

# COMPANIONSHIP IN HEAVEN.

We May All Become Residents and Be Princes and Kings.

A despatch from Washington says,—Rev. Dr. Talmage preached from the following text: "The spider taketh hold with her hands and is in king's palaces."—Proverbs xxx. 28.

It is not very certain what was the particular species of insect spoken of in the text; but I shall proceed to learn from it in the first place the exquisiteness of the divine mechanism. The king's chamberlain comes into the palace and looks around and sees the spider on the wall, and says,

"Away with that intruder," and the servant of Solomon's palace comes with his broom and dashes down the insect, saying, "What a loathsome thing it is." But under microscopic inspection I find it more wondrous of construction than the embroideries on the palace walls and the upholstery about the windows. All the machinery on the earth could not make anything so delicate and beautiful as the prothous with which that spider clutches its prey, or as any of its eight eyes. We do not have to go so far up to see the power of God, in the tapestry hanging around the windows of heaven, or in the horses and chariots of fire with which the dying day departs, or to look at the mountain swinging out its sword arm from under the mantle of darkness until it can strike with its scimitar of the lightning. I love better to study God in the shape of a fly's wing in the formation of a fish's scale, in the snowy whiteness of a pond-lily. I love to track his footsteps in the mountain moss, and to hear his voice in the hum of the rye fields, and discover the rustle of his robe of light in the south wind. Oh, this wonder of divine power that can build a habitation for God in an apple blossom, and turn a bee's voice until it is fit for the eternal orchestra; and can say to a firefly, "Let there be light," and from holding an ocean in the hollow of his hand goes forth to find heights and depths, and lengths and breadths, of infinity, and creation, and destruction, from the chariot of the sun, and the mounts to cross over, on the suspension bridge of a spider's web. You may take your telescope and sweep it across the heavens in order to behold the glory of God; but I shall take the leaf holding the spider, and the spider's web, and I shall bring the microscope to my eye, and while I gaze and look and study and am confounded, I will kneel down in the grass, and cry, "Great and marvelous are thy works, Lord God Almighty!"

Again my text teaches me that insignificance is no excuse for inaction. This spider that Solomon saw on the wall might have said: "I can't weave a web worthy of this great palace. What can I do amid all this gold and embroidery? I am not able to make anything fit for so grand a place, and so I will not work my spinning Jenny!" Not so said the spider. "The spider taketh hold with her hands, what a lesson that is for you and me. You say, if you had some great sermon to preach, if you only had a great audience to talk to, if you only had a great army to marshal, if you only had a constitution to write, if there was some tremendous thing in the world for you to do—then you would show us. Yes, you would show us. What if the Levite in the ancient temple had refused to snuff the candle because he could not be a high priest? What if the humming bird should refuse to sing its song into the ear of the honey-suckle because it cannot make the slight distinction between the sweet? What if the dragon should refuse to breathe fire for you and me? Nnay, I think if the spider, according to the text, could crawl up on the wall of Solomon's palace, shall not our poor souls through the blood of Christ mount up from the depths of sin and shame and finally reach the palace of the eternal King? Where sin abounds, grace doth much more abound, that when sin reigns unto death, even so may grace reign through righteousness unto eternal life by Jesus Christ our Lord."

In the far east, there is a bird called the Hum, about which is the beautiful superstition that upon whatever head the shadow of that bird rests, upon that head there shall be a crown. O thou Dove of the Spirit, floating above us, let the shadow of thy wing fall upon this congregation that each at last in heaven may wear upon his head a crown, a crown, and hold in his right hand a star! a star!

## SOLD!

What do you do when people come and bore you a warm personal friend asked of a merchant,

"Again my text teaches me that responsiveness and loathesomeness will sometimes climb up into very elevated places. You, perhaps, would have tried to kill the spider that Solomon saw. You would have said: 'This is no place for it. If that spider is determined to weave a web, let it do so down in the cellar of this palace, or in some dark dungeon.' Ah! The spider of the text could not be disengaged. It clambered on, and climbed up higher and higher and higher, and after a while it reached the king's vision, and he said, "The spider taketh hold with her hands and is in king's palaces." And so it often is now that things that are loathsome and repulsive get up into very elevated places. The Church of Christ, for instance, is a palace. The King of heaven and earth lives in it. Accord-

# WHAT A MAN SHOULD EAT THE SUNDAY SCHOOL.

## A COMBINATION OF ANIMAL AND VEGETABLE FOOD.

A Physician Tells the Exact Amount for a Healthy Person—Scientific Diet for One Day.

Verses 16. Then "But." The eleven disciples went away into Galilee. With simple faith obeying the direction of our Lord given in verse 7. The disciples are now "eleven" because of the treason and suicide of Judas. Probably some of the disciples were already in Galilee. John 21. 1-2. Meanwhile the enemies of our Lord were disseminating a lie, verse 11-15, trying to disbelieve their own consciences and to distort the testimony of eye-witnesses. Into a mountain where Jesus had appointed them. The Revised Version, "the mountain," may indicate a mountain well known, and, although there is no fact on which to base the conjecture, some scholars are disposed to identify it with the Horns of Hattin, where the Sermon on the Mount had been delivered. In Galilee Jesus and his disciples would be among the closest associations of their lives.

17. They saw him. This was the first great gathering of the believers in Jesus. We say "great," for it is generally conceded that this was the occasion when "above five hundred brethren" at once. 1 Cor. 15. 6, saw the Lord. They worshipped him. It is implied that they fell prostrate at his feet. This was no unusual attitude for those who regarded him with homage, but it seems certain that the wonderful manifestations of our Lord, after his resurrection had aroused a deep spiritual reverence, humiliation, and yearning aspiration, such as the disciples had never before felt. Some doubted. Doubted whether or not it was the risen Lord. This admission shows the frank sincerity of all concerned—those who were present, and the man who is writing the record.

18. Jesus came and spake unto them. Came near. The whole company of believers was addressed, not only the eleven apostles. In a very true sense the Church in all ages was addressed. All power is given unto me in heaven and in earth. All authority. "The universal dominion over heaven and earth, which appertained to him in his divine nature was conferred upon him as man, in virtue of his fulfillment of his Father's will and in reward of his obedience. See Phil. 2. 5-11; 1 Cor. 15. 24-28; Eph. 1. 20-23." Earth henceforth is to be the realm of Christ.

19. Go ye therefore, and teach all nations. Wherever the word of God says "therefore," the student of religious truth should ask "Wherefore?" The reason has just been given; because our Lord has been endowed with universal authority, his servants are to "make disciples of all the heathen"; for that is the literal translation of the Greek; to instruct those who have been cast out and neglected. A verse in our lesson for Sunday before last, John 20. 23, seems to place emphasis on what has been called the priestly office. Baptism is not, a charm pronounced on a young Christian, but here stress is put on teaching, and that certainly is the first and the chief duty of Christians, whether ministerial or lay. There can be no fuller declaration of the universality of the Gospel than that in this verse. All the Gentile world is to be brought into the fellowship of our Lord's disciples. Baptizing them in the name of the Father, and of the Son, and of the Holy Ghost. The act of baptism is the initial means whereby the formal fellowship is effected. The rite symbolizes cleansing away the old and putting on the new. Baptism is not, a charm pronounced on a young Christian, but here stress is put on teaching, and that certainly is the first and the chief duty of Christians, whether ministerial or lay. There can be no fuller declaration of the universality of the Gospel than that in this verse.

As neither animal nor vegetable foods contain the nutritive elements in proper proportions to satisfy the human system man's instinct has led him to make a combination of the two kinds of diet.

To construct a scientific diet it is only necessary to combine two or more foods in sufficient quantities to furnish the amount of nitrogen and carbon required by the body. In twenty-four hours. Here is what Dr. Brubaker considers a "scientific" amount and assortment of food per day:

20. Teaching them to observe all things whatsoever I have commanded you. "To observe" is literally "to keep watch." Teaching nothing but what the Lord commands and therefore avoiding superstitious practices; teaching all that the Lord commands and therefore avoiding looseness. Our Lord's commands were really new laws of life: the Sermon on the Mount, the promises recorded in the closing chapters of John's gospel and the condensation of the law and the prophets in the new "commandment" of love. I am with you always. All the days. "In spirit, in power, influence, and by personal indwelling. Unto the end of the world. Unto the end of the age. To all eternity the Lord is with us.

## FAR-AWAY SCENES.

### SWISS INVENTOR INVENTS PROCESS OF LONG DISTANCE PHOTOGRAPHY.

M. Vautier, a photographer of Granson, Switzerland, has just perfected an instrument by which he is enabled to take distinct photographs of objects at a great distance. For years he has been at work on the instrument and the successful results which he is now able to attain with it show that his labor has not been in vain.

He made experiments at Yverdon recently and took many photographs of landscapes that were several leagues distant. He even succeeded in photographing a group of huts which were 210 kilometers distant from Yverdon. And it was not a blurred, obscure picture which he took but one which was beautifully clear and which showed distinctly all the salient features.

The inventor is keeping his discovery a close secret, and all his neighbors know it that the camera which uses is of extraordinary size, being between ten and twelve feet in length.

Representatives of the Swiss Government witnessed the experiments at Yverdon, and they have written a glowing report about them. The military possibilities of the invention are obviously great.

## FOR THE PUBLIC GOOD.

If you don't take it, said the struggling young author, with a gleam of fierce determination in his eye. I'll find somebody who will.

The editor looked the poem over again.

Well, he said, how will \$3 do for it?

I'll take it, replied the struggling young author, suppressing his eagerness. When will I see it in print?

You won't see it at all; young man rejoined the editor, handing over the money. I'm buying this merely to suppress it in the interests of a helpless public.

## INTERNATIONAL LESSON, MAY 12.

### "The Great Commission." Matt. 28. 16-20. Golden Text, Matt. 28. 20.

#### PRACTICAL NOTES.

A famous physician has made up a new system of what people should eat to be healthy. He figures this out as exact, scientific way as an engineer calculates how much coal his engine needs daily. He calculates that a person needs three and one-third pounds of solid food daily.

But the knowledge of what weight of food a person should consume a day does not settle the diet question, which is one of the most important things in life to every person.

A set of this great physician's diet tables, while not as lucious looking as a French chef's table d'hot menu, will result in better digestion. In these tables this physiologist shows the different degrees of nourishment in the various kinds of meats, cereals, and vegetables.

Among meats beef stands at the head of the list, for its protids, or albuminous qualities, with the exception of fowl. But as the percentage of fat is less in beef than in fowl it is more easily digested. The presence of fat in meat tends to retard digestion by preventing the digestive fluids from making their way in between fibres.

Eggs are to be regarded as complete natural food, as they contain all the necessary food principles.

Milk is the natural food for the young of all animals, as well as of men. Under a microscope milk is seen to consist of a clear fluid filled with small, oily globes one-millionth of an inch in diameter. These globes contain the nourishing quality of milk, called casein. When taken into the stomach it is congealed, and passes on easily through the digestive organs of children.

That the cereals are most important and useful food is shown by the fact that they contain such large percentage of sugar starch, and gums, called carbohydrates, as well as a considerable amount of protids or albuminoids. But, owing to the cellulose or woody fibre which covers the kernels they are somewhat difficult of digestion.

#### MEAT AND VEGETABLES.

Vegetables vary greatly in nutritive value and digestibility. The culinaceous in them, however, tends to retard digestion. For this reason nearly all vegetables require cooking. When subjected to heat and moisture not only is the texture of the vegetable softened, but the starch grains are partially converted into sugar and other substances easily assimilated. Potatoes, when well cooked, are easily digested because they contain little cellulose.

Ripe fruits, oranges, lemon, grapes, pears, peaches, cherries, apples, and berries generally, have but little nourishing quality, as they consist of 75 to 85 per cent. of water. But the sugars and acids which they contain make them invaluable in making up a healthy diet.

There is a constant discussion about the relative value of meat diets as contrasted with that of cereals and vegetables. Dr. Brubaker has calculated the actual value of animal and vegetable diet in plain figures. He shows that one quarter the vegetable food taken into the system remains undigested, while in meats the undigested portion is only one-tenth.

As neither animal nor vegetable foods contain the nutritive elements in proper proportions to satisfy the human system man's instinct has led him to make a combination of the two kinds of diet.

To construct a scientific diet it is only necessary to combine two or more foods in sufficient quantities to furnish the amount of nitrogen and carbon required by the body. In twenty-four hours. Here is what Dr. Brubaker considers a "scientific" amount and assortment of food per day:

21. Earth henceforth is to be the realm of Christ. John 20. 23, seems to place emphasis on what has been called the priestly office. Baptism is not, a charm pronounced on a young Christian, but here stress is put on teaching, and that certainly is the first and the chief duty of Christians, whether ministerial or lay. There can be no fuller declaration of the universality of the Gospel than that in this verse. All the Gentile world is to be brought into the fellowship of our Lord's disciples. Baptizing them in the name of the Father, and of the Son, and of the Holy Ghost. The act of baptism is the initial means whereby the formal fellowship is effected. The rite symbolizes cleansing away the old and putting on the new. Baptism is not, a charm pronounced on a young Christian, but here stress is put on teaching, and that certainly is the first and the chief duty of Christians, whether ministerial or lay. There can be no fuller declaration of the universality of the Gospel than that in this verse.

22. Teaching them to observe all things whatsoever I have commanded you. "To observe" is literally "to keep watch." Teaching nothing but what the Lord commands and therefore avoiding superstitious practices; teaching all that the Lord commands and therefore avoiding looseness. Our Lord's commands were really new laws of life: the Sermon on the Mount, the promises recorded in the closing chapters of John's gospel and the condensation of the law and the prophets in the new "commandment" of love. I am with you always. All the days. "In spirit, in power, influence, and by personal indwelling. Unto the end of the world. Unto the end of the age. To all eternity the Lord is with us.

#### SCRUBBING FOR PLEASURE.

A school of domestic economy at Bethnal Green, London, is said to carry off the palm for enthusiasm among its pupils. The school is built and finished in imitation of an English working man's cottage, and the poor little girls of the district are taken in and trained to be capable housewives. The school has been a great success and is always crowded to its full capacity, but either the ordinary routine must be dull, or the pupils' zeal monumental, for the records show that scrubbing and stone-cleaning are dealt out as rewards to deserving little women. When a pupil has been extraordinarily good she is allowed to scrub a floor or blacken a stove, or clean a treat.

#### THE FASTEST TRAINS.

According to the "Journal of German Engineers," the French railroad trains, instead of the English, hold the first place for speed, schedule time being the basis for comparison. A regular train between Paris and Amiens makes the distance 82 miles, without stop, in an hour and a quarter, or at the rate of 65 miles an hour. The fastest regular train in Great Britain makes 60 miles an hour, for a distance of only 33 miles, between Perth and Forfar.

In Germany a greater speed than 56 miles an hour is prohibited, but the fastest regular train makes only 62 miles, between Wittenberg and Hamburg.

#### AN INVASION OF RABBITS.

Australian papers state that the experiment of the West Australian Government in turning domestic cats loose in the south-eastern districts of the Colony to check the invasion of rabbits from South Australia has been a pronounced success. The felines destroyed immense numbers of the pests, and in some cases almost cleared the squatters' runs of rabbits. In anticipation of the demand which is expected for cats for this work breeding establishments are being started. It is believed, however, that it will be found much cheaper to import the animals from Great Britain and European countries, and preparations were being made when the mail left for some shipments.

#### INTERCEPTED LETTER.

Dear Mr. Chinnigar, I see you are giving away Monny for Libraries and I want to tell you that my kids have fixed up a lair in a Cave with We'll Ourselves and we would like you to send us Eatoh the Monny or a Ceries of the Gingerbread Stories.

The and the Noobie Detective Ceries, if you don't mind the Troubles.

Your sincere friend Johnny.

## GENERAL INFORMATION.

### A Few Paragraphs Which Will be Found of Great Interest.

About ten million cattle are now to be found in the Argentine Republic. They are said to be all descendants of eight cows and one bull which were brought to Brazil in the middle of the sixteenth century.

An elaborate organ is now being built in London for York Minster. By an ingenious arrangement the wind for the instrument will be supplied by means of power obtained by a fall of water from one of the towers of the cathedral, the water being pumped up the tower by gas-engine.

Cape Town enjoys a certain distinction in respect to the height of its constables. The tallest is a giant 6 ft. 5 1/2 in. in height. There are five men ranging from 6 ft. 3 in. to 6 ft. 4 in., three men between 6 ft. 2 in. and 6 ft. 3 in., twelve men between 6 ft. 1 in. to 6 ft. 2 in., and seventeen between 6 ft. and 6 ft. 1 in.

GETTING PERSONAL.

The favorite Scottish method of dealing with sleepers in church was publicly to denounce the delinquents.

When the Rev. Walter Dunlap, minister of a United Presbyterian Church in Dumfries, saw a member of his flock nodding while he was preaching, he stopped and said:

I doot some o' ye ha'e ta'en over mony wher ye porridge the day. Sit up, or I'll name ye oot!

Another Caledonian preacher on like provocation cried out: Hold up your heads, my friends, and mind that neither saints nor sinners are sleeping in the next world.

Then, finding that this general exhortation was insufficient to deter a certain well-known member of the church from getting his night's rest forward, the reverend gentleman turned toward the offender and said:

James Stewart, this is the second time I have stopped to wake you. If I need to stop a third time, I'll expose ye by name to the whole congregation.

#### DEAR OLD LETTERS.

The experiment was certainly not a success.

Frequently she had complained that he was not as he used to be, that his love seemed to have grown cold, and that he was too prosaic, and matter-of-fact. So when he found one of his old love-letters to her, he took it with him the next time he was called away from the city, made a copy of it, and posted it to her.

John Henry, she exclaimed, when he returned, you're the biggest fool that ever lived. I believe that you have softening of the brain. What did you mean by sending me that trash?

Trash, my dear! he expostulated. Yes, trash—just sickly, sentimental nonsense.

That isn't how you described it when I first wrote it and sent it to you, he protested. You said it was the dearest, sweetest letter ever written, and you insist now that I have changed and you haven't thought I would try to—

Well you didn't succeed, she interrupted, and she was angry for two days. Sometimes it is difficult to please a woman.

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