

SELECTED.

A FISHIN'

BY JAMES WHITCOMB RILEY.

Wunst we went a fishin'—me
An' my pa an' ma, all three—
When they was a picnic, 'way
Out to Hanch's wood one day.

An' they was a crick out there
Where the fishes is, an' where
Little boys 'taint big an' stroug,
Better have their folks along!

My pa he jist fished an' fished,
An' my ma she said she wished
Me an' her was home—an' pa
Said he wished so worse'n ma!

Pa said if you talk, er say
Anything, er sneeze, er cry,
Hain't no fish, alive or dead,
Ever goin' to bite! he said.

Purt nigh dark in town when we
Got back home; an' ma says she
Now she'll have a fish fer shore—
An' she buyed one at the store!

Nen at supper, pa he wou't
Eat no fish, an' says he don't
Lize 'em—an' he pound'd me
When I chocked—ma, didn't he?

Glädstone's Advice to Young Men.

Be sure that every one of you has his place and vocation on this earth, and that it rests with himself to find it. Do not believe those who too lightly say, "Nothing succeeds like success." Effort—honest, manful, humble effort—succeeds by its reflected action, especially in youth, better than success, which, indeed, too easily and too early gained, not seldom serves, like winning the throw of the dice, to blind and stupify. Get knowl'ge, all you can. Be thorough in all you do, and remember that, though ignorance often may be innocent, pretension is always despicable. Quit you like men, be strong ar' exercise your strength. Work onward and upward, and may the blessing of the Most High soothe your cares, clear your vision, and crown your labors with reward!

Self-Defense.

"Have you ever studied self-defense?" said a young fellow to a man of magnificent physique and noble bearing.

The elder man looked at his questioner with a quiet smile, and then answered:

"Yes, I have both studied and practiced it."

"Ah?" said the other eagerly, "whose system did you adopt?"

"Solomon's," was the reply; "and as I have been in training for some time on his principles, I can confidently recommend his system."

Somewhat taken by surprise, the youth stammered out, "Solomon's! And what is the special point of his system of training?"

"Briefly this," replied the other: "A soft answer turneth away wrath."

Don't Smoke, Boys.

If there were no reason why people should not smoke other than that it is injurious to the health, this should be sufficient. All physicians of any note are agreed that smoking is injurious to the health. A skilled physician investigated the effect of smoking on thirty-eight boys addicted to the habit. Twenty-seven showed distinct symptoms of nicotine poisoning. In twenty-two there were serious disorders of circulation, indigestion, dullness of intellect, and marked appetite for strong drink. In three there was heart affection; in eight decided deterioration of the blood; in twelve frequent bleeding of the nose; ten had disturbed sleep, and four ulceration of the mouth, many of them having several of the evils combined.

But aside from this, the habit is expensive, it is inconvenient, to say nothing of the repulsive breath that results. Why not invest the money in books or something valuable, instead of tobacco? It would not take long to gather a nice library with the money that would be spent to pollute the breath and undermine the health. Boys, don't learn to smoke. Be more manly. Be more sensible.

How to Banish Troubles.

Hannah Whithall Smith once knew a woman who carried a heavy burden that was driving sleep away and undermining her health. She has told the following incident of how it was banished.

"One day when it seemed especially heavy, she noticed lying on the table near a little tract called 'Hannah's Faith.' Attracted by the title, she picked it up and began to read it, little knowing that it was to create a revolution in her whole experience.

"The story was of a poor woman, who had been carried triumphantly through a life of unusual sorrow. She was giving the history of her life to a kind visitor on one occasion, and at the close the visitor said feelingly, 'Oh Hannah, I do not see how you could bear so much sorrow!'

"'I did not bear it,' was the quick reply; 'the Lord bore it for me.'

"'Yes,' said the visitor, 'that is the right way. We must take our troubles to the Lord.'

"'Yes,' replied Hannah, 'but we must do more than that; we must leave them there. Most people,' she continued, 'take their burdens to Him, but they bring them away with them again, and are just as worried and unhappy as ever. But I take mine and leave them with Him, and I come away and forget them. If the worry comes back, I take it to Him again; and I do this over and over until at last I just forget I have any worries, and am at perfect rest.'

"Is This Wrong?"

There is food for thought in the following paragraph from a sermon by the late Bishop Phillips Brooks: "Every now and then a conscience among the men and women who live easy, thoughtless lives is stirred and someone looks up anxiously, holding up some of the pretty idleness in which such people spend their days and nights, and says: 'Is this wrong? Is it wicked to do this?' And when they get his answer, 'No, certainly not wicked,' then they go back and give their whole lives up to doing their innocent little piece of uselessness again. Ah! the question is not whether that is wicked, or whether God will punish you for doing that. The question is, whether that thing is keeping other better things from you; whether behind its little bulk the vast privilege and dignity of duty is hid from you; whether it stands between God and your soul. If it does, then it is an offence to you, and, though it be your right hand or right eye, cut it off, pluck it out, and cast it from you."

Sit Up Straight.

Your backbone was not made for a barrel hoop; so do not curve it around, but rather straighten it out. God made man upright, not round-shouldered, humpbacked, or bending over.

If you bend over too much in your studies, get a lower seat. Saw the legs off an old chair and then sit down so low that your chin will come just above the table, make the hind legs a little shorter than the fore legs, and then read and write with arms on the table, and it will take some of the crook from your back.

One mother whose daughter was getting the habit of stooping, used to have her lie flat on her back without a pillow, for an hour each day, while she read to her out of some interesting book. In a little while she was as straight as need be, and a picture of health and strength.

In some countries the women carry pails, tubs, and heavy loads upon their heads—this keeps them erect. Throwing back the arms is another means of keeping straight. Remember you may add years to your life by standing up straight; and you may not only have a longer life, but a stronger, broader, deeper, happier, and more useful life, if you go about with head erect, chest expanded, and lungs well developed, with rosy cheeks and fresh complexion, than if you go about bent over, cramped up, stooping, flat-chested, sallow, nervous, and miserable.

Remember, "God made man upright."

One reason why there are so many lame people in the church is because they made a start for the war without putting on the whole armor of God.