

sharpest grief, keep the body in health, and preserve the mind in comparative peace. He that is in trouble, must do something to get rid of it.

I have known many a man get to the top of a mountain by resolutely clambering up its rugged sides, who would never have got there at all by sitting down and fretting at the bottom of it. And, many a hardy swimmer has crossed a rapid river, by sturdily buffeting its rushing waters, who never could have achieved such an adventure, by despondingly allowing himself to be carried along by the current: something must be done, and done by yourself too, when you are in trouble: or otherwise, it will stick as close to you as the skin that covers you. If I had not been a man of occupation, my heart would have been broken long ago. I never could have stood up under the load of troubles that God, in mercy, has given me strength to sustain. Old Humphrey is always occupied; his tongue, his hands, his head, or his heels, are in continual requisition; and, rather than sit down and do nothing, he would willingly break stones on the highway, make brimstone matches, and hawk them about from door to door.

Time flies rapidly with those who have more to do in the day than they can accomplish; and drags along as heavily with all who have no employment to occupy their hours. Occupation is the great secret of cheerful days and tranquil nights; for he that is well employed while the sun is in the skies, will most likely sleep soundly when the stars are shining above him.

The moment you feel yourself getting moody and miserable, seek Divine support by prayer, and then set yourself a task immediately; something that will occasion you to exert yourself, and you will be surprised at the relief it will afford you.

Though old Humphrey advises you to do something of a trifling nature, rather than be idle, he is no advocate for trifling. So long as this world endures, there will always be employment enough and to spare, for all those who either wish to guide others to heaven, or to get there themselves. If you cannot employ your body employ your mind; for, there is a time to employ it profitably;

A time to reflect on your words and ways,

A time to pray and a time to praise.

And especially employ yourself in doing good, and mitigating the sorrows of others; while taking a thorn from the bosom of another, you will lose that which rankles in your own.

Thousands, who know how much comfort occupation gives, do not know how much distress and uneasiness it keeps away. Show me two men, who have equal advantages,—one of them idle, and the other fully occupied, and I will venture to pronounce the latter ten times happier than the former. Care is a sad disease, despondency a sadder, and discontent, perhaps, the saddest of them all; but if you wish to be cured of all those together, next to seeking Divine support, my prescription is—OCCUPATION.

*Practical Instruction.*—A gentleman, not long since, took up an apple to show a niece, sixteen years of age, who had studied geography several years, something about the shape and motion of the earth. She looked at him a few minutes, and said with earnestness, "Why, uncle, you don't mean that the earth really turns round, do you?" He replied, "But did you not learn that several years ago?" "Yes sir," she replied, "I learned it, but I never *knew* it before." Now it was obvious that this young lady had been labouring several years on the subject of geography, and groping in almost total darkness, because some kind friend did not show her at the outset, by some familiar illustration, that the earth really turned round.—*American Annals of Education.*