TABERNACLE SERVICES.

REV. T. DE WITT TALMAGE'S SUN-DAY MORNING DISCOURSE.

Religion Is Sanative, Curative, Hygienic. It May Not Give to the Human Race Antediluvian Longevity, but Will Greatly Lengthen Our Lives.

BROOKLYN, June 10 .- At the Tabernacle this morning, after expounding some pascages of Scripture in regard to the diet of Daniel and his abstemious habits, the Rev. T. De Witt Talmage, D. D., gave out the bymn beginning:

Glory to God on high. Let heaven and earth reply.

He announced as the subject of his sermon; "Does Religion Prolong Life?" and preached from the text found in Ps. xci, 16: "With long life will I satisfy him." Following is the discourse in full:

Through the mistake of its friends religion has been chiefly associated with sick beds and graveyards. The whole subject to many is odorous with chlorine and carbolic people is odorous with chlorine and caroone acid. There are people who cannot pro-nounce the word religion without hearing in It the clipping chisel of the tombstone cutter. It is high time that this thing were changed and that religion, instead of being repre-sented as a hearse to carry out the dead, should be represented as a chariot in which the living are to triumph.

Religion, so far from subtracting from one's vitality, is a glorious addition. It is sanative, curative, hygienic. It is good for the eyes, good for the ears, good for the spleen, good for the digestion, good for the nerves, good for the muscles. When David, in another part of the Psalms, prays that religion may be dominant he does not speak of it as a mild sickness, or an emaciation, or an attack of moral and spiritual cramp; he speaks of it as "the saving health of all na-tions;" while God, in the text, promises longevity to the pious, saying: "With long life will I satisfy him."

The fact is that men and women die too soon. It is high time that religion joined the hand of medical science in attempting to improve human longevity. Adam lived nine hundred and thirty years. Methuselab lived nine hundred and sixty-nine years. As late in the history of the world as Vespasian, there were at one time in his empire fortyfive people one hundred and thirty-five years So far down as the Sixteenth century, Peter Zartan died at one hundred and eighty-five years of age. I do not say that religion will ever take the race back to antediluvian longevity, but I do say the length

of human life will be greatly improved.

It is said in Isaiah: "The child shall die a bandred years old." Now, if according to Scripture the child is to be a hundred years old, may not the men and women reach to three hundred and four hundred and five hundred? The fact is that we are mere dwarfs and skeletons compared with some of the generations that are to come. Take the African race. They have been under bondage for centuries. Give them a chance and they develop a Frederick Douglass or a Toussaint L'Ouverture. And if the white race shall be brought from under the serfdom of sin, what shall be the body? What shall be the soul? Religion has only just touched our world. Give it full power for a few centuries, and who can tell what will be the strength of man and the beauty of woman and the longevity of all!

My design is to show that practical religion is the friend of long life. I prove it, first, from the fact that it makes the care of health a positive Christian duty. Whether we shall keep early or late hours, whether we shall take food digestible or indigestible, whether there shall be thorough or incomplete mastication, are questions very often deferred to the realm of whimsicality; but the Christian man lifts this whole problem of health into the accountable and the divine. He says: "God has given me the Holy Ghost, and to deface its altars or mar its walls or crumble its pillars is a God defying sacrilege."

He sees God's caligraphy in every pageanatomical and physiological. He says: "God has given me a wonderful body for noble purposes.

That arm with thirty-two curious bones wielded by forty-six curious muscles, and all under the brain's telegraphy; 350 pounds of blood rushing through the heart every hour, the heart in twenty-four hours beating 100,-000 times, during the twenty-four hours overcoming resistances amounting to 224,-000,000 pounds of weight, during the same time the lungs taking in fifty-seven hogs-heads of air, and all this mechanism not more mighty than delicate and easily disturbed and demolished.

The Christian man says to himself: "If I hurt my nerves, if I burt my brain, if I burt any of my physical faculties I insult God and call for dire retribution." Why did God tell the Levites not to offer to him in sacrifice animals imperfect and diseased! He meant to tell us in all the ages that we are to offer to God our very best physical condition, and a man who through irregular or gluttonous eating ruins his health is not offering to God such a sacrifice. Why did Paul write for his cloak at Troas? Why should such a great man as Paul be anxious about a thing so insignificant as an overcoat? It was because he knew that with pneumonia and rheumatism he would not be worth half as much to God and the church as with respiration easy and foot free.

An intelligent Christian man would consider it an absurdity to kneel down at night and pray and ask God's protection while at the same time he kept the windows of his bed room tight shut against fresh air. He would just as soon think of going out on the bridge between New York and Brooklyn, leaping off and then praying to God to keep him from getting hurt. Just as long as you defer this whole subject of physical health to the realm of whimsicality or to the pastry cook or to the butcher or to the baker or to the apothecary or to the clothier, you are not acting like a Christian. Take care of all your physical forces-nervous, muscular, be brought to judgment.

Smoking your nervous system into fidgets, burning out the coating of your stomach with wine logwooded and strychnined, walkdelicate, pinched at the waist until you are well nigh cut in two, and neither part worth anything, groaning about sick headache and palpitation of the heart, which you think came from God, when they came from your

What right has any man or woman to dethe ear! Why, it is the whispering gallery of the human soul. What is the eye? It is the observatory God constructed, its telescope sweeping the heavens. What is the hand! An instrument so wonderful that when the Earl of Bridgewater bequeathed in his will \$40,000 for treatises to be written on the wisdom, power and goodness of God, Sir Charles Bell, the great English anatsubject. So wonderful are these bodies that

of names his own attributes after different of them. His omniscience-it is God's His omnipresence—it is God's ear. His

nipotence-it is God's arm. The upholy of the midnight heavens—it is the work God's fingers. His life giving power—it be breath of the Almighty. His dominion the government shall be upon his shoul-A body so divinely honored and so vinely constructed, let us be careful not to

When it becomes a Christian duty to take are of our health, is not the whole tendency oward longevity! If I toss my watch about ecklessly and drop it on the pavement and wind it up any time of day or night I happen to think of it, and often let it run down, while you are careful with your watch and never abuse it and wind it up just at the same hour every night and put it in a place where it will not suffer from the violent changes of atmosphere, which watch will last the longer? Common sense answers. Now the human body is God's watch. You see the hands of the watch, you see the face of the watch; but the beating of the heart is the ticking of the watch. Oh, be careful

and do not let it run down! Again, I remark that practical religion is a friend of longevity in the fact that it is a protest against dissipations which injure and destroy the health. Bad men and women live a very short life. Their sins kill them. I know hundreds of good old men, but I do not know half a dozen bad old men. Why! They do not get old. Lord Byron died at Missolonghi at thirty-six years of age, himself his own Mazeppa, his unbridled possions the horse that dashed with him into the desert. Edgar A. Poe died at Baltimore at thirty-eight years of age. The black raven that alighted on the bust above his chamber door was delirium tremens-

Only this and nothing more.

Napoleon Bonaparte lived only just beyond midlife, then died at St. Helena, and one of his doctors said that his disease was induced by excessive snuffing. The hero of Austerlitz, the man who by one step of his foot in the center of Europe shook the earth, killed by a snuff box. Oh, how many people we have known who have not lived out half their days because of their dissipations and indulgences! Now, practical religion is a protest against all dissipation of any kind.

"But," you say, "professors of religion have fallen, professors of religion have got drunk, professors of religion have misapproprinted trust funds, professors of religion have absconded." Yes; but they threw away their religion before they did their morality. If a man on a White Star line steamer bound for Liverpool in mid-Atlantic jumps overboard and is drowned, is that anything against the White Star line's capacity to take the man across the ocean? And if a man jumps over the gunwale of his religion and goes down never to rise, is that any reason for your believing that religion has no capacity to take the man clear through? In the one case if he had kept to the steamer his body would have been saved; in the other case, if he had kept to his religion his morals

would have been saved. There are aged people who would have been dead twenty-five years ago but for the defenses and the equipoise of religion. You have no more natural resistance than hundreds of people who lie in the remeteries today, slain by their own vices. The doctors made their case as kind and pleasant as shey could, and it was called congestion of the brain, or something else, but the snakes and the blueflies that seemed to crawl over the pillow in the sight of the delirious patient showed what was the matter with him. You, the aged Christian man, walked along by that unhappy one until you came to the golden pillar of a Christian life. You went to the right; he went to the left. That is all the difference between you. Oh, if this re-ligion is a protest against all forms of dissipation, then it is an illustrious friend of longevity. "With long life will I satisfy

Again, religion is a friend of longevity in the fact that it takes the worry out of our temporalities. It is not work that kills men, it is worry. When a man becomes a genuine Christian he makes over to God not only his affections but his family, his business, his reputation, his body, his mind, his souleverything. Industrious he will be, but never worrying, because God is managing his affairs. How can he worry about business when in answer to his prayers God tells him when to buy and when to sell; and if he gain that is best, and if he lose that is best? Suppose you had a supernatural neighbor

who came in and said: "Sir, I want you to call on me in every exigency: I am your fast friend; I could fall back on \$20,000,000; I can foresee a panic ten years; I hold the controlling stock in thirty of the best monetary institutions of New York; whenever you are in trouble call on me and I will help you; you can have my money and you can have my influence; here is my hand in pledge for How much would you worry about business! Why you would say: "I'll do the best I can, and then I'll depend on my friend's generosity for the rest.'

Now more than that is promised to every Christian business man, God says to him: "I own New York and London and St. Petersburg and Pekin, and Australia and California are mine; I can foresee a panie a million years; I have all the resources of the universe, and I am your fast friend; when you get in business trouble or any other trouble, call on me and I will help; here is my hand in pledge of omnipotent deliverance." How much should that man worry! Not much. What lion will dare to put his paw on that Daniel? Is there not rest in this! Is there not an eternal vacation in this?

"Oh," you say, "here is a man who asked

God for a blessing in a certain enterprise, and he lost five thousand dollars in it. Explain that." I will. Yonder is a factory, and one wheel is going north and the other wheel is going south, and one wheel plays laterally and the other plays vertically. I go to the manufacturer and I say: "O manufacturer, your machinery is a contradiction. Why do you not make all the wheels go one "Well," he says,"I made them to go in opposite directions on purpose, and they produce the right result. You go downstairs and examine the carpets we are turning out in this establishment and you will see." bone, brain, cellular tissus-for all you must go down on the other floor and I see the carpets, and I am obliged to confess that though the wheels in that factory go in opposite directions they turn out a beautiful result; and while I am standing there looking ing with thin shoes to make your feet look at the exquisite fabric an old Scripture passage comes into my mind, "All things work together for good to them who love God." Is there not rest in that? Is there not tonic in that? Is there not longevity in

Suppose a man is all the time worried about his reputation! One man says he lies, face the temple of the Holy Ghost! What is another says he is stupid, another says he is dishonest, and half a dozen printing establishments attack him, and he is in a great state of excitement and worry and fume, and cannot sleep; but religion comes to him and says: "Man, God is on your side; he will take care of your reputation; if God be for you, who can be against you?' How much should that man worry about his reputation? Not much. If that broker who some years omist and surgeon, found his greatest illustration in the construction of the
human hand, devoting his whole book to that

ter to his wife before he blew his brains out-if instead of taking out of his

pocket a pistol he bad taken out a well read ew Testament there would have been one s suicide. Oh, nervous and feverish people of the world, try this almighty sodative. You will live twenty-five years longer under its soothing power. It is not chloral that you want, or morphine that you want; it is the Gospel of Jesus Christ. "With long life

will I satisfy him." Again, practical religion is a friend of ongevity in the fact that it removes all corroding care about a future existence. Every man wants to know what is to become of him. If you get on board a rail train you want to know at what depot it is going to stop; if you get on board a ship you want to know into what harbor it is going to run, and if you should tell me you have no interest in what is to be your future destiny, I would in as polite a way as I know how tell you I did not believe you. Before I had this matter settled with reference to my future existence the question almost worried me into ruined health. The auxieties men have upon this subject put together would make a martyrdom. This is a state of awful unhealthiness There are people who fret themselves to death for fear of dying.

I want to take the strain off your nerves

and the depression off your soul, and I make two or three experiments. Experiment first: When you go out of this world it does not make any difference whether you have been good or bad, or whether you believed truth or error, you will go straight to glory. "Impossible," you say; "my common sense as well as my religion teaches that the bad and the good cannot live together forever. You give me no comfort in that experiment,' Experiment the second: When you leave this world you will go into an intermediate state where you can get converted and prepared for heaven. "Impossible," you say; "as the tree falleth so it must lie, and cannot postpone to an intermediate state reformation which ought to have been effected in this state." Experiment the third; There is no future world; when a man dies that is the last of him. Do not worry about what you are to do in another state of being. you will not do anything. "Impossible, you say; "there is something that tells me that death is not the appendix, but the preface; there is something that tells me that on this side of the grave I only get started, and that I shall go on forever; my power to think says 'forever,' my affections say 'forever,' my capacity to enjoy or suffer, 'for-

Well, you defeat me in my three experiments. I have only one more to make, and if you defeat me in that I am exhausted. A mighty One on a knoll back of Jerusalem one day-the skies filled with forked lightnings and the earth filled with volcanic disturbances-turned his pale and agonized face toward the beavens and said; "I take the sins and sorrows of the ages into my own heart. I am the expistion. Witness earth and heaven and hell, I am the expiation. And the hammer struck him, and the spears punctured him, and beaven thundered: "The wages of sin is death!" "The soul that sin-neth it shall die!" "I will by no means clear the guilty!" Then there was silence for half an hour, and the lightnings were drawn back into the scabbard of the sky, and the earth ceased to quiver, and all the colors of the sky began to shift themselves into a rainbow ven out of the fallen tears of Jesus, and there was red as of the blood shedding, and there was blue as of the bruising, and there was green as of the heavenly foliage, and there was orange as of the day dawn. And along the line of the blue I saw the words; was bruised for their iniquities." And along the line of the red I saw the words: The blood of Jesus Christ cleanseth from all sin." And along the line of the green I saw the words: "The leaves of the tree of life for the healing of the nations," And along the line of the orange I saw the words: "The day spring from on high bath vis-

And then I saw the storm was over, and the rainbow rose higher and higher, until it seemed retreating to another heaven, and planting one column of its colors on one side the eternal hill and planting the other colum of its colors on the other side the eternal hill, it rose upward and upward, "and behold there was a rainbow about the throne."

Accept that sacrifice and quit worrying Take the tonic, the inspiration, the longevity of this truth. Religion is sunshine, that is Religion is fresh air and pure water, they are healthy. Religion is warmth, that is healthy. Ask all the doctors and they will tell you that a quiet conscience and pleasant anticipations are hygienic. I offer you perfect peace now and hereafter.

What do you want in the future world? Tell me and you shall have it. Orchards? There are the trees with twelve manner of fruits, yielding fruit every month. Water scenery! There is the River of Life, from under the throne of God, clear as crystal, and the sea of glass mingled with fire. Do you want music! There is the oratorio of the Creation led on by Adam, and the oratorio of the Red Sea led on by Moses, and the oratorio of the Messiah led on by St. Paul. while the archangel with swinging baton controls the one hundred and forty-four thousand who make up the orchestra.

Do you want reunion? There are your dead children waiting to kiss you, waiting to embrace you, waiting to twist garlands in your hair. You have been accustomed to open the door on this side of the sepulcher. I open the door on the other side of the sepulcher. You have been accustomed to walk in the wet grass on the top of the grave. I show you the under side of the grave; the bottom has fallen out, and the long ropes with which the pall bearer let down your dead let them

clear through into heaven.

Glory be to God for this robust, healthy religion. It will have a tendency to make you live long in this world, and in the world to come you will have eternal life. "With long life will I satisfy him."

The Marriage of Blood Relations.

From recent accounts the Greek church appears to be even more punctilious than the Roman. It is said to look askant at the marriage of the Duke of Sparta with Victoria of Wales, because it will not approve of marriage between cousins. Even the Roman church has agreed to this necessity among royalty, partly on the plea that their variety of resource and nurture might in part counteract the evil. But doubtless the time is approaching when neither church nor state can longer brook the spectacle of royal idiots and epileptics. It would be hardly convenient to have as rulers a more ailing lot than the present samples of European royalty.-Chicago Tribune.

Ghastly Relics of a Bloody Field. A late Charleston letter speaks of the neglected condition of the graves of the Confed erate dead who are buried on Morris Island, near that city. For the past twenty-three years the wind has been steadily sweeping away the sand in which the soldiers were buried, so that in many cases their bones are exposed and bleaching in the sun. Sometimes only two or three of these graves are uncovered at a time, and again as many as twentyfive or thirty will be exposed. The spot where these remains are upturned is near Vinegar Hill, in full view of one of the bloodiest battle grounds of the war.—Philadelphia

PHYSIOLOGY AND HYGIENE.

Advice Both Lay and Professional About Keeping Children in Good Condition. A mother whose 5-year-old boy has suffered with a disease of the knee joint, resulting in the loss of the knee cap and leaving an almost stiff joint, warns other mothers not to neglect what may seem a slight trouble with the

The joints, especially those of the kneed are liable to many serious affections, some o which are due to constitutional defect and some to other diseases, but most frequently the cause is injury from accident. This causis said to operate especially in childhood and youth, partly because this period is more full of exposures and partly because the tendency to set up inflammatory action is then

The surfaces of all joints are covered with a membrane, the office of which is to secrete a lubricating fluid. Under this is cartilage, to lessen jolt and to render the play of the joints over each other soft and safe. The head of the bones beneath the cartilage is

spongy, and thus more liable to harm Disease, or over use, or accidental injury, may result in inflammation of the synovial membrane. Indeed, it is believed that nearly one-half of all affections of the knee joint are of this character. If the trouble is neglected the inflammation may extend to the cartilage and destroy it, leaving the bare ends of the bone to grate on each other; or it may extend even to the head of the bone and give

rise to a destructive abscess. Of course a child may have a severe injury to the knee which may soon heal, with-out any further harm. But any subsequent pain at the joint in walking, or any bulging out, as if from a fluid, should receive imme diate medical attention. Meanwhile, abso lute rest of the parts, by a recumbent posture of the body, is of the first importance, and this will constitute one of the chief means toward the cure.

Starting Children off to School. Dr. E. M. Hunt, secretary of the New Jersey state board of health, gives some valuable advice to parents about starting their children off for school, as follows:

Let no child start for school with damp clothing; when active we can bear dampness awhile, but to sit in wet clothing is always a risk. Tell the child, if damp and chilly, to let the teacher know it.

A good plain, unburried breakfast is always important to the school child. The young are better off without coffee or ten; but some may need a warm drink for breakfast in cold weather, such as sweetened water, sugar and milk, and water or milk flavored with cocon. If the child will not be at home and at dinner within five hours after the close of breakfast, have him carry a small and easily digested lunch to eat at recess, or at an appointed time at school. It should be light bread and butter, with fruit or jelly, and not over-large, if there is to be a meal at home by 2 o'clock.

Cure and Relief for Corns.

A certain amount of friction is caused by walking, this affecting both the part of the foot next to the boot, and also the inner sides of the toes, where they rub together, producing corns in both places. To cure them, wear well fitting boots, advices Dr. J. B. Hanaford; but to obtain almost immediate relief, removing most of the accumulation, apply ootash or any strong alkali, thus dissolving the albumen of which they are composed. Since they are but a part of the outer skin destitute of nerves-it is plain that they can be removed "without pain," but equally true that they will reappear, if the cause of their formation is not removed.

Aromatic Spirits of Ammonia. Aromatic spirits of ammonia-a solution

in alcohol with spices—is a stimulant useful in sudden fainting from any cause. Dr. E. Snyder places the dose at from fifteen to twenty drops well diluted with water, preferably het water. According to the same authority, aqua am-

onia makes, by mixing two ten six teaspoonfuls of olive oil or melted lard, a volatile liniment that is very warming when rubbed on externally for sore throat and over rheumatic joints

A Few Popular Shampoos

In some persons thin scales accumulate on the scalp, occasioning much annoyance. This condition is often induced by the use of fine combs. To remove it a solution of borax and water is commonly employed. The "whites" of raw eggs make an excellent shampoo, and may be rubbed freely into the A tablespoonful of aqua ammonia hair. added to a basin of water is also very effi-

SOCIAL ETIQUETTE.

Indiscriminate Introductions May Be Kind Hearted but Are Not Etiquette.

Mrs, Sherwood reminds a hostess that in introducing people she has three duties to perform-one to the society in which she lives, another to the person whom she introduces, thirdly to herself. Of course, it would be much more agreeable to every hostess, or popular person, to introduce everybody. It seems so small a favor! but a hostess must remember that it involves a great deal when, as often happens, at a watering place, or at a theater, or in some crowded party, one lady says to another, "Introduce me to Mrs. Montgomery," the lady so requested can always say, with perfect propriety, "I have not the right to do so. do not know Mrs. Montgomery well enough." It is also very awkward when a gentleman asks to be introduced to a lady and she declines the honor, to be obliged to tell him so, but the disagreeable duty must

Therefore the knowledge of how to introduce people must be learned; it must come from a good heart, an early breeding, a sense of propriety, a thorough acquaintance with the laws of society. In America we have not to help us the peerage or court etiquette. We have only our own good sense. but that has helped us through many emer-

A truly hospitable hostess introduces young ladies to each other if she sees that one is shy and forlorn. There are many people who are reserved and exclusive by nature; there are more who are ignorant and shy. There are hostesses whose exclusiveness shuts the door against bores and adventurers, rude or disa greeable people, who determine that only the well bred, the quiet and the deserving shall enter their houses. But there is a vast vacuum between the pretensions of a snob and the exclusiveness of a well bred lady. A hostess should know exactly where to draw the line. A few do so, but they are rare.

One Thing and Another.

It is always proper for a young lady to call first on an older one; always proper for every one to call first on the family of a clergyman. Age and the clergy are our two

orders of nobility.

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