

Raleigh Christian Advocate.

ORGAN OF THE NORTH CAROLINA CONFERENCE, M. E. CHURCH, SOUTH.

ESTABLISHED IN 1855.

RALEIGH, N. C., AUGUST 2, 1899.

NEW SERIES. VOL. 1, No. 24.

RALEIGH CHRISTIAN ADVOCATE.

Organ of the North Carolina Conference.

PUBLISHED WEEKLY AT RALEIGH, N. C.

Entered as second-class matter in the post-office at Raleigh.

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One Year, - \$1.50. Six Months, - .75
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RALEIGH CHRISTIAN ADVOCATE.

EDITORIAL.

A PLEA FOR THE BODY.

God places a high estimate on the value of the human body. He poured into it His own breath. He makes it the highest manifestation of creative wisdom and power. He taught the Jews that it is a sacred thing. The laws of health embodied in those wonderful laws given on Sinai can be studied with profit by all. God has honored the human body by making it the abode of His Son. "And the Word was made flesh and dwelt among us," etc. We are told in Holy Writ that the body is the temple of the Holy Ghost. The body and the spirit are strangely interlinked. The physical life is the platform on which the spiritual life elaborates its richest products. Destroy this platform and you destroy the possibilities bound up in the intellectual and purely spiritual. Christ realized the value of the body by taking care of it. The fact that He rested at the well of Samaria is very interesting and suggestive. He did not overtax his physical energies. He knew that the care of his body had much to do with his work of preparing for the sad work on Calvary. He never echoed the sentiment, so often expressed, that it is better to "wear out than to rust out." He rather exemplified the fact that it is better to do neither.

It is strange that the Christian Church ever indirectly taught that the body is to be despised and humiliated. It seems impossible for men to believe that to starve the body is to please God. The wrongs inflicted on the body by the early (and latter) saints cry out to high heaven.

The body is still despised. It has not yet received the consideration and respect to which it is entitled. It is a sad fact that the Christian ministry in a most practical way evinces a lamentable ignorance of the value of the body. They trample upon the sacred claims in the name of God. They forget that when Christ said, "Be ye therefore perfect even as your Father in heaven is perfect," He was referring to the body as well as to the mind and heart.

This indifference to the demands of the body is shown in many ways. Some preachers eat unwisely. Several years ago we heard a preacher say, "I pay no attention to my digestion; I eat what I want. This is the best cure for indigestion." That preacher, at the time, seemed to be a living exemplification of his doctrine. He is now in his grave. He died of catarrh of the stomach. Some seem to have no idea of the value of sleep. They sit up over half the night at our annual gatherings, for instance, snatch a few hours of sleep, and then wonder why they feel debilitated. There are others who try to do too much. There are preachers who travel twenty miles and more and preach three or four times, and sit up till 12 o'clock at night—all in the same day. We do not believe that God

intended we should preach more than twice a day. We do not believe that God intends that we should conduct a revival service during the whole night. Our professed worship is often nothing more than emotional dissipation. Many of our preachers break down and die simply because in their exaltation of the spiritual, they have dishonored the physical. In remembering God they forget humanity. We should covet the best gifts—not only of soul but of body. God wants soldiers of strong bodies as well as of strong hearts. God has ordained, that we shall be of more service in living for Him than in dying for Him.

Yet, let it not be forgotten that it is better to lay the body as a premature sacrifice on the altar of God, than to withhold it altogether in a long life of idleness.

TOO MUCH SPACE.

We notice that our religious papers are devoting much space to the consideration of the life and death of Col. Robert Ingersoll. Indeed more has been said concerning his death than that of Bishop Newman who died a few weeks ago. At this we must confess a degree of surprise. Years ago we read much of the writings of Mr. Ingersoll. We came to the conclusion that he was a brilliant orator without true eloquence, a large hearted sunny nature almost incapable of looking seriously on any phrase of life, an artist in words but a bungler in thoughts, unusually strong in the poetic, but very weak in the logical, faculty. His argument, in our opinion, never rose above the Debating Society standard. For instance, in his "Mistakes of Moses," he misquoted Scripture seemingly with the intention of carrying his point. We never believed Col. Ingersoll to be entirely sincere. He knew the weakness of his position, and would never meet an opponent in public debate. A man who truly believes the doctrine which he teaches will never be afraid to measure lances with any one who may oppose him. So we repeat, we are surprised that so much has been said about the death of a man whose life has added nothing to the great life of humanity. We recorded the event in our news columns last week. We did not think it of sufficient importance to merit space on our editorial page. We speak of it now only to re-emphasize our view.

"HE WAS FOND OF YOU."

A few days ago a Christian young man died. Before he died he expressed a desire that a certain preacher living in the same city should conduct the funeral. The father, in making known to the preacher the request, said, "He was fond of you." It seems that the preacher had no intimate acquaintance with the young man. He simply had a good word and a pleasant look for his young friend, in meeting him now and then.

This illustrates the value of the little things of life. A bright word and look are very cheap. But such kindness finds a lodgment as a rich treasure in some soul. Life is brightened and lightened with these little things. We should always carry a full stock. They are our richest possessions. They make us and others wealthy.

"THE JIM CROW LAW."

We believe that what is called the "Jim Crow" law is a good one. It works no disadvantage to either race, but is fraught with advantages which must be apparent to any one. The railroads, especially one, have been severely criticised for the way in which they are carrying out the provisions of the law. It is said that the Southern is giving too much space to the blacks and too little to the whites. If this, be true, we see no reason for the severe criticism. Before the law went into effect it seemed to us on

many occasions that the number of colored passengers exceeded that of the white passengers. In the light of this fact, if it be a fact, the Southern acted naturally in the present division of space. If the travel of the colored race has decreased since the law went into effect, making the present arrangement of space unsatisfactory, we believe that the Southern is disposed to do the proper thing. We have never received from the Southern any favors not accorded to any one else, and we take pleasure in saying that this road as well as the others have impressed us as not only desirous of giving the traveling public the fullest accommodations, but of adhering strictly to the laws.

PHYSICAL CULTURE AT TRINITY COLLEGE.

A sound, strong and symmetrical body is of primary importance in the growth of the individual and the progress of civilization. Due emphasis was placed on this fact among the ancient civilizations, as may be seen in the strict laws that controlled the diet and sanitation of the Jews, and the games and baths among the Greeks and Romans.

To prevent disease is wiser than to fight it after it appears. The body should not be left an easy prey to disease when it can be fortified against it. To expect spontaneous physical perfection is as absurd as to expect spontaneous moral perfection. The body is under laws, as well as the mind and conscience, and ignorance of, and disobedience to, these laws will prove as hurtful in the physical sphere as disobedience to law will in the moral sphere. To take physical exercise, as careless men advise, is no wiser than an exhortation to keep the mind excited for purposes of culture. Education must be a wise training in obedience to established laws. A mind overtrained at one point produces a crank; and the body overdeveloped at a few points produces deformity.

Such general considerations as these have led to a growing interest among College and Universities in physical culture. The end sought is not athletic sports, but physical perfection. This new movement in education must yet win its way to a proper public consideration. The end sought is serious, and the work must be removed from the idea of play. Men who have had no special and laborious training in this field of education have no more right to undertake it than an unprepared man has a right to a professorship in Latin or English Literature. A quack is as desirable in a sick room as one should be in a gymnasium. It is not enough to be able to use dumb bells, swing Indian clubs, and perform on horizontal bars, and to do all of these in a winning way, but the instructor should have as much and as accurate knowledge of anatomy and therapeutics as a learned physician, and his prescriptions should be as scientific as those of a practitioner. More harm than good must result from misdirected physical training, just as greater injury than benefit must come from a false diagnosis and treatment by a medical doctor.

In adding this department to the work of Trinity College, the only aim in planning and equipping the gymnasium was the highest scientific results. No limit was put upon the expenditures, and apparatus, not only the best of the most recent models was purchased, but everything necessary to reach and develop every muscle in the human body. All possible baths were supplied, and everything done to make the work pleasing and attractive.

There was a large number of applicants for the appointment of instructor, but this was recognized as the most important connected with this department of work. Through Dr. Sargeant, Physical Instructor in Harvard University, the College was put in correspondence with Mr. Albert Whitehouse, who had been first assistant of Dr. Sargeant in America's greatest university. Efficiency, not economy, secured him the appointment. He graduated from the famous Manchester Gymnasium, Manchester, England, and spent four years in Boston as first assistant in the Harvard Gymnasium, and director of private gymnasium. He took his medical course in Tufts Medical School in Boston. The system used by Mr. Whitehouse is the American system, and is regarded as the most scientific system that has been so far developed. It was originated and perfected by such men as Dr. Sargeant of

Harvard, Messrs Anderson and Sevier of Yale, Mr. Hitchcock of Cornell, and Mr. Savage of Columbia University. The underlying principles of this system are, first, to apply exercise for the purpose of obtaining and maintaining good health, second, to build up the weak parts, remedy faculty tendencies, and make a symmetrical body, third, to acquire skill in the use of the body.

The following inquiries and measurements show with what minute and scientific care the individual case is studied and treated: 1. Age? 2. Occupation? 3. Father died of? 4. Mother died of? 5. Any inherited physical weaknesses? 6. What diseases? 7. What accidents? 8. Measurements. (a) Age. (b) Height, standing, sitting, knee. (c) Girth of head, neck, upper chest, upper chest inflated, lower chest inflated. (d) Girth of waist, hips, right thigh, left thigh, right knee, left knee, right calf, left calf, right ankle, left ankle, right instep, left instep, right shoulder, left shoulder. (e) Girth of right and left upper arms, elbows, forearms, wrists. (f) Depth of chest and abdomen. (g) Breadth of head, neck, shoulders, waist, hips. (h) Shoulders, elbow, to finger tips of each arm. (i) Length of foot, right, left. (j) Horizontal length, stretch of arms, capacity of lungs, strength of lungs, of back, of legs, of chest, of upper arms, of forearms, and total strength.

These examinations and measurements are made at the beginning of the course in the gymnasium; and such work is prescribed as the individual conditions demand.

There are very many common defects and weaknesses of the human body which are regarded as innocent freaks of nature, but which are the foundation of most serious results. Some of these are: "Stooped shoulders," producing constricted chests, destroying lung power and rendering the person susceptible to consumption. Weakness of muscles that should support the spine. From this weakness arise very many functional derangements. Uneven circulation of the blood, causing congestions, and such functional derangements as constipation, indigestion and dyspepsia. General awkwardness caused by an unequal development of muscles.

These are only a few of the many defects which are noticeable in our men and women, and which can be remedied by proper treatment. If they are not corrected, untold harm will result from them as their years increase.

The Angier Gymnasium was opened the first of March, and while it was impossible to perfect its working before the close of the college year, yet very great results were achieved. A few cases that have been treated are given in order to show some of the practical results even in such a short period.

Miss E. C. K. Awkward carriage, head carried forward and chest constricted; lung power has been increased; neck nearly straightened, and carriage improved 75 per cent.

Miss F. C. Anaemic, general weakness, could not take light drill without exhaustion and dizziness. Has improved physical condition 75 per cent.

J. L. M. Poorly developed physique, stiff right knee from injury. Has increased lung capacity forty cubic inches, and chest measurement one and three-fourths inches, and is now able to ride a bicycle.

S. K. Had Pott's disease of the spine, and was supported by plaster of paris jacket. Now has full use of his body without the jacket, and can compete with the average boy of his age in jumping, etc.

A. D. Growth and development stunted, chronic constipation. Has grown one inch in height, with marked increase of strength, and his chronic trouble entirely remedied.

A large number of students have been cured of indigestion, while all have increased their strength and activity. These results have created great enthusiasm in physical culture at Trinity College, not only among the college authorities, but in the city of Durham. It has attracted the attention of all the leading physicians of Durham, and they have spoken in the highest terms of its value and efficiency.

The department of medical gymnastics is entirely a new feature in physical culture in the South. Treatment and training in this department is not included in the regular course, but can be arranged for by application to the Instructor.

This department provides for the special treatment of various deformities and

conditions. It includes massage, Swedish movements, hot air and vapor baths. All the leading hospitals of this country use the massage treatment. So much has been accomplished by it that all the leading physicians recommend it in very many cases.

This outline of physical culture in Trinity College will give the public some conception of the aims and methods employed. In the organization of this new department the authorities of the college had as their only motive the good of Trinity students, and they thus offer to the public an opportunity to secure the best work in physical development.

CHRIST AND HIS CROSS THE CENTER OF THE UNIVERSE.

By ALEXANDER McLAREN, D. D. MANCHESTER, ENGLAND.

Of which salvation the prophets have inquired and searched diligently, . . . the things which are now reported unto you, . . . which things the angels desire to look into.—1 Peter i. 10-12.

I HAVE detached those three clauses from their surroundings, not because I desire to treat them fragmentally, but because we thereby throw into stronger relief the writer's purpose to bring out the identity of the Old man and the New Revelation, the fact that Christ and His sufferings are the center of the world's history, to which all that went before points, from which all that follows after flows.

My purpose this morning is just to try to bring before us the magnificent unity into which these texts bind all ages and all worlds, planting Jesus Christ and His cross in the center of them all. There are four aspects here in which the writer teaches us to regard this unity.

I. First, Christ and His cross, the substance of prophecy.

There must be these two things conserved which Peter here emphasizes—the real inspiration of the prophet order, and its function to point onward to Jesus. But if, in the eagerness of the chase after the literary facts of the origin of the Old Testament, we forget that it is a unity, that it is a divine unity, that it is progressive revelation, and that "the testimony of Jesus is the spirit of prophecy," then I venture to say that the most uncritical, old-fashioned reader of the Old Testament that found Jesus Christ in the Song of Solomon, and the details of the tabernacle, and in all the minutiae of worship and sacrifice was nearer to the living hearts of the thing than the most learned scholar that has been so absorbed in the enquiries as to how and when this, that, and the other bit of the book was written that he fails to see the one august figure that shines out, now more and now less dimly, and gives unity to the whole. "To him gave all the prophets witness." The Old and the New are unity, and Christ and His cross are the substance and the center of both.

II. Note here Christ and His cross, the theme of Gospel preaching.

The apostle speaks of the things which the prophets foretold as being the same as "those which are now reported unto you by them that have preached the gospel unto you, with the Holy Ghost sent down from heaven." I should like to point out, as the basis of one or two things that I wish to say, the remarkable variety of phrase employed in the text to describe the one thing. First, Peter speaks of it as "salvation"; then he speaks of it in the next clause as "the grace that should come unto you"; then in the next phrase he designates it more particularly as "the sufferings of Christ and the glory that should follow." Now if we put these designations together—salvation, grace, Christ's sufferings the subsequent glory, we come to this, that the facts of Christ's life, death, resurrection, and ascension are the great vehicle which brings to men God's grace, that that grace has for its purpose and its effect man's salvation, and that these facts are the gospel which Christian preachers have to proclaim.

III. Once more, here we have Christ and His cross as the study of angels.

Which things the angels desire to "look into." Now the word that Peter employs is an unusual one in Scripture. It is used to describe the attitude of Peter and John when they stooped down and looked into the sepulcher. The idea conveyed is that of eager desire added to fixed attention.

The elder brethren in the Father's house do not grudge the ring and the robe given to the prodigals; rather they

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