

sit up at night over Carlyle and Emerson too?"

"Oh, they are in the grumbling stage," answered Mildred. "Susie thinks that because she read 'The Lays of the Scottish Cavaliers' last week, with all the explanatory notes, that she might be allowed to read 'The Daisy Chain' and 'Magnum Bonum' in succession. But mother is firm and 'Magnum Bonum' has to wait until she has swallowed Ik Marvel's 'Old Story Tellers,'"

"You skipped over Edwin" suggested quiet Mary Graham.

"Yes, the family plan itself skipped Edwin; he did not take kindly to reading, and we have had to coax him along by stories. He wouldn't even read stories to himself, but he will listen to anything, and dear faithful Jennie is this minute reading Aunt Charlotte's 'Roman History' aloud to him."

"Let's try 'the family plan,' girls," suggested Patty. "I'm willing to sign a pledge not to read two stories 'hand-running.'"

"I'm sure you'll be glad of it," said Mildred earnestly; "and you'll get to like the 'heavy' books, and remember them ever so much the best. For you see real good, high things, are a piece of immortality—they live on and on; the poor things die."

"Well, I haven't much hope of beginning a new system of education at my age," sighed Juliet (she was eighteen last month), "but I am determined that my small sister and brother shall get the benefit of the wise woman's experience. Please, Sister of Tekoa, go home and hunt up the 'Seven Little Sisters' for me."

LEXINGTON, VA.

—In "*Our Young People*"

Getting into debt is getting into a anglesome net.—Franklin.

Accuracy is the twin brother of honesty; inaccuracy, of dishonesty.—C. Simmons.

THE CONTROL OF THOUGHT.

One of the many fascinating portions of a course in biology is the study of the brain. Men have labored and labored again over this delicate structure, discovering much of interest and importance, but always leaving a vast deal in the mystic realm of wonder. They have given long names to processes not visible to the naked eye. They have found that certain fibres carry impressions from the outside world into the brain, and the motor impulses caused thereby are conveyed by other fibres to the muscles; they even know to what part of the brain go the sensations from and the impulses to the head, arms or other members, but there are many mental activities for which the biologist is unable to account, and the psychologist solves the mysteries to the best of his abilities, using whatever truths the chemist, physicist or biologist has been fortunate enough to discover. Many of his theories are very commendable. He tells us that every sensation makes a path in the brain, like impressions causing the pathway to become deeper, and new sensations creating new and different passages. Of course the motor impulses form similar pathways, and this is the reason that a habit once formed is so difficult to break. Every time an action is repeated less friction is offered to the impulse and the path becomes deeper. There is little wonder that new passages are so seldom created and how important that our habits should be of the best kind.

The man who possesses a fine physique has strengthened his muscles with many and varied exercises, and the unimpeded development, the erect carriage, and the symmetry of the body are conditions worthy of admiration. Youthful brains like youthful muscles are pliable and easily impressed. They also need many and different exercises for their correct development, and they should work as fre-