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Most elderly people are more or less troubled with a chronic, persistent constipation, due largely to lack of sufficient exercise. They experience difficulty in digesting even light food, with a consequent belching of stomach gases, drowsiness after eating, headache and a feeling of lassitude and general discomfort.

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Goodness does not certainly make men happy than happiness makes them good.—Lander.

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PENNANT-WINNING PLAYS

By IRWIN M. HOWE, Official Statistician of the American League

GREATEST PITCHING TRIUMPH IN BASEBALL HISTORY

WHEN Adrian Joss, the tall school teacher who for years shared peculiar honors with Lajoie in Cleveland, shut out the Chicago White Sox, October 2, 1908, he scaled a height (all things considered) never reached by a pitcher in the history of major league ball. In the thirty-six years that have elapsed since the first big league game was played, three other men twirled games in which no opponent reached first base, but not under the same conditions.

Back in the days when skillful batsmen were few and far between—in 1880 to be exact—Lee Richmond of Worcester pitched the first no hit, no man to reach first base game in organized baseball. The Cleveland team, to be avenged by Joss twenty-eight years later, was the victim. Five days later John Montgomery Ward, then the star twirler of Providence, linked his name with Richmond's, to remain undisturbed for twenty-four years. May 5, 1904, "Cy" Young defeated the Athletics, no man reaching the initial sack; the first feat of the kind in modern baseball.

In the generation that had passed since a like miracle had occurred the pitching distance had been increased one-third, the number of "balls" decreased from eight to three, while "scientific" hitting had become an art.

It remained for Joss to surpass this record. Like his three great predecessors, he pitched a game in which all the batsmen did was to "walk right up and turn around and walk right back again." When Richmond, Ward and Young made their records there was nothing at stake except the game; Joss staged his all but impossible performance when the winning of a pennant hung on every pitched ball.

On the morning of October 2, 1908, the Chicago White Sox arrived in Cleveland for a two-game series. At that time the four western teams were in a fight that has had no parallel in the history of the American league. The proverbial blanket would have covered Detroit, Cleveland, Chicago, and St. Louis, so closely were they bunched. Each team had only five games to play, and the league flag

was at stake on each play. Ed. Walsh ascended the mound for the visitors and the greatest pitching duel in the history of the league began. A hit, a double-barreled error and a passed ball gave Cleveland a run in the third inning. That was all, but it was enough. Addie Joss shut out his most dangerous opponents without a hit, without a base on balls, and, excepting the catcher, without any but the simplest aid from his fellow players.

Inning after inning was reeled off and the visitors were set down in order. When the immense crowd realized that the accidental run scored in the third round would bring victory if Joss could only last, the cheering became a steady roar. When the ninth opened and no single white-hosed athlete had yet reached first, the packed stands became a Bedlam.

White went to bat for the catcher and was thrown out at first. Donahue, another left-hand hitter, was sent up in place of Tannehill and struck out. John Anderson was the final hope of the White Sox. The big fellow tried desperately to break the spell. This was one of the two crises in the game in which the cool and smiling Addie needed a little help and Dame Fortune was his aid. Two fierce smashes went down the left field lines—both foul. Then Bradley picked up a gentle grounder, tossed it to first and ended the heart-breaking suspense.

By IRWIN M. HOWE, Official Statistician of the American League

RUBE MARQUARD'S GREAT TRIUMPH OVER PHILLIES

WITH all due respect to the wonderful pitching of Christy Mathewson and the vaulted speed of the Giants, McGraw, with all his strategy and experience, could not have won the flag in 1911 without the help of Rube Marquard, who turned the "dope" of a score of critics topsy turvy. Alluded to the season previous as the prize "lemon" in the game, he proceeded to reverse a snap opinion that had made him a butt of ridicule in two major leagues.

That Marquard led the National league pitchers in 1911 is incidental but important. That he came near reaching a height of pitching fame attained by few of his clan is the burden of this story.

Although Marquard had been lambasted by the critics, had been dubbed a failure and stamped with the brand of the minor leaguer, all doubt about his commanding ability was swept away on Friday, September 1, 1911, by his wonderful pitching in a game with the Phillies.

On this date the Giants were in a desperate struggle for possession of the lead which would bring the league pennant to Gotham.

In a nine inning game it is necessary to retire twenty-seven men. Just that number faced Marquard plus one. Of these ambitious athletes ten fanned the summer breeze. Fourteen popped easy flies. Two managed to roll gentle grounders to Rube himself, and Fletcher threw out the twenty-seventh man.

In the sixth inning, Luderus of home run fame, with two strikes called, made the hit, the lone, accidental, single blow that was gleaned from one of the best exhibitions of pitching ever seen on any diamond.

Many no-hit games have adorned the pages of baseball history, but invariably they have been accomplished through the aid of the men behind. In the moment of need a near miracle has always been performed to help the pitcher set up such a record. Marquard required no help. The faint, shadowy, suspicion of support was enough. One run was all that was needed to win the game, and in the eighth round the Giants pushed two lucky tallies over the plate.

Rube Marquard had achieved his greatest deed on the diamond. (Copyright, 1912, by Joseph E. Bowles.)



Adrian Joss.



Rube Marquard.

INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Director of Evening Department, The Moody Bible Institute of Chicago.)

LESSON FOR JUNE 9 HEARING AND DOING.

LESSON TEXT—Luke 6:29-32.
GOLDEN TEXT—"Be ye doers of the word, and not hearers only, deluding your own selves."—James 1:22.

Last week we had from the lips of Jesus three illustrations of that false righteousness which he will not countenance in his new kingdom. Today's lesson is the last of the present series which has to do with the fundamental teachings expressed by Jesus in his manifesto and it is emphasized by the Golden Text taken from James' epistle.

Jesus begins with a short parable which, though not recorded by Matthew as being used in this same connection is here used to introduce and to explain what was said about the mote and the beam. Parenthetically Jesus informs us that we are not above our Master. We must teach principally in the same manner he taught, e. g., by our lives. He has been setting forth the manner of life to be followed by his disciples. He is the incarnate truth, and in that fact lay his power and success as a teacher, so as we incarnate his life, live his life before the world, we shall most successfully teach. His sight was unimpaired, hence his ability and power. Jesus, however, guards against any self-assumed righteousness upon the part of his followers by telling us that "everyone," that is every disciple, "when he is perfected shall be as his master." (v. 40.) No leader or teacher has ever made any great and lasting contribution or impression upon history except as he has in a measure emulated the life of Jesus or followed the principles he taught the world.

Beam and Mote.
It is as we are being perfected, follow on after perfection in Christ Jesus, that we are effectually able to see for ourselves and to lead others. Jesus by means of this teaching about the beam and the mote shows us how impossible it is for a man who is himself disobedient to the truth to be able to do anything that will help others who are in a like state of disobedience. He plainly implies that it is not only impossible but actually a sin for one who has a beam, a "splinter" in his eye to attempt to remove the mote—a light speck of dust—from the eye of another. The sin of attempting to teach that which we ourselves do not obey is greater than the sin of him who is not obedient but makes no attempt to teach the truth and called forth the emphatic "thou hypocrite" of Jesus. How many fathers desire their sons to walk in the path of truth and yet they make no effort to remove the beam from their own eyes—hypocrites—Is it to be wondered at that they both fall into the ditch?

Jesus emphasizes all of this by use of the figure of fruit-bearing. The preposterousness of our looking for figs upon thorn bushes, or to look for grapes upon a bramble bush is patent to all. We know that corruption is not so much a matter of infection as it has to do with inward purity. If the tree of life is pure it will yield perfect fruit, for life always reproduces its own type, in the same manner the influence a man exerts is the influence of what he is in his own life.

In verse 46 Jesus adds further light upon this matter of hypocrisy. He has already told us we are to build upon his words, which were the truth. Now he shows us that to call him "Lord, Lord" with lips only, and not because of a heart conviction, even though it be known and heard of all men, will not avail. This sort of crying aloud shall be tested by him who knows the thoughts and the intents of the heart and it, too, shall receive the just reward of all hypocrisy. To cry "Lord, Lord," to judge others by different standards from those by which we judge ourselves, is but another evidence of the sin of selfishness.

Obedience the Only Proof.
If we will read Paul's epic upon love (I. Cor. 13) daily it will clarify our vision and correct the motive of our lives so that its fruit will be acceptable to God. Obedience is the only one and only acceptable proof that we are friends of Jesus (John 15:14). To further add light and significance to this whole matter Jesus tells us of the two kinds of foundations upon which men build. That upon the solid rock may be severely tried, as shall all the works of man's hands, but being rightly founded the storm breaks and not the house.

Is your house founded upon the living word or upon the speculations of science? Face this question we must.

- Lesson outline:**
- I. False and True Teachers. v. 29-35.
 1. Danger. v. 39, 40.
 2. Like teacher, like pupil, v. 41, 42.
 3. The Test. v. 43-45.
 - II. Final Exhortation. v. 46-48.
 1. Profession. v. 46.
 2. Testing. v. 47-48.
 3. Practice. v. 49.
 4. Testing. v. 49.

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