

THE SIN OF FRETTING.

There is one sin which seems to me is everywhere and by everybody underestimated, and quite too much overlooked in valuations of character. It is the sin of fretting. It is as common as air, as speech; so common that unless it rises above its usual monotone, we do not even observe it. Watch any ordinary coming together of people, and see how many minutes it will be before somebody frets—that is, makes more or less complaining statement of something or other, which most probably everyone in the room, or in the car, or the street corner, as it may be, knew before, and which most probably nobody can help. Why say anything about it? It is cold, it is wet, it is dry; somebody has broken an appointment, ill-cooked a meal; stupidity or bad faith somewhere has resulted in discomfort. There are plenty of things to fret about. It is simply astonishing how much annoyance and discomfort may be found in the course of every day's living, even at the simplest, if one only keeps a sharp eye out on that side of things. Even holy writ says we are born to trouble as sparks flying upward, in the blackest of smoke, there is a blue sky above, and the less time they waste on the road the sooner they will reach it. Fretting is all time wasted on the road.

That stout man was made by K. D. C. He was lean, lank, gloomy and dyspeptic. You see him now cheerful, happy, contented and stout. Do you envy him? You can be like him. U e K. D. C.

A SIGNIFICANT FACT.

In many parts of the Indian field the presence and degrading influence of a certain class of whites is a formidable hindrance to the spread of Christianity and the progress of true civilization. Miss Anna L. Dawes, writing about the recent troubles among the Choctaws, gives the following among other significant facts: "The Choctaws have a great reverence for law and a deep sense of honor. It used to be true, even until a few years ago, that a Choctaw condemned to death would be permitted to return to his home and settle up the affairs of his life. On the appointed day he would return of his own accord and give himself up for execution. It may be that here and there a full-blood would still value his honor and reverence the law to that extent, but as one of them has lately said, somewhat bitterly, civilization and white blood have entirely changed this."

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APPOINTED UNDER THE AUTHORITY OF THE

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THE ADVENT NUMBER, ISSUED 15TH NOVEMBER, BEGINS THE EIGHTH VOLUME OF THE TEACHERS' ASSISTANT, a periodical intended to help our Sunday-School Teachers in their work for the Church, and to form a bond of union and a means of communication between those who, though divided by the bounds of parishes, dioceses, and even Ecclesiastical Provinces, are still one, members of the one Holy Catholic Church, and fellow-workers in the one good work of feeding her lambs.

The need for such a Magazine was abundantly demonstrated before its publication was undertaken, and the difficulty of supplying that need was not underestimated. The result, however, has been most satisfactory and encouraging. From every quarter come testimonies to the helpfulness, and indeed to the indispensability of the "TEACHERS' ASSISTANT."

This year it will, we hope, be better than ever.

The Inter-Diocesan Sunday-School Committee (at the suggestion of many Sunday-School workers who feel that the satisfactory teaching of a double lesson within the limits of a Sunday-School Session is a practical impossibility), have this year given us but one set of lessons; and these are a happy combination of Bible and Prayer Book, "The Teachings of the Church's Year."

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