Pastor Russell's Sermon

Text: Present Your Bodies—"What Shall I Render Unto the Lord My God For All His Benefits Towards Me? I Will Take the Cup of Salvation and Call Upon the Name of the Lord. I Will Pay My Vows Unto the Lord."—(Psalm cxvi, 12). "I Beseech You, Brethren, by the Mercies of God, That Ye Present Your Bodies a Living Sacrifice, Holy and Acceptable Unto God and Your Reasonable Service."—(Romans xii, 1).

CHICAGO, Jan. 2.—Pastor Russell of Brooklyn Tabernacle, New York, preached here twice to-day to large audiences. The auditorium of world-wide celebrity for its size and excellent acoustics, afforded the immense audience a superior opportunity to hear Pastor Russell's discourse in the afternoon. We report his evening discourse based on the foregoing texts. He said:

The opening of a New Year is like the opening of a new ledger. It is a favorable time for determining what should be disposed of in the profit and loss account and for putting into effect resolutions governing the New Year. The fact that thousands of resolutions will be made at this season only to be broken later under the impact of temptation, should not discourage us from making such resolutions ourselves and advising the course to others.

A Christian, like other men, can be benefited by such resolves to himself, which should be sacredly kept, in proportion as he respects himself and would be respected. These resolutions may apply to sundry affairs of life—his home, his business, his personal habits, etc. But when the Christian comes to consider his highest interests, he at once recognizes that they are those by which he is related to his Creator and His Savior. At the very beginning of his Christian experience, after he had longed for righteousness and turned from sin; after his eyes had seen Jesus as his Redeemer; after his ear of faith had heard that he was reconciled to God thru the death of His son and had forgiveness of sins thru faith in His blood—then came to him the most important moment of his life. For God, thru His word, invited him to make a full consecration of himself (including every earthly interest and affair) to the Lord and His service.

The proposition, in the language of the Savior, was that he should take up his cross and follow Christ; and that as a reward he should have in the present life tribulation from without, but the peace of the Lord within, and in the future life experience a share in the first resurrection. That change to glory, honor, immortality, the divine nature, means joint-heirship with his redeemer in His great office and work as the mediator between God and the world during the millennial age. The terms are clearly stated—self-denial, cross-bearing, service for Christ, faithfulness unto death. The rewards also, as clearly stated, are crowns of life and membership in the royal priesthood, a seat with the Lord in His throne, an opportunity of being one of the judges for helping and uplifting mankind during the millennium.

While stating the conditions clearly and distinctly, thru His words the Lord did not urge consecration, but said rather that each should sit down first and count the cost. After having counted the cost, whoever chose to accept the proposition did so by making a vow unto the Lord—a consecration vow of full submission—the full surrender of the will. This was to the intent that thereafter not only the conduct of life, but the words of the mouth and the meditations of the heart should be acceptable to the Lord. This comprehensive vow is symbolized in baptism, which, rightly understood, as explained by St. Paul, is a baptism into membership in the Body of Christ (the church), and this by baptism or immersion "into Christ's death."

Only such as make this vow are accepted at all as members of The Christ, and anointed with the holy spirit. It is respecting this vow that St. Paul urges, in the words of our text, "I beseech you (justified) brethren, by the mercies of God, that ye present your bodies living sacrifices, holy, acceptable to God, and your reasonable service." Our contract with the Lord is entered into, made secure, by the vow of consecration, and the remainder of life is merely a testing of the consecrated one, to determine to what degree he really meant the vow; to what degree he uses his every endeavor to be dead to the world, dead to self, dead to all earthly things of the millennial kingdom to which he has consecrated himself as a "member" of the body of the mediator of the new covenant (Jeremiah xxxi, 31; Galatians, iii, 29).

Let no one lightly undertake a vow unto the Lord. It carries with it weighty responsibilities. It would be better every way that none should take the vow without first understanding the matter and entering fully into the spirit of the resolution he makes. Once made and accepted by the Lord thru the impartation of the Holy Spirit, it cannot be annulled. But why should we wish to annul the vow? Why should anyone who puts his hand to the plow look back? To use the apostle's illustration, why should the sow that was washed return to wallowing in the mire? Why should we, after having renounced the world and received the begetting of the Holy Spirit, and after having tasted of the good word of God and the powers of the age to come, lose the precious taste and appreciation of these, and return in craving to the beggarly elements of the world? Surely there are no good reasons for so doing. Surely the joys of the present life, as well as the hopes of the kingdom to come, all should encourage us to fully "set our affections on things above and not on the things beneath."

The world, the flesh and the adversary—all exercise influences contrary to our vow or resolution to the Lord to be dead to the world and to self that we may be alive with Christ and share His glory—suffer with Him that we may reign with Him. The poet has expressed the proper thought here, saying:

"My soul be on thy guard,
Ten thousand foes arise;
The hosts of sin are pressing hard
To draw thee from the prize."

Much of our success in keeping our vow of consecration depends upon two things:

(1) The clearness of our grasp of the situation when we made our vow and the thoroness of our intention; the amount or weight thereof; the will power exerted for righteousness.

(2) An additional feature of great weight in the matter is the degree of our knowledge. It is in line with this thought that the Scriptures declare, "My people perish for lack of knowledge." God has given us His Word and informed us that it is "profitable for doctrine, for reproof and for correction in righteousness, that the man of God may be thoroly furnished." He has advised us to search the Scriptures and to forget not the assembling of ourselves together. And where his advice is followed and the Scriptures are searched daily, not in a formal manner, but with a desire to know and to do the Lord's will and to be guided in His way, a strengthening of the will is effected. Correspondingly there is a weakening of the evil influences which oppose us as new creatures and our vow. The Word of God is so arranged as to provide "meat in due season" for all of His faithful people, whether old or young, in every time. As "babes in Christ," as young men and as full-grown sons of God, it is for each of us as a storehouse of grace and truth, to make us strong in the Lord and in the power of His might. Only by appropriating the spiritual food can we have strength to fulfil our vow, to finish our course with joy and to attain the Kingdom. Item by item, as our minds are able to grasp its unfolding prospects of glory, honor and immortality, we are thereby strengthened by the Lord's might in the inner man.

As the consecrated believer considers what God has already done, and what He proposes yet to do for His faithful, gratitude wells up in his heart and his inquiry is, "What shall I render unto the Lord for all His benefits?" The more he considers the matter the more he realizes that his talents and opportunities are necessarily small, insignificant. It is from this standpoint that the poet wrote, "O for a thousand tongues to sing my great Redeemer's praise."

It is well indeed to show our appreciation of God's grace by songs of thankfulness and praise, but we are to remember that not merely poetic cadences are our acceptable songs, but that from the proper standpoint life itself is the proper hymn of praise to be continually rendered to the King of Kings. "Singing and making melody in our hearts unto the Lord" will imply that our works will be in harmony —a song of life." (Ephesians v. 19).

The Psalmist's answer prophetically represents the attitude of heart of all the faithful. Each is expected to say, "I will take the cup of salvation and call upon the name of the Lord" (Psalm cxvi. 13). The cup of salvation at the present time is the "Cup" which our Lord proffered to His disciples, saying, "This is my blood of the new covenant shed for many for the remission of sins. Drink ye all of it." (Matthew xxvi. 27, 28). It is a "Cup" of suffering, self-denial, self-sacrifice, as respects the earthly things which we give up, surrender, that we may attain the heavenly things as joint-heirs with our Redeemer. There might be danger, however, of some getting the wrong thought on this subject. There is a peculiar pleasure in drinking of the Lord's "cup" of self-sacrifice, which those who have never partaken of it can not hope to understand. It is the pleasure of fellowship in His sufferings, as St. Paul explains. And a part of the pleasure connected with that "cup" is the associated hope of drinking with our Lord of His other sup of joy and glory and blessing in the kingdom, as He promised.

The necessity of partaking of this "cup" of the Lord is shown by the Savior's words to two of His disciples who enquired, saying, "Lord, grant that we may sit with thee, the one on thy right hand and the other on thy left hand in the kingdom." Our Lord's reply was that they little realized what this high privilege of sitting in the millennial throne with Him would cost. He enquired, "Are ye able to drink of the cup that I shall drink of?" (Matthew xx, 22).—the cup of suffering, ignominy, dishonor and death?—"and to be baptized with the baptism that I am baptized with?"—not the baptism into water, but into that which is symbolized by the water—a baptism into His death. The apostle indicated their willingness. And we can do no more. If left to ourselves, undoubtedly the contract would be more than we would be sufficient for. Our sufficiency is of God's providence—our great Redeemer is our High Priest and Advocate, able to succor us in every time of need, and able to provide ways of escape from trials too hard for us; able to strengthen us when weak; able to give us the "meat in due season;" able to bring to our attention the great and precious promises of God's Word. Yea, says St. Paul. "I can do all things thru Christ, which strengtheneth me." (Philippians iv, 13).

In the context the prophet declares, "I will pay my vows unto the Lord in the presence of all the people." Publicly, openly, I will espouse the Lord's cause. I will remember His words, "Whosoever shall be ashamed of me, and of my words, of him also shall the Son of Man be ashamed, when He cometh in the glory of His Father, with the holy angels" (Mark viii, 38). I will be faithful in the performance of my covenant to such a degree that my loyalty shall be known to all the brethren as well as to the Lord, who reads the heart. Yea, and the worldly should know of the faithfulness of God's people, even tho, not appreciating the matter, they should despise them and count them fools for Christ's sake.

DODD'S KIDNEY PILLS
FOR ALL KIDNEY DISEASES
CURES RHEUMATISM
BRIGHT'S DISEASE BACKACHE
DIABETES
NUMBER 23 THE PRO

IN SOCIETY.

Mrs. A. B. Yager of Regina will receive with her sister-in-law, Mrs. E. R. Alison and Miss Kinnear on Tuesday, Jan. 4.

Miss Ada Balland, late of Manchester, England, was united in marriage on New Year's Day to Mr. Harry Huddleston, late of Preston, England. The marriage ceremony took place at St. Matthew's Church, the Rev. Canon Farncombe officiating. The bride was attired in a French Merino cream colored princess dress and carried a spray of cream roses with asparagus fern. Her hat was a creation of cream velvet trimmed with chiffon to match and pink roses. The bridesmaid was Miss Lily Clark of this city, costumed in cream crepe de chine, trimmed with pale pink velvet ribbon. She wore a spray of pink roses. Her hat was wine colored velvet trimmed with roses to match. The groom was supported by Mr. Harry Parton. The charming bride was given away by Mr. Charles Parton, at whose home she has resided since coming to Toronto. After the ceremony was over the bridal party returned to the home of Mr. and Mrs. Parton, where an elaborate breakfast was served, the table decorations being pink roses, ferns and carnations. After a short honeymoon trip, the happy couple will reside in Smith-street, Rivrdale. The guests numbered thirty and the bride was the recipient of many presents, including several from England.

The third annual exhibition of the Canadian Art Club will be formally opened on Friday evening next. The exhibit will be held in the art museum of the public library.

Golden Wedding.

A very interesting ceremony took place on New Year's Eve, when relatives met at 182 Coxwell-avenue, to honor the 50th anniversary of the wedding of Mr. and Mrs. Isaac Hewitt. Mr. Hewitt is about 82 years of age, and altho he has been an invalid for several months, was bright and cheerful, and entered joyously into the spirit of the occasion. The family were happy in having with them at the celebration of the golden wedding, Mrs. McQueen of Euclid-avenue, Toronto, who was at the wedding of Mr. Hewitt and Miss Agnes Black at Douglas, Ont., 50 years ago. The aged couple, who have had a very happy and prosperous life, were the recipients of many hearty congratulations from a large circle of friends. Nearly all the members of the family attended the ceremony. Isaac Franklin Hewitt of Vancouver was unable to be present, but Mrs. Birdsell of Wappella, Sask., and James Hewitt from Saskatchewan, along with Mrs. Wapella, Sask., and James Hewitt tailor, Yonge-street, and W. J. Hewitt, builder and contractor, Oak-avenue, and their wives, did the honors of the wedding. At home with their parents are Misses Annie and Tilly Hewitt. Mrs. Hewitt's brother, Samuel Black, of Grand Valley, unexpectedly arrived to congratulate his sister, whom he had not seen for 20 years. Among other gifts the family presented the happy couple with a well-filled purse of gold. The home was tastefully decorated for the occasion. Mr. Hewitt was born in Guelph, but with his family has resided in East Toronto for over 20 years, and has had a part in the development of that district from a suburban settlement into a very important section of the city.

WOMAN SUFFERED WHILE DRS. PARLEYED ABOUT FEE

Hamilton Practitioners Declined Case Until Guaranted Fee by Civic Authorities.

HAMILTON, Jan. 1.—(Special).—A case that the police think does not reflect credit on several prominent members of the medical profession came under their notice last night.

A report was made to police headquarters that a woman named Mrs. Taylor was in serious need of medical attendance. The police implored several doctors to attend to her, but all declined, and the woman was left in agony until the civic authorities instructed a doctor to attend her, guaranteeing him his fee.

William Pimanter, who gave his address as 87 South John-street, was arrested on two charges to-day. He is accused of obtaining board by fraud from W. N. Colinson, and stealing a coat from Alfred Derby.

FATHER FAILED HIM

Seven-Year-Old Victor Phillips Alone in a Strange City.

Victor Phillips, a sturdy little lad of 7 years, who left Winnipeg Thursday night at 10.40, in charge of the conductor on the eastbound express, arrived at the Union Station Saturday afternoon at 3.50, expecting to be met by his father. No father was in sight when the train drew. The poor little lad, who could do nothing but cry, was attended to by the kind-hearted information clerk, Mr. Lee, and a couple of policemen. After several hours of fruitless search for the delinquent parent, he was taken to the children's shelter.

"Savoy" Stock Under the Hammer.

Owing to the expiration of the lease of premises, the Savoy, confectioners, have instructed Chas. M. Henderson & Co. to sell, on Wednesday, at 11 o'clock, Jan. 5, by public auction, their entire stock and equipment.

Included in this is one of the finest soda fountains on the continent of America, costing originally in the neighborhood of $10,000. Also, ice cream machinery, wall cases, show cases, carbonating machinery, chairs, tables, mirrors, cash registers, scales, typewriters, office furniture, etc.

As these fittings are the best that money can buy this sale presents very exceptional opportunities.

The phenomenal advance in central real estate values is illustrated by the new lease, which has been taken on these premises at $18,000 per annum, which ten years ago, were leased for $5500.

Missionary Tour.

The Baptist Foreign Mission Board has delegated John Firstbrook and James Rignie to leave on the sixth for a tour of the missionary countries of the east.

AT THE THEATRES

HATTIE WILLIAMS AND JULIAN ROYCE
In a scene from "Detective Sparkes," at the Princess next week.

Hattie Williams at Princess.

At the Princess Theatre this evening, Charles Frohman will present Hattie Williams in Michael Morton's famous comedy-drama success "Detective Sparkes." The plot of "Detective Sparkes" is unique. A balloon has been wrecked, and in its basket has been found a woman's brooch, Athol Forbes (Hattie Williams), an American girl, recognizes the newspaper pictures of the bauble as those of a piece of jewelry owned by her sister, Lady Axminster. Determined to save her sister from discovery and disgrace, she persuades Lord Axminster, her brother-in-law, that his home is to be robbed and manages to keep his lordship so busy that he fails to notice the continued absence of his wife. The Axminster home is really robbed and Detective Sparkes, a very mysterious sleuth, whose identity never becomes known, figures in the efforts to restore the lost valuables. From the rise of the first curtain to the end of the last act, exciting events follow one another with amazing rapidity. Miss Williams is supported by a company of unusual strength including Julian Royce, Franck Burbeck, Edwin Nicander, Grace Goodall, Vida Croly Sidney, William Postance, Vira Stowe and Frank Shannon.

The engagement is for all week with matinees Wednesday and Saturday.

Louise Gunning.

Louise Gunning, who beginning her professional career in the choir of a Baptist church of which her father was the pastor, has mounted by rapid bounds to the position of one of the best light opera prima donnas of the day, comes to the Royal Alexandra Theatre to-night for a week's engagement in Pixley and Luder's newest operetta, "Marcelle," The Messrs. Shubert have surrounded their gifted young star with an exceptionally satisfactory company headed by the ever popular Jess Dandy, who was the brightest spot in that other Pixley and Luder's success, "The Prince of Pilsen." Mr. Dandy is said to have a role in "Marcelle" that is even funnier than his Hans Wagner, of which there is still a suggestion when he makes the familiar query: "Were you ever in Zinxinnati?" Others who have prominent roles are: Charles King, Harold T. Morey, David Bennett, Robert O'Connor, Evan Baldwin, Bert Merket, Norma Brown, Lottie Medley, Florence Rother, Nellie King and Ray Miller. A big beauty chorus, and an octette of sprightly "ponies" are a feature of the production. Scenically we are told, nothing is left to be desired, and the interior and surroundings of Castle Berghof, on the vine-clad Rhine are full of beauty and poetic atmosphere. There will be the usual Thursday and Saturday matinees.

Gwendolyn Piers.

With dainty little Gwendolyn Piers in the role of the bareback rider, whose romance is the central thread of the appealing story, "Polly of the Circus," Frederic Thomson's big production of Margaret Mayo's highly successful play comes to the Princess Theatre for a week's engagement, beginning Monday, Jan. 10.

"The Old Homestead."

Year after year audiences so large as to test the capacity of the largest theatres thruout the country have greeted Joshua Whitcomb, Cy Prime, Seth Perkins, Eb Ganzey, Aunt Matilda, Rickety Ann, Happy Jack and all the other characters in Denman Thompson's famous drama of New England life, "The Old Homestead," and have laughed and wept by turns over the quaint, homely bits of comedy and pathos which constitute its chief charm. "The Old Homestead," which comes to the Grand next week, undoubtedly owes something of its continuous and ever-increasing popularity to the fact that it affords one of the strongest and most potent object lessons possible in honesty, sobriety and

LORETTA MACDONALD.
In "The Old Homestead," at the Grand.

charity. The sturdy integrity of Uncle Joshua Whitcomb, added to his other shining characteristics of both head and heart; Aunt Matilda's sweet, motherly solicitude for the absent son; the senile petulance and querulousness of Cy Prime and Seth Perkins, these and other character sketches from life are the kind that appeal most forcibly to an audience and stir the sensibilities and risibilities to the highest pitch. Some of the company have been in the cast for many years, notably Charles Clark, who plays Seth Perkins so inimitably; Fred Clare, the Happy Jack; Gus Kammerlee, the millionaire banker; Earl Redding, the Eb Ganzey; Maggie Breyer, the Aunt Matilda.

Majestic Music Hall.

In keeping with the usual excellence of the feature act for this week at the Majestic Music Hall, Manager Leslie has secured a number of new vaudeville novelties to round out the program. The bill will be headed by the original Empire City Quartet. In addition to singing a number of popular and classical numbers this combination of singers are introducing their latest success, "Good Luck Mary." Miss Dora Pelletier, who is assisted by Mr. Charles Messinger, will be the added attraction, and she will dominate the musical portion of the program. Other stellar turns on the bill will be enacted by Morris and Morris, grotesque comedians, presenting their frolicsome skit "Fun on a Broom Handle"; Brooks and Vedder, talking and dancing comedians; Fiske and McDonough, in a comedy playlet "The Ladies' Interference Society"; Mortimer Bassett, mimic; Roland Travers, illusionist; C. H. De Dio's animal comedy circus, and Lamb's manikins, a novelty act. An excellent set of moving pictures is promised.

At Shea's.

The greatest sensational novelty on the sage is the Saxon Trio, an act that made the circus world marvel. Mana-Shea has secured this act for this week to top a big bill and for ten days Arthur Saxon and his assistants have been in Toronto preparing for their vaudeville appearance. They are known as "The Human Pillars" and support on their feet a bridge, over which passes an automobile carrying five passengers. The combined weight supported is 6000 lbs.

The special attraction for the week is Ray Cox, full of ginger as ever.

Jack Wilson & Company in "An Upheaval of Darktown" will come in for their usual warm welcome. Wilson is one of vaudeville's best black face comedians. Phil Staats is a newcomer and is called the unctuous comedian, delivering 800 lbs. of monolog and pianolog. Warren, Lyon and Meyers will present a happy combination of mirth and music entitled "A Little of Everything." The Alpine Troupe of nve members are making their first appearance at Shea's and do a double wire act that is new to America and sensational. The Artois Brothers have been seen before and their act is well remembered. The kinetograph closes the bill with new pictures.

At the Star.

The "Avenue Girls," which is this week's attraction, is said to be a large and expensive organization, which numbers forty people. The costumes are far in advance of anything on the burlesque stage and the chorus is made up of pretty and shapely young women who can sing and dance. The comedians will have many new jokes to

MONA RAYMOND.
With the "Avenue Girls" at the Star next week.

offer, together with several of the most popular of New York's song successes. The Pole Hunters, in two acts and five scenes, is said to be full of fun and good music, a few of the songs introduced being: "College Boy," "Singing Bird," "Carry Marry Harry," "Molly Lee," "Monkey Doodle Dandy," "I'd Rather be on Broadway with You," sung by people who have good voices and backed by a talented chorus.

Charles B. Nelson and Will N. Cohan as the principal comedians are up-to-date and have no trouble in keeping their audience in the best of humor.

At the Gayety.

Woods & Green, Fred Ireland, P. W. Miles, Fannie Thatcher, Gene Jerge, Alice Brophy, Mazie Aleene, La Belle Troupe are the funmakers with Weber and Rush's Dainty Duchess this season, and for an enjoyable entertainment we would advise you not to miss this sterling organization of newer burlesque artists, which are at the Gayety Theatre this week. The same old title, some of the same old boys, some of the same old girls, but it's new from the rise to the fall of the curtain with new jokes, new sayings, new songs, new costumes, new effects, new scenery, and new, clever and original ideas, which have created universal praise from the press and public, and earned that much-sought-for title, the show that's the talk of the eastern wheel.

Agnes Street Theatre.

Bert and Irene Vaughan will make their appearance at the Agnes-street Theatre this week in a one-act comedy playlet, "Tit For Tat." Others on the bill are Holt and Wilson, "The Little Ginger Girls"; Hague and Herbert, Irish comedy sketch team; Clyde E. Andersen & Co., singing and dancing; Loudine, the minstrel moke; Phillips and Bergen, presenting a rural sketch; Eugene Meranger, statuary poses; Miss Vesta Gilbert, comedienne, and Robert and Daisy Cunningham, dancers. A special set of moving pictures will be shown for the first time in Toronto.

At Massey Hall.

The greatest soprano of the day, Louisa Tetrazzini, has at last been induced to make a short concert tour. Only eight cities will be visited, and Toronto has been fortunate in being included. The manager of Massey Hall has concluded arrangements for the appearance of this great prima donna on Jan. 22, in Massey Hall. She will be assisted by a company of notable artists from the Manhattan Opera House, New York, including Mme. Gerville Reache, the famous contralto; Signor Caraso, a leading tenor, and Signor Polese, baritone. The subscription list will be open at Massey Hall in a few days.

Mme. Tetrazzini has for the past two years been the idol of the London and New York operatic seasons. She has achieved a vogue, which was equalled only by the great Patti in her palmiest days.

Attractive Chorus.

The Shubert musical productions are always noted for their attractive choruses, both male and female. This is said to be particularly noticeable in "Marcelle," which, last season, was said to have the best male chorus ever seen on Broadway. The same lot of handsome, stalwart young men with really good voices will appear with the company at the Royal Alexandra Theatre this week.

JESS DANDY AND HAROLD T. MOREY
In the Punch Bowl Scene, act II., "Marcelle."

Maxime Elliott.

Miss Maxine Elliott, actress of note, beauty of renown, and the only woman in America to own a theatre named after herself, comes to Toronto at the Royal Alexandra Theatre for an engagement of one week beginning Monday, Jan. 10.

New Year's Recital.

The New Year's recital in Broadway Tabernacle proved an immense success financially and artistically. The popular artists, Jesie Alexander, Arthur Blight and Kathleen Howard provided a most artistic and varied program, which was keenly enjoyed by the large audience. Encores were the order of the evening.

National Chorus Soloist.

Miss Alice Neilsen has been compelled by her medical attendants to cancel all this month's engagements, and therefore her place on the program of the National Chorus, announced for Jan. 18 and 19, has to be provided for. Dr. Albert Ganz has received from the managers of the Metropolitan Opera Co., a splendid list of artists to choose from, and it is quite probable that Fran Matja von Neissen-Stone will be selected. She has an exceptional mezzo soprano, and has been one of the phenomenal New York successes of this season.

Card of Thanks

I extend my heartiest thanks to my many friends who worked for me, and the electors who gave me their votes and influence in seeking election as a Controller for the City of Toronto.

Trusting that this may be the most prosperous year Toronto has ever had, as a city, and as a people.

Faithfully yours,

Mark Bredin

Health Cranks and Food Faddists

Have Evolved Some Strange and Wonderful Theories Concerning Stomach Treatment.

A Trial Package of Stuart's Dyspepsia Tablets Sent Free.

Within the last 20 years there have sprung into existence theories by the score relative to the kinds of food that human beings should eat, and should avoid. With the tremendous increase in nervous and stomach diseases which are caused by the strenuous life of this neurotic, neurasthenic age in which we live, we are constantly having our attention called to some food faddist's "new idea" on the subject of alimentation.

Most prominent among these theorists is the vegetarian who insists that meat was never intended for the human stomach, despite the fact that his ancestors for 6000 years or more used it as their principal article of diet; and the old patriarchs of Biblical history who lived to prodigious old ages, were meat eaters. All of the great nations of history have been users of meat and all of the most powerful and advanced countries of to-day employ it extensively in their dietaries, and their superior development and high degree of civilization are in strong and striking contrast to the decadent and degenerate nations of Asia and the tropics, whose inhabitants are vegetarians.

Another fallacy which has lately become a fad, is the so-called "low-proteid" diet. Now, the foods which are rich in proteids are the ones which build up nerve, brain, muscle and blood, so that any great reduction in the amount of proteid used simply means semi-starvation for the most important centres of the system—the ones on which we depend the most to enable us to successfully fight the battles of life. Those nations whose people use foods containing but little proteid are never of large frame or well built. The Japanese, who have always been small of stature, have, since adopting a more liberal proteid diet, shown a remarkable increase in size, vigor and general development; and it is only since Japan became a meat-eating nation that it has developed into a world-power.

Still another theory lately advanced is that sugar, pepper and salt are gastric irritants and irritate the mucous membrane of the stomach, although it is known that sugar possesses a high caloric value, while pepper and salt assist digestion rather than interfere with it, as is claimed.

The no-breakfast plan, the two-meal per day, and even the one meal daily has been advocated, while some advise a two or three weeks' fast, during which all food is withheld from the stomach, "to give it a rest," completely ignoring the fact that the system's tissues are being constantly torn down, and cast off, and new material to rebuild them must be supplied from the food.

It is utter nonsense to concern oneself about all these absurd and illogical theories, as life is entirely too short, and there are other things requiring our attention. Eat what you want when you want it, and as much as the system needs to replenish its waste, and then take one or two of Stuart's Dyspepsia Tablets, and forget all about food fads and stomach troubles. They digest all kinds of food so thoroughly you won't know you have a stomach. They are powerful digestors of every kind of food though harmless to the system, and may be taken at any time and in any quantity.

Get a box from your druggist for 50c, and send us your name and address for free sample. Address F. A. Stuart Co., 150 Stuart Bldg., Marshall, Michigan.