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Abbey's Effervescent Salt

Makes Travelling a Pleasure

#### THE BASIS OF FREEDOM

TRUTH ONLY QUALITY WHICH MAKES MEN LAW UNTO THEMSELVES.

#### THE LIMITATIONS OF LIBERTY

These Are Physical, Mental, Social and dividual Must Work With Nature to Procure the Greatest Liberty and Happiness-The Liberty of God's Children Outlined.

Entered according to Act of Parliament of Can-ada, in the year 1904, by William Baily, of To-rente, at the Dep't of Agriculture. Ottawa.

Los Angeles, Cal., Aug. 21.-In this sermon the freedom of this world, with all its restrictions and limitations, and the larger freedom of the spiritual world are picturesquely contrasted. The text is John viii., 32, "The truth shall make you

The word freedom has a charming sound. Like unto a xylophone, each one of its letters seems to be a golden bar. Like unto a silver-throated trumpet, its voice sounds just as en-chanting in the rich man's palace as in the peasant's but. Like unto the pheasant's call for his mate, it seems pheasant's call for his mate, it seems to recognize no government save the sceptre of love. Like unto the acolian harp, which emits its most thrilling netes when the wintry storms throb through its strings, this word freedom never has a more plaintive melody than when it is uttered by beings who pine for it while they aringe under the lash of the task-master and spend their lives in the bondage of tyrants at whose word they may have to die.

There have been orators whose tones were so penetrating and im-

tones were so penetrating and impressive that the words they uttered took a new and deeper meaning. It was said of George Whitefield, the famous evangelist, that his voice was of such compass and pathos that he could me could melt an audience into tears by the intonation he could throw into the word Mesopotamia. But it is not by melodious tones that the word

freedom reaches the heart most powerfully, but by the heroic deeds of men who have suffered and died to win the blessing for their people.

O freedom, thou art more than a mere word! Thou art a strong armed angel of light, breaking the shackles of the slave, unmuzzling the lips of the patriot, lifting the shadow from the home. Under this benignant rule every man's abode is his castle surevery man's abode is his castle sur-

the patriot, lifting the shadow from the home. Under this benignant rule every man's abode is his castle, surrounded, like the ancient fortresses of the old world, with the moat whose waters were impassable to the minions of a king. Thou art the messenger of God, who would place the coronation robes around every human shoulder. Thou wouldst put the crown of gold upon every manly or womanly brow as thou dost say: "Man, lift high thy forehead, for thou art a king! Woman, God has made thy head the resting place for a diadem which is the equal of the crown that I have placed upon thy husband's brow." Yes, yes; no word in all the English language has a more potent sound than that of freedom, for, as God gave to King Solomon everything a prince could want because the young King had asked of him "wisdom," so every good thing in life is accessible to the earnest, aspiring soul when freedom removes the barriers to its flight.

But as I began to study my text I asked myself this important question, "What is freedom?" Is it unbridled license? Does it practically say, "Man, you are free; therefore you can do as you will, no matter what your desire may be?" Does it mean an emancipation proclamation which liberates from obedience to all law? When, on Jan. 1, 1863, Abraham Lincoln in the White House signed his name to the famous State paper which declared that all black men and black women under the stars and stripes "are and henceforth shall be free," it did not mean that the negro was set free to follow his own unbridled inclinations, but that he nessed from under the that the negro was set free to follow his own unbridled inclinations, but that he passed from under the control of his owner to be under the control of the same law that his owner himself has to obey.

Freedom has its limitations. We find those limitations in the physical, the mental and the social as well as in the spiritual world. Biologista find them in the dumb brutes

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The fats and oils must be perfectly pure and at every stage of the process the soap must come up to Sunlight standard. That is why it

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and in the vogetable and mineral kingdoms as well as in human society. Thus my subject to-day, "The Limitations of Liberty," offers a wide scope for natural and spiritual investigation, and I shall endeavor to show that the only true freedom that the spiritual man can enjoy is to show that the only true freedom that the spiritual man can enjoy is in the surrender of himself to the service of Christ. In becoming a servant of Christ, in taking his will as the law of our lives, we are set free from the dominion of sin and enjoy the glorious liberty of the children of God.

The physical man is surrounded by limitations which, like impassable bars, restrict him to a certain kind of life. If he tries to break out of the of life. If he tries to break out of the enclosure he bruises and batters his body against those bars. I am not now alluding to the penalties suffered by the glutton and the drunkard, which are only too obvious. There are penalties against over-indulgence in legitimate courses. A man may so devote himself to his business or profession as to recleat the process. profession as to neglect the proper care of his body. He has to pay the penalty for overwork in premature exhaustion and decrepitude.

I am not here going into the details of the errors and the reasons

why a man should not abuse his physical organism. But I am here to state that as God limits the natural realms in which the fish can live, and the plants can live, and the creeping things, like the worms and the snakes, can live, so God gives to man a physical realm, and in that realm he must live. If he persists in going out of that realm he must die. why a man should not abuse his

"Where would you like to go? Would you like a sail over the waters of the Mediterranean? Would you like to view Paris from a height higner than the Eiffel tower? Would you take a sightseeing trip above the buildings of the St. Louis World's. Fair?" But I am ambitious, and, forgetting the limitations of my body, I say: "Nay, not any of these journeys would I go. But, as a sailor might sight the gleaming eye of a lighthouse from afar and head toward an oper harbor, I would head toward the lighthouse of some star. I would explore an unknown world." With that request a smile twitches the corners of my companion's lips. The machinery of his airship begins to throb. We mount higher and higher and higher and higher until it seems the blood must burst from my agonizing brain. "What is the matter?" I Where would you like to go? Would blood must burst from my agonizing brain. "What is the matter?" I cry. "Turn the ship, turn it, or I shall die!" With that Santos-Dumont turns the airship's rudder, and as we begin to descend he says: "I took you on this journey to prove to you that it is an impossibility for man to live far above the earth. When the

in this air only as he breathes that air when his feet are planted upon the solid earth."

Down into the shaft of a coal mine I descend. Farther and farther I go until the darkness seems to be hurled at me. I cling in dumb fear to the miner by my side. We go down and down until the heat becomes like the blistering sands of the Sahara Desert. Fresh air from above is now pumped to my panting lungs. But the heat grows more and more in-tense until it seems I cannot live. tense until it seems I cannot live. Suddenly we come to the end of a long coal shaft. "Why not farther?" I ask my guide. "Has the coal vein stopped here?" "Nay," is the answer, "the coal is just as rich farther on, but it is an impossibility now to work it. The farther we burrow into the earth the hotter it becomes. God has decreed that physical man must live on the earth's surface. He may pass around the surface of the earth, but cannot go face of the earth, but cannot go through it. He can never tunnel his way from New York to Pekin." If man leaves his natural element dies as surely as did the fish we caught some weeks ago when they were drawn out of their natural element. Physical man has his limitations of life. If we would physically live we must obey certain physical laws. We cannot eat pebbles like an ostrich. We cannot drink in water like a bluefish. We cannot eat grass like an ox. We cannot breathe the foul and fetid air of a miasmic swamp as the firefly, with its little lantern, makes its home among the bogs and calls the green slime its planground. Physical limitations hem

I step into the airship of Santos-Dumont, that wonderful wizard of the air. The Brazilian aeronaut says:

air becomes rarefied there is not enough substance there for man to breathe. God has decreed that phy-sical man never can fly like a bird away to the stars. He is free to live

th the liberties of physical man. We can live our physical life only as we obey God's physical laws.

obey God's physical laws.

We also have social limitations. By that I mean in the liberties of social economies. Every man's liberty ends where his neighbor's liberties begin. As a citizen of the United States I have no right in the sight of the law which is not possessed in an equal degree by every other private citizen of the United States. Neither has any other citizen of the United States a social right which I as an individual citizen do not possess. In other words, my liberties are mine

individual citizen do not possess. In other words, my liberties are mine only as long as I do not transgress the rights of my neighbors.

Let me illustrate my thought by the civilized laws of our country. America is called the "land of the free." But freedom does not mean license. For the benefit of our social life we have established restrictions on liberty, and those restrictions on liberty, and those restrictions must be obeyed. I see a ship sailing hither from the Orient. It is magnificently furnished with lavish splendor. It is owned by an Oriental gentleman of high caste who is comgentleman of high caste who is coming to live among us. He has heard that America is the land of the free and supposes that here a man may live as he pleases. He has on board eight wives, and he sets up his harem in one of our great cities. One day an officer of the law comes to him and says: "This kind of household is contrary to our laws. You have seven wives too many." But the Oriental replies: "I have taken out naturalization papers, and I am a free citizen. I can live as I choose." But the officer answers: "No; you are under legal restrictions. If you congentleman of high caste who is com inder legal restrictions. If you tinue to violate them we shall send

you to prison as a bigamist."

The land of the free? Yes, if you The land of the free? Yes, if you obey our laws, but not otherwise. You are free to do as you will in your own home—that is, if you do not abuse your offspring. If you do, as an agent for the Society For the Prevention of Cruelty to Children I can step in and take your children away from you. The land of the free? Yes, but you dare not sell to my children obscene pictures, for if you do I can make you wear convict's stripes. The land of the free? Yes, it is the land of the free if you do not try to forcibly enter my do not try to forcibly enter my home, or rob my store, or refuse to pay your taxes, or to go to war as an American soldier when you are drafted, or to serve in the jury box when you are empaneled. You are free, in a social sense, only when your liberties do not conflict with

the equal liberties of some one else Under the old educational system every American college used to exact a hidebound course. The young man who was a candidate for the B. A degree had to take just so much of mathematics, so much of philosophy, so much of this and that and the other thing. But now our college systems have become broadened. The "elective system" is in vogue. Great educational leaders have come to the logical and right conclusion that what is meat for one brain may be poison for another. Charles Sumner was one of the greatest men Ameri-ca ever produced, but it was simply an impossibility for Charles Summer to grasp mathematics. As a result of this deficiency Summer, one of the greatest of all Massachusetts' scholars, was unable to graduate from

Harvard College.
Sometimes there is born a child,

as was Edmund Clarence Stedman as was Edmund Clarence Stedman, with a brain of myriad possibilities.

As an American poet he treads closely upon the heels of our greatest poets. Yet Stedman, the poet, is also Stedman, the Wall street banker, as he was also Stedman, the famous war correspondent. But such minds as that of Edmund Clarence. minds as that of Edimund Clarence Stedman are the rare exceptions. For the most part God gives to man but one first class talent and man but one first class talent and mot ten. The reason Theodore Parker became the great power he was in his day was because, as he said: "Everything I ever saw or did I ground up into the mental grist for my sermons. I was born a preacher and can do nothing else but preach." Many a soldier has been a failure as a statesman, many a statesman, has a statesman; many a statesman has

Many a soldier has been a failure as a statesman; many a statesman has proved his utter incapacity when he tried to command an army.

The limitations of brain power can be well illustrated by comparing the mental makeup of Henry Ward Beecher with that of his illustrious father, Lyman Beecher, one of the greatest ecclesiastical leaders of his day. The famous pastor of Plymouth pulpit was in every sense a prose poet. He spoke, he thought, he lived, in symbol and picturesque verbiage. The songs of the birds, the beautiful wardrobes of the flowers, the autumnal sunsets, the beehives, the snow banks, the murmuring brooks—all had to him a message. Lyman Beecher was made of angular Puritan grante. He was in every sense a logician and a polemic, Like John Cathoun, he was skilful in argument. Grant his simple premises, and you must grant his conclusions. He appealed mostly to the brain as gray matter and not to the artistic sentiments.

It was a great source of sorrow to Henry Ward Beecher this futher.

It was a great source of sorrow to Henry Ward Beecher that his father It was a great source of sorrow to Henry Ward Beecher that his father never loved nature as he loved it. Lyman Beecher loved to hunt. He loved the woods for game, but not for the flowers. He never loved flowers as flowers. Facts always had to be presented to him as bare, unbreakable rocks, and not as rocks clothed in garments of green and in Joseph's coats of many floral colors One day, much to Henry Ward Beecher's surprise, he saw his father standing before a beautiful picture. It was a hunting scene, but the son prized it for the beautiful colors, such as are always found in the retreat of the woods. "Ah." said Henry Ward Beecher, "father is at last learned to love nature!" He stepped up to the side of the old man and said: "Father, how do you like the picture? What do you like about it most?" "Well, Henry," said the old man, "I was studying that picture to see whether the artist had aimed that gun right. Yes, I think that hunter will hit the rabbit. I think he will. I think he will." "Ah, father," said Henry Ward, "can you not see anything

If the United States Government compels us to obey certain social laws, enacted upon the statute books by the dictates of its own national legislators, is it unjust for God to declare that when we surrender our hearts to him we should come to him in his way and not in ours? If him in his way and not in ours? If we have our mental limitations and only in a feeble and incomplete way can grasp the infinite thought of God, are we not foolish in setting up ourselves as judges and critics of his methods? Ought we not rather to accept his plans and humbly to submit surselves to his rule? That is the way to true freedom. When we accept the truth that he has revealed to us and give ourselves to his guidance, we learn by experience that the truth makes us free.

True freedom always has its limitations. The Christian life, too, has its rightful limitations. Christ said, "I am the way, the truth and the

'I am the way, the truth and the "I am the way, the truth and the life; no man cometh unto the Father but by me." There is only one way to God, one door, one true life. But after we have once entered through that open door then we are free. Aye, we may become transcendently and eternally free. Is not my text right when it says, "In Christ the truth shall make you free?" The freedom he gives is the freedom from sin, the freedom from punishment, but that freedom, like all others, can be obtained only by all others, can be obtained only by submitting to Christ's rule. In one way alone can we gain that freedom, and that is by the way of the cross. In his service are endless joy and pleasure for evermore.

My brother, my sister, are you ready to let the truth make you free? In antebellum days there was a beautiful scene enacted in one of the southern slave markets. A young black girl stood upon the auction block and was being sold to the highest bidder. Rough men were trying to buy her for evil purposes, but in that group of by-standers was a. Christian gentleman, holding by the hand his own young daughter. The young girl's heart went out for the sufferings of her black sister, and she persuaded her father to purchase the slave. Higher and higher went the price, but at last the Chris-tian gentleman bought the young slave. When the black girl was slave. When the black girl was handed over to her new master he said: "Mary, I bought you for my daughter's sake. I now give you your papers of freedom. You can go where and when you please. The are free." "What, master, am ce? Can I go where I will? shall go and stay with you." she was a slave before the auction. She was a slave after the auction. She was a slave after the auction. But now she had become a slave of love. Will you not, oh, man, oh, woman, hear Christ's proclamation of emancipation from sin? Will you ot let 'the truth make you free' —that is, will you not, in Christ's mame, cease to be a subject of sin, but in bondage for the love of Christ? He died to make you free. With his divine limitation will you not be eternally free, yet still in bondage to Jesus Christ?

A DANGER TO BABY.

Doctors have preached against the Doctors have preached against the so-called soothing medicines for years, but they are still used altogether too much. The fact that they put children to sleep is no sign that they are heloful. Ask your doctor and he will tel. you that you have merely drugged your little one into insensibility—that soothing medicines are dangerous. If your little one needs a medicine give it Baby's Own Tablets, and you give it a medicine lets, and you give it a medicine lets, and you give it a medicine guaranteed to contain no opiate or harmful drug. You can give these Tablets just as safely to a new born infant as to the well grown child. of childhood. Mrs. J. M. Gilpin, Bell-haven, Ont., says: "Since I gave my little one Baby's Own Tablets there has been a marvellous change in her appearance, and she is growing splendidly. You may count me always a friend to the Tablets." Ask your druggist for this medicine or send 25 cents to The Dr. Williams' Medicine Co., Brockville, Ont., and get a box by mail post paid.

ALL EATEN UP!

The editor of a country newspaper to often his own reportorial staff as well, and some of his experiences when out after news should make interesting reading. The editor of a flourishing journal in a northern California town recently called at the home of the bride's parents" the day after the wedding. He was desirous of telling his readers all about the event and wished to give the young couple a good send-off as well. The bride's mother met him. "Good morning, Mrs. Jones," said the editor. "I've called to get some of the details of the wedding." "Goodness" replied Mrs. Jones, in dismay, "they're all gone. You ought to have come last night. They are, every scrap."—San Francisco Bulletin.

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on the painful spot—not much rubbing because Nerviline has more power than ordinary remedies. You
won't suffer long after Nerviline is
applied for it relieves almost instantly. Mr. Phillip Adams, of Oakland,
says "If I hadn't used Nerviline I
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few applications of Nerviline took out
all the soreness and stiffness. I can
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muscular pain, also for rheumatism.
Price 25c. few applications of Nerviline took out all the soreness and stiffness. I can recommend Nerviline for any kind of muscular pain, also for rheumatism. Price 25c.

Start each day as if commencing a new life.

Start each day as if commencing a new life.

more in that picture than a cruel man shedding the blood of an in-nocent, playful rabbit?"

No, Henry Ward Beecher's mind and Lyman Beecher's mind were cast in different molds. They both had their limitations. What one could do in a mental way the other could do in a mental way the other could do in a mental way the other could

got temporary reast, but it came back again and again, and for six long years I have suffered more misery and agony than I can tell. It was worse than death. My husband spen hundreds of dollars for physicians' hundreds of dollars for physicians' prescriptions and treatm'nt, without avail. Finally we moved to Bosque county, our present home, and one day I happened to see an advertisement of Chamberlain's Colic, Cholera and Diarrhoea Remedy with a testimonial of a man who had been cured by it. The case was so similar to my own that I concluded to try the remedy. The result was wonderful. I edy. The result was wonderful. I could hardly realize that I was well again, or believe it could be so after having suffered so long, but that one bottle of medicine, costing but a few cents, cured me." For sale by All Druggists.

BORN TO TROUBLE

both of happiness and of usefulnes than his heir to the throne of al

the Russias. Unless he grows up to be a very great man indeed he is predestined, considering the anomalousness of his position in the modern world, to a life of tragical futility.

New York Times

VERY REMARKABLE CURE OF

DIARRHOEA

"About six years ago, for the first time in my life I had a sudden and severe attack of diarrhoea," says Mrs. Alice Miller, of Morgan, Texas. "I got temporary relief, but it came back

world, to a life of -New York Times.

There was not a boy born to any radesman or mechanic in the Russian apital who has not a fairer chance

Druggists.

FORMING AN IMPRESSION An old lawyer tells this story of one of his experiences, years ago, in cross-examination. The witness seem-ed to be disposed to dodge his ques-tions.

Sir,' said the lawyer, sternly, 'you reed not state your impressions. We want the facts. We are competent to form our own impressions. Now,

sir, answer me categorically.'
From that time on he could get little more than 'yes' or 'no' out of the witness. Presently the lawyer said:

'You say you live next door to the defendant?'

To the north of him?'
'No.'
'To the south?'

'No.'
'Well, to the west, then?'

'No.'
'Ah,' said the lawyer, sarcastically, we are likely at last to get down to the one real fact. You live to the east of him, do you?' 'No.'

'No.'
'How is that, sir?' the astonished attorney asked. 'You say you live next door to him; yet he lives neither to the north, south, east or west of you. What do you mean by that,

'I thought perhaps you were com-petent to form the impression that we live in a flat,' said the witness, calmly: 'but I see I must inform you that he lives next door above me.'— Pittsburg 'Gazette.'

Lever's Y-Z (Wise Head) Disinfectant Soap Powder dusted in the bath, softens the water and disinfects.

PITH AND POINT. The man who changes jobs frequently never has a good one.
When company goes there is a feeling about the house that suggests an

ing about the house that suggests an easy old shoe.

It is the opinion of every mother that a boy never loses an opportunity for attempting to break his neck.

Because a friend shows a desire to be sympathetic don't pull the family skeleton out of the closet to entertain him.

As a man gets older he finds that more of his friends are visiting the cemetery when they go riding than formerly.

The people who are used to good

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