LOVELY PAMELIA LAKE IS CHARMING PLACE FOR VISIT

Beautiful Body of Water Lies at an Elevation of 400 Feet on Shoulder of Mt. Jefferson.

IS WONDERFUL FISHING

Many Points of Interest May Be Reached, Such as Waldo Glacier and Hunt's Cave.

By Douglas Hewell

Our annual outing this year was somewhat different in that the section we visited can be reached only on foot or by pack horse and included a famous snow mountain with all its features for exploration. Then, too, we realized our wish to go to a section for lishing entirely out of the reach of automobile or wagon. In fact, no vehicle could approach within 50 miles of our camping place.

Mrs. Howell and our daughters, the Misses lone and Irls, and the writer, left Portland July 17 over the Southern Pacific for Albany, where we changed cars for Detroit, 55 miles east on the North Santiam river, where we found nice hotel accommodations. We left Detroit early the next morning with a mounted guide and three pack horses heavily loaded with food and equipment and one saddle horse to be used by any one of our party of four who might need lift in the 20-mile hike to Parmelia lake, our destination. Our guide, Mr. Cooper, was somewhat skeptical about our making the trip with the aid of only one saddle horse, so he advised us to start an hour or so earlier and would follow with the pack train. But he did not overtake us until we him the admission that we were pretty people have fished there no man, who rode only about five miles.

we passed through one of the finest nothing but a fly and any kind of a can continent and though the sun was trout in the lake, cutthroat, red sides, shining brightly we saw it but few brook and salmon trout, and in the times on the entire trip, so dense is the creeks there are dolly vardens and a timber. We reached Parmella lake at 5 very dark trout which we were unable p. in., giving us time to put up our to identify. tent and make ample preparations be- During the summer months the lake

INTERESTING RELICS

which has an interesting history. The first, a saddle, lies about three feet Many years ago a mighty avalanche the ground. The horse at once began lake and many are sunk to the bottom to feed on the scattered bunch grass. CLIMB IS DIFFICULT When the conversation ended and Mr. Brown turned to remount his horse was nowhere in sight. died. He carried the saddle to the trail sliding mountain is most difficult to wheelbarrow sits beside the trail, a the large force at work on the grade its top. that the promoter had fled and left no money to pay the wages, and the men and many threw away their blankets in is their eagerness to get back to civilization as soon as possible ALWAYS STAYS THERE

their load as far as practicable and some The cove lies at an elevation of fail to mention a remarkable uninhaba line full of dry socks and tools of beautiful lakes and a dozen or more nearly every kind, including two cross- waterfalls add greatly to the natural cut saws, a grindstone, axes and even beauty of the cove. stovewood, ready cut and piled in a dry SETTING IS PERFECT place. If you found this cabin as a a rainstorm or snowstorm or

PARMELIA LAKE BEAUTIFUL

Parmelia lake lies in a wonderful amelevation of 4000 feet. The lake is pure eternal snows less than three miles dis-Oregon it was known to the early settlers in the valley and the Indians were found fishing there by the earliest white men who visited it. It has never been stocked with fish by state or

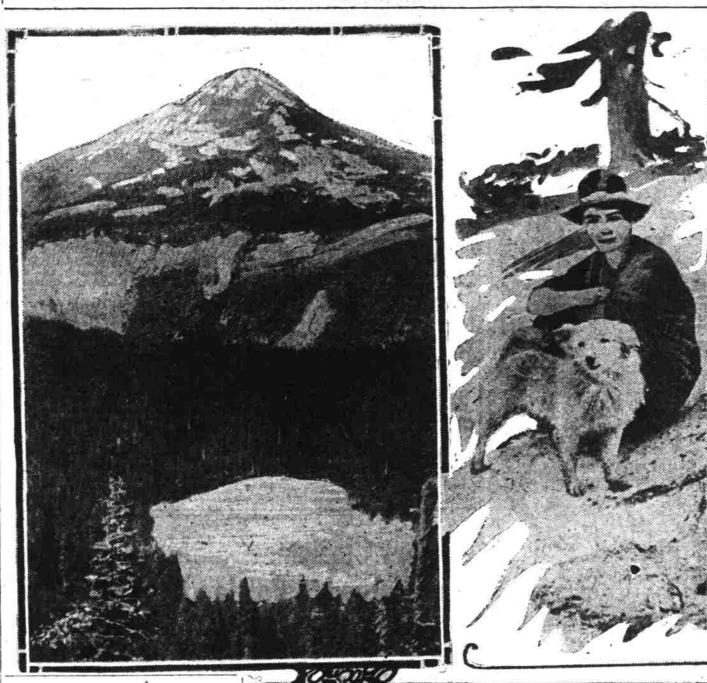
LEMON JUICE TAKES OFF TAN

Girls! Make bleaching lotion if skin is sunburned, tanned or freckled

Squeeze the juice of two lemons into bottle containing three ounces of Orchard White, shake well, and you have a quarter gint of the best freckle, sunburn and tan lotion, and complexion beautifier, at very, very small cost. Your grocer has the lemons and any drug store or tollet counter will supply iree ounces of Orchard White for a few cents. Massage this sweetly fragrant lotion into the face, neck, arms and hands each day and see how freckles. sunburn, windburn and tan disappear, and how clear, soft and white the skin

becomes. Yes! It is harmless.-Adv.

IN PICTURESQUE MT. JEFFERSON COUNTRY



were 10 miles out, which brought from government, and yet while hundreds of good walkers for city folks. Two of our understands trout fishing, has ever been party did not ride at all and Mrs. H. disappointed. The writer, who is the commonest kind of a fisherman, caught 'From White River to Parmella lake the limit, 50 fish, day after day, using bodies of virgin timber on the Ameri- fly at that. There are four kinds of

fore nightfall. Our camp was among has no visible outlet, although the constately pine, hemlock and fir, a few stant inflow equals a small river in steps from the lake and in plain sight of eternal snow less than two miles plus water escapes at the western end through what is now the the dry bed of Parmelia creek. It is known that the Let me digress to say that a few lake has a subterranean outlet. While miles back, beside the trail, we saw two the creek at the lake is now dry, 300 pleces of personal property, each of yards below it issues through the rocks

from the trail and is apparently in good swept down the steep western side of Mt. condition, but examination shows that Jefferson and carried a great number of the leather is badly damaged by the vast trees into the lake, mowing them off weather. The saddle's story, as told even with the ground, leaving their roots by our guide, is this: About ten years undisturbed. Many great trees, six to ago a Mr. Brown of near Albany, Or., eight feet in diameter were broken in was in this part of the mountains, rid-two by the avalanche as though they ing a fine horse. Meeting a friend, he were wheat straws. Of these trees alighted, dropped the bridle rein on some are floating on the surface of the

On July He searched the daughters and Mr. and Mrs. Henderson a had bored was for two days, nor as of Detroit, climbed Mt. Jefferson. Leavhe had hoped, was the horse at home ing camp at 7 a. m. we reached the top when he reached there. About two at 2:30 p. m. Leaving the top at 3:30 years later a man hunting near Parmella lake found the skeleton of a horse with the bridle rein firmly caught in some bushes, where the noble animal had did. He carried the graduate of two p. m. we reached camp at 6:30 p. m. We climbed by way of the dry run and sliding mountain, leaving the Milk Creek canyon and old crater to the left. The where it still lies. A little farther on a climb. There is practically no solid foot hold from its bottom to the top. The memento of the defunct railroad that cruel toil of climbing the Matterhorn of was partly graded up the Santiam river America is fully compensated for by the many years ago. One day word reached glorious view of the visible world from

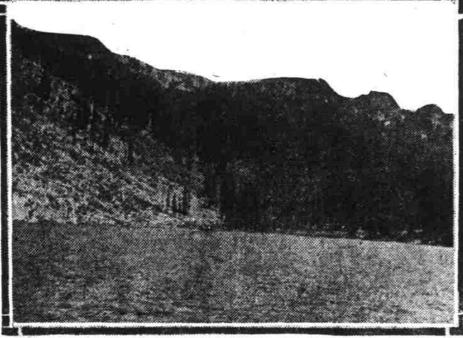
There are many points of interest that can be reached from Parmelia lake. Bedropped their tools where they stood sides Jefferson park on the north, there beautiful park of grass and Alpine trees with occasional snow banks at an elevation of about 7000 feet just above the lake on the west side of the mountain. Then south of Waldo glazier The wheelbarrow is used by some lies Hunt's Cove, which is probably the nikers going up to the lake to carry most beautiful national park in Oregon. going the other way use it as far as feet and contains probably 1000 acres. they can. But it is always left stand- Delightful savanas of green grass and ng beside the trail. And we should not myriads of flowers of many kinds and every color, bordered by trees of faultited cabin three miles back on the trail less form, are arranged with such perfrom Parmelia lake. The cabin is feet grace and harmony as would fill equipped with beds and bedding, chairs, table, cooking utensils, stove, matches, delight. Many sparkling streams, three

One of the falls at the upper lake is approaching darkness in a strange land so high (probably 1000 feet) that one of and saw the sign "welcome" above the our party looking far, far up among door and everything inside arranged so the Alpine trees, said the water seemed carefully for your comfort, wouldn't to come from the very heavens. The your faith in the goodness of the human setting of the cove is perfect. A per-heart be renewed? We do not know pendicular mountain 1000 feet higher who the good man is who provided this extends like a rim three fourths of the but we put him down, like Abou Ben way around the cove in an almost per-Adhem, "as one who loves his fellow fect circle. A dozen or more other lakes are within easy walking distance of Parmelia and the wonderful Breitenbush hot springs are also accessible. And then the Milk creek glazier and its phitheatre of mountains, on the south- mighty canyon coming seemingly out of west shoulder of Mt. Jefferson at an the heart of the great mountain, is unsurpassed for magnificence and gransnow water supplied by streams from deur. One will be awe-struck at the great rocks, weighing thousands of tons. tant. As probably the finest fishing lake which were tossed about like eggshells by the mighty torrents ages ago. Mount Jefferson is a lava mountain and in some great eruption in the past rocks weighing hundreds of tons have been thrown to the distance of five miles.

INDIANS NEVER HURRIED

The trails through this section are mostly of Indian origin and very old The forest service keeps them open for its own and the public's use. The Inlated to their construction. The trails the mountains from the east into this Portland. are for the most part well worn and section for hunting, fishing and berry plainly marked, so that the wayfaring picking. man though blind could hardly lose one. The writer one very dark night traveled 14 miles on the Marion and Parmelia lake trail and never once step off it Any woodsman knows that there is no darkness like a dark night in heavy timber. There is one exception to the Indian making crooked trails. He generally makes it almost straight up the side of a mountain, instead of zigzag,

as the white man would make it. Near Parmelia lake many years before the white men came a great battle took place between the Indians west of the mountains and those east of the mountains over the rich hunting, fishing and huckleberry grounds in the Mount Jefferson country. Tradition says the battle lasted four days. Both sides claimed



Above, left to right-Mount Jefferson from Hunt's Cove on the south, with Parmelia lake in foreground; on the snow at Hunt's Cove. Below-Lake Iris and Devil's Backbone from Hunt's Cove.

Apartment Adventures Our Roof Garden



By Herbert M. Davidson Our roof garden is the haven of refuge for dwellers in our apartment

It is a wonderful place, this roof, especially in respect to variety of flora. One sits happily in the shade watching children at their play among writings an army of men and women the nasturtium bushes. Truly, an idyllic life. Pastoral, without being and children to the earnest study of the "BE NOT AFRAID!"

We have christened the roof garden our Tuileries. Grandmothers go up on the roof to escape the realization that they are dering at the world's slow reception of illuminating portion under the sub-head ending their days in an apartment house. They sit in a swing and knit her message, at the world's reluctance 'Mental Treatment Illustrated.' And and pretend they are in their own garden and that the boards beneath to ascribe honor to the woman who this is one of the first statements to be their feet are a path that leads up around the corner to the great house their children have built for them.

Children go up on the roof to escape persons who are always saying to water, and weakened, sick and dis- Mrs. Eddy goes to the root of the situathem, "Hush! can't you remember there is somebody living below us?" Jim, from the second apartment down the corridor, and Josephine, from the floor above, go up on the roof to escape separating walls.

The landlady-beg her dear pardon, "the manager"-goes up on the hills. Some time after she returns with parent to thinking men and women that roof ostensibly to water nasturtiums, but really to escape the necessity of

Married folk go up on the roof-singly, to smoke pipes or dry hair; and flowing abundantly. Come, all of dissemination of fear, on the wings of logether, to escape visitors from the home town Soon cold weather will deprive us of our retreat. Soon the nasturtium

season will be over and winter will make impossibly sad the sight of our roof garden. There will be no escape from steam heat and the unwashed had found it! or 'How do we know dishes.

Then we shall have to purchase another potted plant.

Portland Secretary Is Warmly Praised In "Foyer and Hut"

"Foyer and Hut," published by the overseas secretary. His rapid rise in the boys. There were no shells or other hill and drink. the important field to which he was death dealing instruments that Fritz UNVOICED CRY FOR GOD

'over there" is praised. the victory but after the battle the men in the famous 42nd division, better again and on his regular job."

tween two given points is in no way re- And to this day the Indians pour over One of these men was W. W. Dillon of woman discoverer to the newly

"Dillon isn't a man to shout his ex-

assigned is noted and his entire career sent over with his name engraved on

Christian Science Lecture

Christ, Scientist, in Boston, Mass., dethe Understanding of Love," at The Auditorium, Sunday afternoon, Septem-Auditorium, Sunday afternoon, Septem-

He said in part:

We hear, even at this enlightened moment, the most extraordinary state-ments about Christian Science. Just recently a man told me that he understands that Christian Science teaches a man in financial difficulties to 'imagine he has a million dollars, and his worries will be over.' Then, too, there is a widely proclaimed fallacy that the Christian Scientist does absolutely nothing for a sick man, and in addition to such negligence makes matters worse by bidding the sufferer to imagine himself well, and he will be well. One hardly and women that such concepts are absolutely erroneous, and sound as absurd to the student of Christian Science as to the outsider. It will probably be of interest to many to know that possibly interest to many to know that possibly interest to many to know that possibly in the word occurs less frequently in the query is a definite No! We have not that is true and pure and good. This is that is true and pure and good. This is the love that sustains, rules, governs, and controls. In short, it is the love that is divine principle.

CORRECT VIEW OF MAN

CORRECT VIEW OF MAN need say to a body of thinking men In the Christian Science text book we indeed from the practical, regenerating, find that it appears only five times, healing work of Jesus to the inert, un- ment fraught with tremendous possi-A Christian Scientist is more concerned fruitful concept of Christianity that bilities for the race, is this, which we with the little word 'know,' for he learns that it is only that which he knows that does things; in fact, that the convulsions of a great war, or did not 'look through a glass, darkly' which he knows of God constitutes his swept by the terrors of an epidemic had did not let his gaze rest upon this ma-SCIENCE AND CHRISTIANITY

"The word know is in the Latin, scio, and bases our word science. And we may well marvel at that remarkable from sheer lack of Christianity. combination of words-Christian and science-hitherto considered as far apart as the poles. Now the words Christian Science can mean only this: demonstrable, provable, Christian or spiritual knowledge. Thus the student of Christian Science takes the stand that Jesus' teachings are not mystical, and should not be capable of hundreds of different interpretations; that they are based upon changeless law, and chapter of Mark) 'And these signs shall neighbor-see our neighbor as we strive are as provable as propositions in mathematics. I wish that all who have shall they cast out devils; they shall of God described in the first chapter felt disturbed over the Christian Scienspeak with new tongues; they shall of Genesis. When we gain this correct tists' conceit of the words and works of take up serpents, and if they drink any view of man, when we realize that the the Savior might read that wonderful deadly thing, it shall not hurt them; true selfhood of man and his neighbor book. Science and Health, with Key they shall recover.' And again, in the understanding begins to destroy ignorto the Scriptures, entitled 'Atonement fourteenth chapter of John, 'Verily, ance and fear, and thus wipes out sickand Eucharist. These pages breathe a verily I say unto you, he that believeth ness and sin, destroys misunderstandspirit of the most tender and reverent on me, the works that I do shall he do ings, hate and all manner of discord. love for and appreciation of Christ also; and greater works than these GRATEFUL FOR SOME PROGRESS Jesus, and show that Christian Science shall he do, because I go unto my is teaching the divinity of Christ, teaches Father.' This then is the unchanging also the divinity of spiritual man. I can test of discipleship; it is not, 'What is

this remarkable chapter. DEALING WITH OBJECTIONS

with most objections to Christian Science one to another.' is that the objectors have seldom if ever read the text book 'Science and Health,' or other authorized literature. Consequently their fund of information ould read them a passage from the evils out of himself, for 'heal he cannot,'

prayer is an evil.' ('Science and Health,'

DISCOVERER OF SCIENCE

"Our critics then turn their attento the discoverer and founder of Christian Science, if indeed they have not begun their criticisms with objections to her. Are not the caffimny, the abuse and criticism that are hurled at this Christian gentlewoman surprising? Gentlewoman she was; such she must have been to pursue her loving, forgivtice of genuine Christian Science, when ing, helping pilgrimage to the splendid hypocricy must yield to sincerity, and CONCLUSION milestone of ninety years! Such must she have been to turn through her Bible to find there the panacea for all the ills of earth. One cannot help wonfound the way of Life. To illustrate: seen here: 'Christian scientific practice Suppose that an emigrant party on the begins with Christ's keynote or harmony not plains has exhausted its supply of 'Be Not Afraid!' (Page 410.) As usual heartened, feels that further journeying tion at the outset, for is it not generally is futile. Suppose that one of its num- conceded that mankind's greatest devil ber, a woman, disappears from the party its most persistent tormentor, is fear? and bravely starts toward some distant Is it not becoming more and more apstrong step and clear eye and says joy- the dread influenza nightmare out of fully, T've found water, water! Up in which the nations have emerged, was those hills is a stream clear as crystal the result primarily of a world-wide you, come and see!' Can you imagine one of that parched, thirsty number saying, 'Well, I'd be more inclined to believe it if a man instead of a woman imagine you have seen it,' or again, you did find water, certainly somebody else told you where it was! No, we western Indians still held the Mount known as the Rainbow division." says could not imagine such a reception of dian was never in a hurry to get any- Jefferson country and did until the the story. "And the Y. M. C. A. had the message that the woman delivered. where and made his trails along the whites intervened and annihilated the secretaries from nearly every section of What could be easily pictured is that lines of least resistance, so that the lines of least resistance, so that the lines of the shortest practical line bewaters. Yet when Mary Baker Eddy after years of retirement, searching of periences from the housetops, but it is merely a matter of record that his wrist was broken when a house fell on him sons of men her work. Science and in an air raid. Later on he was made Health, containing the joyous message sons of men her work, 'Science and divisional secretary of the 77th division that earth's sufferers need only ascend in recognition of his services with the the mount of spiritual understanding 42nd. A divisional secretary had all the to find the waters of Truth which heal way from a dozen to fifty secretaries sickness and sin and sorrow—behold under him, as well as the "Y" equipment to transport and handle the goods. Ition of many who possibly are sadly in the medicine for fear, and writes as fol-"Later on he went up another step eneed of healing themselves, and who lows: "The Apostle John says: There Seattle Y. M. C. A., has a special story when he was made personnel secretary allow such opposition to cheat them out is no fear in love, but perfect love castin its latest issue concerning the work of the third region and this time he of the blessings which would surely be eth out fear. He that feareth is not of W. W. Dillon of Portland, as an went through the Argonne drive with theirs if they too would only climb the made perfect in love. Here is a defin-

> them so he came through hale and day this message of Christian Science! here must be closely allied in meaning "Nearly every state in the Union had hearty. Dillon is back in the Rose City As a French writer has clearly put it, to the word 'know' or 'understand.' Can The ceaseless unrest of this weary one love that which he does not know

TOHN RANDALL DUNN, a member of , world is the unvoiced cry for God.' Is or understand? Haven't we all heard the board of lectureship of the there no physician there? Is there no such statements as this: 'You will suremother church, the First Church of better way of healing the sick than the ly love him when you begin to see and tell them. Oh, how sadly do earth's constantly changing, exprimenting, now juries are pronounced by the medical profession incurable? Is there nothing comfort the sorrowing hearts of those whose dear ones have gone from their sight? Is there no solution for the great economic problems of the world, of capital and labor, of the re-lations of men and nations? Yes, Christian Science says to the afflicted, perplexed and storm-tossed children of earth, there is balm in Gilead-there is a way out of mortal discords, and it is not a new way. It is the old, old way of spiritual understanding taught and demonstrated by Christ Jesus, but missed all these years because men have had eyes which have seen not.

> sick, preached heaven at hand, loved as confronted with the picture of sinning. Jesus loved, and cast out demons as he maimed, sick and imperfect humanity, commanded? We suffer today, not be- he put the glasses of material sense far cause of an inadequate Christianity, but from him and, to quote the text book, JESUS' DEFINITION OF A CHRISTIAN

"What is the Master's definition of a these: 'Herein is my Father glorified, be my disciples.' Then he leaves no can the statement 'Love thy neighbor he says (as recorded in the sixteenth think of no writings aside from the your belief?' but 'What is the fruitage? Scripture which set forth higher ideals What are your works?" and 'Have you and incite to holier Christian living than learned to love?" For once again does the great Teacher leave us with no doubt as to the nature of a Christian. He says, 'By this shall all men know "The difficulty, of course, in dealing that ye are my disciples, if ye have love CHRISTIAN SCIENCE

PRACTITIONERS

"Possibly the chapter in the Christian and as years go by and he finds that upon the actual teachings of this sys. Science textbook to which a sufferer he understands better how to bring the Well, sir, I never was so surprised in tem is as doubtful as was the man's most eagerly turns is that entitled healing message to his neighbor. Never who said he knew that the story of 'Christian Science Practice,' for in it should he allow the argument of discour- on Tanlac 1 noticed the gas stopped Robinson Crusoe is in the Bible, but Mrs. Eddy sets forth, simply and di- agement to obtain lodgment in his menwas not sure whether it was in the rectly, the steps to be taken in the heal- tal home, for it is as futile to speak of I could eat without distress afterwards. Old or New Testament! Others read ing of the sick and the reforming of the failure in connection with the Science I have taken four bottles now and the Christian Science literature determined sinner. This chapter begins with a re- of Christianity as with the science of change is remarkable. I can eat anyto fine therein unchristian and unortho- markable pen picture of the consistent numbers. There is not, there never can thing, even meat. I sleep fine all night dox sentiments, and emerge from their Christian Scientist. If a seeker after be, a failure with the divine principle unhappy tasks with a few statements truth has any doubt as to the qualifi- of being. Suppose we have two glasses and full of energy. I don't have any detached from their contexts, cations of a practitioner, let him read of equal height and capacity. Fill one which prove to their complete satisfac- the first pages of this chapter and then with water, the other tion that Christian Science is the work see if the one to whom he has applied Then begin to pour the quicksilver into in 40 years and I'm feeling better every For example, a minister in for help measures up to this standard, the water. What will happen? Every one of the Southern states some time Mrs. Eddy indicates that the Christian drop of quicksilver that goes into the again and I'm certainly glad of this ago arose in his pulpit and solemnly Scientist who will be able to heal the other glass displaces an equal amount of announced to his congregation that he sick is the one who has first cast moral water. It never falls. When you have hristian Science text book, which she writes, while his own spiritual bar- into the other receptacle you will find Owl Drug Co.-Adv ould prove to them what a dangerous renness debars him from giving drink to that the water has all been eliminated. nd unchristian volume it is. He then the thirsty . . . yea, while mental Now call the glass of water the material read these words: 'Prayer is an evil.' penury chills his faith and understand- consciousness, and let the quicksilver few of his broadminded listeners felt ing.' (Science and Health, page 366). represent spiritual sense. Every time a hat something had been omitted by Therefore if you have encountered a spiritual idea, a correct view of being the reverend gentleman, and took pains person calling himself a Christian Sci- is poured into the material consciousafter to investigate. Upon reading for entist who is not learning the lessons of ness, a corresponding amount of wrong themselves in 'Science and Health,' they humility, of tenderness and compassion, thinking, fear, ignorance and sin goes who unlovingly criticizes his neighbor out. That always happens. It never "Prayer is not to be used as a con-defessional to cancel sin. Such an error whose thought seems mercenery or one us that the way to extract error from would impede true religion. Sin is for- who is not loyal to and abiding by The mortal mind is to pour in truth through given only as it is destroyed by Christ Manual of The Mother Church, avoid flood-tides of love.' (S. & H. P. 20.) The -Truth and Life. If prayer nourishes such an one! He or she is not even trouble with many of us is that we forthe belief that sin is canceled, and that touching the hem of the garment of the man is made better merely by praying. healing Christ. Mrs. Eddy writes in an virtually the master of circumstance, other place (page 235) Better suffer a and so many times we cease pouring. doctor infected with smallpox to attend And of course when the pouring in of you than to be treated mentally by one the quicksilver of truth is stopped, the who does not obey the requirements of water of material belief remains undisdivine Science.' The Christian Science turbed. Let us, therefore, realize the movement is not a restful place for the certain and never-failing effect of the spiritual pretender. The question, 'But truth of being and keep on pouring should not just such persons who are seeking healing find healing?" may be ment of Malachi's beautiful promise asked. Sooner or later, 'Suffering or' Science' (S. & H., p. 296) will surely lead them to the recognition and prac-

high-sounding words to loving Christian "Farther along in this chapter on Christian Science practice, we find an suggestion? Small wonder it is that no microscope has been able to detect the so-called influenza germ. Look for it n the mental realm, instead of the physical. Its name is fear, and Christian Scientists have proven correctness of this statement in the speedy healing of thousands of cases during the recent panic, when, through spiritual understanding, they have been able first to subdue and then to eradicate the action of fear. In numberless instances, also, Christian Scientists passed through the so-called epidemic unharmed and untonched when the prevailing fear was allowed no lodgment in their mental homes. Now the discovery that the basic error of mortality is fear, and the removal of that fear, are two separate and distinct propositions. Nothing is sadder than the spectacle of a man telling another not to be afraid, and not being able to show him why he should not be afraid. REMEDY FOR FEAR "Mrs. Eddy goes to the Bible to find

be eth out fear. He that feareth is not ite and inspired proclamation of Christian Science. (Page 410). Now it is "And how sorely does earth need to- self evident that the word love' used

know him as he really is.' John's statement must certainly mean that a perfect understanding or knowledge will cast out fear. But an understanding of what? It cannot be an understanding of any- charity' which Mrs. Eddy describes as thing material, for sometimes those supplying 'criminals with bouquets' most learned in material medicine or hygiene, or the so-called material that love divine, which, looking through sciences, are the greatest victims of fear. Again, the love that overcomes fear cannot be that commonly desig- separates all evil from him, thus denated as human affection, for may not a mother's love for her child, for instance, be literally impregnated with kind, we may know that truly we are fear? merely human love or knowledge. The love arfd understanding of that which is (Christian Science hymnal, hymn No. 7) infinitely above materiality—the perfect understanding of God and man's relation to him, must be the one and only panacea for fear. God and man's love

Christians all these years healed the terial, Adam-sense of things. When beheld in Science the perfect man, who appeared to him where sinning mortal appears to mortals. In this perfect man the Savior saw God's own likeness, and this correct view of man healed the sick. Christian? Can words be plainer than these: 'Herein is my Father glorified, explanation of that understanding, that that ye bear much fruit. So shall ye love which will cast out fear? What doubt as to the nature of the fruit when as thyself mean, but that we must gain the correct spritiual view of our follow them that believe. In my name to see ourselves, as the spiritual image chapter in the Christian Science text- they shall lay hands on the sick, and is spiritual, not material, this love, this

> realizes that he has enrolled himself in times I would actually turn purple in the great school room of Spirit, and the face. Pains would extend all over that today he is only in the A. B. Cs my lungs and under my shoulder blades of spiritual demonstration. If he is and nothing I did would relieve me, not able to walk on the water and raise As a result I became a nervous wreck the dead, as did the great Teacher, he and was often unable to sleep for days is grateful that he is at least making at a time. some progress, for he is certainly healthier, happier and better morally than he was before beginning his study, same trouble I had by taking Tanlac. completely transferred the quicksilver Then surely will we witness the fulfillthat divine love will open the windows of heaven and pour us out a blessing that there shall not be room enough

"There is no record in history, so far as we know, of the death of the Apostle John. Certain it is that, 'he whom Jesus loved," who caught the spiritual sense of the Master's message as did none other of Jesus' students, rose above the argument of age and decrepitude, and walked with men long after the rest of the desciples had gone from human sight. A well known tradition has it that years and years after the ascen-

to receive it.

Christians who were eager to see and hear one who had been with Jesus. They pressed him to tell them some of the wonderful things the great teacher had said. A sacred hush fell on them all, and after a few moments St. John said. reverently. 'Little children love one an-They waited breathlessly for him to go on, but he said no more. Then they importuned him to continue. Again he said, 'Little children, love one another.' And that was all that he would children need this lesson today! Certainly Jesus was not commending that so-called love with us is only a sentimental emotionalism, or that 'sickly (Miscellaneous Writings, page 211), but the Adam-mist and dispersing it, sees only the man of God's creating, and stroying inharmony, sickness and sin, If we thus strive to love and bless man-The same may be said of all in the Master's business, for he taught, in the language of one of our hymns

sion of the Savior, the beloved apostl

Not by the harsh or scornful word Should we our brother seek to gain-Not by the prison or the sword
The shackle or the clanking chain;
But from our hearts must ever flow
A love that will his wrong outweigh;
Our lips must only blessings know,
And wrath and sin shall die away!
"Little children, love one another."

GOOD TO BE TRUE,"

Mrs. Proctor Restored to Health by Tanlac After Forty Years' Suffering.

"It's the honest truth, Tanlac has relieved all my troubles after I had tried everything else I had ever heard of for the past 40 years without any was the remarkable statement recently made by Mrs. M. E. Proctor, 717 First street, Los Angeles, Cal.

"When I think of how much money spent on different medicines and how little Tanlac cost to make me well, it seems almost too good to be true," she continued. "I had an awful time with stomach trouble. Everything I ate would form gas and bloat me up 'til the pain was almost more than I could claims to be able to do all of the works bear. My heart would palpitate so the mighty works of Christ Jesus. He I could hardly get my breath and often-

"One evening I read in the paper about a lady who was relieved of the so I got a bottle and started taking it. forming on my stomach and I found long and get up in the morning rested trouble at all now. condition today than I have been that has done so much for me.'

Tanlac is sold in Portland by The

On arms and body of brother. Very sore and inflamed and could hardly keep from scratching. Clothes irritated very much. Used several medicines but none helped. Sent for free sample Cuticura Soap and Ointment. Bought more and only used one cake of Soap and a half a box of Ointment when he was healed. (Signed) Miss Grace V. Stone, Coburg, Mont., Feb. 10, 1919. Use Cuticura for every-day toilet

purposes. Bathe with Soap, soothe with Ointment, dust with Talcum. Soap 25c, Ointment 25 and 50c, Taleum 25c. Sold throughout the world. For sample each free address: "Cuticum Laboratories, Dept. H, Malden, Mass."

Cuticura Soap shaves without mug.

