

and drove disease away from the land, and every one said, "God bless the Spirit of Cold."

Keep in Good Humor.

Keep in good humor. It is not great calamities that embitter existence; it is the petty vexations, the small jealousies, the little disappointments, the minor miseries, that make the heart heavy and temper sour.

Don't let them. Anger is a pure waste of vitality; it is always foolish and always disgraceful, except in some very rare cases, when it is kindled by seeing wrong done to another; and even then a noble rage seldom mends the matter. Keep in good humor.

No man does his best except when he is cheerful. A light heart makes nimble hands, and keeps the mind free and alert—no misfortune is so great as one that sours the temper. Until cheerfulness is lost nothing is lost. Keep in a good humor.

More Curative Power

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Politeness Pays.

"I have often heard my uncle," said the nephew of a noted lawyer who died lately, "dwell upon the fact that he owed much of his success in life to a habit of invariable politeness, without any element of toadyism, which had been instilled into his nature by the teaching of a wise mother.

"His first start in his profession came through an old scrub-woman who was employed about the house where he boarded when a young man. One morning he passed out as she was scrubbing the front stairs and he saluted her politely, as usual. She stopped him.

"They tell me ye are a lawyer," she said.

"Yes."

"Well, I know a poor widdy woman that wants a lawyer and if you give me your address I'll tell her."

"The 'poor widdy' proved to be the chief heir to a large estate in Delaware county, Pa. My uncle became her attorney and trustee of her children, recovered her interest in the estate and derived a good income from its management for many years."

Look Out for Heroes.

"Oh, Johnny, robbers again!" cried an anxious mother to her boy. "Why do you never read about anything but crimes and fights when you read the newspaper? There are stories of good people and the good things they do, as well as of bad people and bad ones. Why don't you read about them? I should think you would enjoy reading heroic deeds?"

"People don't seem to do any," Johnny protested; "at least I never find them in the papers."

Now it is unfortunately the fact that, though heroic deeds do find their way to the papers, they do not hold the conspicuous positions accorded to narratives of crime. This is partly due to the fact that it is in some sense a safeguard to society to have its enemies and their methods described, partly because it is to the interest of police and detectives that their successes should be made known, and greatly because the horrors resulting from crimes, violence, and elaborate tricks and plans, offer an easy chance to the sensational reporter to interest the public. While often a striking narrative of equal length could be readily made from a good act as from a bad one, it is too seldom done. The acts which are brave and splendid are usually also brief and simple, and a hurried reporter crowds them into a paragraph. But such paragraphs are worth watching for.

The day after Johnny's conversation with his mother, he found a marked passage in the morning paper. It described the rescue of a father and son, both entangled in a lily pond where they had been bathing, by an invalid who knew when he plunged into the water that he ran not only the risk of being himself entangled, or of being pulled under by the drowning pair, but of dying at any moment simply from the excitement or the shock of the cold water.

A few days later another paragraph was marked: a gallant engineer had died at his engine, losing his life for the sake of his passengers, when he knew a collision was impending.

"We can hardly help knowing something of men who do wrong in the world," said the wise little mother when Johnny spoke of these incidents; but don't let us allow them to make us overlook the men who do right. If we must read of the weak and the guilty, let us not forget the brave and the strong. Let us look out for the heroes."

In one household, at least, this suggestion has borne fruit. There is a blue scrap-book upon the sitting-room table which Johnny is always ready to show and explain to visitors. It is filled with newspaper cuttings and is labelled on the back in gilt letters of his own drawing; "Brave Deeds," and he never tires of gathering new and noble items for its pages.

—Why not profit by the experience of others who have found a permanent cure for catarrh in Hood's Sarsaparilla.

"Heaps o' Trouble."

Brunk Davis was a barefooted boy who lived down in Scott county, Ill. His smaller brother, Fletcher, was his constant companion, not only in the old swimming hole and the rabbit chase,

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but in his mental excursions as well; for twelve-year-old boys have imaginations as vivid as those of any frezzied poet.

One hot summer day, Brunk and Fletcher were walking the dusty lane that led from Winchester to their country home. They were playing wishing, a juvenile exercise that has never died since the days of Aladdin's lamp. Brunk had wished for several things that had almost overpowered Fletcher, they were so astonishingly great.

PRESENTATION

ADDRESSES

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At last with a heroic effort, Fletcher himself launched out into the sea of imaginary wants, and exclaimed: "I wish I could find a six-blade knife right down here in the road!"

Brunk was at first amazed at the audacity of his little brother, but rallying, he assumed the role so frequently taken by elder brothers and exclaimed: "Well, if you did, I'd take it away from you."

Fletcher thereupon began to cry, and his grief was of such a cumulative sort that by the time they had reached home his heart was almost broken, and his sobs were all tangled up with, "You're always taking my things away from me."

No one could question the reality of his grief, though the knife was purely imaginary. I have met many "grown-ups" whose "heaps o' trouble" were of the same character.

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