ever the growing hosts of American tourists, who now overrun Europe learn the real charm and worth-whileness of travel in the Near East, we shall find thousands yearly sailing amidst the lovely isles of the Aegean, and identifying the very ports and cities at which Paul stopped. Many of the place-names of his day still persist. It is perfectly possible, and wholly delightful, to follow the route of the apostle as outlined at the beginning of this Lesson. His great figure takes on new definiteness and color and humanness, as we travel with him from Corinth and Athens to Miletus, touching at the same ports he touched.

Then, as now, the region was one of direct action. Sentiments were, and are, expressed with weapons. Over and over again his religious foes tried to kill Paul. It was to escape a plot against his life aboard ship that his friends hustled him away from Greece by the land route. Luke is as accurate as a

Beadaker in his description of the journey.

And he is a delightfully human chronicler, as he tells how a young lad, Eutychus sitting in the window of the upper room where Troas Christians were gathered to say farewell to Paul, was put to sleep by Paul's long sermon. There has been endless comfort for preachers in this record that even the Apostle Paul had a sleeper in his congregation. Most persons who fall asleep under the sermon are punished only by the disapproval of their families; but Eutychus fell out of the window and was killed; being later restored to life by Paul. Whereupon the sermon was resumed to continue until past midnight.

A Farewell Reunion.

This old hero was on his way to suffering and death; and he knew it. The knowledge did not deter him; it only made his zeal for his work keener and his affection for his friends warmer. Paul loved as only the great can love with comprehensiveness and intelligence and with passion. This would be a good occasion to compile the long roll of Paul's personal friends.

In the presence of the farewell reunion of the elders of the Ephesian Church with Paul at Miletus, a neighboring port, we need to pause to consider friendship as a by-product of Christian work. One's craft or calling produces friends; and college mates have a heart-niche all their own; and the playfellows of childhood sometimes become manhood's comrades; and neighbors often grow into a close relationship, but, after all, there is no place for developing real friends like the active service of Christ. Christians have the deepest sentiments and interests in common. They are united by the same bond of supreme allegiance. There is no need for any spirit to be lonely, even in a great city. If it will join sincerely in the activities of a church. Ties thus formed survive the years. One of the richest experiences of travel is frequently reunion with former associates in the work of the Master. Those who have tested it most, best know the truth that "Blest be the tie that binds."

In sharing service and suffering, Paul's heart had been knit to these Christians at Ephesus, his own children in the Lord. He loved them with all the intensity of his hungry heart. And now he was bidding them farewell forever. None but those who have been separated by seas and by long periods of time from the ones whom they love best can understand the anguish of this parting scene at Miletus; and to them it is too sacred to dwell upon. A human man, and not a mere figure in a book, was this old itinerant hero of the Gospel, whose faith survived every test; and who to the end sought only the glory of God.

Neglected Coughs

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Many people regard a cold as a simple incident. But Coughs and Colds when neglected lead on to pneumonia and consumption—the most dreaded diseases common to this Northern temperature. Dr. Chase's Syrup of Linseed and Turpentine is well-known as a most effective treatment for coughs, colds, bronchitis, croup and asthma. For many years it has held its place in the homes of Canada as absolutely dependable and was never so popular as it is today.

Composed of simple and yet powerfully effective ingredients it is suitable for children and adults alike and is found constantly in most homes for use in case of emergency. Prompt treatment is half the battle when fighting colds.



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THE LAKE AT NEWBORO WAS FROZEN OVER

A Very Unusual Occurrence for This Time of the Year.

Newboro, Nov. 4.—Mr. and Mrs. Charles Bishop have returned to their home in Syracuse. Miss Marjorie Lyons returned to Brockville, Thursday, after paying a short visit with her parents here. Mr. D. C. Wiltale has moved into his house on Main street, which he purchased recently.

During the recent cold wave, Newboro Lake was frozen over. This is an unusual occurrence for this time of year. The "old timers" claim it never happened before in October.

John Campbell, Sr., of Athens, formerly of Newboro, was a week-end visitor here. Mrs. George Bolton, lately of Brockville, has returned to live here. Mr. and Mrs. Broder and family were week-end visitors with Mrs. George Bolton. Mr. G. S. Bolton, Brockville, was a week-end visitor with his mother. The Wear-Ever Aluminum representative gave a demonstration at the home of Mrs. S. Thompson. It was largely attended and the prizes were awarded to Mrs. Charles Dier, a casserole, and Mrs. D. C. Wiltale, a saucepan.

Election day passed off quietly here. Only about two-thirds of the voters turned out. A successful Hallows' social was held Saturday evening, in the Masonic hall, in aid of St. Mary's Guild. A large number were present. The prizes for the best costumes were awarded as follows: 1st, Miss Ida Bell and Miss Beryl Lyons, as bride and groom; 2nd, Mr. George Baxter and Miss Eleanor Tett, as college professor and belle of 1850; 3rd, Miss Oga Lyons as a fairy; consolation prize, Miss Peggy Scott and Miss Elma Lyons, as coal black mummies. The latter pair rendered a very pretty song, self accompanied with a banjo. After the programme was completed, every person enjoyed themselves at dancing until midnight.

Quite a number from this vicinity are making preparations for their annual deer hunting expedition up north.

Mrs. Whipple, Chaffey's Locks, is visiting her daughter, Mrs. Howard Scott. The fox hunters here report very good luck. One hunter got three in one day recently. A few flocks of wild geese in their southward flight have been sighted by the villagers. Mr. William Whaley, who has spent the past month in Trenton, has returned home. Mr. Daniel Houghton's new residence is nearing completion. He expects to move into it in the near future. Mrs. L. Lewis has moved into her house she purchased recently.

MORTON NEWS NOTES.

Quite a Number Are Leaving on Deer Hunting Trip.

Morton, Nov. 4.—We had a heavy rain and a fall of snow lately, which has made the roads very muddy, also stopped the farmers plowing for a couple of days. A number left on Monday morning for their annual deer hunt.

The body of the late Theodore Chase was brought to the Morton cemetery on Thursday last for burial. Funeral services will be held Sunday in the Standard church here, at 3 o'clock.

Mr. Harmon McFadden has disposed of his live stock by having a sale, owing to the fact of having neither shelter nor feed for them.

Mrs. J. Johnson is spending a week-end with friends of Morton. Mr. R. Airheart had the misfortune of breaking a spring in his car, while driving over the Wiltale bridge. Arnot Gamble has arrived home from the west, but has now gone to plow for Howard Sea, at Pine Grove.

The election on Thursday caused quite a little excitement and bustle around here. Mr. James Hudson has been doing a little carpenter's work for Arthur Dean.

Dr. Morris, Mrs. O. Birch, Miss Ella and little Orvell moved to Athens on Friday where Mrs. O. Birch spent the week-end with her father and brother, there.

Miss Mary Glover was a guest at Daisy Summerville's. A number went to Kingston to attend the Dumbell's show this week.

Mr. Thomas O'Greedy was removed from Mrs. S. Perrins to Kingston, to the Home of the Aged one day this week.

Mr. Orman Powell visited friends at Morton on Sunday. The infant child of Mr. and Mrs. Thomas McDonald passed away here on Saturday night. Much sympathy is extended to the parents.

FALL PLOWING OVER.

Adolphustown Farmers Happy Over the Fall Outlook.

Adolphustown, Nov. 3.—Everyone is enjoying the pleasant weather and are hoping it will be continued. Fall plowing is nearly completed, some farmers having already finished. Arthur Bogart has taken possession of the business recently purchased from Dr. Duffet, and his many friends wish him success in his new venture. The Anglican bazaar and supper, held on Friday, was a great success. The weather was ideal and a good crowd was in attendance.

We are sorry to report W. J. Magee under the doctor's care. The many friends of W. D. Roblin will be glad to learn that he has recovered from his recent alarming illness. No service was held in the United Church here last Sunday, owing to the anniversary services at Stillville.

The Young People's meeting, which was postponed on account of the storm on Wednesday night, was held on Monday night. The chief

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New Combination of Yeast With Vegetable Iron Builds Up Weight in Three Weeks



This, run-down and underweight men, women and children can improve their health, increase their energy and put on from five to twenty pounds of good solid flesh in three weeks. A new combination of yeast vitamins with vegetable iron, renews the action of sluggish blood cells, drives out dangerous body poisons, increases energy and endurance and supplies the system with the vitamins that build up weight.

For years yeast has been known as a rich vitamin food, but not until we perfected "Ironized Yeast"—which comes in concentrated tablet form, was it possible to take yeast and iron in the right proportions to build up weight. Vegetable "Iron" when combined with yeast is quite easy to digest, therefore better for the system. And "yeast" when ironized, becomes just twice as beneficial as ordinary yeast or cake yeast. Ironized Yeast tablets are composed of concentrated food elements, therefore they are pleasant to take and free from drug-like effects. It makes no difference how old you are—or how young you are—how long you have been underweight—or how much underweight you are, "Ironized Yeast" tablets are positively guaranteed to pick you right up, and add from five to twenty pounds of good firm flesh in three weeks' time. If they fail get your money back.

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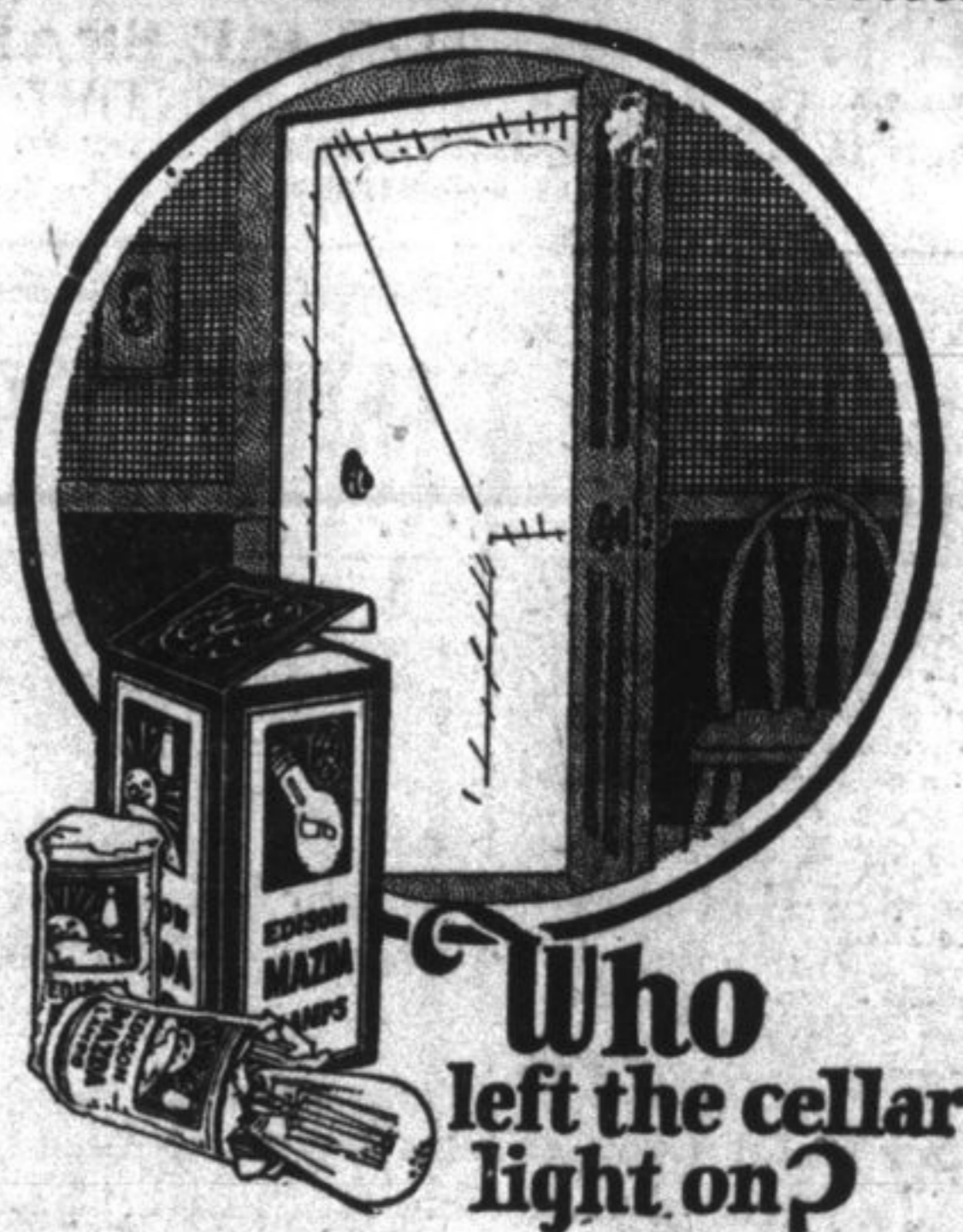


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Item on the programme was a closely-contested debate: "Resolved, that the world is growing worse." The negative side won by two points.

Dr. John A. Hutton, of the Westminster Congregational Church, has been invited to become editor of the British Weekly.