

Barlow shook the canteen, and Tracy heard the splash of the water within.

On the morning following the night that the

troop was practically without water and in a

country devoid of all green things save the for-

bidding cactus, the troop commander told Tracy

that he had better make a short reconnoissance,

feel out the country for the enemy and, above all,

try to locate water. To attempt a march under

that hot Mexican sun with the men, and with any

one man with him; that they would strike south-

west, where it was thought a better prospect of

water lay, and that they would return as soon as

a find was made. He selected Barlow for his

companion, and the two struck out through the

They went on for three hours. Not a drop of

the element of which they were in search. Their

tongues were blistered. They drank sparingly of

the water in their canteens, pressed on for an-

other hour and then knew that they must return.

Back they started. They followed their onward

trail as well as they could, but at times it was

lost, and then circling was necessary to take it

up again. At noon they lost it and could not

find it again. There was a great jagged rock ris-

"Lieutenant," said Barlow, "we're going wrong.

We never came this way. The sun doesn't bear

right. It should be more to our right. I believe

that we are going almost directly at right angles

They circled again and again, but no trace of

the trail. Then the conclusion forced itself on

Tracy that they were lost. They wandered on

until the sun went down beyond the black rocks.

Then they each drank sparingly of the precious

contents of the canteens, and lay down on the

Tracy and Barlow ate the last of their single

ration, and took one swallow of water apiece.

Then on they went again. Twenty-four hours

passed. The sun came up once more, and with

its coming they staggered forward. The can-

teens were empty. They looked for the cactus

whose leaf yields a juice that helps fight off the

demon of thirst. They could not find it. The

only vegetation were occasional clumps of stunt-

ed prickly pear cactus, the juice of whose leaves

Another twenty-four hours. The men cheered

each other on like the soldiers they were. Tracy

began to feel the coming of delirium. Oh, for a

draught of water! He looked at Barlow. The

man's eyes were burning, but they had a cour-

age in them, and something else in their depths

which Tracy never before had seen there. On

and on and on. They could go no further. Bud-

denly Barlow turned to Tracy and said in a voice

that was choked from the clutching of thirst's

hand at his throat: "Lieutenant, I was afraid

that we might be tempeted to drink this long

ago, so I saved it for the last extremity. Lieu-

tenant, I have one good drink of water aplece

The sun came up like a red-hot round shot.

ing to the westward which neither recognized.

Tracy told his captain that he would take but

idea of effective service, was foolhardy.

black, sun-seared country.

to the camp.

gray desert to sleep.

accentuates thirst.

left in my canteen."

"Drink, Barlow," said Tracy. "Drink; you saved it and it should be yours. Drink, drink it, I say. It may give you strength to go on. If you get back, boy, and the men strike water, ask them to come after my body."

Tracy was reeling. His brain was awhirl and his whole system on fire.

"Lieutenant," said Barlow, "I had more in my canteen than you had in yours when we started. Men in an extremity like this should share and share alike. I'll take my cup and we'll divide the

"Is there enough for the two and to do any good?" asked Tracy.

"Yes." said Barlow, "one good drink for each." "Drink first," said Tracy. "I'll not touch a drop until my command is served"

"All right, sir." said Barlow.

Tracy turned away for a moment. He heard the gurgle of water. Would it never come his turn to drink? Barlow spoke: "Lieutenant, I'm afraid I took more than half. Here is what's

He poured the water gurgling from the canteen into the cup. There was a good round drink. "Take it, iteutenant," said Barlow. "I had more than that."

Tracy seized the cup and drained it. Oh, the joy of it! New life went surging through him. His eyes cleared. He looked at Barlow. There was no new life in the man's eyes. His lip was drooping.

"Barlow," said Tracy flercely, "you deceived me. You never drank a drop."

Something like a smile came into Barlow's

WAITERS

"Forgive me, lieutenant," he said, "but there was only enough for one." And then he staggered and fell forward. Tracy caught him in his arms, and, weak though he was, managed to support his

"Lieutenant," whispered Barlow, "go on. You are strong enough and may reach camp. If you do, just come back and bury me here."

Then the man drew his officer's head close to him and whispered something. Barlow almost let fall his burden. "Yes, it's true. I was the guilty one and your brother was innocent and a sacrifice. Take this," and he drew a paper from his blouse and put it in Tracy's hand. "Forgive me, lieutenant," he said, and as he spoke his empty canteen swung from his side and struck against Tracy's knee.

"Forgive you? Yes, Barlow," he said. The enlisted man looked up, smiled and died.

Tracy let his burden gently to the earth, and then he pressed on, for now there was an added life in his veins and an added interest in living. He reached the top of the ridge and looked down. The camp was below him. Not the old camp, but the old troop and a new camp and by the bank of a stream.

Refreshed with food, sleep and the yet more precious water, Tracy recovered. The paper which Barlow had given him contained proof of his brother's innocence. Tracy led a squad back to the point where he had left Barlow. They found his body. There was peace in the man's face. He was given a soldier's burial, and on the little wilderness grave Lieutenant Tracy planted a cross and a little, fluttering flag.

BEEF TEA AS AN INTOXICANT

We find it difficult to believe the cable report that Liverpool physicians are very much exercised over the case of the traveling salesman with delirium tremens induced by too much beef ten, says a writer in the New York Times. Food analysts and nutrition experts have long been aware of the high stimulating power of meat proteins, which, Dr. Chittenden says, are approximated by one sort of protein from the vegetable kingdom, that of oatmeal. The vegetarians, in fact, base their most effective arguments in the fact that the stimulation from meat is in a way like that from alcohol, effecting tissue change or metabolism rather than affording nutriment. Beef tea is the highest stimulant among the meat juices. Physicians have long since abandoned the notion that it is a food capable of repairing tissue, for laboratory tests have proved that it causes more rapid wasting of the body than no food at all.

Indeed, dogs fed entirely on concentrated beef fuice are so overstimulated that they die within few days. Experiments conducted by the United States department of agriculture on losses in cooking meat showed that beef which has been used for the preparation of tea or broth had lost practically none of its nutritive value, while most of the "flavoring material"—the toxic and stimulating part of the beef-had gone into

It is doubtful if the medical men of Liverpool are greatly surprised at the drummer's discovery of the hilarious consequences to be derived from leef juice. Beef tea has never been regarded by those who know as an innocuous beverage; those who don't know and who have been experimenting in their own kitchens for their own convalescents may well take warning from the sad and remarkable case of the traveling salesman in Liverpeol.

INTERNATIONAL DIZZY, HEADACHY, SUNDAY SCHOOL SICK, "CASCARETS" LESSON

(By E. O. SELLERS, Director of Evening Department, The Moody Bible Institute, Chicago.)

LESSON FOR OCTOBER 5

MOSES' CRY FOR HELP.

LESSON TEXT—Numbers/11:10-18, 24, 25, GOLDEN TEXT—"The supplication of righteous man availeth much in its working."—James 5:16.

This lesson is taken from the book of Numbers, "the book of journeyings," or aptly called the "book of murmurings." The events of Exodus and Leviticus cover perhaps one or two years, whereas those recorded in Numbers occupy about 38 years. Read in this connection Ps.95:10 and I Cor. 10. From Sinal to Kadesh-Barnea are found four general murmurings. The first was at Taberah, 11:3, and the events of today's lesson which occurred at Kibroth, 11:34. The other two were at Hazeroth, 12:15, 16, and Kadesh, 13:26. This book is full of impressive warnings about worldliness.

Moses Was Human.

I. Complaint and Controversy, vv. 10-15. Moses was great but he was human. No man is faultless, and in this lesson we have another incident illustrating the weakness of Moses. Yet despite all this we find inserted in the very next chapter God's estimate of his character, 12:3. Moses had been subjected to a terrible strain, the details of his leadership, the constant murmuring of the people under this load he gave way, just as he had previously yielded to impulse, Ex. 2:12, and as he did subsequently, Ch. 20:10-13. The Israelites are a striking illustration of the natural discontent of the human heart. Any affliction, and discomfort or privation, and we forget God's marvelous works on our behalf. His wonderful good-ness. That God was displeased is indicated by verse 10, but that did not imply that Moses, too, was to lose his temper, to resort to murmuring, and to accuse God of being responsible for the burden or that he would not help to share the load, v. 11. God placed great honor upon Moses by calling him to this task of leadership and now he complains, and doubts for a moment God's sustaining grace, 2 Cor. 12:9; Phil. 4:13. The language here used, vv. 12-14, is wonderfully suggestive. The utter weakness of the Israelites, the promised goal, the hunger of soul and body, the sorrows of affliction are all graphically set | der the heart." before us. Moses' own weakness is revealed (v. 13) by his words, "where should I have flesh to give?" He seems to forget absolutely God's dealings with Israel before they reached Sinai (Ex. 16), as though God expected any such thing from him. The height of his petulance and bitterness is reached when he exclaims, "kill me I pray thee . . . and let me not see my wretchedness," v. 15.

Burden Distributed.

II. Comfort and Counsel. vv. 16-18, 24, 25. Moses had been warned not to bear the entire burden of leadership by his father-in-law, Jethro, Ex. 18:17, 18. Now that he is unwilling to take the full honor of undivided leadership God most graciously grants his request and appoints others to share the barden and responsibility. There was no more power, however, but more machinery. God distributed the burden and revealed the fact that Moses' power was in proportion to his burden. Human nature always looks for the arm of flesh upon which to rely, but such a reliance usually brings a curse not a blessing upon those who seek it. Jer. 17:5. God dealt in mercy with Moses. Notice how gently he passes by this exhibition of infirmity and notwithstanding this lapse, bears testimony to his faithfulness (12:7). Yet he is impartial in chronicling his faults and thereby giving us an incidental and thereby giving us the truth.

What a suggestion in the words "I will come down and talk with thee," yet that is the privilege of the believer in Christ, John 14:16, 17 and 16:13. God calls a "tent meeting," v. 16 R. V., but before he meets them they must sanctify themselves, for so only is one prepared to meet God, Ex. 19:10, 15, 22. These people had been lusting for the food of Egypt even as today many who have professed to accept Christ are forever longing for the pleasures of time and sense. They forget the bitterness of past slavery in the privations of the present, entirely forgetful of the goal of luxury and freedom, Rom. 10:28, 2 Cor. 4:17. God granted their request, v. 18, to their sorrow, v. 20. The whole trouble was then "rejected the Lord," v. 20 R. V. The granting of material prosperity tends to leanness of soul, Ps. 106:15. It frequently happens that God does not answer our prayers because he knows that to answer them actually and literally would spell disaster in our lives.

Conclusion. This lesson brings Moses very near to us. Such a remarkable man as he is he sometimes seems to be far removed from our actual experiences in life. Yet as we consider him faltering for a moment beneath his staggering, crushing burden of responsibility, with strength and courage gone, we share our sympathy with him and he seems to enter into the actualities of our daily life.

God reveals himself as one who understands perfectly, one who knows exactly all that his servant felt, and one who in tender compasion had not a word of rebuke.

Gently cleanse your liver and sluggish bowels while you sleep.

Get a 10-cent box.

Sick headache, biliousness, dizziness, coated tongue, foul taste and foul breath-always trace them to torpid liver; delayed, fermenting food in the bowels or sour, gassy stomach.

Polsonous matter clogged in the intestines, instead of being cast out of the system is re-absorbed into the blood. When this poison reaches the delicate brain tissue it causes congestion and that dull, throbbing, sickening headache.

Cascarets immediately cleanse the stomach, remove the sour, undigested food and foul gases, take the excess bile from the liver and carry out all the constipated waste matter and poisons in the bowels.

A Cascaret to-night will surely straighten you out by morning. They work while you sleep-a 10-cent box from your druggist means your head clear, stomach sweet and your liver and bowels regular for months. Adv.

Eye Alone Detects Icebergs.

There at present is no absolute method of detecting icebergs, except Captain C. E. Johnson and A. S. Gamble of the cutters Seneca and Miami, which patroled the route of the transatlantic liners from April to May.

Captain Johnson refuted the prevalent theory that a sudden drop in temperature meant the proximity of icebergs. Little or no change in temperature was noticeable, he said. Nor can icebergs, as generally supposed, be detected with any certainty by an echo from a ship's whistle or bells, as, according to Captain Johnston, a perpendicular berg may give an echo from some directions, but a slanting face reflects the sound. About ninety per cent, of the Seneca's efforts to get echoes were futile.

The presence of murres (a kind of auk), the officer declares, indicated the presence of icebergs, but he advises mariners to pay no attention to other birds.

Luckily for Him.

The amateur adventurer had just returned from stirring scenes in Mexico, where he had fought under the banners of the revolutionists. He had come home wounded and was telling his friends about it. "It was my first engagement, you

know. The bullet struck me just un-"And you lived? How remark-

able!" "Oh, no; not at all! You see, my heart was in my mouth at the time."

At the Circus.

"Look at that woman! She's small enough to go through a man's hat." "That's nothing to what my wife can do. She is small enough to through my pocket."

Uniform in Makeup. "What variety of sweet corn is

this?" asked the summer boarder. "The corn, tomatoes and peas," replied the hired man, "are all the same variety this year-canned."

Their Place.

"Who are those broilers you hear of in the chorus?" "I suppose they are the ones'they use in We hot weather shows."

There is in every true woman's heart a spark of heavenly fire, which beams and blazes in the dark hours of adversity.-Washington Irving.

DIDN'T KNOW That Coffee Was Causing Her Trouble.

So common is the use of coffee as a beverage, many do not know that it is the cause of many obscure alls which are often attributed to other things.

The easiest way to find out for oneself is to quit the coffee for a while, at least, and note results. A Virginia lady found out in this way, and also learned of a new beverage that is wholesome as well as pleasant to drink. She writes:

"I am 40 years old and all my life, up to a year and a half ago, I had been a coffee drinker.

"Dyspepsia, severe headaches and heart weakness made me feel some times as though I was about to die. After drinking a cup or two of hot coffee, my heart would go like a clock without a pendulum. At other times it would almost stop and I was so nervous I did not like to be alone.

"If I took a walk for exercise, as soon as I was out of sight of the house I'd feel as if I was sinking, and this would frighten me terribly. My limbs would utterly refuse to support Lie, and the pity of it all was, I did not know that coffee was causing the trou-

"Reading in the papers that many persons were relieved of such ailments by leaving off coffee and drinking Postum, I got my husband to bring home a package. We made it according to directions and I liked the first cup. Its

rich, snappy flavor was delicious.
"I have been using Postum about eighteen months and to my great joy, digestion is good, my nerves and heart are all right, in fact, I am a well woman

once more, thanks to Postum."

Name given by Postum Co., Battle
Creek, Mich. Write for copy of the little book, "The Road to Wellville."

Postum comes in two forms: Regular Postum-must be

Instant Postum is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water and, with cream and sugar, makes a delicious beverage instantly. Grocers sell both kinds. There's a reason" for Postum