

Before Sophie went to sleep that night, she thought over her experiences, and came to this conclusion.

"Now, to-day I have taken this verse, thinking of it *after* I had answered without hearing, and so seeing the 'folly and shame.' To-morrow I am going to try and think of it *before* I answer, and then see if I can't get rid of these evil consequences."

And I think many of us might take this verse with us continually, and remember that, "he that answereth a matter before he heareth it, it is folly and shame unto him."

A TIMELY WORD.

In a meeting held in Boston, the subject of personal effort and personal influence was introduced, and after others had alluded to its importance, an intelligent man arose and briefly said:—

"Ten years ago a deacon of the church came to me and taking me by the hand, and putting his hand on my shoulder, and calling me by name, said, '*Isn't it time for you to find your Saviour?*' I turned to him and said: 'Deacon, you mind your business, and I will mind mine.' He left me, but those words, '*Isn't it time for you to find your Saviour,*' followed me, and I could not escape from them until I found my Saviour, and was forgiven."

We can hardly imagine a more ungracious retort than this good deacon received, when he sought to win a soul to God; but his labour was not in vain. The arrow reached the sinner's heart, and no hand but the hand of Jesus could pluck it out and heal the wound. Let Christians take courage in view of facts like this, and do their work with dauntless zeal; knowing that God will give the blessing and the increase in his own good time.

THE SUN'S BLESSING.—Sleepless people—and there are many in America—should court the sun. The very worst soporific is laudanum, and the very best, sunshine. Therefore, it is very plain that poor sleepers should pass many hours in the day in the sunshine, and as few as possible in the shade. Many women are martyrs, and yet do not know it. They shut the sunshine out of their

houses and their hearts, they wear veils, they carry parasols, they do all possible to keep off the subtlest and yet most potent influence which is intended to give them strength, and beauty and cheerfulness. Is it not time to change all this, and so get color and roses in our pale cheeks, strength in our weak backs, and courage in our timid souls? The women of America are pale and delicate. They may be blooming and strong, and the sunlight will be a potent influence in this transformation. — *Hearth and Home.*

DIFFUSERS OF HAPPINESS.—Some men move through life filling the air with their presence and sweetness, as orchards in October days fill the air with the perfume of ripe fruit. Some women cling to their own houses like the honeysuckles over the door, yet, like it, fill all the region with the subtle fragrance of their goodness. How great a blessing it is so to hold the gifts of the soul that they shall be music to some and fragrance to others! It would be no unworthy thing to live for, to make the power which we have within us the breadth of other men's joy; to fill the atmosphere which they must stand in with a brightness which they cannot create for themselves.

SUNNY HOMES.—Parents ought to exercise every effort to make home bright. Never frown on innocent enjoyment among children. It is as natural to their age as your arm, hair, and slippers are to yours; and it is just as proper too.—Let children enjoy their youth in all its innocent gaiety: their future may be dark enough to need the memory of happy childhood to make it endurable.

CRYING.—Probably most persons have experienced the effect of tears in relieving great sorrow. It is even curious how the feelings are allayed by their free indulgence in groans and sighs.—Then let parents and friends show more indulgence to noisy bursts of grief—on the part of children—as well as of older persons—and regard the eyes and the mouth as the safety valves through which Nature discharges her surplus steam.