

"I can't hold the baby any longer," said a young father, "it's getting too heavy."—"Pshaw, Edward! you used to hold me for hours and never complain."

The science of life may be thus epitomized:—To know well the price of time, the value of things, and the worth of people.

Great thoughts are among our most precious and abiding treasures. They enlighten our darkness, they people our solitude, and while other things fall from us like the leaves which are loosened from the greenwood tree, these remain, like the atoms that go to build up its girth, being woven into the very substance and tissue of the soul.

## Intellectual Culture.

A cultivated mind may be said to have infinite stores of innocent gratification. Everything may be made interesting to it, by becoming a subject of thought or inquiry. Books, regarded merely as a gratification, are worth more than all the luxuries on earth. A taste for literature secures cheerful occupation for the unemployed and languid hours of life; and how many persons, in these hours, for want of innocent resources, are now impelled to coarse pleasure? How many young men can be found in this city, who unaccustomed to find a companion in a book, and strangers to intellectual activity, are almost driven, in the long dull evenings of Winter, to haunts of intemperance and bad society.

## Mirth as a Medicine.

"Of course nobody ever heard of a physician prescribing mirth as a medicine, yet we strongly doubt whether there is a doctor's drug extant that has greater curative properties. Mirth and disease are sworn foes, and when one of them makes its appearance it is a sure sign that the other is preparing for its departure. If a sick man can be induced to indulge in a laugh there is hope for him, and if his laughter is hearty it may be taken for granted that his illness is on the wane. All experienced nurses agree that cheerfulness is the best thing that can be brought into an invalid's chamber, and they are right, but if mirth can be introduced and the patient made to share in it, cheerfulness becomes a permanent resident and not a mere chance visitor.

It is a well-known fact that the state of the mind influences the state of the health. Hence, it follows that mirth, inducing in the