

inexpressible delight. "The effectual fervent prayer of a righteous man availeth much."

A friend hands in the following, and states if these suggestions are followed a reward will be reaped, not only in this life but that which is to come :—

#### HINTS FOR BOYS AND YOUNG MEN TO DIGEST.

*Always speak the truth*—A liar is never believed when correct, and has no promise of future happiness.

*Be honest*—Honesty is the "Keystone of the whole arch of manly and Christian qualities."

*Obeys your parents and teachers*—"This is well-pleasing unto the Lord."

*Ask God to direct in all you do or say*—He alone is the fountain of true wisdom.

*Remember that God's eye is ever upon you*—He knows your every thought and will bring you to judgment.

*Fear God and keep his Commandments*—"This is the whole duty of man."

*Love and confide in your mother*; tell her all your little plans, and ask her advice in everything—She is your best earthly friend and loves you always.

*Be slow to speak, swift to hear, and patient if injured*—These things are right.

*Never read sensational stories*—They will dwarf your mind and oft' lead to ruin.

*Read good books*—Books are our silent companions and should be such as elevate the mind and lift the soul to God.

*Imitate noble and good men*—Mean men are vanity and must prove miserable guides.

*Never use intoxicating liquors or tobacco*—They are poisonous, and will hurt your health and may ruin your soul.

*Choose good company*—You are better alone than with bad companions.

*Be kind to your sisters, brothers and playmates*; forgiving all their injuries to you—You will find it better than resentment in the end.

*Make a wise choice of a profession*—Seek God's blessing in all your undertakings; and never engage in anything upon which you cannot ask or expect the divine blessing.

*Have purpose, system, decision and perseverance in all you undertake*—Be a whole man at everything; never despise your calling; make the best use of your time; never shirk a duty. Forget not that your "chief end is to glorify God and enjoy him forever."

James R. Toland, Passekeag, sends the two following selections :—

#### I. A BOOK OF BANK NOTES.

I have many books that I cannot sit down to read. They are, indeed, good and sound, but, like half-pence, there goes a great quantity to a little amount. There are silver books, and a few golden books, but I have one Book worth more than all the rest,—it is called the Bible, and that is a book of bank notes.—*Newton.*