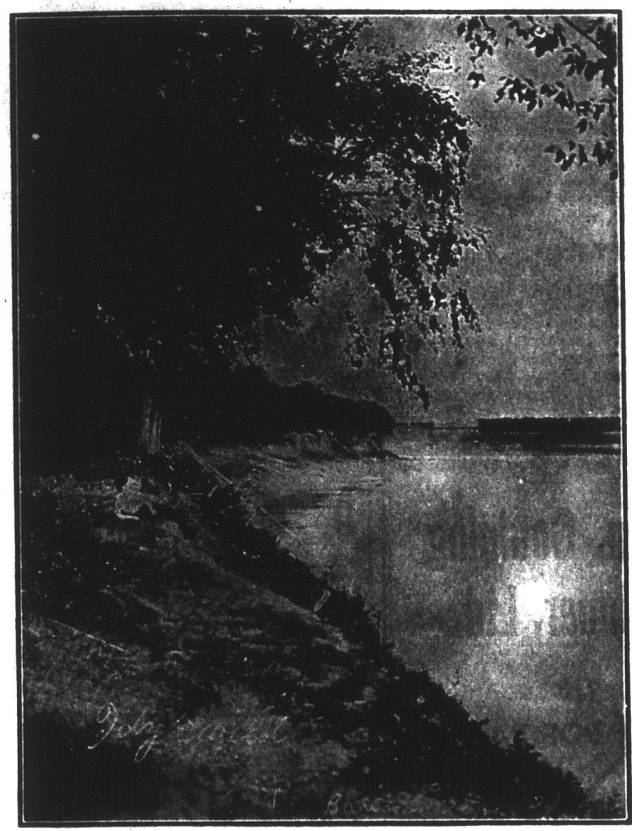


IDYLWYLDE PARK

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The Secret of Happiness.

Some rich men are happy. Some poor men are happy. Some hard-working people are happy. Some people who have abundant leisure are happy.

Happiness is a temperament, and depends very little on external influences. If one has no pain, has food enough to prevent hunger, with clothes and habitation to protect from the elements, he has the essentials of happiness, so far as physical things go. His happiness then depends upon his inner state.

No man can be happy with a guilty conscience.

No one can be happy with a fretful, morbid disposition.

No one can be happy who is filled with forebodings of the future.

No one can be happy who is actuated by jealousy, or envy, or egotism.

A great many people who think they are pious, who make great pretensions of religion, are unhappy because they exaggerate the wickedness of others and pester themselves with the notion that the world is a very bad place.

Bad men are always unhappy—that is to say, bad men who are conscious of badness, who know that their deeds are evil. Such people are always unhappy. The only hope of happiness is to live right, morally, physically and mentally.

A man may have a clear conscience and yet be actuated by a great many mistaken notions, and thus make himself and others very unhappy.

There is a certain kind of piety that is very disagreeable, not only to the possessor, but to all others. True piety, however, is agreeable. It not only makes its possessor happy, but makes him tolerable to others.

Piety attends to its own business. The one who is really pious is not of his own failings, and strives to be himself better, with little or no reference to others. Finding fault with the conduct of other people is

no piety at all. We cannot hold any man to live according to our own notions of right and wrong. To attempt to do this is sure to bring unhappiness.

A man's religion should be judged by the effect upon himself. If a man's religion makes him happy, that is a good recommendation for it. If it makes him unhappy he has no moral right to recommend it to others.

The only real religion is charity and love. Charity does not find fault, but seeks to find good in everything. A person who sets out in this world to find good will find it, and with it he will find a degree of happiness. A person who sets out in this world to find evil will find it, and with it he will find wretchedness and misery for himself.

Happiness is a temperament. Some of the poor make themselves unhappy because they are not rich. Some of the rich make themselves unhappy because they are rich. The man who has work to do makes himself unhappy by imagining that he has too much work. The man who has no work to do makes himself unhappy because he has no work. The secret of happiness is to accept our lot in life and make the best of it.

Every man, of course, should strive to improve his condition, but his strife need not be of a sort as to make him unhappy. Persistently, calmly, and heroically striving to better one's condition will bring happiness. Patience, contentment, charity for others, interest in the world about us, these are the conditions of happiness.

Neither fame nor fortune can bring happiness to a man who is discontented.

A poor man, struggling against adversity, is unhappy, for he is discontented. It may be he is promising himself to be contented should he succeed in getting rich or famous. He may be willing to admit that he is un-

happy now, that he is discontented, but he expects to be happy and contented as soon as he meets with success. The chances are that he will not though. He has formed the habit of discontent, and it will cling to him. If a man cannot be happy and contented in poverty he will not be happy and contented should he get rich.

If circumstances oblige you to associate with people who do things which you conceive to be immoral, to be wicked, to be degrading, do not quarrel, do not preach, do not scold. These people have as good a right to their ways of life as you have to yours. Live your own life. Let your example be your sermon.

Do not discuss matters unless it can be done in the best of humor. Do not assume that you are right and other people are wrong. If you wish to talk such matters over with them, do it fairly, do it courteously. Treat them as if they were your equals. Compare notes with them. Maybe they are not so bad as you think. Maybe you are not so good as you think. Just compare notes with them. The chances are you will learn something for your benefit from the wickedest man, from the most degraded creature in the world.

But even if it should happen that you are all right and they are all wrong, you will be much more likely to do them good if you assume no superiority over them.

Spend no time in regrets. Do not be afraid of the future. Hold fast to the conviction that right will finally triumph. Never lose sight of the fact that the greatest of earthly treasures is a clear conscience and a contented mind.

Pickled Cabbage.—Shave firm white cabbage into a wooden or earthen vessel, sprinkling a handful of salt to each cabbage, and let stand over night. Then drain off the brine, pressing cabbage well and pack in earthen jars, in layers with half a cup of mustard seed, dessertspoonful of celery seed, to each head, sprinkled through. Fill up with cold vinegar, cover closely and keep in a cool dark place.

CANADA'S ADVANCE.

Industrial Accomplishments of Recent Years Cited.

Day after day evidence is accumulating concerning the progress of Canada in all branches of industrial art. While a few years ago manufacturers were content to make articles of poor design and flimsy workmanship they are now doing all they can to turn out a quality which may stand the competition of the world. That they are succeeding goes without saying, for Canadians are progressive and earnest in everything they undertake. Naturally enough Americans are surprised when they find that they can no longer command the purchasing power of the wealthy on this side of the line, and they are beginning to admit that Canadian manufacturers have very little to learn from their cousins to the south. Particularly has this been the case in the manufacture of pianos. High-grade instruments of this country are not so uncommon as they once were. Better material is being put into them, better workmen are laboring on them, and the results are already most satisfactory. Of course it has taken Americans a long time to realize the change, but they are beginning to appreciate it, as the following letter will show. It was written to Messrs. Goulay, Winter, & Leeming, Toronto, by Mr. Arthur Dunham, the eminent concert organist of Chicago, who has been familiar for years with the best pianos of American make. Says he: "At my recent visit to Winnipeg I was greatly impressed with the Goulay piano furnished for the recitals at the Zion Methodist Church. Allow me to add my word of commendation for its beauty of tone which is eminently of singing quality, besides being of fine brilliancy and power. It truly was a great and agreeable surprise to me, and I sincerely congratulate you."