#### The Genius of Persistence.

A wide oulook upon life tells us that the prizes of life are less to the swift than to the patient plodders. Looking back upon his long career with his students, Mark Hopkins once said that if the brilliant boys carried off the recitations, the plodders carried off life's prizes. Every college-bred man can recall illustrations of this shrewd observation. The student who was universally admired was the one who lingered on the campus with the field sports until the last moment, then rushed to his room, flung down his cap, snatched up his book, glanced at the lesson, thought like lightning, drew on his reserves in answering questions and drawing out the professor, who did the real reciting, and so gleefully making a 'brilliant recitation." Just beside him was another student, who had toiled half the night over the same lesson, mastered every jot and tittle, but who blundered in telling what he knew, and was marked a grade lower than his superficial fellow. Then, when twenty years have passed, the plodder is the employer, trusted, honored and successful. The first youth did not gain the heights by his sudden, brilliant flight. second reached the height, climbing in the night while the other slept. For the history of men of achievement is the history of persistent plodding. Gibbon wrote his memoirs nine times. Newton re-writes his chronology sixteen times. Addison collects three volumes of reflections before he writes his first paper for the Spectator. Turner made thirty thousand drawings and ended with his "Slave Ship" and immortality. The great words are Purpose and Perseverance. Good is the youth who can say, "This one thing I do," and who understands the other injunction to hold fast the chosen purpose.-[Rev. Newell Dwight

### Go to Sleep.

The old adage tells us "Nine hours of sleep are enough for a fool." Perhaps they are, and not infrequently they are none too much for a wise man, and many a wise man has shown his wisdom by taking them. When performing his most prodigious literary feats Goethe felt the need of and took nine hours out of every twenty-four for sleep.

It is generally conceded that the young child requires thirteen or fourteen hours each day for sleep. This period is gradually shortened, until, at the age of fourteen years, the boy is found to need only ten hours. When grown, and in a healthy condition, the man may find that a night of eight hours is cient to repair the waste of the day and recreate him for the morrow but if he finds that he needs more, he should take it.

When one must drag one's self out of bed in the morning by pure force of will there is something wrong; perhaps a forgotten waste must be repaired, an hour of lost sleep, or an unusually nervous strain. demand has been made upon the system for which nature asks payment, and he who is wise will listen to her voice.

Just here allow me to say that everyone who seeks his bed at the good old-fashioned hour of nine, and s not seen until he appears at his eight o'clock breakfast, should have credit for being a good sleeper. The faces one sees at breakfast tables frequently tell how few have learned the secret of restful nights. So many people take all their cares to bed with them. The business man writes that annoying letter the last thing before he puts out his light, then says his prayers piously, closing his eyes, sighs, tosses, and longs for the He counts forward and backward by ones, twos, and fives, and falls into a restless sleep, only to awaken more weary than when he Went to bed.

That we may continue to be of the place in which God. for

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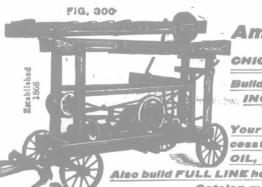
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some wise reason, has put us. let us wisely keep in our hands a reserve power of bodily and mental vigor, produced by a careful balancing of the hours of sleep with the hours of work. We do not know to what struggle or sorrow we may be called. Let it never find us too

weak to accept it as we should."

The question, "How much sleep
do I require?" deserves and should have our thoughtful consideration. No one can think the matter out for us as well as we can for ourselves. Our constitutional tendencies, our habits of life, all our circumstances are best known to ourselves. With all these things in mind we should each think the matter out reasonably, and then abide by the decision of our best judg-

If this were intended for an exhaustive paper on the subject of sleep, there are many things we might speak of that cannot go in-to this brief space. We would speak of the benefit to be gained from indulging in some gentle exercise before retiring, a simple romp with the children, some light gymnastics, or the old-fashioned diversion of singing and story-telling.

We might talk on the necessity of taking warm feet to bed, of the best sort of hed and bed-clothes, of the size, shape, and best manner of ventilating the ideal sleeping room; but we will be content with our primary object of calling attention to the importance of sleeping regularly, soundly, and enough .- [Good

## A Happy Home.

O! for a home on a windy height, Close by the sounding sea! A castle, rising clear and white. Above a spreading lea! Where the far sea-view, from the rough rock walls,

The sweep of the low, wide land, Will give to the soul in the stately halls Am uplift pure and grand.

O! for a home in a humble town, A garden of bloom and green, With little of wealth and less renown-As the twilight hour serene! Where the voices of friends are mingled OP-

In song, in sorrow, in mirth. And a sweet content pervades it, soft As the summer time to earth,

O ! for a home by the shadowed wood, Away from the million schemes ! A home where the whispering leaves are good

To the man who works and dreams ! Who digs in the soil for his daily bread, Strong and patient and free ; Who dreams while a wild bird overhead Sings of etermity !

But whether on seagirt, windy height, Or hard by the forest wild, Or round the cottage candle-light In converse glad and mild-O ! for a home in the heart of love !-The sea and the wood may fade; Ever the good God reigns above-And the soul? it is undismayed!

## Possibilities for Beauty.

A plain country farmhouse will soon be transformed into a beautiful home by simply keeping the lawn carefully mown and by the clever arrangement of flowers, vines and shrubbery. There are numerous little things that farmers can do in the way of landscape gardening when they utilize all opportunities. Save all of the hollow blocks, when getting wood ready to burn. Leave the bark on, fill them with rich soil and then fill them with plants. They form very artistic flower plots. Again, large blocks, with the bark adhering, make very quaint stands for holding tubs filled with plants. When there are dead trees trim them up a little and plant vines to grow over them. A clematis or wistaria growing over a dead tree is beautiful. The Virginia creeper is also very beautiful for this purpose, and, as it grows so rapidly, a tree will be nearly covered in two seasons if strong, healthy vines are planted at the base .- [Farmers' Mage-