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A SCHOLARLY SUNDAY SERMON BY THE REV. ALBERT JONES LORD.

Subject: Sacrament of Service. Brooklyn, N. Y.-The Rer. Albert Jones Lord, pastor of the First Congre-gational Church, Meriden, Conn., preached in Plymouth Church Sunday morning in exchange with the assistant pastor, the Rev. Willard P. Harmon. Mr. Lord had a good audience, and preached an excellent sermon. His subject was "The Sacrament of Ser-vice." The text was from Isaiah XII:6: "They helped every one his neighbor, and every one said to his brother, "Be of good courage." Mr. Lord said: We have been passing rapidly in the Isst half century from an individual-istic to a social type of civilization. Paul's words were never more true than to-day, when he said, "None of us liveth to himself," and ne man dieth to himself." All the forces and factors pertaining to human life-mechanical, social and religious-have been moving to such a degree toward each other that the twentieth century can say that the one word which will serve her best for a watchword is "Together; togeth-er."

from the door and beat down the germs in our system. Jesus was poor, more so than the foxes and the birds; Paul was poor, having few or no pos-sessions but "the cloak and the parch-ment," Peter was poor, "Silver and gold have I none." Poverty is no dis-grace, unless it be the dregs of a wasted life. Wherever there is hon-ored poverty there should be generous benevolence.

wasted life. Wherever there is hon-ored poverty there should be generous benevolence. To pity distress is but human; To relieve it is God like. When Jesus was upon earth He said that every benefaction which was be-stowed upon one of the least of the brothern in a loving spirit was accepta-ble unto Him. Inasmuch is a word which is full of significance to all char-ity workers. "All the beautiful senti-ments in the world will weigh less than a single lovely action." Many of the fraternal organizations might teach us who are members of the church lessons in charity. A short time since I re-elved in my mail by mistake a postal sent by one member of a fraternal or-ganization to another, asking him to call and assist a sick brother. How often does our fellowship prompt us to do this? Yet the Bible says, "Do good unto all men, especially unto those who are of the household of faith." No gift to means or might will ever fail to be thrice blest. Let the largest end of your generosity be beneath the surface if it chances so to be; let the number of your benefactions be a secret if you will, but, whether secret or public, erowd your life with endless benefac-tions and countless mercies. Edwin Markham has a beantiful poem entitled "Inasmuch." He pictures a watchman, Ivan by name, on Mos-cow's castled height guarding the cit-adel. The driving snow was heaping itself against the citadel wall when a half bare beggar man tottered past. The watchman ran and threw his own coat around the half frozen beggar, but that very night died himself from ex-posure: But waking in that Better Land that lies Beyond the reaches of these cooping skies, Behold the Lord came out to greet him home. Wearing the coat he gave at Moscow's dome-Wearing the heavy, hairy coat he gave Behold the Lord came out to greet him home. Wearing the heavy, hairy coat he gave Behold the Lord came out to greet him home. Wearing the coat he gave at Moscow's dome-Wearing the heavy, hairy coat he gave Behold the Lord scoat sourd heave the gave at Moscow'

SABBATH SCHOOL LESSON INTERNATIONAL LESSON COMMENTS FOR SEPTEMBER 10.

Subject: The Life Giving Stream, Ezek, xlvii., 3-5-Golden Text, Rev. xxii., 17-Memory Verses, 3-5-Commentary on the Day's Lesson.

1. The source and, rogress, of the gospel (vs. 1-5). 1. "Again." Now follows another vision to inspire hope and faith in the exiles, to lead them to attracted by the blessings yet to come upon the land, contrasted with their supplement of the source o

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There is a Bowery restauranteur—they call him "Coffee Jake"— Who makes a humble specialty of serving Hamburg steak. He shouts your order down the tube, "A chopper—make it flat!" The meat comes hot and costs a dime— and isn't bad at that.

DEMOCRACY.

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many, many moter
A butler hows you to the room, a waiter to your chair,
And huncheon takes the aspect of a serious affair.
A flunkey brings a menu card with rev-erent aspect—
The heavens are hushed and waiting for the order you select.

MORAL.

When one, through change of circumstance, becomes a gilded denizen, It's fun to see a Hamburg steak assume the airs of venison. —Wallace Irwin, in Life.



He-"Can't you give me a little hope?" She-"Why-er-yes. I have a maiden aunt who is dying to get married."-Life.

married."-Life.
Whene'er I buy a suit of clothes The mirror makes me very sad. I cannot, howso'er I pose, Look like the picture in the ad. -Washington Star.
"What is your idea of a classie?" "A classic," said Mr. Cumrox, "Is some thing you have to listen to becaus somebody clase said it was good."-

Home Health Club By David H. Reeder, Ph.D., M.D. æ

During the hot summer months there

During the hot summer months there are frequently days when one feels as though rest was out of the question. Although one may not be doing extra work, in fact, not as much as is ordi-narily done, yet rest seems far away. The very atmosphere appears to make one tired, whether standing, sitting or lying down. Nothing seems to give rest or refreshment. A number of years ago I was, one hyperience in Providence, R. I. Walk-ing down Westminster street I met an old gentleman whom I knew quite well, and he appeared so cool and bright and comfortable that I felt if would be a relief just to stop and chat with him. I made some complaint about the depressing effects of the beat, and he at once asked me to go with him to one of the little restaurants for which Providence is famous. I protested that I was not hungry, as it was only 11 o'clock, but he said: "fungry? No, of course you are not for ordinary food, but your nerves and blood are hungry for a kind of food winch but few people know how to supply." Hoping to learn something and get rest and comfort, if possible, u ent glady.

and get rest and comfort, if possible, I went gladly. "Give Dr. Reeder a glass of my com-pound double extract of youth," was the order he gave, and I watched with interest while the walter took from a large sack a quart of common wheat bran. Into this he poured ice water, all it would hold. He then waited upon another customer, being gone about five minutes. My friend in the mean-time had been chatting pleasantly. At

and the volution of the second strain of the mean time had been chatting pleasantly. At that have mean time had been chatting pleasantly. At that have mean time had been chatting pleasantly. At that have have a solve the saw me look rather anxiously toward the waiter, and remarked: "Don't be in a hurry; you will find my double extract much better if it is not made in a hurry." The sentity the waiter returned and then proceeded to make a couple of plasses of lemonade out of the bran and then proceeded to make a couple of plasses of lemonade out of the water, which looked a creamy white. It semeed to me that, I had never partaken of anything quite so delicious. We sipped, it slowly, and every drop seemed to be doing its duty. In half an hour the fired feeling had vanished, and I felt as fresh and vigorous as I usually felt when the temperature was different or twenty degrees lower. A couple of hours later I was surprised to node that my usual lunch time was past and that I felt no desire for food. About 2 o'clock I went to the little restaurant and called for another "compound double extract," with equally satisfactory results. Natural hunger cameabout 6 o'clock, and I went home to agood dinner with hekeen appetite of health. Many times since then I have recommended this cooling, strengthening, delicious drink for invalids, for brain workers, for theumatism and as a substitute for the noon meal in obesity, with perfectly satisfactory results. It is easy to make, and as a cooling, strengthening drink for mursing mothers, although there should be less of the lemon used. Children can use it freely. <text><text><text><text><text><text><text><text><text><text><text><text><text>

after supper. Also that he take no meat after the noon hour, and before retiring he should take a cup of hot milk, as follows: Heat it very hot, but not so that it boils, then, keeping it hot, sip it slowly with a tenspoon—fif ti takes fifteen minutes to sip it all, so much the better. Taken in this.way it will not constipate, and is extremely soothing and refreshing. A cold sponge bath in the morning and a tepid, not hot, bath at night, about twice weekly, will be best. He is probably one of those kind who do not require much sleep, and will be better off if he does not retire until about 11 o'clock. At the evening meal lettuce salad would be good, but the cup of hot milk should not be taken until time to retire. He should use no tea or coffee, under any circumstances, and should make a practice of masti-cating his food very thoroughly, drink-ing nothing while food is in the mouth, but an abundance of pure water be-tween meals. I think he would find

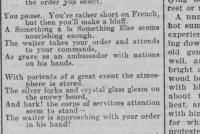
ing nothing while food is in the mouth, but an abundance of pure water be-tween meals. I think he would find much of value in this line in the eloth-bound book of Home Health Club lec-tures, described in the circulars which I sent to you. I trust that these sug-gestions will prove of value, and that your interest in the Home Health Club will increase to such an extent that you will decide to become a member. Dr. David H. Reeder, Laporte, Ind.: Dear Doctor-When a bad breath and a poor complexion indicate a deranged stomach, what is the best remedy? Is powdered charcoal a good stomach

stomacn, what is the best remedy? Is powdered charcoal a good stomach purifier? If so, how often and in what quantities should it be taken? Does it make any difference what kind of wood is used to produce it? S. J. R. Charcoal tablets made from willow are the best and are an excellent thing

Charcoal tablets made from willow are the best and are an excellent thing for such a complaint. One tablet after each meal is sufficient. The cause of the difficulty, however, must be re-moved or a cure will not result. The bad breath may come entirely from catarrh or from bad teeth. Write again, giving a more detailed descrip-tion of your case, and I will be able to advise you more fully as to the cause of your trouble. your trouble.

Maine

your trouble. Maine. Dr. David H. Reeder, Laporte, Ind.: Dear Doctor-I am an interested reader of your Home Health Club lee-tures and notice that we are entitled to write to you for advice. I wish to become about twenty-five or thirty punds heavier than I now am. I am nineteen years old, five feet seven linches high and weigh about 100 pounds. I live in the country and can ent almost any kind of food with the exception of onlons. Sometimes I have very severe pains in my back. My blood seems to be too thin and I have a poor circulation. My com-plexion is very poor and I am, as a rule, quite pale. If you will give me some advice I will be very thankful. Re-spectfully. J. L.~.



A silver dish of fair design he sets beneath your nose, And lifts the cover tenderly its wonders to disclose

disclose, When-lights of poorer, humbler days and shades of "Coffee Jake!" You recognize no other than your friend, the Hamburg steak!

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much at the esterday weighed d fences or who sible to had to

selves, but by the continual supplies of divine grace. Whoever may be the instrument of planting them, it is divine grace which gives the increase. Tieense-The Price of Biood. The deriving of vast sums from the interest but if, as was often disturbed is suffering. I cannot consent, as your Queen, to in their argin gast midnight and that my sleep was often disturbed in the source from that which destroys in the sould clos of my subjects.-Queen of Madagascar. To sell rum for a livelihood is bard effores 6 in the morning, having risen the responsibility and guilt of such at arftice seems a worse bargain that at of Eve or Judas.-Horace Greelev.