

leave yourself behind, for content will never dwell but in a meek and quiet soul."

Not only ought we to be contented, however, with our present possessions, but we ought to be contented with whatever comes to us in the way of duty. More discontent than we sometimes realize, visits us because we are not doing our manifest duty in life.

An excellent prescription for all cases of discontent is this: First find out what your duty is, and then go and do it, although the doing of it may seemingly get us into difficulties. Honesty may be the best policy, but there is no good purpose to be served by blinding ourselves to the fact that it is not always the easiest policy and not always the most comfortable one. But, nevertheless, the path of honesty and the path of all honorable duty—doing—is the only path by the side of which the perfect flower of true contentment springs.

As the brave heroine writes in Scott's "Heart of Midlothian": "To know that one's purpose is right, and to keep one's heart strong, is the way to get through the worst day's darg." The man who does his simple duty, whether in the cottage or in the palace, in the eyes of his immediate neighbors, or in the eyes of the great world, lives always in the enjoyment of a clear and unmolested conscience.