

## SERMONS OF THE WEEK

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.

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 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. Stillwell, 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. A. Martin, Roman Catholic, Cleveland, O.

A Great Truth.—Some men would need to have a mountain fall upon them to make them realize one of the greatest truths Christ ever taught, viz.: "That a man's life consisteth not in the abundance of things which he possesseth."—Rev. W. H. Nugent, Episcopalian, Chicago, Ill.

Each His Work.—If you cannot 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 are 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 after 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. Theirs is the broad, neutral ground where children are taught the principles and inspired with the spirit of Democratic citizenship.—Rev. R. A. White, Independent, Chicago, Ill.

Victory.—To be content with the attainments of the past counts failure; to rise to grander accomplishments on the stepping stones of past deeds spells 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, 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 do you feel tired?

Before you were trained did fatigue show itself in the same regions?

All the answers point to the same conclusions. The baker who kneads dough all night complains of fatigue in his legs.

The blacksmith is tired, not in his arms and shoulders, but in his back and loins.

The young soldier, after a march, is especially tired in the back of the neck, even if he has carried no knapsack.

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 impressions or none at all.—St. Nicholas.

**Oregon Blood Purifier** is rightly named, because it purifies the blood and tones up the body.

### An Unkind Cut.

"Isn't it queer," remarked Newpop, "that the baby immediately becomes quiet the minute I began to sing to him?"

"Oh, there's nothing so very queer about it," rejoined Mrs. Newpop. "The poor little dear is evidently puzzled by the strange noise."

Piso's Cure is a good cough medicine. It has cured coughs and colds for forty 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."

## ECZEMA A FLESH FIRE

Those afflicted with Eczema know 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 hands, feet, back, arms, face and legs are the parts most often afflicted. The cause of Eczema is a too acid condition of the blood. The circulation 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 cured under the ordinary treatment yield to its purifying, cooling effect on the blood. Book on Skin Diseases and any advice wished, without charge.

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 painful me, and for which I could get no relief, until seeing the other cures advertised by you I wrote and secured the advice of your physicians, commenced S. S. S. and it cured me. Mayetta, Kan.

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Mothers will find Mrs. Winslow's Soothing Syrup the best remedy to use for their children during the teething period.

### Matrimonial Bliss.

"You must think I'm a fool!" exclaimed the angry husband.

"I never would have said so," calmly rejoined the other half of the combine, "but since you have mentioned it I'm not going to perjure myself by denying it."

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