

development? Does it not behove us to make it the object of our special study to ascertain how its efficiency can be maintained. The complexity of the problem may dismay us, but a measure of understanding is certainly obtainable.

It being always easier to obtain knowledge of the nature of a growth or process by studying it in its simplest form of expression, to learn of the microcosm by studying the microcosm, let us seek a single concrete example of how the social organism has been and is being developed.

(CONCLUDED NEXT MONTH)

The Virtue of Mirth and Value of Laughter. —Concluded.

By J. H. FLETCHER.

BUT how are we to secure the secret of a happy disposition? I answer by cultivating a spirit of kindness—by obeying the great law of love. A man once told me that the one act of his life which gave him the most happiness he ever enjoyed was on redeeming a piece of property that was being sold by the sheriff to liquidate the debt of a poor, hard-working widow. He said he felt so good over it that he felt like laughing at everything he saw and heard for a month afterward. That's the idea. There is nothing that produces so much joy and happiness as in giving. It keeps the disposition sunny, the heart full of thankfulness. Doing good to others—having compassion for the poor, loving, the undeserving,—"scattering seeds of kindness" all around, makes one's heart so full that he is always ready to laugh and say things that will make others laugh. This is the only way to have a merry world and in having a merry world we will have a healthy world.

Moses left ten commandments, but Christ left only one, viz: that "ye love one another as I have loved you." On this hang all the law and the prophets. The golden rule is