

# Popular Pulpit

## CURE FOR ANXIETY.

By Rev. Edward Judson.

That ye may study to be quiet.—I. Thessalonians 4:11.

Anxiety involves extreme pain. It comes from the same root as anguish. The pain, however, is not physical, but mental, and for that reason all the harder to bear.

How prevalent in society is this form of mental pain. How infrequent is a tranquil face. Anxiety seems to be a kind of hysteria to which Americans are susceptible. In suicide, at least, we seem to be in a fair way of outstripping the rest of the world. Some Hindus that Prof. James was showing about Cambridge remarked upon the strained faces of Americans and their distorted limbs, in contrast to Oriental placidity and grace. He said that it was the custom of Hindus to retire at certain times every day to relax their muscles and meditate on eternal things.

Has Christianity a cure for anxiety? The Christian is tranquil as regards provision for the future. He provides for the future, but without anxiety. Over and over Christ bids His disciples: Be not anxious. This does not mean that we are not to work hard and lay up against a rainy day.

The Scriptures teach that righteousness is the parent of comfort. "Seek first the kingdom of God, and His righteousness; and all these things shall be added unto you." The universe is on the side of the man who does right. Exceptions to this are only apparent. The life of the individual is too short for the principle to work itself out completely, so that it stands out more clearly in the history of a family or of a nation.

It is not only provision for the future that is apt to make us anxious. We worry over our past. Now, the Christian revelation provides a drug for these painful memories. We learn, like St. Paul, to forget the things which are behind. We cannot change the past, but we believe that all our sins are forgiven. Our very sins then become stepping-stones. They prevent resumption. They fill us with sympathy for the erring. We love God, because He first loved us.

Our work, too, often makes us anxious. We thirst for recognition or else we grieve over the meager and inconspicuous results of all our efforts. But the value of our work is determined not by the bulk of the result achieved, but by the spirit in which the work is done. It is only as we go deep into the work itself, without thought of the consequences, that we vitally affect the lives of others. Besides the chief value of our work is that it promotes ample and symmetrical self-development. God thinks more of a man than of his work. The work may be wood, hay or stubble. In the end burned up, but the man is saved.

We are employed by our Great Master to work by the day, not by the piece. Every day should have its ritual and it is more important to live by rule than to accomplish some great result. This is the secret of "Toll unsevered rom Tranquillity."

The supreme crises of life are an even more fruitful source of foreboding than our past or provision for the future. This mind is infested with the thoughts of bereavement and with poverty, sickness and death and old age. Here, again, the Christian's eye is calmed by faith in the love of God. Providence is only another name for the love of God which anticipates these crises, so that when we arrive at them we see the traces of the Father's hand that has arranged them for us beforehand, either lightening the burden or strengthening our shoulders to bear it. Some of these things we may never have to experience at all, and why should we allow ourselves to suffer them in imagination? We have no right to occupy the mind with unpleasant things. The imagination has power to mass untoward events so as to produce the effect of their occurring simultaneously. Real evils come to us one by one and grace is promised for each day's need.

## BRIDGE OF GOD'S LOVE.

By Rev. Frederick Lynch.

And there was no more sea.—Rev. xxi, 1.

I can hardly appreciate what the sea was to the ancients. It stood for separation, almost impossible barriers, long, interminable stretches of fearful waters. Ulysses' return from the Trojan wars to Ithaca is a life journey of cruel buffetings of winds and seas. It is a two days' trip now, and the ocean to us is a symbol of nearness rather than distance. It brings the nations together instead of separating them. But John, when he wrote these words on his lonely island, Patmos, where he

was exiled, thinks of it as an impassable barrier between himself and all whom he loves. It separates him from home.

So when in his vision he sees the beautiful city of God which is some time to be built in the hearts of men, when God shall make his home among men and dwell with them, and there shall be no more pain and sorrow, only gladness and joy—all things made new—he needs must add these words to the vision:

"And there was no more sea."

That is, there was no separation.

One thing Christianity has done. It has broken down distances, it has removed barriers, it has brought things together that belong to each other, it has swept away the vast, impassable stretches in the world of the spirit. Thus, first of all, when John said "There is no more sea," he meant there would be no separation between God and man. The gods of the old days were far off—man had to go long journeys to find God. He dwelt on mountain heights. Christianity has made Him a near God. He is the ever present spirit, inhabiting His world. He is nearer to man than nearest friend. There is no great space for man to traverse to find Him. Nothing separates Him from man but man's own sea. He is the dear Father of us all, and we take His hand as the little child takes his mother's hand.

This is the teaching of Jesus. It is the meaning of His life. To those who walked with Him in Galilee God was by their side. Never again could they worship a far-off God.

This was also the meaning of Calvary. In the death of Christ men saw God and man meeting in the one great sacrifice of love. In Christ the divine and human meet and evermore are one.

This vital sense of the nearness of God is the only thing that can keep religion alive to-day. This is what we mean by faith. This is the fulfillment of the vision John saw—God with us—no separation—no more sea.

Again John saw in his vision the estrangement of the people, and he says: "In that day, when the kingdom comes, there will be no more sea." That is, there will be no separation of races and of nations. All these foolish and un-Christian race prejudices and international hatreds and caste distinctions will be swept away.

As a matter of fact, speaking literally, how true it is that there is no more sea between Europe and America. Our great ships have made the sea as nothing and the nations mingle. Already much of the old separation is breaking down and we are realizing that man to man the world over is brother.

But some day there shall be no separation whatever, but we shall see that all men suffer the same defeats and losses and are striving after the same common happiness and good. Then the brotherhood of man will have come and "there will be no more sea."

Finally, John was thinking of how the sea separated him from those he loved, so when he throws the picture over into that other world, which we call heaven, he says, "There will be no more sea there." Here life is full of losses. Love's golden cord are broken. Dear ones are taken from us and seemingly a great ocean of space is between us and them. But there the golden cords shall be again united. Love can never lose its own. And there shall be no more partings. There shall be no separation there. This is the immortal hope of our Christian faith and nothing can take it from us. No partings yonder, no separations, "no more sea."

## Short Meter Sermons.

Nursing sorrow is raising sin. You cannot fatten folks on phrases. There are no friendships without faith.

The poverty of life is due to the things we miss.

The love of truth goes before likeness to truth.

Ornamental piety usually adorns an empty heart.

Every life may be known by the way it leads.

God is not in the closet if He is not on the street.

The beautiful life wastes no time looking for a mirror.

When faith gets to dreaming there soon is something doing.

A good deal of piety is only a game of trying to dodge the Almighty.

If you have faith you will see something glorious in every face.

The poorest way to make an impression is to give up to depression.

You may know the greatness of any man by the way he treats a child.

You cannot keep life sweet and wholesome by taking all your salt on Sunday.

Some think they are full of faith because they turn their backs on the facts.

Some think they are wonderfully brave because they screw up enough courage to give poor old Jonah a lambasting.

## RESTOCKING THE RANGES.

Serious Problem as Viewed by State Veterinarian of Washington.

During the past few weeks Dr. S. B. Nelson, state veterinarian of Washington has spent considerable time in Walla Walla, Columbia, Garfield and Asotin counties, examining many bands of sheep that are kept in these counties, as to their general health, with particular reference to "scab." Recently, in discussing things of interest he had observed in going from one sheep camp to another, Dr. Nelson came to the problem of "restocking the ranges," which is now so absorbing to stockmen.

"One of the serious problems now confronting the stockmen of this state is the question of restocking the ranges with the original bunch grass," he said. "Old settlers tell us that when they came here forty years ago, the bunch grass was from two to three feet tall, and very heavy. The promiscuous grazing of the stock over the ranges has put them in their present bare, or semi-bare, condition. The reclaiming of these vast tracts of grazing land is a problem to which the agricultural departments of various institutions have given a great deal of attention.

"Some seven or eight years ago I rode over these same ranges and found the bunch grass practically all gone in many places. This condition could be observed for miles and miles as the ranges were ridden over. Recently I was very much astonished in passing through these same regions to find that thousands of acres had been fenced, while equally large tracts were not fenced, but were held as summer range by sheepmen who practically controlled them. I observed that these ranges, bare several years ago, were, at the time of my visit, covered with a luxuriant growth of bunch grass, standing from eighteen to thirty inches high. In places the grass was so heavy that it could not be mowed for hay. I was also much surprised to see that in places that had been protected for a less number of years, the heavy bunches of grass were scattered, and between the big bunches, bunches from two to three years old were well started. It was very easy to pick out a bunch of two-year-old grass from among a number of the older bunches. In looking into this question I discovered how it was that these ranges had been restocked.

"The sheep are kept on these winter ranges from the time they come out of the mountains in the fall, during September and early October, until after lambing, and a short time the following spring. Early in the spring the sheep eat the young, tender bunch grass, but the sheep are well scattered (a good herder nearly always keeps his sheep scattered) the bunch grass as it gets older becomes tougher, and the sheep do not like it so well. By the latter part of April and early in May, the sheep prefer the many weeds, especially sunflowers, never touching bunch grass at all. Many, many times during my trips through these counties, I saw bands of from fifteen to twenty-five hundred sheep grazing in bunch grass from one foot to eighteen inches high and never touching it. They were picking out the little weeds in between the bunches of grass, and wherever there were areas of sunflowers, they would eat the flowers perfectly clean wherever they went.

"From the first to the fifteenth of June the sheep are taken into the mountains and kept until the latter part of September. Now when the sheep are brought back in September, the bunch grass has seeded, the seed being scattered over the ground. The fall rains seem to soften the bunch grass, making it tender so that the sheep eat it greedily. In this way, by eating the early shoots before the grass goes to seed, and then eating this mature, semi-cured grass after it has gone to seed, the seed is saved on the ground and resown, and the stand of bunch grass is continually increased.

"This has demonstrated to me very strongly, that if men owning large areas of grazing land expect to keep their ranges up to the present standard, or even increase the stand of bunch grass, that they must of necessity protect the bunch grass at least every other year, during its seeding time; that is, from the time the seed begins to form until the mature seeds are shattered on the ground. I am convinced that the problem of restocking the ranges may to a very large extent be solved by fencing the grazing lands, and, at intervals, resting them."

## WRITES OF OREGON.

Sidelights on Beaver State by Professor of Cornell.

In his recent book on "How to Choose a Farm, With a Discussion of American Lands," Professor Thomas F. Hunt, of Cornell university, devotes several complimentary paragraphs to farming conditions of the Pacific Northwest and to the resources of Oregon in particular. Professor Hunt accompanies his descriptions with tables of statistics which throw several interesting sidelights on the conditions existing in the Beaver State.

"This region is characterized by its immense forest resources, its fishing industries, and the high production of wheat by dry farming in the eastern part of Washington and along the Co-

lumbia river in Oregon," writes Professor Hunt of Oregon, Washington and Idaho. "One-third of the area is covered by forests of immense commercial value, while at least one-fifth more is covered by trees of less importance. In Western Oregon and Washington are to be found millions of acres of the densest forests, with coniferous trees of great height, and large diameters, of which the Douglas fir and the red cedar are perhaps the most important. It is not uncommon for five acres of land to cut a million feet of lumber.

"Wheat and hay constitute about one-third the value of all crops. While general farming is somewhat more developed than in the Rocky Mountain states, the grazing of livestock is still one of the principal industries. Certain areas in Oregon, Washington and California furnish ideal conditions of soil and climate for the production of hops. These three states produce two-thirds of the product of the United States.

"The Cascade mountains divide this region, climatically and agriculturally, into two parts. Between the Cascade mountains and the Coast range are fertile, well-watered valleys, already thickly populated. Upon the western coast, owing to the Japan current, the temperature is the most equable in North America. The climate is more like England than that of any other part of the United States.

The soils are mostly of a volcanic origin and are unusually fertile and enduring. The prairies consist of an expanse of rolling hills. The layout of the farms and general aspect of the improvements are similar to those in the newer portions of the North Central states. The people are mostly native-born Americans from the older settled states. There is a general air of hopefulness and prosperity among them.

"There are still 30,000,000 acres of unappropriated and unreserved public lands ready for entry in this region. While some of this is forest land and some is arid, this region probably contains the best large body of public yet open for settlement in the United States."

Oregon, Washington and Idaho are credited with about 90,000 farms. The area in farms is about 25,000,000 acres, the improved area being about 9,000,000 acres for the three states. The average size of the farms is a trifle over 250 acres, and the average size of improved farms is nearly 100 acres. The state of Oregon alone has about 11,000,000 acres of land in farms and ranches, which is estimated to be worth about \$13 per acre.

## EXPERIMENTS WITH HYBRIDS.

Pullman Station Develops New Varieties of Wheat.

The Washington State college experiment station at Pullman has brought a line of experiments with Little Club and White Track wheat to a point where definite statements concerning results can be given. These hybridization experiments were begun in 1899 by Professor E. E. Elliott. One long-headed variety which is now growing in the eighth generation produces more straw than any other hybrid heretofore grown on the station farm. Because of this and that it will withstand cold nearly as well as Jones' Five, the station staff believes it will be well adapted to the dry section included in the greater portion of the Big Bend country. A length of six inches and 100 grains to the head is not unusual in this variety.

Another hybrid is remarkable for the stiffness of the straw. On the farm a plot of Red Russian and Arcadian were cut to the ground by squirrels, while the hybrid variety was left uninjured. The stem grows too short to be suitable for dry land, but it is the most stable variety yet produced and in several instances produced 60 bushels per acre.

A long stem hybrid has the peculiarity of growing with surprising uniformity of height, and the staff say this wheat should be well adapted to threshing with a combined harvester. The evenness in length, and the fact that it shatters but little, makes it one of the most desirable hybrids brought out on the college farm.

## EXCELLENT COAL PROSPECTS.

Much Interest Aroused in Deposits Around Ashland.

The recent work in developing the various coal prospects found in the vicinity of Ashland, Oregon, has met with so much success and has attracted such widespread attention that it promises to insure sufficient perseverance in work along this line to determine the real extent of the coal deposits which, beyond doubt, exist in this section. There is no question about the coal being found and the quality of it, but there are skeptics as to the extent of the deposits. The scarcity and high price of wood for fuel has prompted and encouraged the coal prospecting to a large extent, and the opening up of coal beds of ample extent would be a welcome solution of the fuel problem, which is a serious one and promises to be more serious before another winter is over. The inability to secure woodchoppers during the past year or two has greatly curtailed the wood output and has resulted in soaring prices.

The British soldier is now to possess three shirts instead of two.

## SEA RAILWAY A MIRACLE.

Crosses 160 Miles of Ocean, and Will Cost \$32,000,000.

The railroad which Henry M. Flagler and his millionaire associates in the Standard Oil Company are building over the Atlantic ocean from the mainland to Key West, Fla., has made such progress that it is announced that the line will be completed by the summer of 1909.

This railway is the world's most extraordinary engineering project to-day, and engineers at least say that when completed it will be a wonder of the world. The railway will be 160 miles long. All the way from mainland to Key West are small islands or keys, as they are called, some an acre or less in extent. The builders of the road are connecting these keys with immense viaducts, supported by huge abutments of solid concrete. At one point, two keys are three miles apart, but the engineers did not hesitate. They found the ocean only forty feet deep, and they proceeded at once to construct a great connecting bridge. Cofferdams were sunk and the bed of the ocean was dredged out in places to solid rock. Then the solid concrete foundations were laid. The engineers are confident that the worst ocean storms will not disturb their bridges.

The railroad will be the most expensive in the world. It is costing \$200,000 a mile to build, which means a total expenditure, exclusive of terminals, of \$32,000,000.



## Why Hair Turns Gray.

Although usually regarded as a sign of age, gray hair, or canities, as it is called in the language of medicine, is not always so. It may appear early in life, even in the teens. In that case it usually affects young women rather than young men.

A peculiarity about the gray hair of the young is that it is almost always entirely white, and becomes so suddenly. All the hairs are equally affected, and one seldom sees the mixed color, or iron gray, so common in those of middle or advanced age.

Sometimes in the young, even in children, there is one gray lock like an island in the sea of normally colored hair about it. This is usually a family peculiarity, occurring in one generation after the other.

The cause of hair turning gray is something that puzzles the doctors. The color of the hair is due to the deposit of pigment in the interior of each hair, and grayness follows the loss of this pigment. That is self-evident, but the puzzle is what causes the pigment to disappear. Some have believed that it is due to the drying of the hair, which causes a shrinkage of its fibers, and so allows the entrance of air bubbles, the refraction of light from which then gives the white appearance.

The proof which is adduced in support of this belief is that if a gray hair is put into the receiver of an air pump and the air is then exhausted the color of the hair may return more or less completely.

Metchnikoff, the famous bacteriologist, says the cause of grayness is the penetration into the hair of wandering cells, resembling the white blood corpuscles. These cells, assisted by other cells, the aggregation of which makes the hair, seize upon the granules of pigment and destroy them.

Nearly everyone has read of instances of the sudden bleaching of the hair—even in a single night—under the influence of fear, grief or some other intense mental emotion. That such cases have occurred is undoubted, but the explanation by either of the theories above mentioned is difficult.

There is no cure for gray hair so far as is known. The use of curling irons is said to retard its formation; perhaps, if Metchnikoff is right, by destroying the activity of the cells which consume the pigment.—Youth's Companion.

## Had a Feeling of Curiosity.

"I was asked to find out when you would pay this little account," said the collector, pleasantly.

"Really," answered the debtor, "I am unable to enlighten you. However, there is a soothsayer in the next block who throws a fit and reveals the future at 50 cents a throw."

"I've no money to waste," growled the collector.

"Just add the 50 cents to my account," continued the other, "for I have a curiosity on the point myself."—Washington Herald.

## What Makes Lambskin Costly.

The favoring of kid gloves by fashion has resulted in advancing the prices of kid and lamb skins 50 per cent.