\$633,528.80 TURNED OVER TO TREASUR

REVENUE DERIVED FROM SECRE. release of all the board of the state. TARY OF STATE'S OFFICE FOR BIENNIAL PERIOD.

Doings and Happenings That Mark the Progress of North Carolina People, Gathered Around the State Capital.

Raleigh. For the two year period ending November 30, 1918, Col. J. Bryan Grimes, secretary of state, has turned over to the state treasury a total of \$833,528.80 in fees and taxes according to his biennial report prepared for the Governor and the General Assembly.

The largest item in the list, by all odds, of course, is the revenue obtained from automobile registration totalling \$321.776.03 in 1917 and \$422,709.76 in 1918, representing the automobiles and motor vehicles in operation during that time.

At the end of the automobile year, June 50, 1917, there were 39,809 automobiles registered, 1,401 motorcycles. and 407 dealers. At the same period in 1918 there were 62,072 automobiles registered, 1,432 motorcycles and 601 dealers. There have been registered at the close of the fiscal year, November 30, 1918, a total of 72,313 automobiles, representing an increase of more than 10,000 over the total registered for the year which ended June 30.

ing sources:		
	1917	1918
Automobiles\$	321,776.03	\$422,709.76
Corporation tax.	25,329.80	23,624.50
Foreign corpora-		
tions	5.145.00	5,142.00
Corporation	1.2	
seals	1,354.00	1,223.00
Corporation fees	3,293.86	2,776.95
General fees	1,463.65	536.69
Seals	654.00	229.00
Supreme court		
reports	5,387.23	4,728.08
Laws and jour-		
nals	389.25	404.05
· Miscellaneous	241.74	114.47
Trade marks	103.10	21.60
Land grants fees	61.50	49.70
Postage	8.80	7.10
Land grants	4,138.54	2,625.45
1 No. 1	101	-

A special from Washington says "There is lots of talk about the plans of the departments of the interior and labor to settle the returning soldiers ou lands that are now unused. As ha been reported before, agents are a work in Southern states, locating tracts of tillable soil. The investi gation and inspection service is now going into North and South Carolina with agents to list unoccupied usable farm lands by county, township and section, giving the nearest market and nearest postoffice address, and fur ther identifying the land by the name of the owner. This will be supple Mecklenburg. . . 18,149 mented by statements covering the Montgomery. . . entire county, as to the general topog- Moore. raphy, nature of the soil, etc. This Nash information will then be in the dopartment of labor so that the return- Cuslow ing soldier or any other person seeking | Orange employment through the land will be able to locate definitely where these unoccupied lands are.

North Carolina Gaining.

Major W. A. Graham, commissioner of agriculture, is rejoicing over North Carolina's splendid stride the past year Rowan in taking seventh place among the Rutherford. . . . states of the Union in the matter of Sampson . . . 20,776 the money value of farm crops. Her Scotland. record is shown by the government re- Stanly port, just out, to be \$537,450 000. there Union 19,434 being only six states in all the country | Vance with higher records. This does not in- Wake clude the value of the truck crops or Warren such products as soja beans and numbers of the other special crops that North Carolina has developed the past years in very considerable scale.

Accident or Suigide.

Murray G. Toye, employed in the mechanical department of Edwards & Broughton, died in Rex Hospital as a result of a bullet wound in his left temple. He never regained consciousness. The manner in which the wound as inflicted has not been determined by the police. Rumors in circulation were to the effect that he committed licide but members of the family latdenied that he killed himself intennally and stated to friends that he s accidentally shot while cleaning

hands of Receiver.

r. J. M. Broughton has been apted receiver for the stores operatby J. E. Befarah in Raleigh, the cess, 112 Fayetteville street; The ialty Shop, 125 Fayetteville street, the Raleigh Bargain House on in street, the latter doing a wholejobbing business. Mr. Broughton appointed receiver by Judge Con-Wilson, pending the outcome kruptcy proceedings. Mr. J. L. nuel was appointed general will continue to operate.

Retiring Eoards Thanked.

"The country can never compensate you for the sacrifices you have made," writes Gov. T. W. Bickett to exemption board officials in thanking them for the services rendered during the period of the emergency. The letter is a final word of thanks from the goernor prior to an anticipated early

"You are now approaching the end of your labors," writes the governor, "and common justice requires me to bear testimony to the character of service you have rendered your country in the greatest crisis of its his-

Government Land Purchases.

Under the Weeks law, the national forest reservation commission has purchased in the Appalachian mountains of the south and the White mountains of New England 1,132,793 acres up to June 30, 1918. In addition, 509,011.31 acres have been approved for purchase.

The North Carolina purchase areas

aro.				
		ě,	Acres.	Sum Paid
Avery	. "		13,107.18	\$ 26,428.28
Buncombe .			9,455.66	109,241.24
Buncombe .			13,319.29	66,596.45
Burke			12,629.50	25,000.38
Henderson			16,949.97	84,083.18
Jackson			1,370.20	9,614.47
McDowell.			35,102.08	253,217.45
Macon		٠	31,712.70	298,307.86
Macon			30,552.33	241,337.63
Swain			2,303.50	13,564.37
Transylvania				223.456.76
Yancey			10,481.45	113,793.00

Cotton Ginned in State.

Washington (Special).-Director S. L. Rogers, of the census, department of commerce ,announces the report of cotton ginned by counties, in North Carolina, for the crops of 1918 and trict, where a neat new building has The payments to the treasurer rep- 1917. The quantities are in running been finished. The capital will be resent funds derived from the follow- bales, counting round as half bales, \$25,000 paid in, and it will attend

esent thirds derived from the follow-	and not included as half bales,	i
ng sources:	and not including linters.	
1917 1918	The report follows:	1
automobiles\$321,776.03 \$422,709.76	County. 1918 1917.	
Corporation tax. 25,329.80 23,624.50	The state 648,515 482,521	Č.
oreign corpora-	Alexander 1,010 454	
tions 5,145.00 5,142.00	Anson 21,298 17,862	
Corporation	Beaufort 8,199 4,342	
seals 1,354.00 1,223.00	Bertie 8,389 6,462	Ť
Corporation fees 3,293,86 2,776.95	Bladen 8,220 6,279	
General fees 1,463.65 536.69	Cabarrus 8,752 5,618	
Seals 654.00 229.00	Camden 1,531 992	
Supreme court	Carteret 1,692 1,093	1.
reports 5,387.23 4,728.08	Catawba 6,029 3,014	- 1
aws and jour-	Chatham 5,613 3,838	୍ଷ 🏻
nals 389.25 404.05	Chowan 3,844 2,250	- 1
Miscellaneous 241.74 114.47		
Frade marks 103.10 . 21.60		
and grants fees 61.50 49.70		
ostage 8.80 7.10	Cumberland 16,094 11,897	-11
and grants 4,138.54 2,625.45	Davidson 1,068 634	
	Davie 1,176 671	21
Total\$369,346.50 \$464,182.30	Duplin 10,312 6,296	41
	Durham 381 296	94
arm Lands for Soldiers.	Edgecombe 23,320 15,137	
A special from Washington says:	Franklin 12,477 8,178	
There is lots of talk about the plans	Gaston 6,311 4,158	1.0
of the departments of the interior and	Gates 3,175 2,603	- 1
abor to settle the returning soldiers	Greene 6,608 5,178	111
n lands that are now unused. As has	Halifax 25,205 16,057	- 1
been reported before, agents are at	Harnett 21.469 16,249	
work in Southern states, locating	Hertford 2,782 2,077	
racts of tillable soil. The investi-		11
sation and inspection service is now	The 3-11	11
soing into North and South Carolina	7-1	
with agents to list unoccupied usable		
arm lands by county, township and	1.	
section, giving the nearest market and		
nearest postoffice address, and fur-	Lenoir 10,581 7,437	1.1
her identifying the land by the name	Lincoln 5,145 3,084 Martin 6,941 4,646	
of the owner This will be supple	Martin 6,941 4,646	

Martin. 2 788 17,536 Northampton . . . 13,509 Pamlico 3,328 Pasquotank. . . . 2:090 Pender 2,531 Perquimans . . . 3,501 Pitt. 17,717 Richmond. . . . Robeson 5,581 Washington . . Wayne 25,138

1,721

14,795

8.994

1.922

2.243

9,348

3,782

4,638

15,764

25,589

3.661

15,417

3,307

1.310

18.415

All other Some New Corporations.

Wilson

Certificates of incorporation were filed in the office of the secretary of state for the following corporations:

18,739

4,069

Farmers Ginnery, Inc., of Laure! Hill, with \$50,000 authorized capital and \$15,000 subscribed. The incorporators are J. D. McDonald, J. M. Patterson and Edwin Morgan, all of Laurel Hill.

Liberty Savings Bank, of Wilmington, with \$25,000 authorized capital and \$25,000 subscribed. The incorporators are Ralph Harrett, J. C. Rourk, and W. L. Gore, all of Wilmington.

Saved \$8,024 in Food.

Despite the fact that the epidemic of influenza made it very hard to carry on a rat-killing contest in Ruth erford county, Mr. C. C. Proffitt, county agent, reports that the boys and girls in his county did kill a total of 4,012 food eaters during the contest which he recently conducted. Authorities of the agricultural extension service at Raleigh figure that a single rat manner that at the conclusion of his will destroy \$2 worth of food in a year. According to this. Rutherford er by Mr. Broughton and the county has saved \$8,024 worth of food by the simple elimination of 4,012 rats

WHISKEY STILLS

78 ILLICIT ESTABLISHMENTS ARE RAIDED AND PLANTS DE-STROYED IN MONTH.

SEVERAL AUTOMOBILES TAKEN

Blind Tigers and Blockaders Also Come to Grief, Losing Number of Autos and Rigs.

Statesville.—The monthly report for November, of Revenue Agent Vanderford of Greensboro, showing in detail the activities of the revenue raiders, who operate in the fifth district of North Carolina and destroy illicit stills and sieze untax-paid whiskey, has been received at the office of Collector A. D. Watts, and shows that for the month, a total of 91 seizures were made by the officers. Of that number, 78 were blockade stills and the re mainder were persons hauling blockade whiskey around the country without its having had the necessary revenue tax paid thereon. In nearly every one of the 13 seizures for transporting | untax-paid whiskey, the government also seized an automobile, the cars ranging from humble autos to the finest cars made.

Liberty Savings Bank.

Wilmington.-A new financial institution is the Liberty Savings Bank, to be located on South Front street, in the heart of the retail and market disshipyard; Thomas E. Cooper, big banker of the city; W. L. Gore banker of Whiteville, and others of the city are interested. It is said Joseph C. Rourk will be cashier.

Airplane Is Wrecked. Greensboro.-A Curtis airplane was wrecked here when Lieut. J. W. Cantwell and Sergt. B. Wanaker, who were in the machine escaped injury. They were en route from Emerson field, Columbia, to Norfolk. They left Fayetteville intending to go to Raleigh, but missed their way. They stopped here for gas and oil and the accident occurred as they were leaving. The engine is the only part of the machine now of any value.

Knights Templar Services. Charlotte.—An address by Rev. J. H. Henderlite, D. D., pastor of First Presbyterian church, of Gastonia, featured the Christmas day services of Charlotte Commandery, Knights Templar, which were held at the Masonic temple. The traditional toast to the President of the United States, the grand eminent commander, all Knights Templar who fell in France and Belgium 13,029 in the world war, and to peace, were 2,505 given.

The musical program was arranged under the direction of Harry J. Zehm. The singers were Miss Peasley, soprano; Mrs. Avery Williams, contralto: W. C. Rankin, tenor, and O. M. Norwood, bass.

"God's Service Star" was the 1.513 theme of the address of Dr. Hender-3.062 lite. The services in nature were re-13.298 ligious, patriotic and memorial. W. N. Bacon, eminent commander, pre-43,713 sided.

Peculiar Apple Tree.

Wilmington.—Thomas F. Bagley, or chardist of Seagate, a suburban community, has gathered a second crop of apples from nine trees in his orchards, four of which were literally 14,464 loaded with bright red apples. He states that the trees bear yellow fruit summer produced yellow apples, 3,431 very red.

Fortunate Chief of Police. Charlotte.-Just before the clock struck the hour of 12 Chief Neal Elliott, of the Charlotte police depart ment, was presented with a gold watch and chain at an informal meeting of members of the department. No speeches were made. The watch was presented to Chief Elliott by Desk-Sergeant White, who expressed the thanks of the department for the courtesies of Chief Elliott during the time he has been chief, and for his fellowship when he was sergeant of the night squad.

Governor Visits Salisbury. Salisbury.-Governor T. W. Bickett spent the day in Salisbury in the interest of the million dollar endowment movement for Baptist schools and colleges in North Carolina. In spite of very inclement weather and the influenza scare, the First Baptist church was well filled to hear the governor. He presented his subject in such a address, Dr. C. A. Owens, the paster, was able in 10 minutes to raise \$3.050 of the \$5,000 that is expected of this congregation.

QUARANTINE IS AGAIN LIFTED SERIOUS RIOT IS

Statesville Extremely Fortunate in Its Experience Vith Influenza, Suffering Bit Few Deaths.

Statesville .- Mayor L. B. Bristol Tuesday announced the lifting of the quarantine in Statesville, which has been in effect since October 5-and which was put on in an effort to prevent the spread of influenza. The lifting of the quarantine applies to everything-moving Sicture shows, churches, schools and any other public gath ering which the inhabitants of the community wish to engage in. The quarantine will not be put back on unless the epidem'c reaches such a state that the town officials feel it to be necessary. Statestille has gotten off exceedingly light as compared with other localities, there having been less than half a dozin deaths from the disease within the corporate limits of the town, and very few cases of pneumonia.

Gold Watch for Lt.-Col. Renn.

Charlotte.-When Lt.-Col. George A. Renn, the commanding officer of the base hospital, at Camp Greene, took his seat at the breakfast table Christmas morning. Le found at his plate a small velvet case, and in that case a gold wrist watch on which is engraved: "Lt.-Coi. Geo. A. Renn, M. C., U. S. A. Base Hospital, Camp Greene, Charlotte, N. C. Christmas, 1918."

The watch is a gift from the officers and others at the base hospital and is a token of the affectionate regard in which Colonel Renn is held by those of his commard. The presentation was made by Major J. H. Way, who is noted throughout North Carolina for his gift of speech and bonhommie.

Landmak to Disappear.

Wilmington. The antiquated ferry strictly to savings accounts, watching service over the Cape Fear river befor the day laborer who hasn't had the tween Wilmingto nand Brunswick savings habit, and helping him with county is to be superseded by a modhis Liberty bond and W. S. S. affairs. ern ferry operated at nominal charges, Hours will be such as to afford the if the representatives in the legislagreatest convenience to the workers, ture from New Hanover and the senaespecially shipyard men. Ralph Star- torial district follow a resolution rett, general manager of the Carolina | adopted by the New Hanover commissioners, who request that a bill be put through requiring the two counties to absorb the ferry property, charter and all, and establish a modern ferry, this county to bear two-thirds and Brunswick county one-third of the cost. The city would divide with New Hanover and bear a third.

Extradition Papers Wanted.

Wilmington-Memories of frenzied finance in high social life have been stirred here by a letter from Mrs. Lemassena, of Baltimore, to the sheriff, demanding that the North Carolina law reach forth to London and apprehend one Mrs. Alan Nickols, who Mrs. Lemassena indicted several years ago on charges of imbezzling some \$30,000 of her money. Mrs. Nickols got in bad here financially, after a notable social career, and Nrs. Lemassena alleged that while hardling funds for her as a sort of financial manager, she spent her fortune. The lady left and entered a sanitarium in Richmond, it being | nigs. given out she was insane. Subsequently she disappeared. A month ago some enterprising American correspondent in London sent back to Buffalo a long article about how Mrs. Nickols was "nothering" all the boys in uniform, and making them forget their homesiclness in the big American club, where with ladies high in English society, she looked after the doughboys. Evidently Mrs. Lemassena read the story, for having located her erstwhile friend, she wants Sheriff Jackson to go and arrest her.

High Scores for Nurses. Wilmington. The secretary of the Board of Examiners of Trained Nurses of North Carolina has announced the result of the examination for 1918. Miss Elizabeth Hutchins, of Winston-Salem, won the highest honor with a percentage of 95 1-2 per cent. Sister Catherine Newman, of St. Leo's hospital, Greensboro, was second with an average of 94 per cent. The next eight finished in the following order: Cora Belle McHone, Kattye W. Hatchordinarily, and in the regular crop last er, Cora Louise Moffatt, Edith Carr Petrie, Remie Edith Williams, Eva 14,227 whereas the mid-December crop is Gray Cooper, Bessie I. Stevenson and Annie Lee McArthur.

Buy Your Airplane Now.

Charlotte.- A bulletin received by Secretary Fairis, of the chamber of commerce, from the director of military aeronautics of the army, stated that airplanes will be sold to the highest bidder by the government. Bids may be placed until 11 o'clock February 1. The tetal number of airplanes to be sold number 3.211. They include Curtiss biplanes and many other familiar makes. The machines will be delivered within 90 days from the date the bid is placed, the bulletin stated.

Ensign Joyner Discharged.

Greet boro - Ensign Andrew Joyner. Jr., who has been in the intelligence department of the navy, has received an honorable discharge, and will return to Greensboro by the first of the year to resume his duties in the office of the cler's of superior court. Since the appointment of R. H. Wharton to the position of register of deeds, folk wing the death of W. H. Rankin, Clerk of Superior Court Gant has been without experienced help in his office.

RESULT OF INSULT

AMERICAN FLAG FIRED UPON CAUSES BLOODY FIGHTING ON STREETS OF POSEN.

Delegation from British Mission Protested to German Commander Who Declared He Had No Control.

London.-Firing by German officers on an allied automobile carrying an American flag was the cause of street fighting in Posen late Friday, says a dispatch to the Exchange Telegraph from Copenhagen. The Germans were defeated in the fighting. About 138 persons, including a number of women and children, were killed during the rioting.

The dispatch says:

"There was severe fighting between the poles and Germans in Posen Friday, which resulted in 38 women and children and about one hundred Germans and Polanders being killed. The affray originated as a result of a German officer firing on an allied automobile which was proceeding to Warsaw, carrying the American flag.

"The Germans insulted the flag and the Polish guard was called out. The fighting lasted several hours and the Germans were defeated.

"A delegation fro mthe British mission to Posen protested to the German commander in the town. General Schimmelfeng, but the German officer declared that he had no control over

EFFORTS MADE TO PROVE INNOCENCE OF EX-KAISER

Berlin .- A "league for the protection of the kaiser," has been formed and will issue an appeal to the former advisers of the ex-emperor, as well as diplomats with whom he was asso ciated, to submit all possible documents to prove the kaiser's innocence of bringing about the war. Prince Henry, of Prusia, who was proposed for president of the league, suggested Von Hindenberg for the post.

HORSE MEAT EXPERIENCES ANOTHER ADVANCE IN PRICE

With the American Army of Occu pation.-Horse meat again has expe rienced another advance in Germany Meatless days are being generally ob served throughout Germany.

In Coblenz, the week beginning De cember 16, was a meatless one. The ruling prices of horse meat in the area occupied by the Amercian army is at preesnt as follows per pound: Horse sausage, one mark, 80 pfen nigs; horse meat, one mark, 60 pfennigs; horse liver, one mark, 40 pfen

GREAT FIRE CAUSES LOSS OF \$1,000,000 IN PROPERTY

Bristol, Tenn.-Va.-Fire which orig inated in the five-story building occupied by Mitchell-Powers Hardware company in State street, on the Virginia side, completely destroyed that structure and four other buildings in the heart of the business district, at an estimated loss of \$1,000,000 partially covered by insurance. The other river. This mandate seems to have buildings' destroyed were occupied by the Bristol Gas & Electric company born. This plan likewise was foiled, offices, the Lynn-Kaylor company, and the other two by clothing stores.

The fire, which was the most disastrous in the history of the city, was gotten under control shortly after midnight when it reached the Dominion National bank building on the north and the Strauss department store on the south, damaging these buildings.

Lack of water and the explosions of powder and shell in the Mitchell-Powers building greatly handicapped the firemen and when the blaze began to spread on each side of this building an appeal was made for assistance from Kingsport and Johnson City.

24 WARSHIPS WILL BRING OUR TROOPS FROM OVERSEAS

Washington.-Fourteen battleships and 10 cruisers have been assigned by the ravy department to help bring American troops home from France. The work of altering the battleships bathe. Miriam, his sister, was placed to fit them for transport work is being rapidly completed and several of them already are in service. All of the 10 cruisers have been fitted up and the navy department announced that one had sailed from Brest with its first load of troops.

BERLIN NEWSPAPER SAYS THE EBERT CABINET HAS FALLEN

The Hague.-Brutus Molkenbuhr, Liebknecht supporter and former leader of the executive committee in the Berlin soldiers' council has been made military commandant of Berlin. This, of course, means a complete victory for the Spartacus group. Herr Scheidemann has fled and Ebert's government virtually no longer exists. According to a report, marines and other troops who joined them are virtually masters of Berlin.

EMPROVED UNIFORM INTERNATIONAL

(By REV. P. B. FITZWATER, D. D. Teacher of English Bible in the Moody Bible Institute of Chicago.) (Copyright, 1918, Western Newspaper

LESSON FOR JANUARY 5

PHARAOH OPPRESSES ISRAEL.

LESSON TEXT-Exodus 1:7-2:8: GOLDEN TEXT-He shall save the children of the needy, and shall break in pieces the oppressor .- Psalms 72:4. DEVOTIONAL READING-Psalms 1. ADDITIONAL MATERIAL-Exodus 5:1-

61; Hebrews 11:23-27.

The book from which the next eight lessons are taken is a continuation of the story of the chosen people. Its central theme is redemption-the deliverance of Israel from bondage and their separation unto God. The question of relationship from Egyptian bondage is a type of our own redemp-

and Egypt the world. I. The Increase of the Chosen Seed (1:7).

tion from sin's bondage (I Corinthians

5:7). Pharaoh represents the devil,

After Joseph's death Israel quickly grew into a nation. This increase was the fulfillment of Genesis 35:11, which promise was repeated to Jacob just before going into Egypt (Genesis 46:3). If it be the problem of how a little company of seventy persons could become an host of six hundred thousand men in so short a time, let us remember that God promised it, and all difficulties will vanish. There is a time coming when there shall be another amasing increase in Israel (Ezekiel 36:10. 11, 37, 38; 37:26).

II. A New Dynasty (1:8-10).

Joseph's elevation in Egypt was during the reign of the Hyksos kings. Being of Semitic origin they were not hostile to the Hebrews, but when there "arose up a new king which knew not Joseph" (v. 8) the amazing growth of the Israelites excited his envy and fear (vv. 9, 10). This fear was twofold: (1) In case of war they might join the enemy and fight against them. (2) Lest they should remove from the land, thus cutting off a vital source of revenue and exposing to danger the eastern border of the land.

III. Measures to Check the Growth of Israel (1:11-22).

These measures place on exhibition the folly of worldly wisdom (1 Corinthians 3:19). Their fatal mistake was that they left God out of their calculations. God had promised that Israel should be great in numbers and mighty in power. He who plans against God shall miserably fail and shall be shown

to be a fool. 1. Cruel Taskmasters (vv. 11-14). They were placed under heavy burdens. Cruel taskmasters were placed over them who forced them to labor in building treasure cities and all manner of service in the field. This measure was ineffectual, for "the more they afflicted them, the more they multiplied and grew." This rapid growth resulted in more intense burdens being heaped upon them.

2. Murder of Male Infants by the Midwives (vv. 15-21). This measure also miscarried, as the midwives feared God and chose to obey him. Because they refused to destroy God's people he gave them homes and children and the joys thereof.

3. Drowning of Male Children in the River (v. 22). In order to make this measure effective all the people were charged with the responsibility of casting the Hebrew male children into the been given shortly before Moses was and the very child who when a man upset his throne, was sheltered and nurtured in his own palace.

IV. The Birth and Education of

Moses (2:1-8). The measure which was designed to destroy the Hebrew menace, also brought to Pharaoh's palace and educated there the very man who afterward shattered the Egyptian power and set free the enslaved people. The faith of Moses' parents caused them to ignore the command of the king and hide him for three months (Hebrews 11:23). Faith in God is the antidote for fear (Psalms 27:1). His mother discerned in him a proper child, or a child fair to God (Acts 7:20), and believed him to be the deliverer of his people. She no doubt instilled this truth in his mind from his childhood. Perhaps led by the story of Noah's ark she made an ark of bulrushes and placed Moses in it and left it at the place where Pharaoh's daughter would be attracted when she came down to where she could watch the affair. She came with a suggestion at the opportune moment as to a nurse for the baby. Education at his mother's knee gave character, and education at the Egyptian court qualified him to be the historian and lawgiver of his people.

Necessary Ingredients.

"Love suffereth long and is kind; love envieth not; love vaunteth not ttself." Get these ingredients into your life. Then everything that you do is eternal. It is worth doing. It is worth giving time to.

Self-Denial.

Self-denial when regularly kept up and not only indulged now and then. out of laziness or partial affection is one of the clearest tokens that God's holy spirit is with men, preparing them for eternal glory.-Keble,