

Christian to do. Laugh!

It is a psychological fact that you can't laugh and worry at the same time. There are two hundred and fifty muscles in the human face—a ripple of laughter sweeping over the face sends a wave of relaxation over the entire nervous system. I have a friend, an evangelist, who laughs, regularly, three times a day—mirth reduced to a system. Sir Walter Scott wrote: "I have great respect for a hearty laugh." Lord Byron was lame—he limped and sighed—sad creature! Sir Walter Scott was lame—he limped and laughed. Glad creature! Learn to laugh.

(10) **You ought to thank God you have something to be concerned about.** Charles Kingsley was dealing out a wise philosophy when he said: "Thank God, every morning, when you get up, that you have something to do, that day, which must be done, whether you like it or not." You ought to be willing to bear your share of the world's burdens. Edward Everett Hale, of "Lend A Hand" fame, advised: "If your spirits are low, do something, and if you have been doing something, do something else."

"Employment, employment,  
O, that is enjoyment.

There's nothing like something to do,  
Good heart occupation  
Is strength and salvation,  
A secret that's known to but few."

(11) **Suppose the very worst should happen, the world would still go on.** All things work together for good—for everybody. The Titanic, the best ship ever built, has gone down, but we are to have better ships, better sailors, better life-boats, better sea-captains, better citizens and better mil-