

Blessing of Good Humor

We all know from our own experience what good humor means, and we also know, at least from observation of others, what bad humor is.

Certain mornings we rise, happy, contented with life, confident in ourselves, in the future, with smiling lips and sparkling eyes, full of ideas and energy—that is good humor.

Then, other mornings, we wake up from an unpleasant dream, feeling distressed, unsatisfied with everything and everybody, contradictory, misanthropic, egotistic, restless and nervous—that is bad humor.

Both are accidental variations of our character. The character is the river in its usual course, the humor is the little ripples, the rapids, the dark shadows on the sunlit spots which constantly change the appearance of the surface.

It would be hard to exaggerate the importance of good humor; it is one of the greatest blessings of life.

I am not even afraid to say that good humor brings success, happiness and luck.

Have you ever perceived that on the days when you happen to be in very good humor all chances seem to be in your favor? On these days you succeed in everything, everything looks smiling, and everybody is pleasant. You have luck in everything, your wishes are fulfilled, and the most complicated affairs run smooth, as if by magic. Everyone you meet has only pleasant things to tell you. Letters that you are looking for arrive, containing just what you want.

Another blessing comes from good humor; all sorts of inspirations come to you in that condition, there is no stimulant that is so powerful to clear up the mind and produce new ideas as good humor.

You will certainly have noticed that when you are in bad humor, or, as we also call it, out of humor, you will blunder and make mistakes in everything you undertake. Your energy and will power is half paralyzed, your mind dull, and you act with less precision, speed and accuracy. Your understanding is slow, you misunderstand people who speak to you, get irritated and lose your temper. If you have to say something yourself you stammer and blunder, you are unable to find the proper words and the proper tone, and if you unfortunately have to make a speech you are sure to make a fool of yourself. This is bad humor, the most unpleasant and unbearable condition of the mind.

Good humor will make you better morally, will make you feel charitable and friendly to everybody, while bad humor will have just the opposite effect. It will make you stubborn and spiteful and make you do things even if you feel that you ought not to do them at all.

Spitefulness is a special form of bad humor that most of us, and certainly all women, know; it is a peculiar desire to say just the opposite of what you mean, do just the opposite of what you really want to do. You wish to turn right, but no—you must necessarily say: "I will turn left." You are dying to take a walk or to be good and tender, but with all your energy you struggle against yourself and your good feelings, you will not give in. Spitefulness is a sickly form of mind; it is bad humor in its most acute and unpleasant form.

When you are in good humor, on the contrary, you will give up all selfish ideas, you will grow better morally, you will be filled with intentions to do good, you will be all love, all charity.

And these are not all the blessings that flow from good humor.

Good humor is very catching, very contagious, you might say, and this, I think, is the greatest of all its blessings.

When we are in good humor we have the power to make everybody else feel lighter and happier.

As a radiator sends out heat, so we send out happiness in all directions, and the good influence is especially felt in our own house, in our own family.

In a family, all faces look sober and melancholy if the father or mother is out of humor, a weight seems to rest on every one's chest, the words are few and only spoken half loud, even the babies are suffering under and feel the cloud on the family happiness. The very air seems heavy and stifling.

And as it is in the family, it is to a certain extent outside, the effect is the same, even if not so clearly felt.

It is, therefore, our simple duty to ourselves and others always to be in good humor, or at least try to be, and the oftener you try the easier you will find it.

To those who imagine that it is impossible to be in good spirits all the time, I shall give a little ad-

vice, a few prescriptions, that may be of some help to them.

The first prescription, which may not be easy to follow under all circumstances, but that is none the less very important, is this: "To be in good humor be in good health."

It is really too bad that this prescription is not always practical, for it is almost absolutely necessary.

Think of the days when you have felt young and strong, when every part of your organism worked to perfection, and you will find that on those days you have always been in excellent humor. You may have been sad, or you have had sorrow, but you have never felt bitter.

Think of the effect that a good, hearty meal, eaten with good appetite, has on almost all of us. I am sure that you yourself know people with whom you find it a good plan to do business just after they have enjoyed a good meal, while you will also know others whose humor is a perfect barometer of their digestion or indigestion. Lack of sleep and rest will make us cranky and feel out of humor, because the body and the health crave their dues.

I therefore think that I am justified in saying that the first condition, the very foundation of good humor, is good health, and we owe it to ourselves and our surroundings to do everything to preserve or build up ourselves and take every precaution not to ruin our health.

My second prescription is based on the observation that our good humor depends very much on the sympathy or antipathy that we inspire in our surroundings.

When we live among people whom we know to love and respect us, we feel pleased and good-natured. If any one tells us that we have made a favorable impression on somebody we immediately feel benevolent and well disposed. On the other side, if we have a quarrel with a friend, it makes us feel nervous and out of humor.

All through our life we hear of sympathies and antipathies that we awaken in others, and our humor is continually influenced by the reports of these feelings, and my advice is therefore this: "Try to be kind, lenient and friendly to every one, and you will find that you will less often yourself be troubled with bad humor."

Another very important factor is order and regularity in our life and our ideas. Order in everything brings good humor; disorder brings dissatisfaction.

I shall take a very simple example. Have you ever noticed that you felt in good humor when you had just put all your books, your bric-a-brac, your furniture in their right places? On the other side, when you see dust and papers piled up on your desk, when you see one week pass after another while you are unable to put things into shape have you not felt that this state of affairs was getting more and more unbearable every day?

I am sure we all know these feelings, and my third prescription to you is this: Keep your things in order, your business in shape, be regular in your habits, do not leave a thing till tomorrow if you may do it today. Tomorrow you may have no chance, and if you find that you have not your good humor will be gone.

My last advice, which I consider the most valuable and almost infallible, is as old as the world itself, but it will never lose its value, and no better will ever be found. It fits all persons, all circumstances and if you follow it it will lead to the goal. It will give you happiness and good humor and it sounds thus: "To be in good humor you must do your duty under all circumstances."—Prof. Camille McInaud.

The Late J. W. Mackay

London, July 22.—The Cunard line steamer Saxonia, sailing from Liverpool for Boston today, has a wireless telegram for Clarence S. Mackay, son of the late John W. Mackay who sailed from New York on Saturday, July 19th, on the Campania of the same line. The Saxonia expects to communicate with the Campania tomorrow or Thursday.

The remains of Mr. Mackay have been embalmed and placed in a metallic coffin, which is now resting in the music room of the Mackay residence, surrounded by flowers which have been sent in great profusion. Cards, letters and telegrams from many distinguished persons in all parts of the world continue to arrive in great numbers. Mrs. Mackay is as well as could be expected.

Unusual insurgent activity in the West Indies and on the shores of the Caribbean sea, is taxing the resources of the navy department in the matter of ships to look after American interests.

DAYLIGHT ROBBERY

Albert Hollenbeck Loses \$250 in Cash

Which Was Stolen Saturday From His Cabin, Cor. Church St. and 8th Ave.

Sometime on Saturday the cabin of Albert Hollenbeck at the corner of Church street and Eighth avenue was entered and a pocketbook containing \$250 in greenbacks was stolen from beneath the mattress of his bed.

Hollenbeck was away from home all day engaged in pointing a cabin in another part of the city and learned of his loss on returning to his home after 6 o'clock in the evening.

A neighbor saw and talked with a stranger who called at Hollenbeck's cabin on Saturday but to the neighbor's best knowledge did not enter the house. The stranger said he wanted to Hollenbeck regarding work and was told he could find him after 6 o'clock. As the stranger did not return it is now thought he was the thief and was giving the neighbor a talk for the reason that he had been seen at the door of Hollenbeck's house. The stranger is described as a thickset, fairly well-dressed man with a heavy black mustache which was waxed until it stood out straight at the ends.

Hollenbeck has resided at the same place for three years. He is a hard-working man and earned the money that was stolen by working for Davison and Senkler, the wood dealers, last season. He had been in possession of the money only a day or two and had not put it in the bank for the reason that he had arranged to loan it and was only waiting for the man to call for it.

The matter has been reported to the police. Hollenbeck and the neighbor who talked to the stranger Saturday were around town all of Saturday night in search of the fellow but saw nothing of him.

Railway's Control.

London, July 22.—The house of commons committee appointed to inquire into the question of steamship subsidies was in session today and examined Senator G. A. Drummond, of Montreal.

Mr. Drummond said that he had arrived at the conclusion from recent developments of American shipping companies that the land lines practically controlled the situation, and that the ocean lines were merely adjuncts. At first sight it would appear that the purchase of a number of old British steamers by the American combination could be remedied by building new boats. But he believed that if this were done by a new organization it could be made unprofitable by the Americans, who by means of through bills of lading from the producing centres could control freights as well as a considerable portion of the passenger traffic.

He believed that the only hope of escape from the control of the American shipping combine lay through Canada. Therefore, he advocated a speedy up-to-date service of twenty-two knot steamers between Great Britain and Halifax instead of New York. Such a line ought to be subsidized to the extent of £300,000 or £400,000 yearly for ten years, half payable by Great Britain and half by Canada. Therefore he believed if judiciously managed the line would be self-supporting. It would be advantageous to both countries to cement the trade between Canada and Great Britain.

Rear-Admiral Lord Charles Bessford told the committee that he did not favor fostering trade by means of bounties. He objected to subsidies, but attached the greatest importance to Great Britain owning a mercantile marine containing vessels of great speed, and favored postal subventions for the encouragement thereof. Lord Bessford suggested that the government might build twenty-four knot liners and allow the companies to work them, the government sharing in the profits.

London, July 22.—The conference

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of the colonial premiers today discussed ship subsidies from the double standpoint of the economical carriage of goods and combatting the subsidy policy of foreign governments. Nothing of a definite character, however was accomplished.

Smith—I don't like to make any complaint to a neighbor, Mr. Jones, but your dog kept up a terrible barking all night.

Jones—Oh, that's all right, he's used to it—won't hurt him. Kind of you to mention it, however.—Tit-Bits

New York, July 22.—Santos Dumont, the aeronaut, who is scheduled to make a series of air-ship ascensions near New York, arrived here today.

\$50 Reward.

Stolen Sunday, June 8th, one mal-amute dog, very dark grey, white breast, light chops, light grey stripe running from point of nose up between eyes, front legs white, hind feet white, extreme tip of tail white, belly light color, always carries tail curled over back or left side, nose very small like a fox or coon. I will pay the above reward for any information that will lead to the arrest and conviction of the thief and recovery of dog.

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