

MIND FOOD.

Have something for the mind to feed upon—something to look forward to and live for, besides the daily round of labor or the counting of profit and loss. If we have not any talent for writing splendid works on political economy, or social science, or the genius for creating a good story, or a fine poem, the next best thing, and, in fact, almost as good a thing, is it to possess an appreciation of these things. So have good books and good newspapers, and read them, if only in snatches, and talk about them at dinner time or by the evening fire. Cultivate choice flowers and fruits, and help some poor neighbor to seeds and cuttings; or take an interest in bees, or fine poultry, or trout culture. And study always farm and household science, and take advantage of the new and helpful things that are every little while coming to light. --- *Mr. E. H. Leland.*

THE NEW BIRTH.

A writer on the new birth says: "Often God does his great work in sinners' hearts so still and gently that nobody can tell just when it was done. They often doubt it themselves; they wonder whether there can be the new heart, they are afraid they have made some mistake. Especially when some young Christians speak of a sudden great change, it makes others say, 'If that is the way we have to be converted, I can't be a Christian.' Now I want to clear up that trouble; sometimes the change in feeling is as quiet as the sun's going over our heads at 12 o'clock; it makes no noise at all, but the shadow begins to fall the other way. The fruits of godliness begin to appear, and the rescued soul is enabled to say, 'Whereas I was blind, now I see.'"

REJECTING GOD.

"He therefore that rejecteth, rejecteth not man but God."—1 Thess. 4: 3.

Reject not the message so tenderly given
By Jesus your Saviour now in Heaven;
Listen to-day to His loving call,
To the sin sick soul, to you, to all.

Those who are weary, may come and rest,
Those who are waiting, He waits to bless,
Why longer reject Him, why further delay?
Come to Him sinner, come, come to-day.

—*Com.*

SPEAK CORRECTLY.

Hope Ledyard advises parents to teach their children to speak correctly. No child should be allowed to speak incorrectly. Parents should not only be careful as to enunciation, but also the use of words. Take pains to show why one word is correct, and another, incorrect. Cultivate the tone of voice in your children, as well as carefulness in the use of words and phrases.

HOME HAPPINESS.

Probably nineteen-twentieths of the happiness you will ever have you will get at home. The independence that comes to a man when his work is over, and he feels that he has run out of the storm into the quiet harbor of home, where he can rest in peace with his family, is something real. It does not make much difference whether you own your house or have one little room in that house, you can make that little room a true home to you. You can people it with such moods, you can turn to it with such sweet fancies, that it will be fairly luminous with their presence, and will be to you the very perfection of a home. Against this home none of you should ever transgress. You should always treat each other with courtesy. It is often not so difficult to love a person as it is to be courteous to him. Courtesy is of great value and a more royal grace than some people seem to think. If you will but be courteous to each other you will soon learn to love each other more wisely, profoundly, not to say lastingly, than you ever did before.—*Ex.*

When we pray for any virtue, we should cultivate the virtue as well as pray for it. The form of your prayer should be the rule of your life. Every petition to God is a precept to man. Look not, therefore, upon your prayers as a short method of duty and salvation only, but as a perpetual monition of duty. By what we require of God we see that he requires of us.