

To clothe warmly but lightly, so that the body may, in all seasons, maintain its equal temperature.

To keep the body in fair exercise, and the mind active and cheerful.

To maintain an interest in what is going on in the world, and to take part in reasonable labors and pleasures, as though old age were not present.

To take plenty of sleep during sleeping hours. To spend nine hours in bed at the least, and to take care during cold weather that the temperature of the bedroom is maintained at sixty degrees Fah.

To avoid passion, excitement, luxury.

EXAMPLE LIMITLESS.

An eminent lawyer in Boston, forty years in his profession, once told the following:—

While a student, he went to a meeting held in behalf of missions in that city. One speaker, a plain workman, related that in his family was then living "a great Sunday school and missionary girl." She came from New Hampshire; her wages were "nine shillings (\$1.50) per week;" she had a class of street boys in ——— Sunday school, who never missed her from her place; and she gave one dollar every month to missions. He said further, "She was the happiest, kindest, tidiest girl he ever had in his kitchen." "I went home," said the now venerable lawyer, "with a stirred-up heart by this narrative: "Class of street boys; one dollar a month to missions; and happiest girl," etc.

"The three things kept running through my mind. I was ashamed of myself. That girl's example made me so. I'll have a place in Sunday school, was the first resolve. If she can give a dollar a month I can and will, come next; and as to the happiness, I'll see."

His resolves became acts. Teacher, superintendent, valuable helper in Sunday school conventions and councils, all these years have shown him to be.

His gifts to missions and to all Christian work have been steadily growing, and might comparatively be called princely; in tens, hundreds, and thousands he has bestowed, at times matching by his own the contributions of the entire church of which he is a member, and which is no mean New England church.

Can anybody calculate the result of that lowly kitchen girl's example upon and through even this one man? The Sunday school work it led him into still keeps him busy; the steady forty years' giving, its effects upon himself, upon the church of which he is a member, and upon all who know him; the missionaries his gifts actually have supported; the converts led to Christ by them, and the other soul harvests by those converts, and to be followed by successions of converts to the end of time, and the Bibles translated, printed, given to the heathen, into which work his contributions through these years have entered; the Sunday schools and even theological schools which have grown up in these, his giving years: ah! where are the limits?

What that humble young Sunday school and missionary woman did is just what in other forms any like her in spirit, in work, in sacrifice for Christ, can do. — *Sunday School World.*

BITS OF PHILOSOPHY FOR WARM SUMMER DAYS.

It am easier to govern a State dan to boss a Sunday skule picnic.

De man who gives you 13 cents for a shillin' will borry yer tea an' coffy an' pay nuffin back.

A photograph doan' show de deviltry in a man's eye nor de pimples on a woman's face.

De mo' good clothes you kin heap on yer back de less your bad grammar will be commented on.

De public nebber stop to queshun de troof of a scandal, and de man who climbs above us am nebber quite forgiven.

De aim of de philanthropist am not to preserve de good eggs, but to work de bad ones over an' palm 'em off agin.

De room which a man takes up on de sidewalk am no criterion to judge of de amount of brains in his head.

You can' h'ar de jingle of gold pieces half as fur as you kin h'ar de rattle of tin pans.

De man who announces his own honesty sometimes gets into Canada wid de boodle, an' sometimes he am caught in Detroit or Buffalo.

Let two life-long frens begin a discussun as to the colour of Adam's hair or de size of Noah's head, an' de chances for a row was fust-clas. What men doan' know am what they refuse to let go of.

Sift down de talk of de world's greatest men, an' when you cum to extract de bigotry, egotism, prejudice an' self-interest, you will have to look fur de quotient wid a spy glass.

When a man sots out to be purty he musn't blame his hatter for any shrinkage of his head. As de hoss-sense oo. es out the cranium has got to contract.

Doan' worry ober de theory of transmigrashun. — When you am turned into an old white hoss an' sot to work grindin' bark in a tannery, it will be time to complain becase you wasn't turned into a tanner instead.

Luv am a beautiful sentiment, an' the game of three-keerd monte am a swindle, but fifty people are downed by luv fur ebry one swindled by the keerds.

Industry am a rock in which dar' am always a peg to hang up one mo' workin' man's coat.

One-half de great men expect deir speeches to be read by posterity and deir debts to be paid by deir chill'en. — *Bro. Gardner in American Paper.*

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