UNDAY SERVICES IN ZION CHURCHES

Methodist.

Methodist Episcopal church, corner East and Second South. Dr. Francis Burgette Short, pastor. Preaching at 11 a. m.; subject, "Paying Is Not Giving." Sunday-school at 12:15 p. m. H. J. Stearns, superintendent. Epworth league at 6:45 p. m. Elva Gaby, president. Preaching at 7:30; subject, "Christian Courage." Music composed of Mrs. Henry Ware, Mrs. S. Sadler, and Messrs. Chardoen and H. I. Bowles, will render the following programme: Quartette, "Hear Me" (Pfluegloeffler); "Be Thou Faithful Unto Death" (From Mendelssohn's "St. Paul"), quartette, "Praise Ye the Lord" (Gounod). The pastor will continue his twentieth century need. You may be with him, but you will understand. Come and bring your friends.

Methodist Episcopal church, Ninth and First South, D. M. Helmick, pastor. Preaching by the pastor at 11 a. m. and 7:30 p. m. Sunday school at 10 a. m. J. N. Settle, superintendent. Prayer meeting Wednesday evening at 8. The church extends a cordial invitation to attend these services.

Park Methodist Episcopal church, corner Eighth East and Ninth South. Sunday school at 10 o'clock. Public worship at 11 a. m. and 7:30 p. m. Prayer meeting at 7:15 p. m. Subject of morning sermon, "Prayer." Prayer meeting at 7:30 p. m. Dr. H. H. Rowe, superintendent of the Utah Conference, will preach and administer the sacrament of the Lord's supper in the morning. Subject, "An Appreciation of God's Goodness to Us." In the evening the pastor will preach; subject, "Days of King David," "The Plain of Esdraelon and Mount Gilboa." Sunday school at 12:15. Christian Endeavor meeting, 6:45 p. m. Topic, "Foreign Missions, Cyrus Hamlin and Missions in Turkey." Miss Jenny Martin, leader. The Baptist state convention will hold its annual sessions in our church Tuesday and Wednesday of this week. You are cordially invited to all of these services.

Murray Baptist church, Jesse Hyde pastor. Church one block west, on Seventeenth South. Sunday school, Sunday morning at 10 o'clock. Sermon to children at 11 a. m. Preaching Sunday evening at 8 o'clock. Subject of sermon, "One Phase of the Labor Question." You are requested to be present at this service.

Episcopal.

St. Paul's church, Main and Fourth South streets; Rev. Charles E. Perkins, rector.—Holy communion, 8 a. m. Sunday-school, 9:45 a. m. Morning prayer and sermon at 11 o'clock. Visitors welcome. All seats free.

St. John's chapel, Ninth East street and Logan avenue.—Sunday-school at 2:45 p. m. Evening prayer and sermon by Rev. C. E. Perkins at 4 o'clock. A cordial welcome to all.

St. Mark's cathedral, 225 East First South street; Rev. Benjamin Brewster, dean.—Services for the eleventh Sunday after Trinity. Holy communion at 7:30 a. m. Sunday-school at 9:45. Morning prayer, litany and sermon at 11 o'clock. Evening prayer at 5 o'clock.

St. Peter's chapel, 657 North Second West street.—Holy communion at 9 a. m. Sunday-school at 9:45 a. m. Evening prayer and sermon at 7:30 p. m.

Scientist.

First Church of Christ, Scientist, 356 East Third South street. Sunday school at 9:45 a. m; church services at 11 a. m. Subject, "Christ Jesus." Wednesday evening at 8 o'clock, a meeting is held for the purpose of telling of the healing of sin and disease. Free reading rooms open daily, except Sunday, from 10 a. m. to 9 p. m., in rooms 506-507 Scott building, 168 Main street. No Sunday evening service in August.

Second Church of Christ, Scientist, Ladies' Literary club building, 26 South Third East. Lesson sermon at 11 a. m. Subject, "Christ Jesus." Sunday school at 12:15 p. m. Wednesday evening testimonial meeting at 8 o'clock. Reading room, 412 Tribune building, 149 Main street, is open daily from 10 a. m. to 9 p. m., except Sunday; Wednesday to 5 p. m., where free use of literature is tendered to all.

Lutheran.

German Lutheran St. John's church, Seventh South and State. William J. Lankow, pastor. Sunday school at 9:30 a. m. Service at 10:30 a. m.

Our Savior's English Lutheran church, 454 South Fourth East, William J. Lankow, pastor. Sunday school at 2:30 p. m. Service at 3 p. m.

Swedish Lutheran church, cor. Second South and Fourth East; Emanuel Rydberg, pastor; residence, 156 South Fourth East; telephone, Bell Main 1333; Independent 2126.—Sunday-school, 10 a. m. Morning service, 11 a. m.; at this service the Rev. Charles Pehrson of Portland, Me., will preach. All welcome. Evening service, 8 o'clock; sermon by the pastor. Paul Fjellboe will sing a baritone solo, "Flyg som en fogel." The choir will sing. Tuesday evening pastor preaches at Eureka. Thursday evening the mission society will meet. Friday evening, choir practice.

Christians.

Central Christian church, corner of Third East and Fourth South, one block east of city and county building; Rev. Albert Buxton, Ph. D., pastor; residence, 466 Fifth East; Ind. phone 2991.—Sunday-school, 9:45 a. m.; W. H. Lepper, superintendent. Sermons by Dr. Buxton, 11 a. m. and 8 p. m. Christian Endeavor, 6:45 p. m. Prayer meeting, Wednesday night. Dr. Buxton's sermon topics: "On Guard" and "Heroes of Old."

Adventist.

Church corner of Fifth South and Sixth street; Huntington, pastor. Services; Sabbath school, 10 a. m.; preaching 11 a. m. Services in the big tent on Market street tonight at 8 o'clock. Subject, "Objections to the Observance of the Bible Sabbath answered." Preaching also on Tuesday, Wednesday and Thursday nights. To all these services the public is cordially invited.

Congregational.

Phillips Congregational church.—Services, 11 a. m. Preaching by Rev. W. J. Larkin. Christian Endeavor at 6:30 p. m. Gold medal contest at 8 p. m. Good programme. All cordially invited. Prayer service, Wednesday, 8 p. m.; Bible study.

UTAH SCHOOL OF MEDICINE.

The Utah School of Medicine is the medical department of the University of Utah.

Two years of a full medical course are offered, and, in connection with the School of Arts and Sciences, a four-year college course in arts and medicine, leading to the Bachelor's degree, is given.

The work done in the Utah School of Medicine is accepted by the best medical schools of the United States.

The various laboratories are well equipped for the work given, and afford excellent advantages to students.

Send for catalogue which describes the various courses offered, the requirements for admission, cost of tuition, etc.

UNIVERSITY OF UTAH,
Salt Lake City, Utah.

Presbyterian.

Presbyterian church, corner of First and Eleventh South; Herbert H. Rowe, pastor; Wade Loofbourow, superintendent of Sunday-school.—Services for Sunday as follows: Preaching at 11 a. m.; subject, "Understanding Christ." Sunday-school at 12:15; lesson, "The Life of Saul's Life." Christian Endeavor at 6:30 p. m.; topic, "Foreign Missions." Prayer meeting Wednesday evening; Studies in book of Acts.

Presbyterian church, corner of Second avenue and C streets; Rev. William Adams, D. D., pastor.—Morning worship at 11 o'clock, conducted by the pastor; subject, "Vacation Experiences." No evening services. Sunday-school at 12:30 p. m. Midweek service Wednesday evening. Prayer and praise at 4 p. m.; a continuation of the study of the Psalms. The public are invited to all these services.

Calvary Presbyterian church, corner West, between First and Second streets; Charles Curtis McIntire, pastor; residence, 271 West Fifth South.—Public worship, 11 o'clock. "The Biography of Jesus," a series of sermons on the character of Christ. Evening worship, 7:45; "The Throne of Grace." Sunday-school, 12:15; lesson, "David Spares Saul's Life." Endeavor Sunday-school, 1:30. Christian Endeavor, 7 o'clock; subject, "Japanese and Chinese in the United States." Preparatory service and sermon Wednesday at 8 p. m. Everybody welcome. Hearty congregational singing. A homelike church.

Baptist.

First Baptist church, Rev. D. A. Brown, pastor, will hold services in the Jewish temple, on Fourth East, between Second and Third South. Preaching at 11 a. m. and 8 p. m.; communion and reception of members at the morning service. Sunday school at 12:30 p. m. G. M. Fraser, superintendent. Owing to the meeting of the Utah Baptist state convention, there will be no midweek service. B. Y. P. U. at 7 p. m. This is the last Sunday the Rev. D. A. Brown will be with us, as he leaves Monday for Kansas City. A welcome to all.

Rio Grande Mission chapel, Second South, between Ninth and Tenth West. Sunday school at 10 a. m. Miss Lucy Nichols, superintendent.

Burlington Missjon chapel, corner Indiana avenue and Navajo street. Sunday school at 10 a. m. F. J. Lucas, superintendent.

The East Side Baptist church, Seventh East and Third South streets. Rev. Louis S. Bowerman, minister. Preaching services at 11 a. m. and 8 p. m. Rev. George L. Wilite will preach in the morning. Subject, "An Appreciation of God's Goodness to Us." In the evening the pastor will preach; subject, "Days of King David," "The Plain of Esdraelon and Mount Gilboa." Sunday school at 12:15. Christian Endeavor meeting, 6:45 p. m. Topic, "Foreign Missions, Cyrus Hamlin and Missions in Turkey." Miss Jenny Martin, leader. The Baptist state convention will hold its annual sessions in our church Tuesday and Wednesday of this week. You are cordially invited to all of these services.

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Danish Methodist Episcopal church, 252 South Fourth East, H. P. Christensen, pastor. Sunday school at 2 p. m. Preaching at 3 p. m. Kindly notice the hour of the services. Danish people are most cordially invited.

SAVING FAT MEN FROM THE HEAT

Special to The Tribune.

NEW YORK, Aug. 29.—One of the oddest industries in New York is probably that of getting fat men through the metropolitan summer without heat prostration or fatty degeneration of the heart, or some other organic trouble. And, according to those engaged in this business, there is a rushing trade in it. A side branch of it is getting New York's business men—fat, medium and thin—into condition for the business hustle and the long round of banquets and sessions at the club, and the turmoil of election which the fall ushers in.

* * *

The largest business in this line is probably done in the gymnasium, swimming pool, hot room, massage room, and open air handball courts of the West Side Y. M. C. A., in West Fifty-seventh street. When these things do not answer the need, Mr. E. M. "Bonpwan" is taken over to the nearby field at Fifty-fourth street and North River and sent around the running track for a few turns. And in a few days, he finds that instead of being a nuisance to himself and a drippy, jelly-like animal, he is fairly proof against all that humidity and degrees F. can do to him.

* * *

Dr. Louis R. Welzmiller, physical director, was found yesterday supervising the work of a group of a dozen men whose combined weight was considerably above a ton. In answer to a question as to the summer use of gymnasiums, he said "There are two great activities at this gymnasium during the summer months: One of these is keeping men who are too fat in a condition to resist the heat and also preparing them for their winter's work. Among these are not a few actors, to whom any gain in weight is a serious obstacle, unless they want to play roly-poly comedy. Of the weight-reducing crowd, however, the largest number work here simply for the health protection it affords them against the heat, for fat men are, of course, more subject to high temperature than thinner men. Moreover, the very weight of a fat man makes him dislike the exercise which is essential to him. If left to themselves, these men will go through the summer sitting around in chairs, over-eating and steadily growing in weight, for they will drink such quantities of water that they replace any effect perspiration may have toward reducing them. If, however, you can supply these men with exercise which is good fun in itself, they will do work which reduces flesh and at the same time fits them to resist the heat.

"There is a common idea that the best way to protect one's self from the heat is to keep quiet and not go out in the sun at all. This might do in some cases, if the patient also ate very little and abstained from "cooling drinks." The truth is that people following this course eat as much as ever. The result is about the same as if you stuffed a furnace full of coal and then shut off all draughts. The fat man stuffs himself with fuel, but gives no escape to the heat resulting from it. His liver and circulation quickly get clogged and out of order, his vitality is necessarily lowered, and he becomes a fit subject for heat fatalities. One does not hear of farmers working in hay fields in the summer being overcome by the heat. The reason is that they are living a normal life, which keeps their pores open and their organs functioning properly. A study of the heat prostrations in the city would indicate that few men who are doing manual labor, provided they abstain from alcoholic drinks, ever are knocked out by the heat. It is the non-exercising man and woman—the same type that in winter is subject to frequent colds—who is the ready victim of a jump of ten degrees in temperature. And these people, even if they do not succumb to the heat, are made by it so listless and weak that their earning power and capacity for doing brain work or conducting business is materially lessened.

"The real preventive against heat prostration is exercise—good, hard exercise, not to excess, for too much of anything is bad. And this is what we are giving our fat men and others during the summer. In the case of fat men, one object is to reduce the superfluous weight they are carrying, but this must be done carefully. For it is a great mistake to so reduce a fat man's waist that he begins to lose energy and strength as well as flesh. That is one trouble with many of the anti-flesh drugs. They may reduce the fat, but they frequently weaken the subject. Reduction must stop just at the point where the normal minimum of weight is gained along with the maximum of energy. To get at this, we give our fat men just enough formal exercise to keep certain muscles in shape, but as work with dumbbells and chest weights is not in itself very sociable, we have arranged a series of games, handball, open air squash, ball games and running games, which combine all the necessary physical movements with the sharp interest of competition and fun and social recreation. These are followed by a visit to the hot room, followed by a plunge or a shower bath and topped off by a session with the masseurs. In some cases the fat men wear heavy sweaters or rubber clothing to help along the good work. Constant weighing and frequent tests of strength and alertness keep the directors informed as to the nearness to the point when further loss of weight would be at the expense of strength. This system keeps livers and lungs in prime condition, insures that pores are open. This, coupled with some attention to diet, largely in the matter of eating just enough rather than eschewing everything the subject likes, puts these men in a physical condition where the heat troubles them very little.

* * *

"There is also another class which frequents the gymnasium in summer. These are the men and boys who call themselves the "Bay City Summer Resorters," meaning that they would rather stay in New York than go elsewhere for their vacation. Some of these cannot afford to go, but there are many others with means to visit any resort, who are so wedded to the comfort possible in the city that nothing will induce them to leave their hotels or bachelor quarters for a single room in a seaside hotel. Some of these men spend practically their entire vacation in and around our building. They play handball on our courts, they play tennis in the novel court under a tent which the taxicab company allows us to use during the day, and swim in the pool or lounge around in their athletic suits all day long. They lunch at their favorite places, and then come back and either read in the library for a while or play billiards or chess, or checkers, and then go in for more athletics and swimming. Some of the finest leathery tans exhibited in New York this season have come from no farther than our "Health Corner" in the heart of town. In the evening they may go to a roof garden or down to one of the beaches, and occasionally they go for a swim to Brighton or Manhattan during the day. Quite a few men whose families are out of town close up their houses or apartments and take rooms in our dormitory during the summer. In this way they have all the advantages of an early morning plunge and an afternoon swim, shower baths, hot room, and all adjuncts of city bathing, and an opportunity to exercise. When not enjoying the opportunities of the building, they are to be found in their favorite chairs at the clubs, or having a bite in their favorite chop houses, and so having through the summer all the essentials of a watering place, together with the creature comforts which they miss the instant they leave town. For the fellow who can't afford to go away, the Y. M. C. A. gives an opportunity for great enjoyment, with no extra cost beyond his year's membership, and he can eat and sleep at home."

AMERICAN LAWYERS VISIT BRITISH COLLEGES

SEATTLE, Wash., August 29.—Two hundred members of the American Bar association, who attended the convention of that organization which just closed, left Seattle today on the steamship Spokane for Victoria, where there will be an interesting discussion of subjects of international law, and tonight a banquet to the American lawyers by their British colleagues. Tomorrow there will be a trip on the steamer Spokane out of Puget Sound to the Pacific ocean and return to Seattle at 10 o'clock at night.

Cargo Worth Two Million.

SAN FRANCISCO, August 29.—The richest cargo of raw silk imported from the Orient for several years reached this port today on the steamer Asia. It consisted of 2660 bales, valued at $2,000,000, and will be sent to New York on a special train, which was in waiting at the dock when the Asia arrived.

LAST YELLOWSTONE PARK EXCURSION

September 3, via Oregon Short Line; $45.25 round trip from Salt Lake for complete five-day tour, including stage and hotel expenses. City ticket office, 201 Main street. Make reservations early. Phone 250.

Removal Notice.

The Monroe Studio has moved to its new location, 38½ West Third South street, opposite Greenewald Furniture company. All on ground floor. I will give my personal attention to all sittings in my new studio.

C. H. MONROE.

Dr. Robert R. Brownfield.

Office removed to Suite 406 Judge building. Special attention to surgery and diseases of women. Equipped for X-Ray and electro therapeutics. Hours, 11 to 1 and 2 to 5. Bell phone 2449.

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Or, do you open your mouth like a young bird and gulp down whatever food or medicine may be offered you?

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If you are an intelligent thinking woman, in need of relief from weakness, nervousness, pain and suffering, then it means much to you that there is one tried and true honest medicine of known composition, sold by druggists for the cure of woman's ills.

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The makers of Dr. Pierce's Favorite Prescription, for the cure of weak, nervous, run-down, over-worked, debilitated, pain-racked women, knowing this medicine to be made up of ingredients, every one of which has the strongest possible indorsement of the leading and standard authorities of the several schools of practice, are perfectly willing, and in fact, are only too glad to print, as they do, the formula, or list of ingredients, of which it is composed, in *plain English*, on every bottle-wrapper.

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The formula of Dr. Pierce's Favorite Prescription will bear the most critical examination of medical experts, for it contains no alcohol, narcotics, harmful, or habit-forming drugs, and no agent enters into it that is not highly recommended by the most advanced and leading medical teachers and authorities of their several schools of practice. These authorities recommend the ingredients of Dr. Pierce's Favorite Prescription for the cure of exactly the same ailments for which this world-famed medicine is advised.

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A booklet of ingredients, with numerous authorative profesional endorsements by the leading medical authorities of this country, will be mailed *free* to any one sending name and address with request for same. Address Dr. R. V. Pierce, Buffalo, N. Y.

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If you have the right kind of trees—Apple Trees. The dis-—for such it surely is—that Utah Apples rank above in and equal in quantity with the famous products of Colo- the Ozark Country of Missouri and of Idaho, has led the progressive to get right into the business, for do you know a single apple tree, intelligently cultivated, pays seven per $300.00 annually? That a five-acre tract will sustain two and fifty trees and will give you an income of $5000 per and that one man can care for this—and loaf some?

Your Fortune

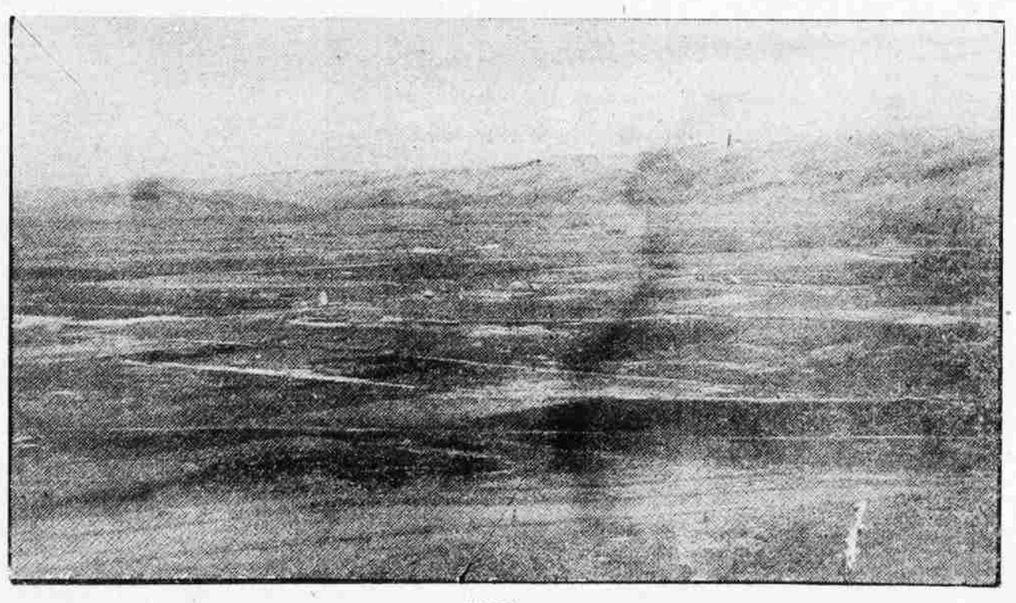
on trees, and it's up to you to pick it. Over in Cache a tract of 300 acres—you know Cache—one of the smil- this western land. We have planted it in apple trees, ted most carefully from the best nursery by the horti- of Weber County, Roy S. Rasmussen. He will have di- vision of the entire orchard, have six foremen, who will sponsible for fifty acres, and skilled orchard men for The trees will be irrigated, cultivated, sprayed, entifically tended, to make them fulfill our attainable THE MODEL ORCHARD OF AMERICA.

Your Savings

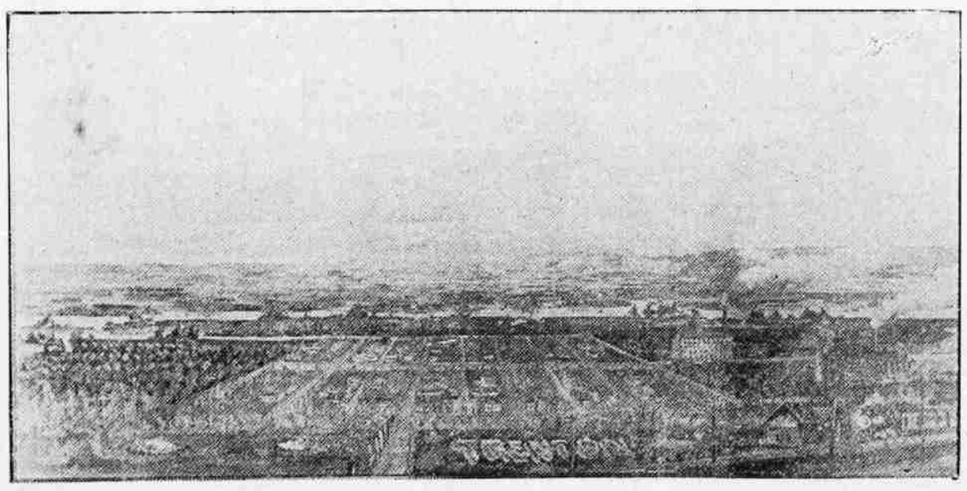
you a competence—not your "skimping," self denying but what your fritterings come to. Four dollars per per acre pays for land, for trees, for the water and the wa- It takes six years, seventy-two months, to bring an or- to a good paying basis. During that period you are ac- a bond which gives title to as many acres as you have for. Bare orchard land in Weber County sells for $250 per acre. This land will bring $800 to $1200 and upwards folks around the famous Grand Junction Section con- Utah Apple tops their best, and $1000 is a low price per for a prime orchard there.

Your Home

made for you, and what more pleasant than in a shaded You are but three hours' ride from Salt Lake—87 miles.



1906.



1909.

The town of Trenton, a "Comer," is at your gate, which will be made a model town, with modern schools, which already has electric lights, telephones, modern flour mill, four through trains daily—the O. S. L. runs through the tract. And remember, it's a revenue-producing home, paying from 200 to 300 per cent per annum, on a basis of $350 per acre cost. We don't theorize on this, but have a book full of careful facts about things done in modern orcharding that proves it. Can you equal it as an investment? It will pay at least 300 per cent in six years; it is secured by the only unperishable security, on earth.

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And peace of mind will be benefited. Your bond will give you a big return or an occupation which is essentially healthful, "more care than toil, more thrift than capital," as the Standard put it editorially, and there's no tonic like seeing your money grow—for most folks.

Your Sense

Good old common sense is what we want to put to work on this. There's an investment that won't worry you, and that fixes you for life; that makes you bond holder and a land owner, gives you an income or can be converted into three-fold, four-fold cash; gives you a homesite in a settled country, in close touch with schools; is backed by the energy of men who have pride, the skill of men who delight in their work.

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If at the expiration of one year any investor becomes dissatisfied with the company's proposition, upon sixty days' notice, all moneys having been paid in will be returned with 6 per cent interest.

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