

THE QUIET HOUR

Select Reading.

"Tell me what a man reads and I will tell you what he is," said a wise writer; for little by little the things that we read become our thoughts and make the very texture of the mind.

During the last few months the attention of the American people has been aroused to the consideration of pure and impure foods. This agitation has done good, for with the abundance of good food there is little excuse for using any food which is harmful. The time has come when the American family must give better attention than in the past to another matter—the choice between good and bad reading. We have read enough about wickedness in both public and private life; too many stories of criminal transactions; too much about the evil and not enough about the good in life.

For our own sake, and still more for the sake of our sons and daughters, it is most important that we should select our periodicals with great discrimination. Let these subscriptions be only for clean, wholesome, patriotic periodicals; those which present the good in the bad, in human life and endeavor.—Selected.

"The best physical laboratory in America is the well-regulated American farm. Here the boys and girls study nature first-hand. Here they observe the growth and life of plants and animals. Here they breathe pure air, become familiar with the beauties and wonders of the natural world. Here they make character. To have added to all these opportunities the advantages of a high school education, without any of the disadvantage that attend spending of the evening without chores or home duties, in the town, is an educational condition that is almost ideal."—Prof. J. L. McBrien.

Sunday School Topics.

One of the remarkable lessons so frequently overlooked in the study of Christ's life, is that of his readiness to meet each and every emergency. He was never caught unawares, or unprepared. He was ever and always equal to the demands of each new occasion. If the multitude was hungry he fed them. If the people were in distress he helped them. No matter what the situation might be he was there, ready to meet it.

Christians, who are given to excusing themselves because of their insufficiency, will do well to study and imitate the preparedness of Christ. He never excused himself. He has left for his followers only a record of achievement. There are no flunks in his life story. He did things, he was no dodger. Its the Christians business to be prepared. Excuses are only evasions, confession of lapse of opportunity if not of duty. Cut them out. Face the situation. Do the Master's work. The business of the true soldier is to fight, not run. The odds may be against him, but he faces the enemy and dies if need be but never shirks. How different the average Christian of our day. Dodging is getting to be a fine art. To say I am not prepared has a sanctimonious sound. To neglect a religious duty is regarded as an indication of superiority. Follow Me! was the master's command. Be ye ready!

More Faith Needed.

Great reforms have never been known to come quickly. Radical changes do not take place suddenly. The greatest tidal wave upon our oceans' shores, of which history has any record, is known to have come from beneath the surface. The great and mighty surging of the waters have first come from below and are known as the undercurrent. It is not the first gust of wind that sweeps bare the surface; it is not the first dash on the great battle field that carries one to victory; you must be sustained and supported by the mighty forces you have left behind. One who rushes too rapidly ahead of the procession, destroys his usefulness in the final conflict, his strength is of no avail unless a healthy public sentiment sustains and supports him. Until then, he dashes his energies and efforts like the ocean wave upon the shores of a rock bound coast and they are lost, and lost forever.

We are a practical business people whose environments are of the commercial atmosphere, in which morality and high character must come from the individual himself and not from restrictive legislation. When mankind relies upon external help he has sorrow, if self-reliant, he has strength and joy. The greatest reward for which mankind may struggle to acquire, whether he realizes it or not, is the salvation of his own soul; and the greatest teacher, the One who set the most illustrious examples, was our Great Redeemer who

practiced by precept and example. And, when his disciples faltered in the great crusade against wrong, vice and immortality, his strongest rebuke was uttered when he said, "Oh ye of little faith." Its application is apparent when you know the lack of faith of so many of our good men and women in Nebraska today, who are unaware of the full strength, vitality and vigor of the existing statute respecting our liquor laws. When the tax-payers of the county say it is unfair that they must pay the cost of criminal prosecutions which are the outgrowth of the liquor traffic, without having had any voice in the granting of the license, and are told that Section 15 of Chapter 50 of the Compiled Statutes of Nebraska expressly provides that the liquor dealer and his bondsmen are liable, in an action upon the bond, for the repayment of those costs and expenses, and when they reply that the law has never been enforced and cannot be, in the language of the Great Teacher permit me to say "Oh ye of little faith," it can and will be enforced, whenever the general public so desires, and it will meet the full requirement of our expectations.—Selected.

Preoccupation.

A boy returned from school one day with a report that his scholarship had fallen below the usual average. And this conversation took place:

"Son," said the father, "you've fallen behind this month, haven't you?"

"Yes, sir."

"How did that happen?"

"Don't know, sir."

The father knew, if the son did not. He had observed some dime novels scattered about the house, but had not thought it worth while to say anything until a fitting opportunity should offer itself. A basket of apples stood upon the floor, and he said:

"Empty out those apples, and take the basket and bring it to me half full of chips." Suspecting nothing, the son obeyed.

"Now," he continued, "put those apples back into the basket." When half the apples were replaced, the boy said:

"Father, they roll off. I can't put any more in."

"Put them in, I tell you."

"But, father, I can't put them in."

"Put them in? No, of course you can't put them in. You said you didn't know why you fell behind at school, and I will tell you why. Your mind is like that basket—it will not hold more than so much. And here you've been the past month filling up with chip-dirt—dime novels."

The boy turned on his heel, whistled, and said, "whew! I see the point!"

The Curse of The Black Plague.

By Prof. Chas. A. Mitchell.

If the Indiana state board of health is right, multitudes of young men are not fit to become fathers. Twenty years ago the physicians in this country became greatly exercised over what is called the "White Plague," by strenuous efforts and concerted action, sanitariums and tent colonies were established, and millions of pages of literature were spread broadcast, until today, consumption is greatly diminished.

But there is a far greater plague in this country, called the "Black Plague." Certain blood taints that are spreading rapidly among our young men. The Indiana state board of health declares that one of these venereal diseases, and recent scientific investigation has shown it to be even worse than the other form of venereal infection. They declare that four-fifths of the men of America who reach the age of thirty, have been poisoned. That three-fourths of the operations upon women in the hospitals are because the husband had sown his wild oats and poisoned his blood and infected his innocent and unoffending wife. Four-fifths of the children born blind become so because their fathers, when young men, had sown their "wild oats." One-half of the childless marriages are from the same cause. It is the great threatening danger of this nation.

No girl should marry, unless her father or brother has found out that the young man is safe. No young man should be given a license to marry unless he can show a clean bill of health from venereal contaminations. A grandmother, at the close of a woman's meeting rushed up to me crying, and said, "You do not talk half plain enough. My daughter is dying by inches, because her husband lived a crooked life."

A little love, a little trust,
A soft impulse, a sudden dream—
And life as dry as desert dust
Is fresher than a mountain stream.
—Stopford A. Brooke.

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