

THE ART OF FORGETTING.

One of the secrets of a long and happy life is the art of forgetting. There are any number of disagreeable incidents constantly occurring, which, if remembered and repeated, not only tend to make one's own life miserable, but often work untold mischief and harm to others. If our neighbors and acquaintances have faults, is it not more charitable to forget them, than to let them lessen our regard by being kept constantly in remembrance? If our friends possess peculiarities of disposition, not conducive to harmonious intercourse, is it not better to enlarge upon their good qualities which may the more endear them to us? If we hear evil report or slander of others, will not our own inattention and forgetfulness be the best means of silencing it? If others find fault with us, and seek to depreciate our efforts for good, will we not feel happier if we draw the veil of forgetfulness over it all, rather than to fan the flame of probable animosity by constantly dwelling upon the cause that provoked it?

Erase from life the petty annoyances which soon grow into actual disturbances if magnified by thought and feeling. Forget all the meanness and malice which aims to belittle the character of another, and which seeks by familiarity to drag you down to the same low level. Forget all that was unpleasant in the life of yesterday; blot out the disagreeable happenings of to-day, and paint upon the canvas of memory only those incidents which it will be a pleasure to recall as the years pass on.—*Spokane Churchman.*

STUDY TO BE QUIET.

Be quiet in dress. In a day's travel on the cars one sees a good many people, and, if he is a close observer, will find representatives of all classes of society. There are men and women whose very dress betrays their taste and ambition. They are fond of showy raiment, heavy jewelry, and a multitude of trappings. Everything is carefully and in some cases ostentatiously displayed. As they themselves measure other people by what they have on, they suppose that others will so judge of them; and hence their anxiety to make a public exhibition of their wardrobe. It goes without saying that whatever may be the pretensions, the wealth or social position of such persons, they lack true refinement. They are coarse and low in all their feelings, their pleasures, and their aims. The real gentleman and woman, while not careless or indifferent to personal appearance, sets no such store by it as to make it the index of worth and character. They know that pride, vanity, and utter want of virtue may be clothed in purple and fine linen, while the truest, noblest manliness may go in plain homespun. Hence they have learned not to judge by the outward appearance.—*The Pacific Churchman.*

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Sworn and subscribed to before me this 15th day of December, 1893.

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THE sanctified and Christ-loving heart cannot be satisfied with only negative keeping. We do not want only to be kept always from displeasing Him, but to be kept always pleasing Him. Every kept from should have its corresponding and still more blessed kept for.—*F. R. Havergal.*

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