

FOR THE SLEEPLESS.

Dr. Talmage Speaks on the Subject of Insomnia.

Sleep the Vacation of the Soul - A Divine Narcotic - Words of Consolation for Sufferers - The Last Sleep.

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In this discourse Dr. Talmage treats of a style of disorder not much discussed upon and unfolds what must be a consolation to many people.

It comes the minute he orders it and departs at the minute he wishes it to go, as Napoleon when he wrote: "Different affairs are arranged in my head as in drawers. When I wish to interrupt one train of thought, I close the drawer which contains that subject and open that which contains another. They do not mix together or inconvertible 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 purchase it. A great French financier cried out: "Alas! Why is there no sleep to be sold?"

Do not take this divine gift as a matter of course. Your seven or eight hours of healthful unconsciousness is a blessing worthy of continuous and emphatic recognition. Praise the Lord for 365 resurrections in a year! Artificial slumber can be made up by the apothecaries, but natural sleep is a balm, a panacea, a catholicon that no one but God can mix. With it he bathes your eyes and brain and nerve and bone. It is a soft robe woven in Heaven, with which He wraps your body, mind and soul. The more scientists explore this mystery of sleep the more profound it seems. God tells us many things, but that is a secret He keeps to Himself. We philosophize and guess about this phenomenon, but will never know just what sleep is until we are told about it when we get through the last sleep. Thank God morning, noon and night for this strange quietude, this refreshing dismissal, this recuperating absence, this reinforcement of energies, this mighty benediction.

Consider among the worst crimes the robbery of ourselves or others of the mercy of slumber. Much ruinous 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 a few hours from the night." We are told that, though they did their work at night, Copernicus lived to be 73 years of age and Galileo 78 years and Herschel 84 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 slumber. The worst lamp a student 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, would rise from his couch. But you are neither a Justinian nor a Lord Brougham. Let not the absurd apothecary or the record in "His sleep brake from him." Solomon describes this trouble and says: "Neither day nor night seeth he sleep with his eyes." Asaph was its victim, for he complains in my text that his eyes are wide open at midnight, some mysterious power keeping the upper and lower lids from joining: "Thou holdest mine eyes waking."

Insomnia, which has troubled all nations and all ages, and its widest swing in our land, because of the push and speed of all styles of activities, as in no other land. Where there is one man or woman with equiscope of nerves there are a dozen with overwrought and tangled ganglion. At some time in life almost everyone has had a touch of it. It has been called "Americianitis." Last night there were, as there will be tonight, millions of people to whom the words of the text are appropriate utterance: "Thou holdest mine eyes waking."

Wonderful is that law which Ralph Waldo Emerson called the "law of compensation," and it has been so arranged that, while the hard-working populations of the earth are denied many of the luxuries, they have at least one luxury which many of the affluent of the earth are denied and for which some of them would give millions of dollars in cash down—namely, capacity to sleep. The most of those who toil with hand and foot do not have to tend out invitations to sleep. They require no bromide or valerian or sulphonal or trional to put them to nightly unconsciousness. In five minutes after their heads touch their pillows they are as far from the wall they were building, or the ditch they were digging, or the anvil they were pounding, or the wheels they were controlling, as heaven is from earth. About three o'clock in the morning, the body at lowest temperature and its furnaces nearly out, what a complete quietude for the entire physical and mental structure! All night long, for such sleep is busy with its enchanted, anointing of every corpuscle of the arteries and every molecule of the entire physical organism, and the morning finds the subjects of such sleep rebuilt, reconstructed and touched of God into a new life.

Of course there is an unrighteous 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 asleep 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 sluggard, who accomplishes 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 yawns out: "A little sleep and a little slumber and 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? If sleep, according to sacred and profane literature, is an emblem of death, the morning to all refreshed slumbers is a resurrection.

If you have escaped the insomnia spoken of in the text, thank God. Here and there one can command sleep, and

by month - sermon preparation, neighborhood visitation, heartbreaking obsequies, sympathetic help for the anxious, the despairing and the dying. It is a wonder that ministers of the Gospel have any nerves left and that the angel of sleep does not quit their presence forever.

But I here and now pronounce high-est consolation for all those who in any department have sacrificed their health to duty. Your sleeplessness is as much a wound as you can find on any battlefield and is an honorable wound. We all look with reverence and admiration upon one who has lost an eye or an arm in the service of his country, and we ought to look with admiration upon those who, through extreme fidelity to their life work, have lost their capacity for slumber. Remember glorious Albert Barnes going along the streets of Philadelphia at four o'clock in the morning for many years to his church study, writing all his commentaries before breakfast, and keeping on until he was stone blind. Will not the Lord reward such sacrifices? And if through your fidelity you have lost capacity to sleep, God, who never slumbers or sleeps, will look after you. When you hear the clock strike twelve and one and two and three and four without your going to your slumber, let it remind you that you have not been a sluggard or a do-nothing. You are suffering in a good cause. Paul got sore eyes in the Lord's service, and had many a scar, but so far from complaining about it, he exults in those scars, saying—in the only inspired letter we know that he wrote with his own hand, for the other letters were dictated to amanuenses—in that letter to the Galatians: "I bear in my body the marks of the Lord Jesus."

All the victims of insomnia ought to be consoled with the fact that they will have a good long sleep after awhile. 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 sleeping." 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 other 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 worryment, will be forever gone. Oh, what a refreshing sleep!

Most people are tired. The nights do not repair the day. Scientists, by minute calculation, say that every night comes a little short of restoring the body to where it was the day before, and so every seventh day was put in for entire rest, to make up in reparation for what the nights could not do. But so restful will be the last sleep that you will rise from it without one sore nerve, without one tired limb—rested, forever rested, as only God can rest you. O ye tired folks all up and down the world, tired with work, or tired with persecutions, or tired with ailments, or tired with bereavements, or tired in the struggle against temptation, clap your hands with eternal glee in expectation of that sleep from which you will wake up so rested that you will never need another sleep or even another night. "There shall be no night there," because there will be no need of its quieting influences. No lengthening of the shadows of tower and wall and gate. No evening mist rising from the river. No sundown. "Thy sun shall no more go down, neither shall thy moon withdraw itself, for the Lord shall be thine everlasting light, and the days of thy mourning shall be ended."

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 reminiscences 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 slumberless God, fear nothing. The pestilence that walketh in darkness will not cross your doorsill, and you need not be afraid of evil tidings. Good night! May you have no such experience as Job had when he said: "Thou scarest me with dreams and terrifiest me through visions." If you dream at all, may it be a vision of reunions 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 say to all the cares and fatigues and bereavements and pang of a lifetime: "Good night!" and your kindred, standing around your illumined pillow, give you hopeful though sorrowful farewell as you move out from their loving embrace into the house of a welcoming God. Good night! Good night!

Hard to Believe. "I wouldn't have minded being whipped so much," said the young culprit, "if the teacher hadn't said that my punishment hurt him more than it did me." "That oughtn't to make you feel any worse." "Well, it did. What he punished me for was telling stories."—Washington Star.

A MYSTERIOUS CRIME

BODY OF A MILLER FOUND BENEATH A WATER WHEEL.

The Hands Were Tied and a Heavy Piece of Iron Was Fastened to One Leg—The Man Had Been Missing for a Week.

One of the deepest mysteries which ever stirred Battle Creek, Mich., assumed a new phase by the finding of the body of Sherman Church, a prominent young miller, lying under the water wheel of the Augusta Mills, with both hands tied behind him and a heavy weight attached to his left leg. Tuesday, Jan. 2, Henry Marvin, a leading resident, came into the Augusta Mills to get a sack of grain. Sherman Church waited on him and accepted the money. He then went from the office to the mill as Mr. Marvin was departing.

Church's wife kept supper waiting for him, but he did not return. She went to the mill and found that he had disappeared. The mill was searched, but Church could not be found, and the entire community was started. Parties of friends broke up the ice in the river and searched the country, but the man was gone, and the mystery of it was that he had not been seen to leave the mill.

At the end of a week, as a last hope, the water was let out of the flume, which the residents had been certain was froze over at the time of the disappearance of Church.

The body was found wedged firmly between the big water wheel and the bottom of the wheel. It was with difficulty that the bloated and bruised corpse was extricated and brought to the bank of the river. Both hands of the young man were tied behind his back, and to his left leg was firmly attached the piece of heavy iron. The body was badly bruised, as it naturally would be beneath a water wheel.

CRIMINAL.

Lewis E. Goldsmith, the assistant cashier of the Port Jervis (New York) National Bank, who pleaded guilty to stealing about \$100,000 from that institution, has been sentenced to serve eight years in the Sing Sing prison. The Massachusetts Executive Council has commuted the sentence of Edward Ray Snow, the 19-year-old murderer, from death to life imprisonment.

Lieutenant Commander F. E. Green, of the cruiser Montcomery, has committed suicide at Montevideo.

Mrs. Josephine Smith, of Harlem, was bound, gagged and locked in her cell by a thief Jan. 11, who looted her house.

A fight at Pound Gap, Kentucky, Jan. 11, growing out of a quarrel over a game of cards, resulted in the killing of two men and the mortal wounding of two.

Charles W. Pickel shot Mrs. Lizzie A. Graham, at whose house he boarded, in Wilmington, Delaware, inflicting wounds that may prove fatal. Then he shot himself in the head, dying instantly. Jealousy prompted the crime.

Thomas Moore, a resident of Amherst, New Brunswick, and formerly intercolonial railroad agent there, is charged by secret service officers with dealing in counterfeit \$2 notes.

Mrs. Maude Johnson was shot and killed in Chicago the other day by John M. Toner, who turned the weapon upon himself, inflicting a probably fatal wound. Toner has a wife and children at Terre Haute.

Cornelius Shaw and James J. Egan were hanged Jan. 9 at Montrose, Pa., for the murder of Jackson Pepper.

Alfred Morrison, who fatally shot his wife on the night of December 28 last at Mt. Vernon, N. Y., has been placed under police surveillance, a policeman being at his side night and day.

CASUALTIES.

A sudden flood in the Pottlach river in Idaho on Saturday caused a loss of three lives, swept away twenty houses at Kenrick and destroyed bridges and tracks of the Northern Pacific Railroad.

By the premature explosion of a blast in the Mountain Consolidated mine, at Butte, Montana, Peter Sullivan and Thomas Smith were instantly killed. Both were single men.

Richard French, Thomas O'Brien and Charles Pachow, 12-year-old boys, of Louisville, Ky., were drowned in Gashouse pond while skating.

It is reported that the steamer wrecked at St. Mary's Bay, Newfoundland, was the Norwegian steamer Falke, employed for the last year by the Dominion Coal Company in the coal carrying trade between Louisville and Boston. The gale has not yet blown itself out, and the sea is still too rough to allow boats to get near the wreck in St. Mary's Bay. As yet there is nothing to show the name of the vessel. Tea bodies have been located among the rocks, and others can be seen floating about.

Dewey's Loving Cup.

The loving cup of silver made from the melted dimes contributed by over 70,000 American citizens, the majority of whom were children, was presented to Admiral Dewey in Washington Jan. 9. A small but notable gathering assembled in the parlors of the Dewey residence on Rhode Island avenue, and participated in the ceremony. The cup, which is a massive and artistic creation, nearly six feet in height, and appropriately inscribed, occupied the bay window, draped about the base with the American flag. At one side was a large silver bound volume containing the names of the subscribers of the dimes who had subscribed to the taken through the instrumentality of the New York Journal. Senator Dewey acted as spokesman. In accepting the tribute, Admiral Dewey thanked Senator Dewey for his gracious words, and said he was overpowered by this new proof of the gratitude of his countrymen. To him the most pleasant thing about it, and one that would make him cherish it all the more, was the fact that the children of the country were so largely represented in the giving.

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J. H. WETZEL, Attorney-at-law—Office in Crider's Exchange. Special attention given to surveying and engineering.

W. C. HEINLE, Attorney-at-law—in building opposite court house. Consultation in German and English.

JOHN M. KEICHLIN, Attorney-at-law and Justice of the Peace—in opera house block, opposite Court house.

J. C. MEYER, Attorney-at-law—in Crider's Exchange. Ex-district attorney. German and English. Prompt attention to all business.

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WILLIAM J. SINGER, Attorney-at-law—in Temple Court building, room No. 21, fourth floor.

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RAILROAD SCHEDULES

PENNSYLVANIA RAILROAD AND BRANCHES.

In effect on and after Nov. 20, 1899.

VIA TYRONE—WESTWARD. Leave Bellefonte 9:55 a.m., arrive at Tyrone 11:10 a.m., at Altoona, 1:00 p.m.; at Pittsburg 2:40 p.m.; at Altoona 2:10 p.m.; arrive at Tyrone 2:45 p.m.; at Altoona 2:10 p.m.; at Pittsburg 4:55 p.m.; at Altoona 4:44 p.m.; arrive at Tyrone 6:00; at Altoona at 7:35; at Pittsburg at 11:30

VIA TYRONE—EASTWARD. Leave Bellefonte 9:55 a.m., arrive at Tyrone 11:10; at Harrisburg 2:40 p.m.; at Philadelphia 4:47 p.m. Leave Bellefonte 1:05 p.m., arrive at Tyrone 2:15 p.m.; at Harrisburg 6:45 p.m.; at Philadelphia 10:20 p.m.

VIA LOCK HAVEN—EASTWARD. Leave Bellefonte 9:52 a.m., arrive at Lock Haven 10:39 a.m. Leave Bellefonte 1:42 p.m., arrive at Lock Haven 2:43 p.m., Williamsport, 3:50 p.m., Harrisburg, 6:50 p.m. Leave Bellefonte, 8:31 p.m., arrive at Lock Haven, 9:30 p.m., leave Williamsport, 1:15 a.m., arrive Harrisburg, 3:55 a.m., arrive at Philadelphia at 6:52 a.m.

VIA LEWISBURG. Leave Bellefonte at 6:40 a.m., arrive at Lewisburg at 9:25 a.m., Harrisburg, 11:30 a.m., Philadelphia, 3:17 p.m. Leave Bellefonte, 2:15 p.m., arrive at Lewisburg, 4:47, at Harrisburg, 6:55 p.m., Philadelphia at 10:20 p.m.

LEWISBURG & TYRONE RAILROAD.

In effect May 17, 1897.

Table with columns: WESTWARD, STATIONS, EASTWARD. Rows include Montandon, Lewisburg, Fair Ground, Vicksburg, Mifflintown, Millmont, Cherry Run, Coburn, Rhinoceros Springs, Centre Hall, Gregg, Linden Hall, Oak Hall, Lemont, Dale Summit, Pleasant Gap, Bellefonte.

BALD EAGLE VALLEY.

Table with columns: WESTWARD, STATIONS, EASTWARD. Rows include Tyrone, Valley, Bald Eagle, Dix, Fowler, Hannan, Port Matilda, Martha, Julian, Unionville, Snow Shoe Int, Milesburg, Milesburg, Curtin, Mt Eagle, Howard, Eggville, Beech Creek, Mill Hill, Unionville, Mill Haven.

BELLEFONTE & SNOWSHOE BRANCH.

Time Table in effect on and after Nov. 20, 1899.

Leave Bellefonte..... 9:55 a.m. and 5:45 p.m. Arrive at Snow Shoe..... 11:25 a.m. " 7:15 p.m.

Leave Snow Shoe..... 7:50 a.m. " 3:25 p.m. Arrive at Bellefonte..... 9:25 p.m. " 5:30 p.m.

For rates, maps, etc., apply to ticket agent or address Thos. J. Wood, P. O. W. D., 351 Sixth Ave., Pittsburg.

J. B. HUTCHINGS Gen'l. Manager. J. R. WOOD, Gen'l. Pass Act.

THE CENTRAL RAILROAD OF PENNA.

Time Table effective Nov. 21, 1899.

READ DOWN READ UP

No. 1 No. 2 No. 3 STATIONS No. 4 No. 5

a.m. p.m. a.m. p.m. Lv. At. a.m. p.m. a.m. p.m.

7:10 12:40 7:50 Bellefonte 9:40 5:10 10:14

7:20 12:50 8:00 " 9:50 5:20 10:24

7:30 1:00 8:10 " 10:00 5:30 10:34

7:40 1:10 8:20 " 10:10 5:40 10:44

7:50 1:20 8:30 " 10:20 5:50 10:54

8:00 1:30 8:40 " 10:30 6:00 11:04

8:10 1:40 8:50 " 10:40 6:10 11:14

8:20 1:50 9:00 " 10:50 6:20 11:24

8:30 2:00 9:10 " 11:00 6:30 11:34

8:40 2:10 9:20 " 11:10 6:40 11:44

8:50 2:20 9:30 " 11:20 6:50 11:54

9:00 2:30 9:40 " 11:30 7:00 12:04

9:10 2:40 9:50 " 11:40 7:10 12:14

9:20 2:50 10:00 " 11:50 7:20 12:24

9:30 3:00 10:10 " 12:00 7:30 12:34

9:40 3:10 10:20 " 12:10 7:40 12:44

9:50 3:20 10:30 " 12:20 7:50 12:54

10:00 3:30 10:40 " 12:30 8:00 13:04

10:10 3:40 10:50 " 12:40 8:10 13:14

10:20 3:50 11:00 " 12:50 8:20 13:24