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JEWELS OF THOUGHT.

Great griefs, bitter disappointments, irreparable losses come to us all in turn. These must be borne, and the very magnitude of the calamity helps us to submit to it, but it is not these that wear our lives away. It is the little worries, things trifling in themselves magnified by being dwelt upon and fretted over. Very often it is our over-taxed nerves, worn with unreasonable demands upon them, that are responsible for our irritability and not natural depravity.

Let us make a strong resolve in these autumn days when we are settling down to the home-life again: First, that we will not require of ourselves more than we are able to perform easily and cheerfully, omitting superfluities and contenting ourselves with necessities. Second, that when we find ourselves beginning to worry we will stop short and take ourselves in hand as we would for a physical disorder, discover what the trouble is and apply a remedy. The most effectual is to leave the matter in the hands of that tender Father who pitieth His children and will not lay on us more than we are able to bear, and then resolutely to turn our minds to something else.

We will be surprised when we come back to take up that wretched little worry to find how it has diminished. A single copper cent held close to the eye will shut out the most magnificent landscape; but when we put it far enough away to see it in its true proportion, it is an insignificant atom that can scarcely hide a blade of grass. Many of our worries are matters of the present day; if we can tide over a short time the combination of circumstances that called them into existence will have ceased and they will have dissolved too. Let us try to wait calmly for this natural solution.

True sympathy is putting ourselves in another's place; and we are moved in proportion to the reality of our imagination.

Without self-sacrifice there can be no blessedness, neither on earth nor in heaven. He that loveth his life shall lose it. He that hateth his life in this paltry, selfish, luxurious, hypocritical world, shall keep it to life eternal.

Courage is generosity of the highest order, for the brave are prodigal of the most precious things. Our blood is nearer and dearer to us than our money, and our life than our estate. Women are more taken with courage than with generosity.

What sort of tree is there which will not, if neglected, grow crooked and unfruitful; what but will, if rightly ordered, prove productive and bring its fruit to maturity? What strength of body is there which will not lose its vigour and fall to decay by laziness nice usage and debauchery.

A false mind is in everything just as a cross eye always looks askant. But one may err once nay a hundred times, without being double-minded. There can never be mental duplicity where there is sincerity.



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