

and creosote, porous plasters and painkillers, cod-liver oil and catnip tea, sarsaparilla and syringes all cost something; but a hearty laugh and a happy disposition cost nothing, and are often worth more than a whole drug-store. They tell me that a tree without a blossom will bear no fruit, and a child without merriment will turn out to be a recluse and a pessimist. Lycurgus, the ancient law-giver, set up the god of laughter in the Spartan eating-halls. His argument was that laughter was a better preventive of dyspepsia than any other sauce. The historian Hume found in a manuscript of King Edward II an item of expense which read thus: "A crown for making the King laugh." Lawrence Sterne, one of the greatest of English humorists, said that he was constantly endeavoring "to fence against infirmities of ill-health by mirth, for I am persuaded that every time a man smiles but more so when he laughs, he adds something to the length of his life."

The question now arises, how can we keep cheerful and happy - ever ready to laugh and make others laugh? I answer, by forming the habit of looking on the bright side of things. It is said that one is scarcely sensible of fatigue while marching to music. And one scarcely knows what pain is if he only keeps cheerful. Never borrow trouble." "It is time enough to cross Fox River when you come to it," said Abraham Lincoln. Let us live one day at a time, and live that one well. It is not the troubles of today but those of next month or next year that whiten the hair and furrow the face. Never climb a mountain until you come to it. The man who carries a mouse-trap when he goes on a journey lest he be annoyed by mice, will die of old age before he is forty. It is not work but worry that kills men, said Beecher. Work brightens the blade. Worry rusts it. It is better to wear out than rust out. It is an unprofitable business to be always scanning the sky in search of a cloud. Better try and find the