

* This and That *

HELPS FOR TODAY.

Consider what must be involved in the truth that God is infinite, and that you are a part of his plan.

Remember some of the Scripture promises, and recall them when the temptation to weary returns.

Cultivate a spirit of gratitude for daily mercies.

Realize that worrying is an enemy which destroys your happiness.

Realize that it can be cured by persistent effort.

Attack it definitely, as something to be overcome.

Realize that it has never done, and never can do, the least good. It wastes vitality and impairs the mental faculties. Help and comfort your neighbor.

Forgive your enemies, and conquer your enemies.

The world is what we make it. Forward, then! Forward in the power of faith, forward in the power of truth, forward in the power of friendship, forward in the power of freedom, forward in the power of hope, forward in the power of God!—Bishop Vincent.

HAVING THE LIGHT NEAR.

"Keep your lanterns by you!" The words were somewhat sharply spoken by the conductor of an evening train. "Keep your lanterns by you. If anything should happen, you may be at one end of the car and your lanterns at the other." The brakeman was a new hand, who had just come on duty. The conductor met him at the rear end of the last car, and the above words were spoken. We glanced forward as the brakeman passed toward the front end; there, to our surprise, we saw his

lantern hung up in a corner. While he was taking it down and suspending it from his arm instead of from the hook in the corner, we began to think. We thought of others besides inexperienced brakemen who sometimes put their lamps where they would be of little use in emergency.—Ex.

THE POWER OF THE CROSS.

Lord, let me know the power of thy cross, So that I count all other things but loss: So riches, pomp, and all the world holds dear
Fade into naught when thy dear cross is near.

Lord, when I wander, foolish, far from thee,
When doubt and fear molest and trouble me,
Then may thy cross its radiance o'er me shed,
And I to thy sweet rest once more be led.
Through all the haste and worry of the day
Grant that thy cross may ever guide thy way;
Sin's subtle skill to foil and fears to quell
As thinks thy soul of Him who loves so well.

When dawns the day that I his face shall see,
Sign of my faith his precious cross will be;
All, all of heaven mine, because he died,
Mine, joy and life, in Jesus crucified.
—Ernest G. Wellesley Wesley.

THE ONLY TROUBLE.

When Mr. Snow began to realize that he was not quite as young as he had been, the truth had a disquieting effect on him, and made him at times very irritable. He knew his weakness and regretted it. "If I outlive my faculties," he said one day to

his wife, "I'm afraid I'll be the techiest man in this township."

His brother, who was bald at thirty, put on strong spectacles at thirty-five, and lost his hearing at fifty through the agency of a fever, had no sensitiveness on any one of these points, and was a great trial to Mr. Snow.

One day this brother happened to see Mr. Snow in a cool corner of the barn, holding the weekly paper as far away as he could get it, and working his head from side to side, with squinted eyes, to decipher the news.

"Soho! Your sight's begun to fail you at last," said the visitor, bluntly. "Well, 'tain't surprising at your age."

Mr. Snow turned on him an indignant glare.

"My eyesight's all right!" he roared. "The only trouble is my pesky arm isn't long enough!"

DRANK "LIKE A BEAST."

This little story of the late Dr. Kidd is told in "The Humor of the Scot." Dr. Kidd's Beadle, it appears, was a victim of the national vice, and no amount of reproof or pleading seemed to have any effect upon him.

One day the worthy doctor was confronted by Jeems, so intoxicated that all his customary caution and sleek humility had flown. In a reckless mood he challenged the burly old doctor to come and drink with him. Recognizing the futility of trying to reason with a man in such a state, Dr. Kidd replied:

"Oh, aye, Jeems. I'll come wi' ye, an' I'll drink like a beast to please ye."
"Hooray!" said the beadle. "Come along."

So they entered the inn, this strangely assorted couple, the mark of observation to many a curious eye. Jeems started to order a "mutchkin," but the reverend doctor filled a glass with cold water and quaffed that.

"Hoots!" expostulated the bacchanalian beadle. "Ye said ye wad drink like a beast, doctor."

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"Aye, Jeems, an' so I have," was the dignified reply; "for ye know a beast is wiser than a man, an' drinks only what's gude for it—an' that's cold water."—Pioneer.

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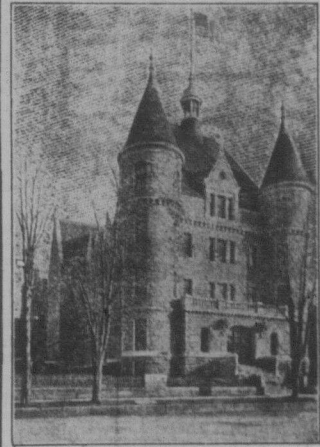
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