

THE PULPIT.

AN ELOQUENT BACCALAUREATE SERMON BY PRESIDENT HADLEY, OF YALE.

The Sunday-School

INTERNATIONAL LESSON COMMENTS FOR AUGUST 22.

Subject: Paul's Third Missionary Journey—The Riot in Ephesus, Acts 19:23 and 20:1—Golden Text: 2 Cor. 12:9.

TIME.—A. D. 58. PLACE.—Ephesus. EXPOSITION.—I. A Riot in Ephesus, 23-30. Paul had wonderful success in Ephesus (vs. 10-12; 18-20). He must also have been testing us that it would have been better for Paul to leave in the full blaze of his success; but God looks at these things quite differently from what we do. The Gospel Way is sure to create a stir sooner or later. Men do not come to the bearers and all its demands at once, as they receive it quite calmly. But Demetrius will wake up to the fact that it touches his business. The Gospel faithfully and fully preached will stir up any community, at home or abroad. It is not necessarily the Christian movement that begins to boil in city, village or church. It may simply indicate that the fire is getting hot. The stir came because the new religion affected business (v. 25). Reforms and revivals are all right if they do not hurt the business of the community. Why, of course, "business is business," and the reform and the revival must go. "The love of money"—what a prolific mother of evils it is (comp. 1 Tim. 6:9, 10, R. V.). The Sunday newspaper may be a great success, but then the Christian merchant must advertise in it; for you see, "by this business we have our wealth." There are many applications. Let us see if we cannot find one that will hit ourselves. Demetrius uttered a very striking and truthful, though entirely unintentional, commendation of Paul (v. 26). Would that we had more Pauls who will persuade people and turn them away from the worship of false gods to serve the living and true God; and to wait for His Son from heaven (1 Thess. 1:10). The first and chief danger was injury to business; but there was another; poor Diana was imperiled (v. 27). It is doubtful if Demetrius really cared much for her; but he knew that an appeal to religious prejudices would carry many with him whose co-operation he greatly desired. There are many to-day who become very enthusiastic religionists if they can coin money out of it or get into an office. His statement that all Asia and the world were in danger was hardly consistent with his professed apprehension concerning her; nor was it exactly true. Some were enraged because they saw their business going to pieces; some because they saw their religion going to pieces. And then he uttered the concert of action to establish business and religion at the same time. In union they opened their mouths and yelled: "Great is Diana of the Ephesians!" This way of proving a point has not gone out of use, even in our day. The crowd who can be led by a religious fanatic, sure they have proved their point and carried the day. But somehow or other Diana of the Ephesians lost her hold on men from that day on, though they screamed for two straight hours. Points proven in that way do not stay. There was a rare combination of fearless courage and humble common sense in Paul. The mad mob awakened the manly fire in Paul's soul. He wished to go into the midst of the riot and proclaim Jesus. But he yielded to the entreaties of the friends who were in place of power. Paul will have the opportunity of facing a maddened mob further on; the time has not yet come. Mob are always irrational and mob law always insane. There was a babel of voices arising on the riot, and another another. There was utter confusion and the majority knew not why they were come together. The original cry (v. 28) is taken up again, and with one voice they shout it for two hours. What a strange sight, a great concourse shouting steadily for two hours. "Great is Diana of the Ephesians!" If shouting could prove anything, surely this proposition was proven. But shouting, no matter how loud, how long or how unanimous, proves nothing. The probability is that the rioting was a mere exercise in themselves in their inmost souls, and were trying to convince themselves of it by yelling the louder.

II. The Mob Quieted by the Town-clerk, 33-40. The town-clerk was a sensible fellow. He told them that there was no use in yelling and in proving what everybody believed. He also put a protest against mob law. He told them there was a legal way of having difficulties settled and crimes punished, and that they were in danger of getting into trouble themselves by raising a riot. Men who incite a riot or set in motion mob law ought always to get in trouble themselves. The advice given the excited citizens of Ephesus is good advice for us all. "Be quiet," do nothing rash. Let the law be respected, his respected the rights even of idolaters. He seems to have used his strength rather in preaching truth than in attacking error (v. 27).

Always a Pilot. We are never without a pilot. When we know how to steer and dare not hold a sail, we can drift. The current knows the way, though we do not. The ship of heaven guides itself, and will not accept a wooden rudder.—Emerson.

Her Indorsement. "I want to get this check cashed," said the young matron, appearing at the window of the paying teller. "Yes, madam, you must indorse it, though," explained the teller. "Why, my husband sent to me. He is away on business," she said. "Yes, madam. Just indorse it; sign it on the back so we will know, and your husband will know we paid it to you."

She went to the desk against the wall and in a few moments presented the check, having written on its back: "Your loving wife, Edith."—Bellman.

HAD THE CORRECT IDEA. The teacher glanced over her pupils and finally selected Joseph to tell her the meaning of the word "responsibility."

"Well," said the bright pupil, "I only had two buttons on my trousers and one of these came off the responsibility would rest on the other."

He was promoted to the class above.—Washington Star.

Uncle Remus and His Rival. "Joel Chandler Harris," said an Atlantan, "used to write comic newspaper editorials. Sometimes he made fun of rival editors in them, too."

"Simon Simpson, a rival editor in Mobile, having been made fun of, wrote angrily in his rag: 'Joel Harris has been getting off some cheap wit at our expense.' 'Joel, on reading this, grabbed his pen and dashed off quick as a flash for next day's issue: 'It must have been cheap, Simon, to be at your expense.'—Pittsburg Chronicle-Telegraph.

CHRISTIAN ENDEAVOR NOTES

AUGUST TWENTY-SECOND

Topic—Two Prayer Lessons—Matt. 6: 5, 6; 18: 19, 20.

Unanswered prayer. Deut. 3: 23-29. According to His will. John 14: 13, 14, 15; 7, 16, 18; 23-27; 1 John 5: 14. Christ's definite way. Mark 11: 20-26.

A powerful prayer. Jas. 5: 13-18. When to pray. Eph. 6: 18; Heb. 4: 16. A model prayer. Eph. 3: 14-19. We do not pray in the streets in these days, but there are other ways of honest prayer quite as effective (Matt. 6: 5).

It is only the life that is "hidden with God" that God can acknowledge openly (Matt. 6: 6). Prayers in which two really agree are far more likely to be unselfish and in accord with Christ's desire than the prayers of a single man (Matt. 18: 19).

Christ is with the solitary Christian, but He has definitely promised a special blessing to Christians that work and pray together (Matt. 18: 20).

Suggestions. Is not prayer the only great enterprise in which men expect to succeed without much time and thought? We are not heard for our much speaking, but we often speak much because we desire much.

Prayer is our most useful and most necessary work; let us give it the best part of the day and of our powers.—In the early morning. The wise man will give only half his time to his praying, and the other half to listening for the answer.

Illustrations. Prayer from a sense of duty is like a locomotive on the rails. Prayer from desire is like an airship in flight. Faithful prayer is like a ship with its sails spread, fastened to the wharf.

Every Christian should be in the school of prayer; and no school is profitable without regular lessons.

EPWORTH LEAGUE LESSONS

SUNDAY, AUGUST 22

Triumphant Faith—Matt 15: 21-28.

Just once during his ministry Jesus went outside the limits of the land of Israel. And then he went not to teach or to heal but to rest. It was not yet his hour for turning to the Gentiles—that came after his supreme sacrifice had been completed. The woman who came asking the Master's help was as far removed as she could be from "the hope of Israel." By citizenship a Phoenician, by blood a Canaanite, by training a Greek, she was a Gentile of the Gentiles. Here was a woman who knew no fear, and who could not be offended. Her need and her faith kept her pleading after she had been told she was outside the favored circle. The very figure of speech which Jesus used, "discourteous and discouraging as it seemed," gave her a new claim. "The children's bread must not be given to the dogs of the household." "Just so, Lord; the dogs get the crumbs, and it is for crumbs that I ask. No child of Israel will miss anything because this blessing is given to me. So she had her way. She had come to the right Person with faith, and her faith was not dismayed by his delay or his seeming unwillingness. Faith will triumph, though it be the faith of one who has never yet asked anything of God. Only it must be an unselfish faith, persistent, humble, believing. Then it will get its heart's desire.

MAN MUCH BITTEN BY BEAR.

A thrilling bear story is contained in a report received at the Navy Department from the Assistant Surgeon C. C. Greive, in charge of the naval hospital at Sitka, Alaska. The captain of a fishing sloop was brought to the hospital for treatment. An examination showed that he had been bitten no less than sixty-four times by a female brown bear and had received in addition many deep scratches.

The fishing captain landed one day on the shore of Rodman Bay to hunt for deer. On his return at night he stumbled on the bear with her two young cubs. Before he could use his rifle the bear was upon him. In the struggle that ensued the man was bitten in all parts of the body. For three days he lay where he had fallen, without food or drink except a few berries he was able to gather and the moisture he could get from leaves. He began his trip down the mountain, crawling inch by inch, and reached the beach on the evening of the seventh day. He was pestered by mosquitoes, which at that time of year in Alaska are frightful. The wounded and almost naked man was compelled to burrow in the leaves and moss.

His companions went in search of him, but they did not find him until he reached the beach. He was taken at once to the Sitka hospital, where he was found to be delirious and emaciated.

Treatment was administered, although there seemed little chance that he would recover. He was out that he would recover. He was out of the hospital, however, within thirty-seven days.

Surgeon Greive in sending the report, which is in the simple language of an official communication, says: "The case is interesting in that it shows the remarkable nerve of the man, his powers of endurance and the resistance of his system to infection. It also serves to disprove the time-honored fallacy originating in the claim of old hunters that bears never bite man."—Washington Star.

Uncle Remus and His Rival. "Joel Chandler Harris," said an Atlantan, "used to write comic newspaper editorials. Sometimes he made fun of rival editors in them, too."

THE TEMPERANCE PROPAGANDA

CONCERTED ATTACK ON DRINK WINNING ALL ALONG LINE.

Thrift and Temperance.

May I comment upon some "points" made by "H. D." in a recent communication entitled "Finance of Prohibition?" It will not be long before "triumphant virtue" will result as it is now commencing in the "revival of public revenues." "H. D." need not fear that the "revival of a spirit of frugality" will ultimately and irresistibly extend, as voiced by the people, to the political managers and the officers and members of all our municipal corporations, city, State or nation.

Our State Legislatures and Congress as well as Boards of Aldermen and Common Councils are beginning to hear from the great majority of citizens that the "great families" which are strictly temperate are consequently frugal and industrious are always thrifty and progressive. What is true to the individual, and the family is certainly logically to be taken as true of the State and the nation.

Alabama, Georgia and Virginia certainly are among the advantages and increased revenues which have been so abundant in all such temperance States as Kansas, Texas, Maine, Ohio, Illinois, Indiana, Missouri, Iowa, Nebraska, Michigan and the other prosperous, debt paying States which have adopted the watch-words of "temperance and thrift." If in Alabama, Georgia and Virginia the practice of strict temperance puts a stop to the propagation and increase in that vast army of criminals which "rum" and "alcoholic" hysteresis create, if there are no alcoholic murderers, papists and insane, an immense load will be taken off the taxpayers.

If temperance reigns there will not be that need we have now in the "wet" communities for asylums for the victims of alcoholism, poor-houses, penitentiaries, jails, State prisons, hospitals and many other notable institutions. The criminal courts and police have little to do in temperance communities; and the expense of maintaining them is generally very light and finally practically eliminated. It was proved beyond a doubt in San Francisco when the Grand Jurors closed all saloons and drinking places during that period of earthquake and fire that no cases of drunkenness, riot or crime traceable to liquor or alcohol incentive were found in the city. All the expense and danger universally traceable to the victims of drink and those habitually addicted to liquor were eliminated.

It is not pleasant to think that "H. D." deplores an "unbroken reign of virtue from the Potomac to the Rio Grande," and the "sin of the world from the Lakes to the Gulf and the Atlantic to the Pacific." What a glorious, thrifty, enterprising, patriotic and prosperous country we should have if all the money which is wasted on drink could be turned into the channels of legitimate business; if all the time which is lost in the use and abuse of drink could be devoted to the substantial industries and work of the nation; if all the ill health, disease, sickness, insanity and crime directly traceable to liquor could be abolished; if all the loss of the prosperity and general thrift of the nation would be stimulated! The money now absolutely lost by the individual and family indulging in useless demoralizing drinking would be saved and employed in a number of methods and channels of investment and substantial permanent industries which would solidly increase the tax valuations and genuine wealth and provide for larger and more substantial tax reserves for the support of the municipal and State government and the departments of government.

This undoubtedly is shown in those communities where restrictive liquor laws are enforced and temperance is practiced. Look at those cities, counties and States where liquor and drink is controlled and limited as a social evil, a menace to health and a source of crime, and you will find them in every way reaching higher standards, stronger financial conditions and more elevated planes of thought and action.

Pick out those States, those cities, towns or counties in New England, in the Northwest or South, or any part of our nation, which have adopted temperance laws and compare them with those which have the "hysterical cries" for free beer, free rum, liberal "heautous" Sundays and weekdays, and compare the pictures and the results.

I suppose those people who want to enjoy the temporary "inspiration" and "hallucinations" which come from drink and drugs cannot ever be entirely prevented from the folly of ruining their health and their morals. We cannot wholly prevent crime and insanity, but as we try to prevent the spread of disease and moral leprosy, so we try to prevent the extending of fevers, diphtheria, tuberculosis, bubonic plague, and all vile and dangerous ill, why should we not try to stop the disease of alcoholism, which probably has created as many pliable victims and deplorable degenerates as all the rest of the evils first enumerated have cast upon the various communities and municipalities, to be taken care of at great expense by the public and private charities and general institutions of our land?—R. G. Coghlan, of San Francisco, in the New York Sun.

Try It On, Mr. Gilmore!

The Model License League "challenges the advocates of Prohibition to name a trade or industry in Kentucky which would not lose if the State Widens (State Prohibitionists) should be victorious."

Well, Mr. Gilmore, suppose you start with shoes. Would the poor whites and negroes, who now go with their feet half clad and give their money to your folks buy any less shoes if they didn't buy as much booze?—Franklin (Pa.) Venango Daily Record.

In the United States on June 30, 1906, there were 4290 rectifiers and 243,000 retail liquor dealers. On June 30, 1908, there were 2447 rectifiers and 236,488 retail liquor dealers. This represents a falling off of 1843 rectifiers and 6552 retail liquor dealers and this decrease is growing.

Wheat and Fields of Holy Writ

Save for my daily range Among the Pleasant Fields of Holy Writ I might despair.—Tennyson

REJOICE.

In the morning time, rejoice. Hear ye not the tuncful rhyning Of all things—the gifts of God? Each shortening shadow; each brightening vision. Doth more plainly show the beauty Of the love that He bestows. From the distance comes the cadence Of the zephyrs, soft and low. Singing in their morning freshness Of the longed-for right that past. Within the heart there is reflected Every image from without— Even the light and every beauty. Every joy and every duty. And methinks that Hope doth whisper, 'Tis a foretaste of the morn which comes When time shall be no more."

The Water of Life.

Salvation is free. Yes, free as anything man can conceive to exist, as the very air we breathe, or the water we drink. And yet how few there are who avail themselves of its blessings.

But, says one, if the religion of which you speak is adapted to my wants, and is free, why do I not possess it? There are even some persons who murmur because God in His goodness has so freely offered salvation to a lost and ruined world. They wish the Almighty would, and try to convince themselves that He does, oblige all to be saved; and thus, by compelling them to enter the Kingdom of Heaven, render that state, not one of freedom, but of endless slavery.

A party of persons embark upon a river, and are borne along with its tide towards the ocean. The scenery upon every side enchants them; and the breeze refreshes them. After a while they become thirsty. A portion of the party put forth an exertion, and partake of the water of the river which upon every hand surrounds them. The remainder simply neglect, thirst on, and finally perish for want of water; and yet no individual would for a moment deny that the water was free, and as free for the one class as the other. Thus it is with the fountain of living water so freely offered in the Gospel of Jesus Christ. Moment by moment we are hurrying down the river of time, to the eternity beyond. We may, perchance, be surrounded by friends who have drunk at the fountain, and in whom it is as a well of water springing up into everlasting life. They would rejoice to see us partaking of the same, which is offered as freely to us as them; the Spirit of God which has, even since our earliest recollections, surrounded us by its blessed influences, and which has been rejected by us, is still pointing us to the Lamb of God, who taketh away the sin of the world, but who simply have neglected to partake of the Water of Life, and perish. Whom but ourselves can we condemn in that day?—Zion's Herald.

Sometimes; Somewhere.

The dropping rock upon some of the Catskill cement conglomerate—pebbles cemented together, each one of which was worn smooth by the ceaseless ebb and flow upon the shore of some geologic sea ages before man was spoken into being. That ancient pebble or I have walked upon it, and it has been polished by the waves of time, and smoothed and polished by the waves of time. "What are they being thus tossed about?" There would have been no answer but the moaning of the sea. Nevertheless, God had a purpose which was to appear in the far extended ages, and we now see it in the upheaved mountains.

We view our hard and sad life experiences one by one, and we impatiently ask: "What are they for?" They come no answer but the sobbing of our own hearts. But every one of them has a blessed spiritual meaning. That meaning is to be grasped by faith. It will be made manifest in God's own time.—Rev. Craig S. Thomas, in the Standard.

The Highest Achievement of Prayer.

That prayer which does not succeed in moderating our wish, in changing the passionate desire into still submission, the anxious, tumultuous expectation into silent reverie, is no true prayer. It proves that we have not the spirit of prayer. That life is most holy in which there is least of petition and desire, and most of waiting upon God; that in which petition most often passes into thanksgiving.

Prayer still prayer makes you forget your own wish, and leave it to merge in God's will. The divine wisdom has given us prayer, not as a means to obtain the good things of earth, but as a means whereby we learn to do without them; not as a means whereby we become strong to meet it.—F. W. Robertson.

Cast Thy Care on Him.

Whatever it is that presses thee, go, tell thy Father, put over the matter to His hand, and so thou shalt be freed from that dividing, perplexing care that the world is full of. When thou are either to do or suffer anything, go, tell God of it, and acquaint Him with it; yes, burden Him with it, and thou hast done for matter of caring; no more care, but quiet, sweet diligence in thy duty, and dependence on Him for the carriage of thy matters. Roll thy cares and thyself with them, as one burden, all on thy God.—R. Leighton.

Stupid Mankind.

Notwithstanding our boasted civilization, mankind, as a rule, is more stupid than the ox and the ass, because they understand how their masters; but mankind, during the long ages of its pupillage, has not learned to know its Father.—Rev. O. Ross Baker.

Theology and Christ.

A knowledge of theology does not bring a knowledge of Christ.—Rev. E. L. Powell.

In recovering the telegraphic cables injured by the Sicilian earthquake in the Strait of Messina, the curious fact was noted that parts of the cables seemed to have been burned. This is regarded as confirming the hypothesis that the great disaster should be attributed to submarine volcanic eruptions rather than to rock movements in the adjacent lands. The huge sea-waves that swept both the coasts of the strait also indicate a submarine origin.

THE POULTRY YARD.

Buff Wyandotte Male.

The above picture shows the ideal low-short, plump body, full breast and sturdy carriage. The Buffs are strictly Wyandotte in all else but color, except that they are just a trifle larger than the Silver Laced. In general appearance they resemble the Buff Plymouth Rocks, except that the



latter have single combs and the former have rose combs.

They are splendid market fowls, and are good layers during the fall and winter months. They are very docile and do well in small yards, though if allowed freedom they roam the fields and orchards as much as some of the smaller breeds.

Fruit and Poultry.

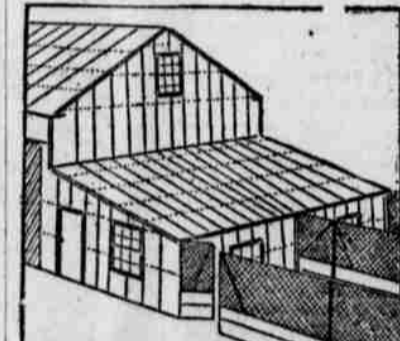
A profitable combination on a small farm within easy reach of a good market is fruit and poultry.

Hens, to do well, require a liberal range that contains bushes or trees enough to supply partial shade. They also require a variety of green stuff, with a sprinkling of insects. Such a combination may be easily supplied by planting the land to fruit and enclosing it in poultry netting wire.

The hens do not dig like they are confined. They dig little here and there, but quickly abandon the task to chase a moth or a grasshopper. If the trees or bushes are mulched they work in the little to their entire satisfaction, destroying many insects. All the bush fruits are benefited by poultry, provided the soil is made soft enough for them to scratch. Bush fruits cannot thrive well in ground that is packed down hard or covered with a mat of grass. But if the plow and cultivator are operated as they should be early in the season, the ground is put in condition to yield fruit and benefit the fowls, which is the most profitable way to get two crops from the land at once.—Farm Stock Journal.

A Lean-to Poultry House.

The above represents a very convenient and comfortable poultry house, built against a stable or other out-building. The portion adjoining the other wall is eight feet high, and the lowest part of roof is six feet. The roosts and dropping boards are set parallel with the yards, and a partition separates the two houses, so that they may each have a yard, as shown in illustration.



The nest boxes are placed under the dropping boards and the straw and litter are kept on the floors of the houses.

Of course we prefer the separate scratching shed, but when something cheap, designed for utility, is wanted then the above is most admirably suited. It may be built any size desired, and the cost will be much less than that of a separate house and yards.

Practical Poultry Points.

A cool, airy scratching shed is better than a dark, closed house for the day room.

There is no foundation for the assertion that the "sweet, rich flavor" of the egg belongs to the breed. That condition can only be brought about by the quality of the food.

Bad cases of feather eating have been cured by painting around the bare places on hens that have had their feathers plucked with a preparation made of powdered aloes dissolved in alcohol. Hens do not like the bitter taste.

Board floors in the chicken house are better than wet ground, but dry ground is best of all.

Vegetables of some kind should be fed the poultry the year round, cabbage, potatoes, beets, turnips, etc.

Shredded alfalfa, which costs about two cents per pound, is a fine green food where yards to provide the same fresh are not available. It can either be fed dry in boxes or scalded then added to a one-third bran mash—feed thus once a day.

English Coffee.

The American opinion of coffee as understood in the English home is not high, and how the coffee of the English lodgers is esteemed may be understood from the following traveler's tale. It was his first morning in London "apartments," and his landlady came up with the breakfast, and as he began the meal opened a slight conversation. "It looks like rain," she said. "It does," replied the American; "but it smells rather like coffee."—London Chronicle.

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If you are in doubt as to the cause of your disease mail us a postal requesting a medical examination blank, which you will fill out and return to us. Our doctors will carefully diagnose your case, and if you can be cured you will be told so; if you cannot be cured you will be told so. You are not obligated to us in any way, for this advice is absolutely free; you are at liberty to take our advice or not as you see fit. Send to-day for a medical examination blank, fill out and return to us as promptly as possible, and our eminent doctors will diagnose your case thoroughly absolutely free.

Munyon's, 53d and Jefferson Sta., Philadelphia, Pa.

The Mexican government has contracted with the Krupps to build a plant for the manufacture of bullets, smokeless powder and gun cotton, near Vera Cruz.

For HEADACHE—HICKS' CAPSULES. Whether from Cold, Heat, Stomach or Nervous Troubles, Capsules will relieve you. It's liquid-pleasant to take—acts immediately. Try it. 10c., 50c. and 100c. at drug stores.

One physician out of every 21 in the United States lives in New York City.

Don't dope yourself for every little pain. A cold hurts your stomach. Such pain comes usually from local indigestion. A little rubbing with Hamlin's Wizard Oil will stop it immediately.

WISE WORDS.

No man knows anything about the divine friendship who does not exhibit human friendliness. The noblest work often lies near. Only a putty life is afraid of being worn out. The battle of without goes as goes the battle within. Duty has a stern face only when viewed askance. You cannot become one of the tools of the infinite if you flee from his will.

No advantage is smaller than that gained by taking advantage of a friend. The man who always does what he wants is rarely wanted for what he does. The best evidence of loyalty to truth is liberality enough to give all truth a chance. Some are interested deeply in cross-bearing, but only as long as some one else is doing it. Some folks think they are resting in their faith because they always fall asleep in church. It is not strange that men lose the faculty of reverence when they do all their worshipping before a mirror.—From "Sentence Sermons," in the Chicago Tribune.

Why Their Silverware Lasts.

The Dutch, when they invite you, and they are not a guest-seeking race, are extremely hospitable. Sometimes, however, when it comes to dinner, their active hospitality demands an energetic recognition. The table is laid with piles of plates before each chair. On your first visit the spoons and forks are heavy silver and ivory. You never, however, eat with them again. When you have been shown that a family possesses them, that ends it. You eat thereafter from everyday ware. "What would the silver be like for our descendants if we used it often?" an old lady asked me. "What would we have if our ancestors had been careless?"—Harpers' Bazar.

Rather Rough.

Gunner—And now comes a professor who declares that fruit is just as healthy with the skin on as it is peeled. Guyer—H'm! I'd like to see somebody start him on a diet of pineapples.—Chicago News.

Painful Pleasing.

"Do you think that man is suffering from 'exaggerated ego'?" "A man never suffers from exaggerated ego," answered the eminent alienist. "He always appears to enjoy it."—Washington Star.

Two big vessels for use in the Pacific trade are now building at the Mitsubishi dockyards for the Oriental Steamship Company. One is of 13,500 tons and two of 9,250 tons each.

BAD DREAMS Caused by Coffee.

"I have been a coffee drinker, more or less, ever since I can remember, until a few months ago I became more and more nervous and irritable, and finally I could not sleep at night, for I was horribly disturbed by dreams of all sorts and a species of distressing nightmare. "Finally, after hearing the experience of numbers of friends who had quit coffee and were drinking Postum, and learning of the great benefits they had derived, I concluded coffee must be the cause of my trouble, so I got some Postum and had it made strictly according to directions. "It was astonishing at the flavor and taste. It entirely took the place of coffee, and to my very great satisfaction I began to sleep peacefully and sweetly. My nerves improved, and I wish I could wear every man, woman and child from the unwholesome drug—ordinary coffee. "People really do not appreciate or realize what a powerful drug it is and what terrible effect it has on the human system. If they did, hardly a pound of it would be sold. I would never think of going back to coffee again. I would almost as soon think of putting my hand in a fire after I had once been burned. "A young lady friend of ours had stomach trouble for a long time, and could not get well as long as she used coffee. She finally quit coffee and began the use of Postum, and is now perfectly well. Yours for health." Read "The Road to Wellville," in pks. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.