

### HOMELY HINTS FOR HOT WEATHER.

There are two factors in the hot weather problem—the heat and the man who stands it. There is not much use in talking about the heat. If complaining, or making observations about the heat could lower the temperature, it would be down to freezing point in a very short time. Every man you meet grunts and says "it is a hot day." Every woman you meet sighs and observes that the weather is "dreadful," or something of that kind. Neither the grunting of the men nor the sighing of the women seems to lower the temperature to any great extent. Old Sol sends down his piercing rays just the same whether you like it or not.

Seeing, then, that the weather cannot be changed, it may be well to ask, Can anything be done for the man who has to stand it? A good deal depends on what kind of a man he is. If he is a chronic grumbler, determined to grumble at everything on the earth beneath—not to mention the other localities—nothing can be done for him. No human power can do anything for a chronic grumbler. A well-known minister once recommended his Presbytery to put a neighbour into a barrel of alkali to take the acid out of him. If the acid is all there is of a man, there would be no use in putting him into alkali. If the grumble is all there is of a man nothing can be done for him without doing away with him altogether. It is just as well that a chronic grumbler should expend his bad nature on the weather as on anything else. If he were not finding fault with the Almighty, he would be nagging at some of his neighbours. Let him grumble, and perhaps the hot weather may sweat some of the bad nature out of him.

A good hint for hot weather is to *avoid worry*. Heat is trying enough in itself; worry is wearing enough in itself. Either is enough alone. Both at a time are too much. So if we cannot avoid the heat let us avoid, if possible, the worry. We say if possible, because it is not always possible. Sometimes a man's worry is cut out for him and thrust upon him in the hottest weather. In such cases he must just go to the Lord for help, and get through as best he can. A good deal of the ordinary worry of life is avoidable for a season. If a Presbytery is wretchedly tedious and unbusiness-like in its methods and much valuable time is wasted by cranks and conceited bores in useless, endless talk, just stay away until the weather cools and avoid the affliction. We use this merely as an illustration of how worry may be avoided. Of course no Presbytery is afflictive in that way.

*Avoid worry.* How? By getting up early and breaking the back of your day's work early in the forenoon. Men who rise early and put in some good work early in the day are rarely in a hurry.

Hurry at any time is not evidence of work. It is far more frequently evidence of bad management. The men who do the most work in every line seldom seem to be in a hurry. Hurry is often evidence of weakness. It is bad enough at any time, but it is absolutely destructive when the thermometer is over ninety. A man may run a mile to the station in January with his valise in one hand and his wife's band-box in the other, his better half following at her best pace, and the run, however it affects their temper for the time being, may have a good effect upon their health. But a run at this season is a very different thing. Hurry of any kind is not good in very hot weather; therefore, avoid hurry by doing things in time.

*Avoid disagreeable people.* This is a good rule for all kinds of weather, but it cannot be kept all the year round. Intensely disagreeable people must be met, but a little judicious management may enable us to avoid them in July and August. In these months associate with all the genial, breezy, companionable and otherwise pleasant people you can find. Shun the noble army of the disagreeable until the weather cools.

If possible, *shorten up your work*. Let some things go until the hot season is over. Of course there are many who cannot lessen their work. Those who can should do so. A moderate amount of work is not injurious. In fact it is beneficial. Whatever may be the best way to get through a roasting day, out of all sight the worst way is to lie down and think about nothing but yourself and the heat. Isaac meditated at eventide. No doubt he looked after his flocks and herds during the day. Do a moderate amount of work during the day, and meet Rebekah in the evening. No sensible man should, if he can avoid it, work as hard now as he does in the bracing January days.

Above all things *shorten up sermons*. If forty minutes is the proper time in ordinary weather, thirty is quite enough now. If half an hour is long enough at any time, twenty minutes will do very well in July and August. The question now is, How long should the sermon be when the thermometer is above ninety, and the air is not any too pure, and the people are panting and fanning themselves, and some of them, if not actually asleep, are striking a rather suspicious attitude? The correct answer to this question we think is, it should not be long at all. It should be short.

So should contributions to the newspapers.

### A COOL TIME AHEAD.

Looking around for a cool topic for these hot days, we struck one. It is sufficiently cool to suit anybody. In a lecture recently delivered before the Royal In-