

A Cheerful Spirit.

The man or woman who always reveals a cheerful spirit will succeed in life. The pleasant face will carry its possessors safely through life in spite of every opposing power. Smiles will banish the darkness that gathers above every life-path, and the sunlight will fall upon life's pathway, wherever a cheerful spirit exists. The sunbeams will melt the iceberg and dispel the darkest night that ever brooded over the world, and so a sunny spirit will scatter the coldness and darkness of humanity, and bring brightness and blessing to those about it.

If there is anything repulsive about a human being it is a fretful spirit and a sorrowful face. If there is anything utterly repelling and disgusting, it is the sour-visaged one who cannot smile or wear a cheerful look, but who continually broods over his misfortunes, and so keeps on the shadowy side of everything. God's sunshine is nothing to him, any more than the sunlight of Heaven is to the poisonous nettle-weed under the shadow of the slimy rock, or dense shrubbery. His dwarfed and selfish spirit is as nearly like the nettleweed as it can be, or like anything else that grows in gloom and darkness.

A cheerful spirit is one of the most valuable gifts ever bestowed upon humanity by a kind Creator. It is the sweetest and most fragrant flower of the spirit—that constantly sends out its beauty and fragrance, and blesses everything within its reach. It will sustain the soul in the darkest and most dreary places of this world. It will hold in check the demons of despair, and stifle the power of discouragement and hopelessness. It is the brightest star that ever cast its radiance over the darkened soul, and one that seldom sets in the gloom of morbid fancies and foreboding imaginations.

Cultivate, then, a cheerful spirit, and cherish it as something sacred. Obey the command, "Rejoice evermore," and its light and blessedness will ever fall upon thy pathway.

A Quaker Wedding.

The marriage procession started from a second floor sitting room and wended its way silently down into the parlor. The ushers were first, then the bride and groom, then the families of each of the contracting parties, and lastly the guests and committee from the Race street meeting, who were present to see that everything was done in proper form. The bride and groom took chairs which had been specially placed for them at the head of the parlor. After they had been seated all the company sat down, and for a few minutes there was silence. Then the bride and groom arose, and the groom, taking the bride's hand, declared that "in the presence of the Lord and this assembly" he took the lady to be his wife, and promised, "with the Divine assistance," to be unto her a "faithful and loving husband" until death should part them. The bride responded in kind, and everybody sat down again. A religious silence of three or four minutes was broken by the voice of Dilwyn Parish, the head of the Friend's Committee, reading the marriage certificate. After some more silence the groom signed his name to the paper in a strong hand, then the bride appended her signature, then all the rest of the company signed their names. There was just a little more silence and then the new-made husband and wife received the good wishes of their families and friends.—*Philadelphia Times*:

Valuable for Tea Drinkers.

It is well known that the green tea affects the nerves much more than the black tea, which is believed to arise from the different mode of preparation. For making green tea the leaves are put over the fire and partially dried directly after they are picked, but with black tea the leaves are put into a basket and then exposed to the influence of the atmosphere for twenty or thirty hours, during which time a slight fermentation takes place, and the color of the leaf changes from green to brown or charcoal hue (this is easily seen by the infusion of the dried leaf of black and green tea; the leaf after infusion will show the different colors named); they are then put over the fire and finished. In England about 215,000,000 pounds are delivered yearly, of which about 40,000,000 are exported, but the proportions are about 207,000,000 of black and 7,000,000 of green, oolong and Japan. While in America the black tea imported is about 5,250,000 the green tea, including oolong and uncolored Japan tea, which possesses nearly the same properties of green, amounts to 58,000,000. Would not this excessive use of green account for the opinion of the American doctors as to the effect of tea on the nervous system? I doubt very much if a pound of black tea, boiled down in the same way as the young hyson mentioned, would poison either rabbits or cats with the same dose. There is no doubt the fermentation of the leaves of black tea reduces the amount of the active principle "theine" that you find in green.

Another thing: In preparing tea for the table, boiling water is put on the leaf and an infusion made which is at once partaken of. But whoever would think of boiling tea to drink? By so doing you extract from the stalk and woody fiber of the leaf an acrid decoction that no one would find pleasure in taking, and from which woody part would be most likely extracted poisonous qualities mentioned. In tea drinking European countries, as Germany, Russia, etc., scarcely any green is used, and doubtless the great increase in England arises from the almost universal use of black tea, green being only used in mixing it to impart a flavor, and, while of late years the consumption of black tea has largely increased, that of green has remained stationary, which clearly shows the taste of England is entirely different from that of America.

What an Egg Will Do.

For burns and scalds nothing is more soothing than the white of an egg, which may be poured over the wound. It is softer as a varnish for a burn than collodion, and always being at hand can be applied immediately. It is also more cooling than sweet oil and cotton, which was formerly supposed to be the surest application to allay the smarting pain. It is the contact with the air which gives the extreme discomfort experienced from the ordinary accident of this kind, and anything that excludes the air and prevents inflammation is the thing to be applied. The egg is considered one of the best of remedies for dysentery. Beaten up slightly, with or without sugar and swallowed at a gulp it tends by its emollient qualities to lessen the inflammation of the stomach and intestines, and by forming a transient coating on these organs to enable nature to resume healthful sway over a diseased body. Two or three eggs per day would be all that is required in ordinary cases, and since eggs are not merely medicine but food as well, the lighter the diet otherwise and the quieter the patient is kept the more certain and rapid is the recovery. *Kansas Traveller*.