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Did you ever feel the sunshine singing through

When some blessed gust of fortune sent you

Did you ever have some sorrow-saving sinner

"Do not be too sure, my laddie, too self-confi-

For another day is coming when things may

Thus he wreathes your joyous spirits in a wind-

Spurn these gloom-pursuing mortals, shun the

Know no trouble till it sirikes you-sing of

When the troubles come and smite us, then

He who seeks for clouds is foolish when his

Keep the bitter from your jesting, keep the

And the weariest weight of worry can be

Sing a while-no doleful ditty with a tear in

Sing a while-no soulful sonnet with success

Sing a song that sends the sunshine to the soul

Laughter lets love linger longer-so be jolly

-"Yes," said the fair young girl,

"everybody says I'm just the picture of mamma."

"Well," replied the gallant youth,

spinning toward your goal?

be changed, you know"-

sunshine when you can.

'tis hard enough to bear-

sting from out your chaff,

lightened by your laugh.

sive sob and whine-

sky is blue and fair;

dent, too gay,

ing sheet of woe.

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## Travelers Guide.

CENTRAL RAILROAD OF PENNA. Condensed Time Table effective Nov. 6, 1905.

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Arr. ... tweek Days
Ar ... NEW YORK ... Lv 4 00
(Via Tamaqua)
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General Superinteendtz

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WESTWARD read down				read up			
†No.5	†No. 3	No.	STATIONS.	fNo. 2	tNo. 4	No.	
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DOWIE RETURNS TO ZION CITY Addresses An Audience of 2500 Per

Chicago, April 30.—Standing steadily and with great effort before an audience of 2500 persons in Zion Tabernacle, John Alexander Dowie charged his traducers, if any were present, to make their accusations before the whole congregation.

were at that moment attending a rival meeting, set for the same hour, at the Zion College building. There 5000 of the city's inhabitants were gathered; together with the Zion choir, now divested of its eccleciastical garb, and the Zion band and orchestra.

brought in by the electric cars and trains. In front of the platform and in the choir loft were probably 150 faith.

ful Dowieites. Mrs. Dowie, who has severed her alchair among Dowie's followers in the congregation. Except for former Mayor R. D. Harper, Dowie was alone on the platform. Dowie announced the hymns and led in prayer in a firm voice. He prefaced his sermon by a spirited denial of the charges that have been brought against him by Voliva and

"They say I've taken the people's money; do you believe it?" he asked. Answers of "Yes" and "No" came from different parts of the audience. A man who said yes was singled out by Dowie. Pointing a trembling finger at the man. Dowie asked him to stand up and "tell what money I took and when." The man sat still. A guard was ordered to compel the man to stand, but he stood silent.

Then it was that Dowie rose and demanded that any of those present who had anything to charge against him should make the charge. No one offered to accuse Dowie.

### ANAEMIA.

Conditions In the Blood of Which It Is the Result.

Anaemia means a condition in which the blood is deficient either in quality or quantity. It is a question among ty must vary, of course, from hour to inferior ability.-London Standard. hour, according to the amount of fluid that is drunk and the amount that is lost by perspiration and in other ways, but it is probable that the average remains about the same from day to day, except in cases of actual starvation and deprivation of water.

'you're certainly a flattering picture." Anaemia, then, is mainly a question of the makeup of the blood-that is, -Little Ada, on being told the story of the number of its red corpuscles, or of Lot's wife, who was turned into a pillar of sait, asked her mother, anxiously, "Is all sait made of ladies?" cells, and the relative amount of hemo-

these contain. The blood is a complex fluid, but in simple terms it may be said to be a salty solution, containing two kinds of cells-the red and the white corpuscles. The white ones are the scavengers of the body as well as the policemen and soldiers. They protect the body from the disease germs which threaten its existence. The red corpuscles, on the other hand, are the

products If the red corpuscles and the substance of which they are most largely composed, the hemoglobin, are reduced in amount the tissues suffer for lack of oxygen, and there is a lowering of Those who listened to the words of all the vital processes. The lessened Dowie were for the most part visitors, proportion of hemoglobin accounts for the paleness which is the chief outward

sign of anaemia. It is common to speak of two forms of anaemia-primary and secondary. Primary is the term used when the legiance with Voliva, sat in a wicker anaemia can be traced to no definite cause, but seems to be a disease in itself. Secondary is the word used such underlying state.

Among the chief causes of secondary anaemia are drains upon the system by frequent losses of blood or by diarrhea or other wasteful discharges, chronic poisoning by lead or mercury, by the essential poisons of certain diseases, such as rheumatism and tuberculosis, and by poisons formed in the body and not promptly removed, which is called "auto-intoxication," and finally the destruction of the red corpuscles by a micro-organism, as is the case in malaria.-Youth's Companion.

The Bengali has the best brains of all the peoples in India and the readiest tongue. His memory is prodigious and his fertility in talk inexhaustible. He is something of an Irishman, something of an Italian, something of a Jew-if one can conceive an Irishman who would run away from a fight instead of running into it, an Italian without a sense of beauty and a Jew who would not risk £5 on the chance of making £500. He is very clever, but his cleverness does not lead him far on physicians whether there is ever an the road to achievement, for when it actual permanent reduction in the to- comes to doing, rather than talking, tal amount of the blood. The quanti- he is easily passed by people of far

> Resources of Genius. The editor looked over the manuscript submitted by the village poet and frowned.

"Here is one line," he said, "in which you speak of 'the music of the cider press.' How would you undertake to imitate the 'music' of the cider press?" "I should think it might be done with a juice harp," answered the poet. -Chicago Tribune.

#### Sailing Vessels on the Lakes.

"Sailing vessels on the Great Lakes will said Capt. D. P. Craine, who last season commanded the big ore carrying steel boat, the Socapa. I have sailed the lakes for thirty-six years, and I think I fitted out the last sailing boat of any size built on lakes. This was for Wolf & Davidson in 1884. There are few sailing boats on the lakes yet, but their number grows less The followers of Voliva, the new leader in Zion City's affairs, however, to the tissues the oxygen which they lakes yet, out their number grows less each year, the fact is, the sailing boat cannot compete with the Lig steamers. It was need and remove the gaseous waste a big vessel that used to carry 1,100 tons, and it took two or three days to unload.

The Socapa carried 10,000 tons and was unloaded in four hours and forty minutes. "The tendency is to build larger boats all the time. The largest craft afloat on the lakes last year was 598 feet over the deck.
G. T. Tomlinson, of Duluth, is now having three steel boats built, each of which

will be 605 feet long. "Within the last few years many of the old steel barges have been cut into two parts and have had a seventy or eighty foot section inserted in their centers, but this makes them disproportionately long. Of course, these boats can go no farther than Lake Erie, as they are both too long and too wide to pass through the locks of the Welland canal. Some big boats destined when the anaemia is evidently the result of some other condition, such as wasting disease or poor nourishment. It is then only one of the symptoms of such underlying state.

Werland teams. Some big obtast cessions of for ocean points have gone through this canal by being cut into sections and fitted with bulkheads, but this is rarely resorted to on account of the expense, which is greater with a wooden than with a steel greater with a wooden vessel."-Milwaukee Sentinel.

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