

Science .-- Science is not a collection of guesses, opinions, beliefs or speculative views. Science is demonstrated and demonstrable truth.-Rev. J. S. Thompson, Disciple, Los Angeles, Cal. show itself in the same regions?

Social Life .- Unless Christianity discloses to us the pleasures of our social nature here and now, Christianity will not discover much of a heaven for us in his legs. hereafter .-- Rev. Thomas Parry, Presbyterian, Pittsburg.

Public Worship .-- Public worship is not all there is to Christianity, but the evident decline in the attendance of the public as related to the population, is a sign of religious apathy .-- Rev. F. A. Stilwell, Baptist, Cleveland, O.

Small Temptations .-- The young man who is bound to go to the devil is bound to go there anyway, but there are many who are led from the straight path by small temptations. Rev. F. A. Strough, Congregationalist, Pawtucket, R. I.

Be Master .- Be master of yourself. Do not be the slave of habit or of poverty or of superstition, or of time, but stand facing life, the uncrowned king of circumstances, and in it all plan for eternity .- Rev. C. C. Pierce, Baptist, Los Angeles, Cal.

Reform .- The voice of reform, which is the voice of God, speaks only to the one who has ears to hear and often when the men of a nation are too much engrossed in money-making, it speaks to a woman.-Rev. Robert Hopkins, Congregationalist, Cleveland, O.

The Church .- We speak of attending church as a duty, more deeply is it a privilege and a benefit. The union of the soul with its God is the meaning and purpose of religion; the church is a means to that end.-Rev. C. Martin, Roman Catholic, Cleveland, O.

A Great Truth.—Some men would "that the baby immediately becomes need to have a mountain fall upon quiet the minute I began to sing to them to make them realize one of the him?" them to make them realize one of the greatest truths Christ ever taught, viz.: about it, "That a man's life consisteth not in the abundance of things which he possesseth .- Rev. W. H. Nugent, Episcopalian, Chicago, Ill.

preach, then pray. If you cannot go, then give so that others may go. If you cannot sing then sympathize. But in any event do not forget that Christ assigns by natural endowments to each man his work."-Rev. M. E. Harlan, Disciple, Brooklyn, N. Y.

Respectability .-- Christ's demands in regard to purity of life and thought so radical and insistent that multitudes of men and women who think they are respectable would go down before them as the Gatling gun mows down rank afer rank of soldiers. Rev. W. A. Bartlett, Congregationalist, Chicago, Ill.

Martyrs .- The martyrs of one generation become the saints of the next. Often-not always-those doctrines which have been dubbed heretical for one decade have become the watchword of the church in the next. This only means that man comes to know the truth better .- Rev. C. D. Case, Baptist Brooklyn, N. Y.

Teachers' Unions .- From whatever standpoint you look at it, public school teachers have no warrant for lining up with any class in a community. the broad, Theirs where children are taught the principles and inspired with the spirit of Democratic citizenship.-Rev. R. A. White, Independent, Chicago, Ill.

to rise to grander accomplishments on the stepping stones of past deeds sp.lls victory. He is a benefactor of his kind and a hero, one whose spirit is well worth emulating, who is willing for the sake of progress to break with his times .- Rev. C. R. Minard, Baptist, guar Denver, Colo

## Muscles in Tension. The Revue Scientifique has been

asking what muscles tire soonest, with the conclusion that it is not the muscles in use, but those under tension, although doing no work. The writer urges us to use the arms and legs less and the back and neck more, for on them comes the greatest strain. He has been asking men of all occupations the same questions: When you have worked much, where

de you feel tired? Before you were trained did fatigue

All the answers point to the same conclusions. The baker who kneads

dough all night complains of fatigue The blacksmith is tired, not in his

and shoulders, but in his back arms and loins. The young soldier, after a march, is especially tired in the back of the neck, even if he has carried no knap-

sack The oarsman who is in perfect training after prolonged exercise gets tired

in his calves and insteps. These facts point to the conclusion that in any continued effort we should try to alter the habit of contraction. That is to say, the body, like the mind, needs change of work.

## Time and Books.

The economy of saving time is wise, but there is an economy of spending time. In reading, especially, hurry is most wasteful. Reading is the making of thoughts, of ideas, of pictures in the brain. All young photographers know how little is to be made out of an "under-exposed plate," but do they understand that there may be such a thing as an under-exposed brain? It takes time to make impressions on the mind. If you read too fast, either aloud or to yourself, or skim over your reading, the mind receives poor im pressions or none at all .- St. Nicholas.

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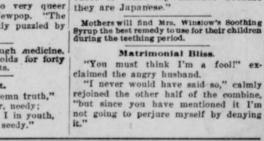
An Unkind Cut.

"Oh, there's nothing so very qu out it," rejoined Mrs. Newpop. "

poor little dear is evidently puzzled by the strange noise." In. Chicago, Ill. Each His Work.-If you cannot years. At druggists, 25 cents.

Forget It Not.

"Take heed unto this solemn truth," Thus spake the beggar, needy; A bloomin' chump was I in youth, And now I'm old and seedy." "A



Those afflicted with Eczema know

CZE

more than can be told of the suffering imposed by this "flesh fire." It usually begins with a slight redness of the skin, which gradually spreads, followed by blisters and pustules discharging a thin, sticky fluid that dries and scales off, leaving an inflamed surface, and at times the itching and burning are almost unbearable. While any part of the body is liable to be attacked, the

Eczema made its appearance on my left limb the size of my thumb in 1893, and spread until it was large as my hand, burning, itching and paining me, and for which I could get no relief, until see-ing the other cures advertised by you I wrote and secured the advise of your physicians, commenced S. S. S. and it cured me. Mayetta, Kan. J. H. SPENCZ. hands, feet, back, arms, face and legs are the parts most often afflicted. The cause of Eczema is a too acid condi-tion of the blood. The cir-culation becomes loaded with fiery, acid poisons that

are forced through the glands and pores of the skin which set the flesh aflame. Since the cause of the disease is in the blood it is a waste of time to try to cure it with local applications; the cause must be removed before a cure can be effected. S. S. S. has no equal as a remedy for Eczema; it enters the

blood and forces out the poison through the natural channels, and builds up the entire system. The skin becomes smooth and soft again, and the Eczema is cured. Cases that have persistently refused to be

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