

AVOID passion and excitement. A moment's anger may be fatal.

DON'T carry the whole world on your shoulders, far less the universe. Trust the Eternal.

NEVER despair. "Lost hope is a fatal disease."

TAKE this as a golden rule, that the breath should at all times, and under all circumstances, be taken into the lungs *only through the nostrils*.

GOLDEN RULE: "Do unto others as ye would that others do unto you."

"THERE are faces so fluid with expression, so flushed and rippled by the play of thought, that we can hardly find what the mere features really are. When the delicious beauty of lineaments loses its power, it is because a more delicious beauty has appeared; that an interior and durable form has been disclosed."—*Emerson*.

THAT low man seeks a little thing to do,
Sees it and does it;
This high man with a great thing to pursue,
Dies ere he knows it.

That low man goes on adding one to one,
His hundred's soon hit:
This high man aiming at a million
Misses a unit.

That has the world here—should he need the next,
Let the world mind him!
This, throws himself on God, and unperplexed,
Seeking, shall find Him.

—*Browning*.

"THERE are moments in life, when the heart is so full of emotion,
That if by chance it be shaken, or into its depths like a pebble
Drops some careless word, it overflows, and its secret,
Spilt on the ground like water, can never be gathered together."

—*Longfellow*.

A Sunny Disposition.

Give thanks for a sunny disposition, if you have it, an ability to look affairs in the face, and lastly—but not least—for the faculty of seeing the pleasant or humorous side of everyday life. If parents only realized how far this gift goes to oiling the machinery of home-life, preventing friction of temper, and causing general smooth running, they would encourage and not repress this quality in children's minds. Most children are naturally quick at seeing the funny side, which is nearly the same as the sunny side. What a difference it makes in a house whether or not there is a sunbeam person keenly alive to the ludicrous side of affairs!

THIS is an American's idea of what a favorite girl is: The girl everybody likes need have neither money nor beauty, which, in the world's estimation, constitutes social power; but she must have and does have a gracious manner, a certain graceful bearing, decided intelligence, instinctive generosity, and, above all, the greatest gift ever awarded to women—personal magnetism. Beauty is called the fatal gift; but personal magnetism, which is independent of beauty, is the gift of power; and, though scarcely recog-

nized at first, only relinquishes its hold with death itself. The popular girl always has this fascination in more or less degree; and, if with it go the other attractions of happy circumstances, she rules, the indisputable queen of her small sphere. Her friends do not analyze the effect she has on them; they simply like her, love her, and later, when the time comes, adore her.—*Young Ladies' Journal*.

A Smart Husband.

STRANGER (midnight)—"I should like you to go to No. 999 Suburb Avenue, to see my wife."

DOCTOR—"All right. I'll be ready as soon as I can get my carriage. Wait and you can ride with me."

DOCTOR (two hours later)—"I can see nothing the matter with your wife, except that she seems pretty mad at being waked up."

STRANGER—"Remarkable recovery, I must say. Here's your dollar."

WIFE (five minutes later)—"Why in creation did you bring a doctor to see me?"

HUSBAND—"The street cars had stopped running, and it was cheaper than hiring a cab."—*The Doctor's Factotum*.