

### The Secret of Happiness.

Happiness is the greatest paradox in nature. It can grow in any soil, live under any conditions. It defies environment. It comes from within; it is the revelation of the depths of the inner life, as light and heat proclaim the sun from which they radiate. Happiness consists not of having, but of being; not of possessing, but of enjoying. It is the warm glow of a heart at peace within itself. A martyr at the stake may have happiness that a king on his throne might envy. Man is the creator of his own happiness; it is the aroma of a life lived in harmony with high ideals. For what a man *has*, he may be dependent on others; what he *is*, rests with him alone. What he obtains in life is but acquisition, what he attains is growth. Happiness is the soul's joy in the possession of the intangible.—*William George Jordan.*

### Physical Sins

Every act of intemperance of whatever sort, every sin against the physical constitution, every wilful neglect of the laws of health and moral life, is injuring the *self* in ways too delicate to estimate, and is dimming the radiance of the soul. Sin writes its terrible retribution on the very nerve and tissue. On this subject we find men among the prophets, who do not always accept every Christian position. Herbert Spencer writes with prophetic earnestness: "Few seem conscious that there is such a thing as physical morality. Men's habitual words and acts imply the idea that they are at liberty to treat their bodies as they please. Disorders entailed by disobedience to Nature's dictates they regard simply as grievances; not as effect of a conduct more or less flagitious. Though the evil consequences inflicted on their dependents, and on future generations, are often as great as those caused by crime, yet they do not think themselves in any degree criminal. It is true that in the case of drunkenness the viciousness of a bodily transgression is recognized; but none appear to infer that if this bodily transgression is vicious, so too is every bodily transgression. The fact is, that all breaches of the laws of health are *physical sins*."—Rev. Hugh Black.

### Curious and Useful.

New regulations are about to be introduced in Russian prisons in regard to the application of the bastinado. Henceforth this terrible punishment will only be applied to persons over thirty-five years of age.

A statistical inquiry undertaken by Dr. Beddoe has brought out the curious fact that in England a brunette has ten chances of being married to nine chances if she is a blonde, and the English women are gradually losing their fairness of skin and hair in darker types, simply because men persist in selecting the darker-haired women for wives. The same thing is happening in Germany, France and Switzerland.

A remarkable find of ancient coins has just been made by a peasant at Udine, in Venetia. While laboring in the fields near the ancient Roman road his pick struck against a solid body, which proved to be an old, roughly fashioned chest, containing a number of small gold coins, weighing altogether 77 pounds. This discovery has aroused much interest, as the coins, many of which belong to the second half of the century after Christ, are of enormous historical as well as actual value. They are, indeed, said to be worth altogether \$200,000.

### Passengers Appreciate the Treatment Accorded Them.

The following letter is but one of a number received by the Grand Trunk Railway from passengers on their trains who have been delayed in consequence of the recent very heavy storms. It points to the fact that the railway company are fulfilling their obligations to the public under very trying conditions, and that the services rendered are thoroughly appreciated by the travelling public:—

Kincardine, Ont., Feb. 8th, 1904.

MR. DULL, Train Master,  
Stratford, Ont.

Dear Sir:—

The passengers arriving at Kincardine by the G.T.R. train on Sunday, at 11.00 a.m., desire hereby to express their grateful thanks to the officials and employees for their uniform kindness manifested during the long delays occasioned by the recent snow blockade. We have had a good opportunity to estimate the magnitude of the difficulties with which they had to contend. In the midst of great obstacles, long hours, little or no rest for days or weeks, they were uniformly kind and considerate and left nothing undone that could minister to the comfort and progress of the passengers under their care. Signed on behalf of the above passengers.

ANDREW MALCOLM, Mayor of Kincardine.  
JOS. PHILP, Methodist Minister.

### How a Snake Moves.

Now any one who has looked at the skeleton of a snake—and it is really a very beautiful object—will have been struck by the great number of ribs, which may be as many as ten hundred and fifty pairs. In these lies the secret of the ability of the serpent to do some of these wonderful things. The lower end of each rib is connected with one of the broad scales that run along the under side of a snake, and when a rib is twisted slowly backward, it pushes on the scale, the edge of the scale catches on the ground or whatever object his snakeship may be resting on, and the body of the snake is pushed just a little bit forward. Of course, each rib moves the body but a mere trifle; but where the ribs are so many, and they are moved after another, the result is that the snake moves slowly but steadily ahead.—From Nature and Science, in April St. Nicholas.

### For To-day

The morning-glory hangs her blossom out  
Fresh every dawn;  
Yesterday's blooms lived out their little hour,  
And then were gone.  
So live to-day, with patient, steadfast will,  
And loyal heart;  
Then shall to-morrow find thee truer still  
To bear thy part.  
And if no to-morrow ever come to thee,  
Rest thou content,  
If but to-day has borne its very best  
Before it went.

—Selected.

### For the Lawyers

In the incident related below, a boy twelve years old conquered a smart and shrewd lawyer fighting for a bad cause.

Walter was the important witness, and one of the lawyers, after cross-questioning him severely, said:

"Your father has been talking to you, and telling you how to testify, hasn't he?"

### FRETFUL CHILDREN.

If children are cross, or fretful, or sleepless, in ninety-nine times out of a hundred the reason can be traced to some little trouble of the stomach or bowels. Remove the cause and the little one will be bright, good-natured, and will sleep soundly and naturally. There is just one always absolutely safe medicine for little ones—Baby's Own Tablets. In homes where this medicine is used there are no sickly, cross, crying children. The Tablets will cure all the minor ills of little ones, and will do it safely and speedily—there is no doubt about this. Give the Tablets a single trial and you will be as enthusiastic about them as other mothers are. As for instance, Mrs. David Duffield, Ponsorby, Ont., says: "Baby's Own Tablets saved my baby's life. They are a wonderful medicine for children and I gladly recommend them to other mothers."

Your children will take this medicine as readily as candy, and it is guaranteed free from harmful drugs. Sold by all druggists or mailed at 25 cents a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

"Yes," said the boy.

"Now," said the lawyer, "just tell us how your father told you to testify."

"Well," said the boy, modestly, "father told me that the lawyers would try and tangle me, but if I would just be careful and tell the truth, I could tell the same thing every time."

The lawyer didn't try to tangle up that boy any more.

It is related of the French senator, Renaud, that when he came from his home in the Pyrenees he engaged a room at a leading hotel and paid a month's rent, 150 francs, in advance. The proprietor asked him if he would have a receipt.

"It is not necessary," replied Renaud, "God has witnessed the payment."

"Do you believe in God?" sneered the host.

"Most assuredly," said the senator.

"Don't you?"

"Not I, monsieur," declared the host.

"Ah!" said Renaud: "in that case please write me a receipt."—Christian Commonwealth.

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