

**Christian Living.**

Assuming that the young Christian has been properly led into the church, his next great purpose is to live faithfully the Christian life. How is this to be done? He must have wholesome food, pure atmosphere and healthful exercise.

**FOOD.**

The spiritual life, like the natural or physical, can not be strong without a sufficient supply of nutritious food. Christ is the bread from heaven on which we are to feed. How shall we get this bread?

1 By bible study.—Occasionally some advanced(?) preacher cries out against "Bibliolatry", the idolatry of the Bible. He seems to have met people who make too much of the bible. Perhaps there are such people, but I have never met them. I would like to meet them. I would go a long way to see them. I would like them for neighbors. All the people I know make too little of this book. They do not read it enough. It is through a proper study of the Bible that we find the Christ. Look at the gas. Whence its light and heat? You answer, "From the coal." The light and heat of the gas are the ancient light and heat of the sun, shining on the earth millions of years ago. The trees imbibed the light and heat, and locked them in their soft fibers; they were submerged and transformed into coal, but they still retained the light and heat with a firm grip; and in the twentieth century, science emancipates them from their prisons of millenniums. And devoutly studying Holy writ, we see its light and feel its heat; we grow warm and luminous. Whence the light and heat? They are ancient light and heat of the Sun of Righteousness. "My words, they are spirit and they are light." But how shall I study the Bible? says one. There are so many helpful ways of studying it that I am at a loss to attempt in a few words to answer your question. But you should study it "systematically." Some read it daily. Perhaps at night they read wherever it happens to open. Good comes from such a course, but not the greatest good. It would be far better to read it "biographically," following the life of Adam, Abraham, Joseph, Moses, David, Paul, etc., much as we read French history in connection with the life of Napoleon. Or read the Gospels, then the Acts, etc. We should read it "temperately," not overloading the stomach, and destroying the digestive organs. Only read as much as you can appropriate and turn into spiritual food. Seeing great piles of money in the bank does not create wealth. It must be ours before we are rich. We must read "regularly." Feasting for two or three days, followed by a fast, will destroy the health and body. To cram on Sundays, and fast all the week, means poor health and premature death. Study it "discriminately." An eminent lecturer was dining with a friend, who asked: "Are you a Christian?" "Yes." "Do you believe the Bible?" "Yes." "Are there not a great many things in it you do not understand?" "Yes," was again the response. "What do you do about them?" "Lay them aside as I do this shad bone," said the lecturer; "and enjoy the meat after the bone is gone. I cannot give up shad for an occasional bone." A finite being will not be able to fully comprehend an infinite revelation. The ocean cannot be poured into a tea cup. But the cup can be filled. And if we devote ourselves to things that are plain we will be too busy to stumble over seeming difficulties, and so our capacity will be increased, and we contain more of the vast riches of Christ close to us, than mother draws near to us through her letter, or hears her words of

comfort and warning; he feels the magic touch of her hand; he looks again into her loving eyes; the power of her life is imparted to him and he becomes a better boy.

2. By reading good books,—papers and magazines, and by faithful work in the Bible school either as a teacher or scholar, and by hearing the Gospel preaching.

3. By the aid of the Lord's supper.—Sitting perhaps with closed eyes, lest other objects attract his attention and mind, the soul looks on the scene, and is filled with gratitude, and the life is consecrated anew to Him who died that we might live. Paul, speaking of some who did not appreciate this holy feast, says, "For this cause many are weak and sickly among you, and many sleep." (1 Cor. 11:30.) The converse is true. The proper use of the supper will give strength and health, and save from spiritual death.

**ATMOSPHERE.**

A child may be well born, well fed and well cared for, but if the air it breathes is bad, the health can not be good. This atmosphere represents the associations of life. "If we live with the lame we learn to halt." We are not only known by the company we keep, but we are often marred by that company. One sick man can infect a thousand well ones with his disease, and this infection is like the sting of an insignificant insect, unnoticed at the time, but later it develops into fatal poison. Let me name a few of these malarial districts.

1. Godless clubs.—The world is running wild with the club idea, and this craze has no respect for sex. Formerly it was confined to men, but now it includes women also. Many, many of them are bad. Speaking of the bad ones, Beecher says: "They destroy more than moral principals—they wreck manhood, health, high purpose and self-respect. A young man can enter such a club, but no man comes out of it. Manhood evaporates under the organized pressure of vice, and leaves something fitter to crawl than to walk."

2. Ballrooms.—Cicero is extreme when he says, "No man in his senses will dance." Terence blunders when he says, "They who love dancing too much, seem to have their brains in their feet."

I have no unkind feelings for the young who are drawn into this fascinating pleasure, and no sarcasm to vent at their expense. But I wish to say with all the emphasis of my power, that the ball room is not conducive to spiritual growth. It will not make you love the Bible School more, or the Endeavor work better, the prayer meeting etc, but it will tend mightily to wean you from them, and from all things religious.

3. Gambling Dens.—Cotton says "The gambler is a moral suicide." The tendency to gamble is strong in American blood. It unfits us for every good thing. Its life is always bad. It robs the laborer of his reward, and destroys domestic happiness. When once fully initiated, all else is vapid, if not disgusting. Like the sailor on shore, a few days suffice, and he returns to the wild life of wind and wave. But the saddest and most astounding and most inexcusable feature of all is that in modern society life the taste for gambling is created. How mothers and wives can be blind to this fact in a marvel to me.

4. Bad Books.—A man reaching up for a book in a library felt a sting like the pricking of a pin. He paid little attention to it. But soon his hand began to swell, then his arm, then body and he was soon dead. A poisonous reptile had bitten him. Many books are full of reptiles more deadly, which destroy of souls of men.

5. The Saloon.—I need not tell you to avoid this awful source of sin. It is, perhaps, of all the

devices on earth, the worst, and breeds and cultivates more evil than all others combined.

We should shun the association of these, and should seek the association of pure and good. "He that walketh with wise men shall be wise." (Prov. 13:20)

**EXERCISE.**

But one may have good food, good atmosphere, and yet if he does not exercise he will die of the gout. In the Christian life, it is as in nature, Do or Die. The unused arm withers; the idle brain loses its power of thought. The Jordan waters, as they come down from the snow capped Lebanon's are clear as a crystal, beautiful as diamonds and full of life. But when they enter the fatal sea and become inactive they die. The master life was one of acting. At twelve, he said, "I must be about my father's business." In the midst of his ministry he said, "I must work the work of Him that sent me, while it is day, the night cometh when no man can work."

Peter summing up the life of Blessed Master in a sentence, said, "He went about doing good." There will be but two classes at the judgement, those who did, and those who did not.

The supreme need of the church is workers, active, tireless, consecrated and strong; who can be relied upon in the hour of emergency. She needs Christians not only built on the "Rock," but of the "Rock." The task committed to her is nothing short of the salvation of a lost world. A gigantic undertaking. To bring it thus far, it has cost the blood of an army of martyrs. Let us pray and labor for more power for his undertaking, this sublime work for God and the world. A little child was asked why she desired to be a painter; she replied: "That I may help God paint the clouds at sunset." God wants no such help. In arching the sky, in piling up the mountains, in painting the rainbow, and a thousand other things He needs no help. But in the greatest of all work, the saving of souls he honors us by making us co-workers.

Sermon preached Lord's day morning July 23.  
ELDER J. CRONENBERGER,  
Minister, Christian Church,  
Falls City, Nebraska.

**Tales of the Town.**

The special train of the Parker Amusement Co. arrived in the city Sunday evening, the wagons were hauled up town in order that an early start might be gained the next morning in the matter of getting the various attractions ready for the crowds that were expected. The usual number of Sunday evening strollers were on the streets and they all came down town to take a look at the wagons and so during the early hour of the evening Stone street presented an animated appearance. The faces of old and young alike were illumined by the light of anticipation and the ruling passion of human curiosity more than once asserted itself. If there is any thing that is potent to work on the curious strain of human nature, it is a carnival or circus wagon covered with canvas and hidden, for the time being, from the gaze of enquiring eyes.

The majority of Richardson county farmers are optimistic and look on the bright side of life. That is one of the reasons why Richardson county is one of the best counties in the state, and, as far as that is concerned, one of the garden spots of the world. If Richardson county was populated entirely by pessimistic farmers its fame would not be worth a hundred dollars an acre and its towns and cities would be mere hamlets struggling for a place on the map. A storm comes along and when it has passed, the farmer goes out into his fields and finds a great deal of corn blown down and his crop prospects injured to that extent.

But as a rule he doesn't complain about it. He notes the size and number of the ears on the stalks that remain standing and then he goes and looks at his sleek herds grazing on the hillsides and when he comes to town he brings with him a message of cheer and goes up and down the main street of the town with a smiling countenance that inspires confidence in everybody. Richardson county is fortunate, not only in the kind and character of its soil, but in the optimistic nature of its farmers.

"Have you noticed," said an observing man the other day "that the sight of a lawn sprinkler in operation is somewhat of a curiosity in Falls City, and that notwithstanding this fact the lawns about town are in fine condition and present a very pleasing appearance? The fact is that for several years the use of lawn sprinklers has been abandoned. It used to be that nobody expected to have a nice lawn with out resorting to irrigation, so to speak but of late years the natural rainfall has been sufficient to keep the grass in excellent shape. We remember that when the water works system was first installed Alex Wherry had one of those old fashioned whirling fountains and to the people living along North Stone street it was one of the wonders of the world. Everybody who passed stopped to look at it and in the evening the children of the neighborhood lined up along the iron fence and laughed to see the whirling spray and antics of the birds that came to take an evening bath. In those days a dry summer was to be expected, but Nature seems to have changed the order of things and now furnishes plenty of moisture to make the Falls City lawns the prettiest to be seen anywhere.

As the time for the carnival drew near, many a business man began to realize the horrible possibility of a merry-go-round being situated near his place of business. Then a general protest was raised and not without reason, either. Perhaps the most disreputable thing on earth is the merry-go-round organ and the fact that this instrument of torture is necessary to secure patronage for the steam swing is one of the evidences of the idiocyncrasies of human nature. Nevertheless, we wish that we had the money that was made by the men who brought the first merry-go-round to Falls City.

**Matter of Stripes.**

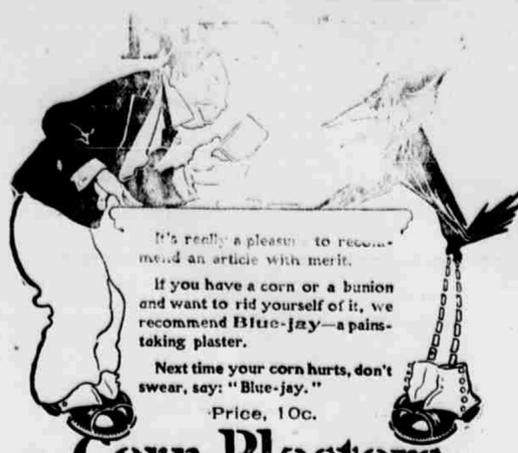
A small boy from the north who was visiting a relative in one of the southern states where convict labor is employed in public improvements became interested in the men in their black and white striped clothes. One day he went to a circus and for the first time in his life saw a zebra. "Oh, auntie," he cried, "look at the convict mule!"—Lippincott's Magazine.

**Congratulations.**

When Ethel cabled to her father from London her engagement to the duke of Manchester, he replied simply: "Congratulations;" and when, a week later, she cabled that the engagement was off again, he answered with cheerful reiteration: "Congratulations."—Reader Magazine.

**Remarkable Wooden Pavements.**

The city of Hull, England, has 13 miles of wooden pavement, and is gradually substituting such pavement for the granite blocks hitherto used. It is as smooth as asphalt, but less slippery. After many experiments with woods from various parts of the world, the city authorities have settled upon the jarrah and karri woods from western Australia as the best for the purpose. They are of a dark mahogany color. The blocks are cut to the size of large bricks, and are carefully laid upon a foundation of cement seven inches thick. Some of these pavements, laid from seven to ten years ago, are not yet in need of repair.—Youth's Companion.



It's really a pleasure to recommend an article with merit.  
If you have a corn or a bunion and want to rid yourself of it, we recommend Blue-Jay—a pain-taking plaster.  
Next time your corn hurts, don't swear, say: "Blue-jay."  
Price, 10c.

**Corn Plasters**

THE KING PHARMACY

**BRAIN COMPARED TO HORSE**

Possesses Marvelous Powers of Endurance and Will Work Until Completely Exhausted.

"The brain of a mental worker," remarked a scientific writer, "is like a race-horse. It is sensitive and delicately organized, yet it possesses marvelous powers of endurance, and will, so to speak, run till it drops."

"Its resemblance to a high-mettled steed is heightened by the fact that it will not brook abuse. It responds at first to whip and spur, but if the lash is laid on too severely it balks, and refuses to proceed. It must be well nourished with good blood, but few things dull its power like an overfed body."

"Its healthy activity makes for long life. The mental workers live longer than those who work only with their muscles, and this is not only because brain-workers lead more protected lives. It is because they have more interests in life, and because the brain is very intimately connected with the vital forces. Between the man of high intelligence, delicate though he may seem, and his ignorant, but burly and muscular brother, there is often the difference between fine steel and cast-iron in the matter of endurance."

**Why Heat Reddens the Face.**

The effect of radiated heat on the nerves which control the small blood vessels of the skin makes the face flush. These tiny vessels, which are normally in a state of moderate contraction, under exposure to the heat relax and become distended with blood. In regard to exposure to direct heat the reddening of the skin, together with the uncomfortably warm feeling accompanying it, may be looked upon as one of the useful little "danger signals" by which we are surrounded. When from any cause a person has lost this susceptibility, as in some forms of paralysis, he may expose a limb to heat until serious injury results. The face flushes when near the fire because it is directly exposed to the rays of heat, while most of the body is protected by the clothing. Besides, the nerves of the face are particularly sensitive and the skin there is most abundantly supplied with blood vessels.—N. Y. Herald.

**SEEING LONDON IN A FOG.**

Efforts to View English Capital Are Almost Useless as Most Days Are Murky.

He knew his London well, declares the National Magazine. We went forth in a fog that was of a pea-soup variety. It seemed useless to wait any longer for it to clear off. The days were all alike and were darker than twilight ever dared to be. I clung to Mulford's coat-sleeve, for I knew if he were once to get beyond my reach I could never hope to find him again. We groped blindly among the streets, where the atmosphere was only less palpable than the houses that walled us in. At intervals we inquired where we were, for otherwise we could never have known at all. We had to feel our way carefully and take soundings at intervals. "Here," said

weed would point upward, and the crab would become a rock with a tuft of seaweed growing upon it, well calculated to deceive the most observing enemy.

**JAPANESE MAILING CARDS.**

The War Now Furnishing Striking Subjects for Their Illustration—One Card's Beauty.

Pictured mailing cards, made in Japan, nowadays present many striking scenes of the war. One card, for instance, lately received in this country, has upon it two pictures of the army review held in Tokio November 4, 1904.

There is also reproduced on this card, running across the larger of the two pictures, a bar of music, presumably an army bugle call. There are legends in Japanese characters on each side of this card, and the title explaining the pictures is printed also in English.

Another Japanese mailing card with a war picture for its illustration has likewise legends in Japanese characters on either side, one of these inscriptions being printed in gold. The title of the picture as printed in English under a line of Japanese is: "Our Combined Squadron Steaming Toward the Enemy."

The picture on this card also is a reproduction of a photograph, of one evidently taken from the after deck of a war vessel, a section of which appears in the foreground of the picture. As shown on the card the vessels, with a battleship in the lead, are coming toward the observer in column. The broad wake made by the turning screws of the ship from which the photograph was taken shows plainly in the picture, as do the waves made by the bows of the battleship following, the leader of the column of ships seen in the picture, which is moving through a broad and quiet sea, stretching away, with no land in sight, to the distant horizon.

The figures of the ships as shown in this picture are small, heightening the effect of the broad wake-expansion, but the figure of the leading battleship comes out very clearly, as does the great cloud of rolling black smoke rising from its funnels, while similar clouds can be seen rising from the funnels of the ships following at intervals in line, the last of which is on the distant horizon line.

**Burlington Bulletin.**

OF ROUND TRIP RATES.

Chicago and return, on sale daily, \$20.  
St. Louis and return, on sale daily, \$16.25.  
Portland, Tacoma and Seattle and return, one way via California, on sale July 12 3 6 7 8 10-11-12-13-25 26-27. Aug 6 to 14, \$56.  
San Francisco and Los Angeles and return, \$56. On sale July 12 3 6 7 8 10-11-12-13-25 26-27. Aug. 6 to 14. On sale Aug. 7 to 15, \$50.  
Denver, Colorado Springs and Pueblo and return, on sale daily, \$17.50. On sale August 12, 13, 15, \$15. On sale August 30 to Sept 4, \$10.75.  
Salt Lake and Ogden and return, on sale daily, \$30.50.  
Yellowstone Park, through and including hotels and stage, and return, on sale daily, \$75.  
Cody, Wyo., Black Hills and Hot Springs, S. D., approximately half rates all summer.  
Milwaukee and southern Wisconsin points, Michigan resorts on Lakes Michigan and Huron, Canada, Maine and New England, St. Lawrence and Lake Champlain regions, very low tourist rates daily.  
If you will call or write, it will be a pleasure to advise you about rates, train service, to reserve you a berth, and to try to make your trip a comfortable one.  
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