

REV. DR. TALMAGE.

THE EMINENT DIVINE'S SUNDAY DISCOURSE.

Subject: Capacity to Sleep—It is the Poor Man's Blessing—Words of Comfort for the Victims of Insomnia—Wakefulness a Means of Grace.

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WASHINGTON, D. C.—In this discourse Dr. Talmage treats of a style of thought not much discussed upon and unfolds what must be a consolation to many people; text, Psalms lxxvii, 4, "Thou holdest mine eyes waking."

Sleep is the vacation of the soul; it is the mind gone into the playground of dreams; it is the relaxation of the muscles and the soles of the nerves; it is the hush of activities; it is the soft curtaining of the senses; it is a trance of eight hours; it is a calmer, though far deeper; it is a temporary oblivion of all carking cares; it is the doctor recognized by all schools of medicine; it is a divine narcotic; it is a complete anesthetic; it is an angel of the night; it is a great mercy of God for the human race. Lack of it puts patients on the rack of torture, or in the madhouse, or in the grave. O blessed sleep! No wonder the Bible makes much of it. Through sleep sound that a surgical incision of the side of Adam did not wake him, and that the best temporal blessing ever afforded to man—wifely companionship. While in sleep on a pillow of rock Jacob saw a ladder set up, with angels coming down and climbing. So "A little sleep and beloved sleep," soliloquized the psalmist. Solomon listens at the door of a tired workman and eulogizes his pillow by saying, "The sleep of a laboring man is sweet." Peter, so calmly sleeping between the two constables that night before his expected assassination. Christ was asleep in a boat on Galilee when the announcement was made to Joseph in sleep, and death is described as only a sleep and the resurrection as a glorious waking out of sleep.

On the other hand, insomnia or sleeplessness is an old disorder spoken of again and again in the Bible. Ahasuerus suffered from it, and we read, "In that night could not the king sleep." Joseph Hall said of that ruler, "He that could command a hundred and seven and twenty provinces could not command sleep." Nebuchadnezzar had insomnia, and the record is, "His sleep brake from him." The Solomon describes this trouble and says, "Neither day nor night seeth he sleep with his eyes." Asaph was its victim, for he complains in his text that his eyes are open at midnight, some mysterious power keeping the upper and lower lids from joining, "Thou holdest mine eyes waking."

Of course there is an upright sleep, as when Jonah, trying to escape from duty, slept in the sides of the ship while the Mediterranean was in wrath because of that prophetic passenger; as when Columbus in his first voyage, exhausted from being up many nights, gave the ship in charge of the steersman and the crew, who, leaving the management of the vessel to boys, went to sleep and allowed the ship to strike on the sand banks of St. Thomas; as when the sentinel goes to sleep at his post, endangering the whole army; as when the engineer, in his complacency nothing the day before he went to sleep and will accomplish nothing the day after he wakes, fills up Solomon's picture of him as he was out. "A little sleep and a little slumber, a little folding of the hands to sleep." But sleep at the right time and amid the right circumstances, can you imagine anything more blessed? It sleeps, according to sacred literature, is an emblem of death, the morning to all refreshed slumbers is a resurrection.

Remark the first: If you have escaped the insomnia spoken of in the text, thank God. Here and there one can command sleep, and it comes the minute he orders it and departs at the minute he wishes it to go, as Napoleon can be asleep in his drawers. Affairs are arranged in my bed as in drawers. When I wish to stertop one train of thought I close the drawer which contains that subject and open that which contains another. But you are not asleep, and inconvenience me. I have never been kept awake by an involuntary preoccupation of mind. When I wish for repose I shut up all the drawers, and I am asleep. I have always slept when I wanted rest, and almost at will. But I think in most cases we feel that sleep is not the result of a resolution, but a direct gift from God. You cannot say, "A great French financier cried out, 'Alas, why is there no sleep to be had?'"

Remark the second: Consider among the worst crimes the robbery of ourselves. Much rousing doctrine has been inculcated on this subject. Thomas Moore gave poor advice when he said, "The best way to lengthen our days is to steal an hour from the night." We are told that, though they did their work at night, Copernicus lived to be seventy-three years of age, and Galilei seventy-eight years, and Herschel eighty-four years. Yes, but the reason was they were all star hunters, and the only time for hunting stars is at night. Probably they slept by day. The night was made for students. The worst lamp accident can have is "the midnight lamp." Lord Brougham never passed more than four hours of the night abed, and Justinian after one hour of sleep. But you are neither a Lord Brougham nor a Justinian nor a Lord Brougham. Let not the absurd apotheosis of early rising induce you to the abbreviation of sleep. Get up when you are sleepy, not when you are not. Compel otherwise. Have no alarm clock making its nerve tearing racket at 4 o'clock in the morning, unless special reasons demand the forsaking of your pillow at that hour. The theories about early rising we inherited from times when people retired at 8 or 9 o'clock in the evening. Such early retirement is impossible in our own times for those who are taking part in the great activities of life. There is no virtue in the mere act of early rising. It all depends upon what you do after you get up. It would be better for the world if some people never awakened at all.

Remark the third: All those ought to be comforted who by overwork in right directions have come to insomnia. In all occupations and professions there are times when a special draft is made upon the nervous energy. There are thousands of men and women who cannot sleep because they were injured by overwork in some time of domestic or political or religious exigency. Mothers who, after taking a whole family of children through the disorders that are sure to strike the nursery, have been left physical wrecks, and one entire night of slumber is to them a rarity, if not an impossibility. The attorney at law, who, through a long trial in poorly ventilated courtroom, has stood for weeks for the rights of the widows and orphans of the life of a client in whose innocence he is confident, though all the circumstances are unfavorable. In his room he tries the case all night long and every night when he would like to be slumbering. The physician, in time of epidemic, worn out in saving the lives of whole families and falling in his attempts to sleep at night between the languishings of his doorbell. The merchant who has experienced panics, when the banks went down and Wall Street became a pandemonium and there was possibility that the next day his would be senseless that night with no more possibility of gaining sleep than if such a blessing had never touched our planet.

Remark the fourth: Insomnia is no sign of divine displeasure. Martin Luther had distressing insomnia and wrote, "When I wake up in the night, the devil immediately comes and disputes with me and gives me strange thoughts until at last I grow enraged beyond endurance and give him all words." That consecrated champion

of everything good, Dr. Stephen H. Tyn, Sr., in his autobiography says that the only encouragement he had to think he would sleep at night was the fact that he had not slept the night before.

Remark the fifth: Let all insomniacs know for their consolation that some people sleep more rapidly than others, as much in one hour as others do in two, and hence do not require as long a time of consciousness. In a book on the subject of health years ago I saw this fact stated by a celebrated medical scientist: Some people do everything quick—they eat quick, wash their hands quick, and of course they sleep quick. An express train can go as far in thirty minutes as a way train in sixty minutes. People of rapid temperaments ought not to expect a whole night to do the work of recuperation which slow temperaments require. Instead of making it a matter of irritation and alarm because of the brevity of consciousness a matter of enjoyment.

Remark the sixth: The aged insomniacs should understand that if their eyes are held waking they do not require as much sleep as once they did. Solomon, who in knowledge was thousands of years ahead of his time in his wondrous description of old age, recognized this fact. He not only speaks of the difficulty of maintaining the part of the aged when he is old, "The grinders cease because they are old," and of the octogenarian's caution in getting up in the morning, "The aged shall flourish," and speaks of the whiteness of the hair by comparing it to a tree that has white blossoms, saying, "The almond tree shall flourish," and speaks of the spirit which is the color of silver, and which relaxes in old age, giving the tremor to the head, saying, "The silver cord is slackened." But he says, "He shall rise up at the voice of the bird," that is about half past 5 in the summer time, an appropriate hour for the bird to rise, for the goose is heard or heard at half past 7 in the evening. But the human mechanism has been so arranged that after it has been running a good while a change takes place, and instead of the almost perpetual sleep of baby and the nine hours requisite in mid-life six hours will do for the aged, and "he shall rise up at the voice of the bird." Let all aged men and women remember that they have been permitted to do a great deal of sleeping in their time and that if they do not sleep so well now as they used to it is because they do not require so much sleep.

Remark the seventh: Insomnia is probably a warning that you had better moderate your work. Most of those engaged in employments that pull on nerve and brain are tempted to omit necessary rest and sleeplessness calls a halt. Even the pleasuring tars to work. As Sir Joshua Reynolds, the great painter, taking a walk with a friend, met a sun-browned peasant boy and said, "I must go home and sleep." "The coloring of my infant Hercules." The sun-browned boy suggested an improvement in a great picture. By the time most people have reached middle life, if they have well more doors of opportunity open before them than they ought to enter. Power to decline, power to say "No," they should now cultivate. When men cannot dissuade him from that course, the great deceiver induces him to overwork and in that way get rid of him. We have thermometers to tell the heat, and barometers to tell the air, and ometers hung in engine rooms to tell the pressure of steam, and ometers to gauge and measure almost everything. Would that some omeometer were invented to omeometer which, being hung around the neck and dropped over heart and lung, would by the pulsation and respiration, tell whether one is under too great pressure or might carry it. All brain workers would want such an omeometer and want it right away. For the lack of it how many are dying and how many have died of overwork? A prominent merchant recently departed this life. He was an officer in over 100 financial and charitable institutions. Thousands of editors, of lawyers, of physicians, of merchants, of clergymen, are now dying of overwork. Do not be in the board of directors of more than three banks and two trust companies and five life and fire insurance establishments. Do not as a pastor preach more than three sermons a Sunday and superintend your own Sabbath-school and conduct a Bible class the same day. Do not edit a paper and write for three magazines and go to four public dinners every week. Do not go so deep into the real estate business that before spring all the real estate you will really possess will be a piece of ground about six feet long and three feet wide. Your insomnia is the voice of nature, the voice of God, saying, "Better slow us!" Stop that long, swift train, the wheels of which are taking fire from the velocity and smoking with the hot box. Do not burn too many hundreds of great candles, trading from Aleppo to Damascus. Do not commit suicide.

Remark the eighth: All the victims of insomnia ought to be consoled with the fact that they will have a good night's sleep after a while. Sacred and profane literature again and again speak of that last sleep. God knew that the human race would be disposed to make a great ado about exit from this world, and so He inspires Job and David and Daniel and John and Paul to call that condition "sleep." When at Bethany the brother who was the support of his sisters after their father and mother were gone had himself expired, Christ cried out in regard to him, "He is not dead, but sleepeth." Cheering thought to all poor sleepers, for that will be a pleasant sleep, induced by no narcotic, disturbed by no frightful dream, interrupted by no harsh sound. Better than any sleep you ever took, O child of God, will be the last sleep. In your slumbers your home may be invaded by burglars and your treasures carried off, but while here and there, in one case out of millions, the resurrectionist may disturb the pillow of dust the last sleep is almost sure to be kept from invasion. There will be no burglary of the tomb. And it will be a refreshing sleep. You have sometimes risen in the morning more weary than when you laid down at night, but waking from the sleep of which I speak the last fatigue, the last ache, the last weariness, will be forever gone. Oh, what a blessing is sleep!

So my hearer, my reader, "Good night!" May God give you such sleep to-night as is best for you, and if you wake too soon may He fill your soul with remembrance and expectations that will be better than slumber. Good night! Having in prayer, kneeling at the bedside, committed yourself and all yours to the keeping of the slumbering God, far nothing. The patience that walketh in darkness will not cross your doorstep, and you need not be afraid of evil tidings. Good night! May you have no such experience as Job had when he said, "Thou searest me with dreams and terrifies me through visions. If you dream at all, may it be a vision of remission and congratulations, and waking, may you find some of them true. Good night! And when you come to the best sleep, the blissful sleep, the last sleep, may you be able to turn and give all the cares and fatigues and bereavements and pangs of a lifetime, "Good night!" and your kindred, standing around your illumined pillow, give you hopeful though sorrowful farewells as you move out from their loving embrace into the bosom of a welcoming God. Good night! Good night!

Household Hints.
If there is one thing on which the housewife prides herself, it is that of having her laundering done nicely, so that the wearing apparel may be the admiration of all. The washing is a small matter, anyone almost can do that, but to have the linens present that flexible and glossy appearance after being ironed requires a fine quality of starch.

J. C. Hubinger's new laundry starch, "Red Cross" and "Hubinger's Best" brands are his latest inventions and the finest starch ever placed on the market; not a new starch made by a new manufacturer, but a new starch by the leading and only manufacturer of fine laundry starch in the United States.

His new method of introducing this starch with the Endless Chain Starch Book enables you to get one large 10c. package of "Red Cross" starch, one large 10c. package of "Hubinger's Best" starch, with the premiums, two beautiful Shakespeare panels, or one Twentieth Century Girl calendar, all for 5c. Ask your grocer.

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List of the Famous Howard Family.
Matthew Howard, aged 84, the last member of the famous Howard family, has just died at his home near Paris, Ky. He was a bachelor, and left a large estate. He was the last of nine children, each of whom was over six feet in height. The father was six feet four, and weighed 200 pounds; the mother was six feet and one-half inch, and weighed 285 pounds. The height of the parents and nine children aggregated 70 feet and 3/4 inch, and their aggregate weight was 2,298 pounds. The four women aggregated 24 feet 7 1/2 inches, and aggregated in weight 760 pounds. The seven men aggregated 45 feet 5 inches in height and 1,538 pounds in weight. The mother had 12 brothers, each over six feet in height. The height and weight of this family was probably without a parallel in the world.

Jerome K. Jerome usually spends his vacations on a farm.

You're Gambling!
It's too risky, this gambling with your cough. You take the chance of its wearing off. Don't! The first thing you know it will be down deep in your lungs and the game's lost. Take some of Ayer's Cherry Pectoral and stop the gambling and the cough.

"I was given up to die with quick consumption. I ran down from 138 to 95 pounds. I raised blood, and never expected to get off my bed alive. I then read of Ayer's Cherry Pectoral and began its use. I commenced to improve at once. I am now back to my old weight and in the best of health."—CHAS. E. HARTMAN, Gibbstown, N. Y., March 3, 1899.

You can now get Ayer's Cherry Pectoral in a 25 cent size, just right for an ordinary cold. The 50 cent size is better for bronchitis, croup, whooping-cough, asthma, and the grip. The dollar size is best to keep on hand, and is most economical for long-standing cases.

Origin of Crackerjack.
The Boston Herald thus explains the origin of the word "crackerjack": "In the hot southwest cactus whisky, or mescal, is a favorite prescription for a jag. The Mexican loaded with mescal is much given to Castilian profanity and invective, his favorite verbal jewel being 'carajo,' pronounced 'carahoo.' In time a gorgeous, red-lipped, vociferous drunk came to be called a carajo jag—carahoo jag—and by corruption a crackerjag or crackerjack. Hence, all things supreme, clever, first-class, were by analogy termed 'crackerjack.'"

Beauty Is Blood Deep.
Clean blood means a clean skin. No beauty without it. Cascarets, Candy Cathartic clean your blood and keep it clean, by stirring up the lazy liver and driving all impurities from the body. Begin today to banish pimples, boils, blotches, blackheads, and that sickly bilious complexion by taking Cascarets.—beauty for ten cents. All druggists, satisfaction guaranteed, 10c, 25c, 50c.

Cataract Cannot be Cured.
With local applications, as they cannot reach the seat of the disease. Cataract is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Cataract Care is taken internally, and acts directly on the blood and mucous surface. Hall's Cataract Care is not a quack medicine. It was prescribed by one of the best physicians in this country for years, and is a regular prescription. It is composed of the best London Collyrium, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing cataract. Send for testimonials, free. F. J. CHERRY & CO., Props., Toledo, O. Sold by Druggists, price, 75c. Hall's Family Pills are the best.

In the mails recently received in Milwaukee were the ashes of a lady of that city who died while visiting Germany and was cremated there.

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JOHN D. PORTE, Pittsburg, March 1, 1899.
Of JOHN D. PORTE & Co., Real Estate and Insurance,
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