

MAY 31, 1903.

The Life-Giving Spirit.-Rom. 8: 1-14. The Life Giving Spirit. - Rom. 8: 144. Commentary - I. Freedom from sin through Christ (vs. 1-5). 1. Therefore --This refers to the whole previous argument, and especially to the pre-vious chapter. "Hitherto the episcie has discussed and explained, from many other the grant unation" of many sides, the great question of justification and its immediate re-sults. The last topic thus considered is the attitude of the law towards the soul-an attitude such that the law cannot subdue sin, but can only oppose and condemn it. No condemna-tion-As condemnation is the result of disobedience, this clearly implies that the believer can live without transgressing the law of God-he may live free from sin. In Christ Jesus-"The whole provious argument of the epistle makes it plain that those who "justified through faith." This is no mere legal arrangement; it is a union in life.

2. The law-A law is a rule of ac-2. The law A law is a rule of ho-tion established by recognized au-thority to enforce justice and direct duty. — Standard Dictionary. The word law here means that rule, com-mand, or influence which the "Spirit of they medices Based Sciences mand, or influence which the "Spirit of life" produces.—Barnes. Spirit of life—The close argument following implies that the Spirit of life here is the same as the Spirit of God and of Christ in verses 9, 11, 12, and this can be no other than the Holy Spirit in chapter v. 5. He is the Spirit of life, for all life springs from hin.— Beet. The Holy Spirit is the Spirit of life because he leads the soul to es-cape the sentence of death, and then "animates it with the energies of the new life." In Christ Jesus—Christ Jesus is the meritorious cause of Jusnew life." In Christ Jesus-Christ Jesug is the meritorious cause of jus-tification, the head of the justified and the giver of the Spirit. Law of sain and death—"Sin and death are partners of one throne and issue one

law. To obey shi is to walk in a path marked out by death."-Beet. 3. The law-The law of Moses-the moral code, as is always meant when not otherwise defined. Weak -The law was powerless to deliver from sin or to produce holiness. It could not fulfil its own fulfilment. The flesh-The term flesh has several different significations. In this instance it has reference to man's corrupt and fallen mature. Sending -This refers to Christ's birth and plainly implies that Christ was God's "own Son" before He was sent —that is, before He became incarplainly

sin, that is, hecause of Adam's transgression and the penal re-sults of sin. 11. But if, etc.—Barnes thinks this verse does not refer to the resur-rection of the dead. He says: "The sense is that under the gospel, hy the influence of the Spirit, the en-tire man will he made alive in the service of God." 12-14. Deptors—We are debtors to the Spirit, hat to the flesh we owe nothing. We disown its un-righteous claims. Shall die—If you live to induige your carnal propen-sities you will sink to eternal death. —Barnes. Mortify—"Put to death, destroy. Sin is mortified when its power is destroyed and it ceases to he active." Deeds of the body—The corrupt inclinations and passions,

he active." Deeds of the body-The corrupt inclinations and passions, called deeds of the body because they are supposed to have their or-igin in the fleshly appetites. Shall live-Shall he saved. "Either your sins must die or you must. No man can he saved in his sins." Led-Sub-mit to his influence and control. Sons of God-Children of God. This ex-pression is often applied to Chris-tians in the Bible. Teachings-It is our privilege to

Treachings-It is our privilege to live and walk in Christ. It takes the same power that raised Christ from the dead to regenerate a soul spiritually dead. Christians should lollow leadings of the Spirit. PRACTICAL SURVEY. The apostle in this lesson brings out with great clearness the evi-dences of a true Christian experi-ence. At each step he turns aside from the main thought and shows the moral necessity of each position The the main thought and shows the moral necessity of each position taken. The preceding chapter, we believe, describes the condition of a man whose conscience is thoroughly aroused and awakened, who, in con-sequence of this, desires to be saved but hopes and tries to work out his own salvation. He desires to be good and do right, and attempts to be what he sees he ought to be. The third verse clearly teaches the inability of anyone to do right with-out aid from on high. Jesus Christ condemned sin in the flesh because, by divine help, He lived a sinless life. His agonizing cry on the cross, "Why hast thou iorsaken me?" indicates His dependence on help from above. Sin in the flesh was condemned be-cause He thus lived. Thus by divine

cause He thus lived. Thus by divine help, the righteousness of the law-may be fulfilled in us. The fifth verse shows the differ-

ence between a sinner and a Christian, between an unconverted and a converted man. There is much con-troversy in these days even among some preachers as to what consti-tutes a Christian. Our lesson says; One follows "the things of the flesh,



Burnside Post, No. 4, G. A. R., recommends Lydia E. Pinkham's Vegetable Compound. "In diseases that come to women only.

"In discases that come to women only, as a rule, the doctor is called in, some-times several doctors, but still matters go from bad to worse; but I have never known of a case of female weak-ness which was not helped when Lydia E. Pinkham's Vegetable Compound was used faithfully. For young women who are subject to headaches, backache, irregular or pain-ful periods, and nervous attacks due to the severe strain on the system by some organic trouble, and for women of advanced years in the most trying

of advanced years in the most trying time of life, it serves to correct every trouble and restore a healthy action of all organs of the body. "Lydia E.Pinkham's Vegetable

"Lydia E. Pinkham's Vegetable Compound is a household reliance in my home, and I would not be with-out it. In all my experience with this medicinc, which covers years, I have found nothing to equal it and al-ways recommend it."-MRS. LAURA L. BARNES, 607 Second St., N. E., Wash-ington, D: C. - \$5000 forfat if original of above letter procing genuineness cannot be produced.

Exchange.

Such testimony should be ac-cepted by all women as convinc-ing evidence that Lydia E. Pinkham's Vegetable Compound stands without a peer as a rem-edy for all the distressing ills of women. She Made a Mistake and They All That the advice, "Watch how oth-

Following are the range of quo-tations: "Wheat, white, bushel, 74 to 74%c; red, 74 to 74%c; goose, 67c. Oats, 35% to 36%c. Barley, 44 to 46c. Peas, 75 to 78c. Hay, timothy, per-ton, \$12 to \$15; mixed, \$6 to \$9. Straw, per ton, \$8 to \$8.25. Ap-ples, per bbl, \$1.50 to \$2.50. Dress-ed hogs, light, \$8 to \$8.25. Eggs, new laid, 13 to 14c. Butter, dairy, 16 to 20c; creamery, 20 to 24c. Chickens, per lb., 15 to 20c. Tur-keys, per lb., 20c. Potatoes, per bag, \$1.10 to \$1.15. Toronto Lave Stock. without being struck dead. How he escapes so long is a mystery, but his fate finally overtakes him. There comes a time when he goes out in a boat. Timid companions shriek as the little craft is tilted a little, This gives the fiend his cue. Slowly he begins to rock the skiff. The next day there is a piece in the paper telling all about the drowning, and a few days after that there are several funerals. Ellminate the warts. Eradicate the excrescences. Put them out of busiwithout being struck dead. How he

Toronto Lave Stock.

Export cattle, choice cwt \$	4 70	to	5 05
do medium	4 25	to	4 67
do cows, per cwt	3 30	to	4 00
Inferior cows	2 75	to	3 25
Butchers' picked	4 60	to	5 00
do good to choice	4.20	to	4 50
do fair to medium	\$ 10	to	3 50
do rough to common	3 00	to	3 50
Balls, export heavy	3 50	to	4 0)
do light	3 25	to	3 50
Feeders, short-keep	4 50	to	5 00
do medium	4 25	10	4 50
do light	3 75	to	4 25
Stockers, choice	3 50	to	4 00
do common	2 75	to	3 00
Milch cows, each	30 00	.to	53 00
Light Sheep	4 50	to	# 75
Heavy Sheep	3 50	to	4 00
Bucks, per cwt	3 00	to	3 25
Grain-fed ewes, wethers	5 00	to	5 50
Grain-fed bucks	5 00	to	5 50
Spring lambs	2 50	·to	4 50
Barnyard lambs	3 00	to	4 10
Calves, each	2 00	to	10 00
do per lb	0 04	to	0 05%
Hors, select, per cwt	5 90	to	0 00
do fat, per cwt	5 75	to	0 00
do light, per cwt	5 75	to	0 00
up ngno, per ewb	0 10	10	- UU

Drop in Cotton.

A man often has to take quanto with his whickey. If a bell rang at every chestnut all other sounds would be entirely drowned out. A good child makes the parents New York, May 23.-It was a contend. A contend. A soft answer often maketh a man sick. I life's burdens would be greatly were done away with. A snob is a person with some clothing and no brains. If it rained only on the unjust there would be jenety to get wet. It is a pity that pleasures do not leave pleasant scars to match the ones pains leave. A snob is a person with some clothing and no brains. If it sained only on the unjust there would be plenty to get wet. It is a pity that pleasures do not leave pleasant scars to match the ones pains leave. A snob is a person with some clothing and no brains. If it sained only on the unjust there would be plenty to get wet. It is a pity that pleasures do not leave pleasant scars to match the ones pains leave. A snob is a person with some clothing and no brains. If it sained only on the unjust there would be plenty to get wet. It is a pity that pleasures do not leave pleasant scars to match the ones pains leave. A snob is a person with some the opening active. At the start the prices being 11 at 29 points lower do not August 1073, and September at september

The Sleepy Song.

As soon as the fire burns red and low low Paths. And the house upstairs is still, The path that leads to a Loaf of Bread

And the path that leads to Clothes

man, very tired of life, thoroughly, willing to die but unwilling to take

We know of the case of a certain

the belt on a proper foundation in a medium width, fastening with or without clasps in front. In the mid-

a, medium width, fastening with or without clasps in front. In the mid-dle of the back allow, two long slea-der tabs to fall down upon the skirt to the length of five inches, these to be bias silk also and cut narrow, er at the top than at the bottom. Embroider in the middle of each tab

three white silk star flowers and finish the bottom of each tab with a bow of double-face black satin rib-

bon very little over an inch wides hanging in layers with two or more ends. The effect is most pleasing, and adds much to the becoming

of every waist line, besides it gives a security against any accidental opening of the skirt placket.

**Bacteria** Couldn't Hit Him.

his life by any active step, who for more than one weary year courted bacterial disease in New York by frequenting, and especially by eating in, the places where dangerous bacteria are known most to abound If a bell rang at every chestnut all other sounds would be entirely drowned out. A good child makes the parents suspicious. Doubt is one of the greatest corread. A soft answer often maketh a man slck. If it rained only on the unjust there would be jenty to get wet. If it rained only on the unjust there would be jenty to get wet. If is a pity that pleasures do not leave pleasant scars to match the ones pains leave. pends rather on 'constitutional or inherent immunity than on deliver-ance from contact with the ubjuit cus little monster.-Harper's Weekly.

Bread Winds through the Swamps of Tell,

4. 5. The righteousness-The demands of God's righteous law which could be met by us when we followed the evil inclinations of a corrupt. under the predominating influence of one or the other of these two prinone or the other of these two prin-ciples, and according as the one or the other has the mastery will be the complexion of the life and the character of the actions." An evil tree brings forth evil fruit and a s dominant. good tree brings forth good fruit.

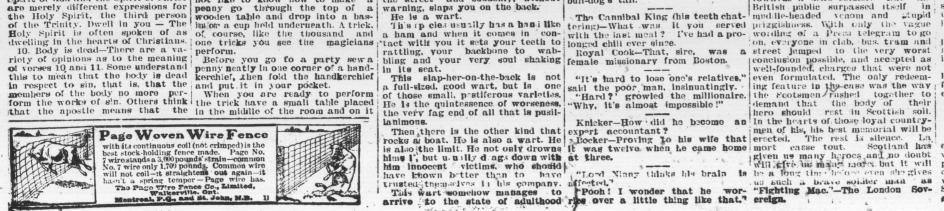
11. The carnal and spiritual con-trasted (vs. 6-8). 6. Carnally mind-ed-To allow the carnal or corrupt to be controlled and led by it, is death-Not "will lead to death," but Is death.

Is enmity-This is stated as 7. 8. Is enmity—This is stated as a bason why "the mind of the flesh is death" (v, G); it is opposed to God and hates God. Neither . . can be-This is absolutely certain, be-cause it is a carnal mind and rel-ishes earthly and sinful things and lives in open rebellion against God. So then-Because the 'carnal mind is enmity against God, therefore "they that are in the flesh"-those led and controlled by the who are dictates of their corrupt, fleshly na-ture, "cannot please God," and consequently are doomed to eternal

III. The condition of those who fol-

Paul now gives the picture of the Spirit-vs. 9-14. 9. But-Paul now gives the picture of the regenerate state. The Spirit-The Spirit of God and the Spirit of Christ are merely different expressions for are merely different expressions for the Holy Spirit, the third person of the Trinity. Dwell in you — The Holy Spirit is often spoken of as dwelling in the hearts of Christians. 10. Body is dead—There are a va-

riety of opinions as to the meaning of verses 10 and 11. Some understand of verses 10 and 11. Some understand penny nearly in one corner of a nand-this to mean that the body is dead kerchief, then fold the handkerchief in respect to sin, that is, that the members of the body no more pur-form the works of sin. Others think that the apostle means that the in the middle of the room and on it



other "the things of the Spir it." The interest of the one is on the things of this world, that No Repeats, Thank You. the other on the soul's eternal in-He-I had a hard time getting a terests. good

good wife. She-Goodness! Have you bee The sixth verse gives a conclusion The sixth verse gives a conclusion, followed by the reason for such a conclusion. Carnally minded means death; spiritually minded means life and peace. Christianity is a new life in the world and in the convert. married several times? He-Oh. no; but I courted my pre sent one six years.



Every home needs a remedy that is adapted for use in case of sudden accident or illness, Such a one is Palinklifer. 25ca bottle, Avoid substitutes. There is but one "Pain-killer"—Perry Davis".

The Magic Penny.

There is not a hoy who would not like to know how to make a penny go through the top of a wooden table and drop into a bas-im or a cup held underneath. A trick, of course, like the thousand and one tricks you see the magicians

Wait . Walt<sup>2</sup>. Webster says a wart is a small, unusually hard tumor on the skin formed of its vascular papillae and thickening of the epidermis which excern them thickening of the epidermis which covers them. But there are other kinds of warts. For instance, there is the person who comes up behind you on the street and suddenly, without warning, slaps you on the back. The ball dest to the atting and the street and suddenly without warning, slaps you on the back. The ball dest to the atting and the street and suddenly without the street and suddenly without the ball. The ball dest to the atting and the street and suddenly without the ball dest to the atting the ball dest to the street and suddenly without the ball dest to the atting the a

warning, slaps you on the back. He is a wart. This rp cles usually has a han i like

Wat the

have known better them to have trusted them elves it his company. This wart somehow manages to arrive to the state of adulthood

ers do and then do likewise," is not always good to social aspirants was illustrated in a town very near this city the other evening at a dinner soft, given by a young matron in honor of a guest of acknowledged social Their colors are gray and white; They follow their leader nose to

crescences. Put them out of busi-

Onion seed is about the worst thing

in the world. If it were not for onlon seed we would have no onlons. If it were not for onlons we would have no onlon breaths. Therefore, a bas the onlon ecodu.

no onion preaths. Interetore, a bas the onion seed. A husy telephone is far worse than a plague. It not only conduces to profanity, but it drives men to firink. There should be a law against such things. Life is not all roses and sunshins. A man often has to take quinine with his wristers.

WATCHED HONOR GUESTS.

Followed it.

Later in the evening she heard one woman remark to another: "I don't care if it is swell. I don't like mint in my coffee." "Oh, dear," replied the other loftily, "it is really delicious. I never think of taking my demi-tasse without it."

Cut out the proturberances.

standing. The society of the town was there For they must be home by night.

to see this far-famed grand dame. The social lioness and the admiration of all the "olimbers."

and one runs after behind, The gray one's nose at the white one's tall, When colfee was served, and with it the indispensable chocolate mints, the guest was seen to take one of the sweets and toy with it gracefully The top of the hill they find. over her coffee cup. Instantly every woman at the table did likewise. Evi-

And when they get to the top of the woman at the table did likewise. Evi-denty some new wrinkle of fashion was about to be exhibited. Every eye was on the guest and on that mint drop. Determination to follow the leader and give no sign that they were not in the habit of doing this new trick every day was written on every face. The sudden calm caused hill They quietly slip away,

But one runs over and one comes next-Their colors are white and gray,

And over they go, and over they go, And over the top of the hill. The good little sheep run thick and fast. And the house upstairs is still. new trick every day was written on every face. The sudden calm caused the guest to look up, and as she did the guest to look up, and as she did so she inadvertently dropped her mint into the tiny cup. To her sur-prise a series of clinks ran around the table as each of the rural ones followed her mistake. Appreciating the situation, the guest hastly gulped down her coffee to bide her mitth

And one slips over and one comes next, The good little, gray little sheep! I watch how the fire burns red and to hide her mirth. Later in the evening she heard one

low, And she says that I fall asleep. -Josephine Dodge Daskam, in Clure's Magazine. Me-

A Word for Fighting Mac.

The tragedy too deep for tears that took place last week at the

that dast to the a tin can to. a the courtesy of a chivilrous hallon bull-dog's tall. The Cannibal King (his teeth chat-tering)-What was it you served prizikhness. With only the vague with the last meal? I've had a pro-longed chill ever since. Royal Cook-That, sire, was a street humed to the very worst

at three. La given us many heroes and no doubt "Lord Niany thinks his brain is be a long time before even she gives affected." "Pooh! I wonder that he wor- "Fighting Mac."-The London Sov-

Goes through the flowerless soil. And the path that leads to a Loaf of Bread And a Suit of Clothes is hard to

And the path that leads to a House

of Your Own Climbs over the bouldered hills; And the paths that lead to a Bank<sup>4</sup>

Account Are swept by the blast that kills. But the man who starts in the paths to-day

In the Lazy Hills may go astray.

In the Lazy Hills are trees to shade By the dreamy brooks of Sleep, And the rollicking River of Pleasure

And gambols down the steep, But when the blasts of winter The brook and the river are frozen dumb.

Then woe to those in the Lazy Hills When the blasts of winter man, Who strayed from the path to a Bank Account And the path to a House of Their

Own. These paths are hard in the summer

heat, But in winter they lead to a snug retreat.

1 -8. W. Foss. .

Nuggets From Georgia.

Atlanta Constitution

The mockingbird sings because the song's in him, but lots of folks sing because they think they have

voices. The humble things of life are the The humble things of me are the sweetest, after all. The trees of the woodlands catch the dews of herver and dr'p en down to you. There would be more honer in political office M so many didn't neglect the greater duties of life in socking it.

The hope of it is that the long have will have a turn at last; but frequently the lane turns unexpect-edly and overturns the wagon.

Try a Picnic or Two.

Ottawa Free Press.

This time last year and a little lat-er the complaint in many sections was too much rain. Now the com-plaint is noise and prayers in the clearches are talked of How would would it do to commence any School picnics and ores stead ?