

**Brace Up, Boys!**

Once upon a time there was a boy who used to slouch along with the most utgainly, shambling gait. His shoulders dropped and his arms looked to long for anything. He knew that he didn't stand straight and look manly and strong like the other fellows who belonged to the boys' brigade, and it made him shy and awkward. His mother and he used to talk it over, and, finally they decided to do something about it. They couldn't afford a gymnasium and the boys' brigade didn't belong to their church. So they found a set of rules for bodily exercise and the boy practised them a dozen times a day during vacation, besides playing baseball and going fishing, and it was a surprise to his comrades when he went back to school to see how erect and self-confident he had become, with his head held up and his shoulders thrown back. It was hardly to be believed that this tall, straight youth was the same stoop-shouldered shrinking youngster of the last term. He was just the same persevering fellow, however, and he sends the rules which transformed him, for the benefit of any fellow who wants to brace up:—

1—Stand erect, "head up," chin in, chest out, shoulders back, at short intervals during the day, everytime you think of it in fact, and draw 10 long, deep breaths each time.

2—Talk about or run with from 5 lbs. to 40 lbs. weight on top of your head.

3—Walk or stand with the hands clasped behind your head and your elbows wide apart.

4—Make it a habit to keep the back of the neck close to the back of the collar.

5—Try to look at the top of your vest or your necktie.

6—Stand now and then during the day with all the posterior parts of the body as far as possible touching a vertical wall.

7—Practise the arm movements of breast-stroke swimming while standing or walking.

8—Carry an umbrella or cane behind the small of the back or behind the neck.

10—Walk with thumbs in the armholes of the vest.

11—Try to squeeze the shoulder blades together many times a day.

12—Look upward when walking.

—*Farming World.*

**How to Overcome Depression.**

Sometimes teachers as well as other people become discouraged if things go wrong with them. Here are a few selections culled from various sources that may help to win a cheerful frame of mind. Write them out and keep them by you for such emergencies:

Depression is not to be overcome by fighting it. To forget all about it, in the expression of the best gifts we have, even though they may not be remarkable, will put depression so out of mind that it will not need to be fought. A kind word to a friend will do more to lift the cloud of one's own depression than hours of a mere effort of the will to overcome the gloom. Expression of one's best is the best cure for depression.—*Sunday-school Times.*

One day, when Tennyson was unusually depressed, his nurse observed to him gravely: "You ought to be ashamed of yourself for grumbling in this way; you ought to be expressing your gratitude for your recovery from your bad illness by giving us something—by giving it to the world." He went off repentant to his own room, and returned in half an hour with "Crossing the Bar."

If you have the "blues," read the twenty-seventh psalm; if your pocketbook is empty, read the thirty-seventh psalm; if people seem unkind, read the fifteenth chapter of John; if you are discouraged about your work, read the one hundred and twenty-sixth psalm; if you are all out of sorts, read the twelfth chapter of Hebrews; if you are losing confidence in men, read the thirteenth chapter of I Corinthians; if you can't have your way in everything, keep silent and read the third chapter of James.

A crowd of troubles passed him by,

As he with courage waited;

He said: "Where do your troubles fly

When you are thus belated?"

"We go," they said, "to those who mope,

Who look on life dejected;

Who weakly say good-bye to hope,

—We go where we're expected!"

—*Francis Elkin Allison.*

An educated blind person is as a rule self-reliant, self-supporting and an inspiration to those with whom he comes in contact. An uneducated blind person is a burden to himself and to his friends. Education is free to every blind boy and girl in the Maritime Provinces and Newfoundland, but this fact is not always known to the parents of such children. Our boys, girls, and adults in order to help forward the work of the School for the Blind, at Halifax, can best do so by sending to the Superintendent the names, ages and address of all blind persons under twenty-one years of age. Address to C. F. Fraser, Superintendent School for the Blind, Halifax, N. S.