

# A PRAYER FOR YOU

By REV. STEPHEN PAULSON

TEXT—For this cause I bow my knees unto the Father . . . that Christ may dwell in your hearts by faith.—Eph. III: 14-17.

This is part of a prayer of St. Paul for his people. Paul was in a Roman prison. The liberty of his movements was restrained; he was in a stone cell, and he was chained to a Roman soldier—but his prayers were not chained.

St. Paul says: "The prayer of a righteous man availeth much," and there are surely more things wrought by prayer than we ever imagine. I tell you it is worth while having one who carries you on his heart to such an extent that he prays for your safety and welfare. When Lot's family was in danger Abraham prayed until God promised them safety. When the Ephesian church was going through the fires of persecution, Paul sent up prayers in their behalf from his prison cell. When Peter was in danger of backsliding, Jesus prayed for him: "Simon, Simon, behold Satan hath desired to have thee, but I have prayed for thee that thy faith fall not."

Do not many faithful pastors send up prayers, as Paul did, for the churches committed to their care? Do they not pray for the homes of the congregation and for individuals who are going through some trial and for the young people who are starting out into life? And how as of old, the prayer of a true, sincere man availeth much. It is a part of a faithful minister's service which is very often overlooked and yet is of the first importance. What a fine thing it is for the Ephesians to have St. Paul praying for them upon every remembrance. Although he was far away, he was still their pastor, the shepherd of their souls.

But for what did he pray? Did he pray that they might live in comfort and ease and have plenty? Did he pray that they might be free from persecution and that the church might grow without hindrance? That, probably would have been our prayer under like circumstances. But his prayer was "That Christ may dwell in your hearts by faith."

How wonderfully comprehensive that prayer is when we begin to analyze it. Oh, it takes the inspiration of the Holy Spirit to make a prayer like that. It takes insight into the deep things of God, and into the needs of the human hearts.

Do you think that there is anything you need more than that? Do you not honestly think that that would make most things right which are wrong, would bind up broken hearts, would heal things that hurt, and drive out evil things which are spoiling your life? Yes, you know it, and I know it, so let our prayers be that Christ may dwell in our hearts by faith.

This is the substance of your faith. A better and more comprehensible definition of our religion could not be given. It contains the whole of Christianity as the acorn contains the oak.

The whole Jewish law had its divine inspiration, its secret spirit, but it was hidden in a vast system of forms. Christ said, "I come not to destroy but to fulfill," and the true spirit of the law was seen in him. In winter an old apple tree is homely, gnarled and twisted. But in spring when it is covered with blossoms there is nothing more beautiful. So the old Jewish law blossoms into beauty and comes to fruit in Jesus Christ.

Christianity is not a system of laws, but a state of the heart. Christ is a man—that is the Christian religion. It is Christ dwelling in the heart by faith, and then a man begins to know the length and the breadth and height and depth of the love of Christ which passeth knowledge. Outside of personal experience, Christianity is pale as a lunar rainbow.

There are three avenues of experience by which Christ may come to man—sight, intellect, the heart. To have seen Christ was deemed of great importance in the early days. Those who had seen Jesus possessed a certain distinction. Paul, defending his apostleship, says, "Have I not seen him?" But how meager was the Christian life of those days compared with that of later ages, and did not Jesus pronounce a blessing on those who had not seen and yet believed?

Christ may be presented to a man's intellect. There are certain facts to be known and understood concerning him, but there are also many that are beyond our understanding. Credits sum up a few great facts of our religion. Not that the repetition of a creed will make anyone a Christian, but a creed is like the astronomer's telescope. He sweeps the heavens to find a particular star. By and by the telescope brings it to his eye. It is not the instrument that sees the star, but the man's eye. A blind man could not see the heavenly bodies with a telescope, no matter how powerful it might be. So a creed may bring facts to your intellect, but it takes the heart to apprehend and interpret them.

Therefore Paul prayed for the Ephesians not greater knowledge, but that Christ might dwell in their hearts by faith. For the heart may embrace Christ with an enthusiasm of love, even though the intellectual perception be imperfect and vague.

**As God Sees Us.**  
The real fact about any situation or about a human soul is what lies within it for God, what it is worth to God. When we see what appears to the eye, he sees all that may be. He sees what lies behind the appearance, what slumbers at the depths of the fact. He sees the strength in the winter; he sees the bud already on the bare branch; he hears the music which sleeps in the strings. He sees his children's faces of God, long-remembered with Christ. Such things as you and me.—Rev. A. A. Hutton.

# TEMPERANCE NOTES

## PROGRESS IN GREAT BRITAIN

Brief but striking summary of Temperance Work in England During Past Ten Years.

A brief but striking summary of the last ten years' advance of the temperance cause in Great Britain forms part of an interesting article entitled, "The Outlook," published recently in one of the foremost organs of the temperance cause in England. The facts are forcibly summarized in the following paragraphs:

"The decade which has just closed will always be memorable for the enormous advances which the temperance movement has made in every part of the civilized world. It is always difficult to estimate progress in any political or moral agitation. As the seaman can judge of the strength and direction of a current only by fixing his eye on some remote or stationary object and observing its approach or recession, so on the broad ocean of public opinion a judgment of the power of the current which is floating forward the temperance question can be formed only by noting the landmarks which have been passed or the rapidly with which others are being approached.

"The greatness of that advance in the United Kingdom is indicated, though by no means measured, by the marked reduction in the consumption of and expenditure on drink which has taken place. Between December, 1899, and December, 1909, there has been a fall in annual consumption of over 4,000,000 barrels of beer and over 13,000,000 gallons of spirits, and there has been a drop in the annual expenditure during the same period of no less than £20,000,000.

"This, however, is not the full measure of the real advance. During the past ten years the national attitude to the liquor evil has greatly changed, and nowhere more remarkably than among the working classes, a result largely due to the splendid 'lead' given by their leaders on this question.

Social reformers of every school are now realizing that behind all the abuses which they are attacking stands the great ally of every social evil which curses the land—the liquor traffic. Educationists have learned at last that it is idle to attempt to educate the child and leave him unwarmed against a drug which is the most potent destroyer of physical, mental, and moral control, and the testimony of the medical profession against alcohol grows louder and more united every year.

"In the realm of political activity the advance has been great. In January, 1911, there was in power a government which was content to be the servant of the liquor trade. In January, 1911, a government holds office which has shaken itself free from 'the Trade,' which has dared to defy 'the Trade,' and yet today is in power by the people's will with a great majority—a government elected by the people with full knowledge that temperance legislation of an advanced kind will be among the first fruits of the legislative harvest.

## RUM PROVES COSTLY TO MAN

Once Member of New York Stock and Produce Exchanges Brought to Ruin by Drink.

A pitiable instance of how strong drink will drag a man down was furnished a few days ago when a Salvation Army officer took to Bellevue hospital as a victim of nephritis a man of fifty-five who was penniless, broken and cast off by his family and friends. This victim of rum is the son of one of the world's most famous men. As a young man he went abroad with his father and met royalty. After a college education he was a member of the New York Stock and Produce exchanges. He was a member of the most exclusive clubs, and had a wife and four children. He became involved in a financial scandal, was for a time in an asylum, and then dropped far down in the social scale. It was impossible for his family to aid him other than to pay his board in places where he could not obtain money or credit. He became familiar to men who frequent resorts late at night. He was often seen sweeping out saloons, doing errands, happy to acquire liquor. Diebeveled, ragged, unkempt, he is apparently near a pauper's grave. And, alas! is but one of the many thousands who go the same career. Can rum have a stronger arraignment?—Christian Work and Evangelist.

## Alcohol Causes Insanity.

"The large part played by alcohol as a cause contributing to insanity receives fresh confirmation in the fourth report of the commissioners to lunacy," says the British Medical Journal. "For the five years ending 1893 alcoholism was the predisposing or exciting cause in 29.8 per cent. of male and 8.1 per cent. of female lunacy. Intemperance is credited with 25.6 per cent. of male and 19.9 per cent. of female general paralytics."

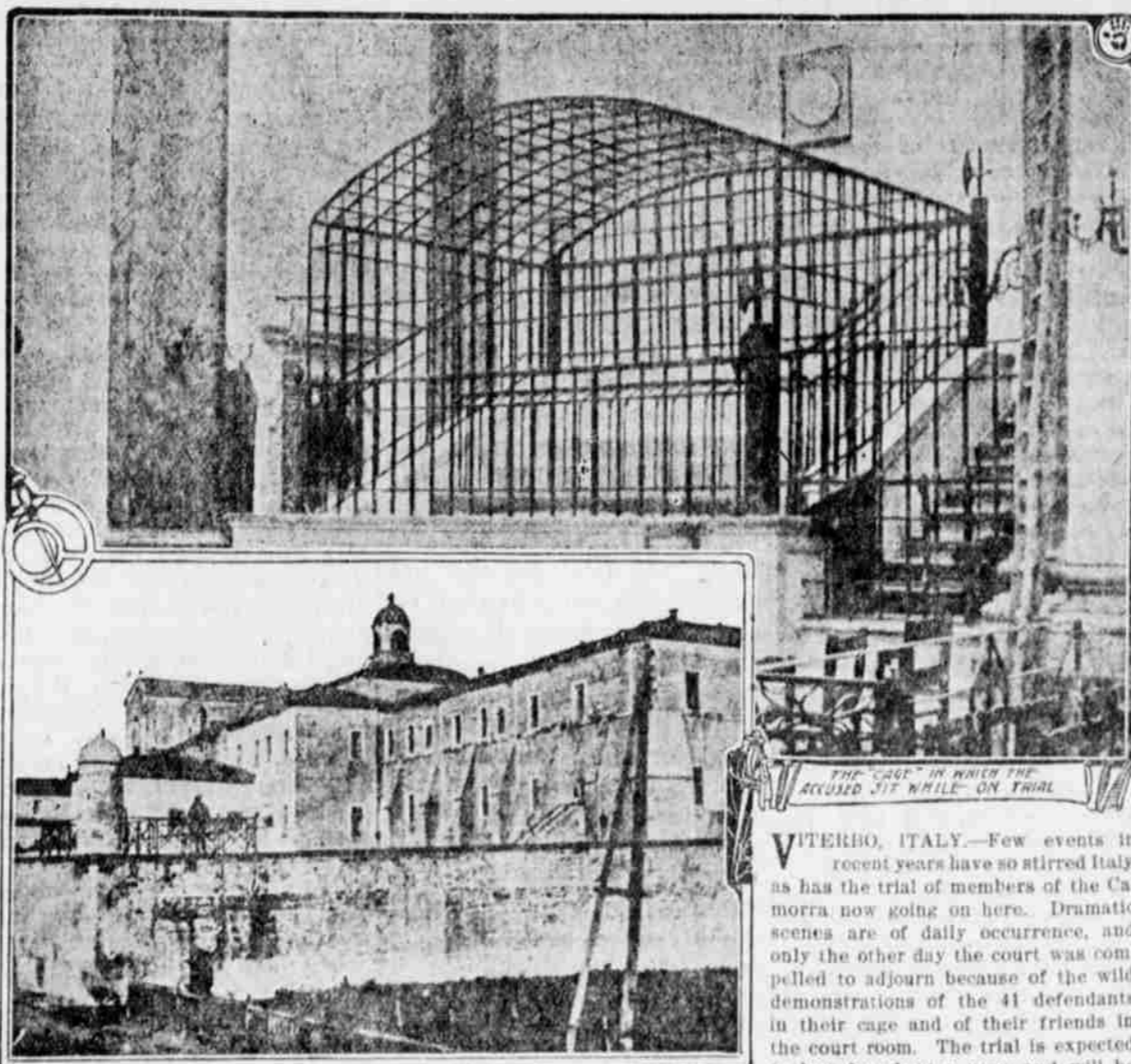
## Rum Drinking Destroys.

"The accursed habit of rum-drinking is bringing destruction on our Irish people, and it would have been far better for some of them had they starved in the bogs of Ireland than to go spending their time and money in the grog shops of New York."—Rev. F. M. McSweeney, New York.

## Keir Hardie on Temperance.

Mr. Keir Hardie, M. P., speaking at Neath, said his travels in Scandinavia, Germany and Belgium had taught him the value of total abstinence. Temperance should be treated as part of the general movement for the redemption of the working classes.

## CAMORRA TRIAL EXCITES ALL ITALY



MONASTERY OF CASOLI

## PILOTED BY AN EAGLE

Big Bird From Cebu Held by Twenty-Fathom Line.

Captured by American Naturalist After Two Weeks of Arduous Mountain Climbing and Watchfulness—Goes to Zoo.

New York.—Piloted up the bay by an immense American eagle, the steamship Pathan closed a two months' trip from Cebu, in the Philippine Islands. The eagle has a double claim to the title American. Its native eyrie in the mountains of Cebu is under the American flag, and the bird itself will make its permanent home hereafter in the Bronx Zoo.

After nearly two weeks of arduous mountain climbing and untiring watchfulness, the bird was trailed to its nest high upon the face of a precipitous cliff by Professor Kingcome, an American naturalist, who had a thrilling adventure making it captive. Accompanied by three Filipinos, he climbed the mountain by a roundabout trail, coming out on the cliff some 40 feet above the eagle's nest, at an elevation of 9,000 feet above the sea. The face of the cliff was sheer and presented no foothold by which the bird hunter could descend.

Making a rope fast under his arms, and taking a turn with it around a tree, he instructed the little brown men how to lower him by slacking away easily. The descent was made all right, and the eagle, found asleep, was easily captured by means of a heavy net. Getting back to the top of the cliff was another proposition. The Filipinos are not noted for big muscles, and the professor, with the added weight of the eagle, proved too much for their strength. For more than an hour they tugged and pulled at the rope, only to give out entirely with the naturalist and his captive dangling in midair some 15 feet below the first foothold on the cliff.

For a time Professor Kingcome thought his aids had deserted him, as they made no reply to his shouted orders. Finally he made them pay attention, and under his instructions a light of the line was lowered over the face of the cliff. This he made fast to the eagle, and leaving the bird swinging there, the professor climbed hand over hand to the top of the rock. After that it was a simple matter to haul up his prize.

Throughout the trip the big bird was at liberty daily at the end of a 20-fathom line, and led the ship for hours at a time. The line, made fast to a shackle on the eagle's leg, working in a swivel to prevent jamming, did not seem to worry the captive. When liberated it would dart up into the air to the full length of the line; then, as it felt the restraint, would gradually settle down to about the level of the ship's deck, and with its wings full spread would maintain a position ahead of the ship for hours, keeping the line as taut as the hawser of a tug. When tired of playing, the bird would come aboard and make no

resistance to being tied up with a shorter line on deck.

When the Pathan leaves here for Baltimore there will be a vacancy in the berth of one serang. Hussein Ben Ali, boy's and serang of the Malay crew, was attacked with appendicitis and taken to the Long Island College hospital, where the surgeons operated on him. The boy's been with the ship for three years, and is an important man on board from his authority over the crew. The Malays will choose one of their own number to act as serang until the ship reaches Liverpool, where Hussein Ben Ali will rejoin her if all goes well.

This is not the only surgical case entered on the ship's log since leaving Cebu. While at sea, near Singapore, Chief Officer Walker was superintending the breaking out of some cargo to get at a spare anchor, when the tackle slipped and one of the big grappling hooks struck him on the cheek, fracturing the jaw. Whether the eagle's presence was responsible for these casualties on board the ship's company does not say.

## HEN HAS MONKEY'S FACE

New Jersey Fowl, Marked in Its Egg-hood Days, Is Hatched Out a Real Nature Freak.

New York.—Moritz Adler has a country home and farm near Deal, N. J. He also has a Plymouth Rock chicken. He gave her a place in the back yard of the home, with a dry goods box for a coop.

Though perfectly normal in every other way, Rose—that's her name—has the shrewd face of a monkey. She drinks soup from a spoon held in the hand of her nurse. Having no beak, she does not peck at meat scraps, after the manner of fowl, but picks them up daintily with her strawberry-hued lips.

The facial expression of Rose is piquant. She has a rather set expression at the corner of her mouth, indicating firmness of character. Her nose is well defined. Rising from her rather broad forehead is a pompadour of feathers in the style that young girls affected with their hair a year ago, when Rose was a smooth white egg instead of a remarkable chicken. The general contour of her face is somewhat like that of Susie, the funny little orang-outang from Borneo who delights children at the Bronx Zoo. Her snappy black eyes light up wonderfully when she sees cracked corn or oatmeal mush.

"She was born a year ago," said Adler. "I knew her mother well. She was a fine old fussy Plymouth Rock hen, who stuck steadily to the business of scratching gravel and producing eggs. She wasn't quite as progressive as some of the more flashy Brown Leghorn and Indiana game young ladies of the barnyard. She didn't take kindly to new-fangled ideas like women's rights. Nothing made her so mad as to see some other

## VITERBO, ITALY.—Few events in recent years have so stirred Italy as has the trial of members of the Camorra now going on here. Dramatic scenes are of daily occurrence, and only the other day the court was compelled to adjourn because of the wild demonstrations of the 41 defendants in their cage and of their friends in the courtroom. The trial is expected to last for about a year, and will be one of the most remarkable in history.

## FARMERETTES TO TILL SOIL

Mrs. O. H. P. Belmont Opens First Class in Agriculture for Young Women of New York.

New York.—Mrs. O. H. P. Belmont opened her first class in farming for young women of the city. Twenty young girls "farmerettes," she calls them, garbed in blue bloomers, broad-brimmed hats and boys' shoes, are comfortably encased tonight in the farm house at "Brookholt." Mrs. Belmont's 1,900-acre estate on Long Island.

The young women were selected from 600 applicants from New York factories. They will first be instructed thoroughly in household duties upon a farm, and with the arrival of "planting time" in the spring will take up plowing, planting and poultry raising. Not a man will be on the premises, even to chop wood or tend the horses. The girls will receive \$4 a week during their two-months' course of instruction, and thereafter may purchase small farms from their benefactress, if they wish to do so, upon agreement to till the soil themselves.

## WHEN HE HAS MONKEY'S FACE

hen strutting around and clucking about wanting a vote.

"An Italian organ grinder passed the farm one day with a funny little South American monkey. He gave old Mrs. Plymouth Rock quite a fright. The old lady disappeared, and three weeks afterward I found her nest under the haymow. Twelve little yellow chicks had just hatched out. The remaining egg was cracked, and something inside was peeping sadly. All the other chicks had pecked their way out with their bills, but this one was trying to get out and couldn't."

"I broke the shell, and then I saw why—it didn't have any beak. And that's the way Rose came into the world. Because she was a freak the head farmer's wife took an interest in her and educated her, till now she is a lady all through. She talks all the time—her mouth is never still—and that's what makes me think she was marked prenatally by the suffragettes of the barnyard. But there's no way to tell."

## Takes Wrong Suit Case.

Seattle, Wash.—A comedy of errors which probably will result in profuse apologies on the part of A. Walters of 1413 Charles street occurred in an exchange of suitcases on a Beacon hill street car.

Walters boarded a Beacon hill car on his way home from downtown. He sat beside a woman who also had a suitcase. When Walters reached home he opened the case and discovered he had taken the woman's.

"These aren't mine," explained Walters to the desk sergeant at police headquarters.

"I can't wear these," as he drew forth a handful of lingerie and begged the police to assist him in locating the woman who now has a case of men's clothing.

## Old Master Is Discovered.

Minneapolis, Minn.—After hanging for more than twenty years in an out-of-the-way storeroom in a bank so covered with dust and grime as to be wholly unrecognizable, a painting, probably 350 years old, by one of Italy's foremost artists, Benozzo Gozzoli, who executed it some time in the fifteenth century, was discovered in Minneapolis after a careful study of the signature. The name has been restored, but reads "Benozzoli," a contraction and a favorite method employed by the old masters. Gozzoli often signed himself thus. Above this name is that of San Lamburgo, undoubtedly the painter who restored the original work. The picture is believed to be worth \$5,000.

## 570,000,000 Nickels, Yearly.

New York.—Although the New York subway takes in enough nickels day by day to pay for the cost of construction every three years, the "L" lines still lead it in point of traffic carried. Reports to the public service commission show that the elevated lines gather up 300,000,000 nickels annually, as against the subway's 270,000,000.

## JOASH CROWNED IN JUDAH

Sunday School Lesson for April 16, 1911. Specially Arranged for This Paper.

LESSON TEXT—2 Kings 11:1-20. Memory Verse 12.

GOLDEN TEXT—"Blessed are they that keep his testimonies, and that seek Him with a whole heart."—Ps. 112:2.

TIME—Athaliah came to the throne in 842 B. C. (Hastings) or 832 B. C. (Boecker); Joash, 842 B. C. (Hastings) or 832 B. C. (Boecker).

PLACE—Jerusalem, the capital of Judah.

KINGS—Joash's contemporaries were Jehu in Israel; Hazael in Syria; Shalmaneser II in Assyria.

God always finds ways to frustrate the evil. John Wilkes Booth did not reckon on the flag which tangled his feet when he tried to escape. He killed a Lincoln, but up started a host of others to undo his evil deed. The kingdom of God is not a pillar which can be thrown prostrate in the dust, but a cube that always falls upon a base as broad as that from which it has been dislodged. In fact, it is rather like the Irishman's stone fence, which he built three feet high, and four feet wide, so that if it was tipped over it would be higher than it was before.

How can we apply this incident to our modern boys and girls? For every one of them a kingdom is waiting, the kingdom of a noble, happy and useful manhood or womanhood. This is the real kingdom, for Joash, and for every boy and girl. Every young king and queen is surrounded by perils, as terrible as those that threatened Joash; and the only safety now is the safety that he found them—the protection of the church and of a godly home.

A noble woman has done her part in saving the young king—the part that mothers play in the preservation of the young kings of our modern homes. Now a man steps in, as the father comes to have the chief influence over the life of the growing boy.

Jehoiada, the high priest, was a man of ability and fine character. Probably it was becoming increasingly difficult to hide the growing lad, and longer confinement would be most injurious for him physically and mentally. The first step toward placing him on his rightful throne was to gather a sufficient force of loyal adherents. After obtaining the assurances, in addition to their own weapons, which of course they would bear, they were furnished by Jehoiada with the spears and shields that, as relics of David's time, hung somewhere within the sacred precincts, just as his predecessor Abimelech had furnished to David himself the sword of Goliath. These would remind them that it was for David's heir they were contending.

Wide steps were taken, under the leadership of Jehoiada, in the opening of the young king's reign. A covenant was made between the Lord and the king and the people. This was a renewal of the original compact, in which Jehovah and his people bound themselves together—a compact broken by the Baal-worship of Athaliah's reign. What was the second step? The immediate and thorough destruction of the temple of Baal, with its altars and licentious images, and the execution of its high priest, Mattan. It seems to be implied that the "house of Baal" stood on the temple mount, in ostentatious rivalry with the sanctuary of Jehovah. And the third step? Jehoiada appointed officers over the house of the Lord, re-establishing the courses of the Levites, and proceeding at once to assign the custody of the temple to a particular course. And the final step? Leaving the Levites to keep order in the temple, Jehoiada and the soldiers conducted the boy king to the palace through the gate of the guard, doubtless that through which the king regularly passed from the temple to the palace and back again, accompanied by his bodyguard. What a change for the lad who had been a prisoner so long!

When young Solomon started out in his reign he was offered his choice of blessings, and chose not long life or riches or power, but wisdom; and in that choice he gained the other blessings also. When Christ started out in his great reign he was found in the temple, seeking wisdom. When the girl Victoria learned that she was to become queen of earth's mightiest empire she quietly said: "I will be good." If our young kings and queens would be well furnished for their sovereignty they must go to the Bible and to the Bible school, and there they will learn what true royalty is, and what are the secrets of power and success.

It is appropriate that we have for Easter Sunday the story of a coronation, for Easter is the anniversary of the greatest of all coronations, the day when all mankind received the possibility, at least, of the crown of life. This is the crown to which all our young kings and queens should look forward as the blessed reward of noble reigning over the kingdoms that God has given them. St. James wrote, "Blessed is the man that endureth temptation; for when he hath been approved, he shall receive the crown of life, which the Lord promised to them that love him."

St. John was bidden to write to the church in Syria: "Be thou faithful unto death, and I will give thee the crown of life."

The crown of life means the achievement of the best and most beautiful character. It means the development of all the powers that God has given us. It means love and friends in most satisfying abundance. It means the honor of all whose good opinion is worth the most. It means Christ's "Well done, thou good and faithful servant!" It means an eternity of happiness in heaven. All are signified by that open grave.

## Christian Nurture.

The helplessness of a little child is the hope of the race. The long infancy of a baby, the long adolescence of the boy is a long series of open doors, a long appeal to love, a long plastic opportunity. The gains of the race are registered in our children.—Rev. Gains Glenn Atkins, Congregationalist, Detroit.

## DOCTORS PRESCRIPTION FAILED— THE GREAT KIDNEY REMEDY PROVES ITS MERIT

It gives me great pleasure to say a good word for Dr. Kilmer's Swamp-Root because it has cured me of a severe case of Kidney Trouble. I had suffered for some five years with this trouble, and more especially for the first three months of 1909.

Physicians prescribed for me, but without much success, and any relief obtained was only temporary. I had severe pains in my back and at no time was I free of pain. When I stooped down it was with some difficulty that I could straighten my body again. I could not lift any weight of consequence without great pain. I would be compelled to arise and give the bladder relief. A friend of mine advised me to take Dr. Kilmer's Swamp-Root, whereupon I wrote to Dr. Kilmer for a sample bottle which so benefited me that I was led to believe it would be a great help to me. Accordingly I purchased two bottles of Swamp-Root from Mr. A. P. Perry, my Druggist, and the effect has been truly marvelous.

I feel like a new man and have every reason to believe that I am cured, and that no other medicine could have accomplished so much. Now I can raise a heavy load, can bend my back over my desk all day, and feel none the worse for it. In view of the foregoing facts, I sincerely trust that this testimonial may reach some of those who are suffering after the manner here described and that it may convince them that the merit of this great medicine should be given a fair trial in their case.

Very truly yours,  
B. A. WILSON, Agt.,  
Pac. and Wells Fargo Ex. Co.,  
Rockdale, Texas.

You may publish this if you wish.

Letter to  
Dr. Kilmer & Co.,  
Binghamton, N. Y.

Prove What Swamp-Root Will Do For You—Send to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. It will convince anyone. You will also receive a booklet of valuable information, telling all about the kidneys and bladder. When writing, be sure and mention this paper. For sale at all drug stores. Price fifty-cents and one-dollar.

## How Sea Birds Drink.

Under the headline, Where Do They Get Water? a writer in the Young Folks' Catholic Weekly says: "When I was a cabin boy I often used to wonder, seeing birds thousands of miles out to sea, what they did for fresh water when they were thirsty. One day a squall answered that question for me. It was a hot and glittering day in the tropics, and in the clear sky overhead a black rain cloud appeared all of a sudden. Then out of empty space over a hundred sea birds came darting from every direction. They got under the rain cloud, and waited there for about ten minutes, circling round and round, and when the rain began to fall they drank their fill. In the tropics, where the great sea birds sail thousands of miles away from shore, they get their drinking water in that way. They smelt out a storm a long way off; they travel a hundred miles maybe to get under it, and they swallow enough raindrops to keep them going."—New York Tribune.

## Grouch Still With Him.

When Brown died he left an old friend living, by the name of Jones, who always had a grouch. After Brown had been in heaven some time, he met Jones just coming through the gate, and as the newcomer did not look so happy and contented as he should, Brown asked him what was the matter. "Well," Jones said, "I got my feet wet coming across the river Styx and caught a nasty cold, broke my left wing and have to carry it in a sling, and my halo don't fit worth a darn."

## The Awakening.

First Tragedian—Ah! dear boy! The chance of my life came last night. Izaacstein offered me thirty shillings a week to play Hamlet. The contract was drawn up, he lent me his fountain pen to sign with, when—

Second Tragedian—You woke up!

First Tragedian—Dumme. How did you know?

Second Tragedian—By the salary, my pippin. I've dreamed like that myself—Punch.

## Indication of Wisdom.

"Why do they call the owl the bird of wisdom?"

"It stays out all night and doesn't tell what it sees or does."—Judge.

## REASONED IT OUT

And Found a Change in Food Put Him Right.

A man does not count as wasted the time he spends in thinking over his business, but he seems loth to give the same sort of careful attention to himself and to his health. And yet his business would be worth little without good health to care for it. A business man tells how he did himself good by carefully thinking over his physical condition, investigating to find out what was needed, and then changing to the right food.

"For some years I had been bothered a great deal after meals. My food seemed to lay like lead in my stomach, producing heaviness and dullness and sometimes positive pain. Of course this rendered me more or less unfit for business, and I made up my mind that something would have to be done. "Reflection led me to the conclusion that over-eating, filling the stomach with indigestible food, was responsible for many of the ills that human flesh endures, and that I was punishing myself in that way—that what was making me so dull, heavy and uncomfortable, and unfit for business after meals. I concluded to try Grape-Nuts food to see what it could do for me.

"I have been using it for some months now, and am glad to say that I do not suffer any longer after meals; my food seems to assimilate easily and perfectly, and to do the work for which it was intended.

"I have regained my normal weight, and find that business is a pleasure once more—can take more interest in it, and my mind is clearer and more alert."

Name given by Postum Co., Battle Creek, Mich.

Read "The Road to Wellville," in Pinks. "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.