

and they knew their duty. The resolution was passed, a committee appointed to wait on the minister and the meeting adjourned.

Podunk church did not receive its just desserts, for the parson stayed; but the people had learned a needed lesson. When the Society met the next year they had barely a quorum, and voted the salary without dissent.—*N. Y. Observer.*

CONDITIONS OF HEALTH.

Plants and vines growing in a dark cellar will crawl to the crack or keyhole through which a few straggling rays of light come. Is this not proof that there is force in sunlight?

The man who works at night is simply flying in the face of fate. He is shortening his days and injuring his health, and the most of them know it.

The book-keeper, who pours over his books at night, after having done a fair day's work, is inviting nervous and physical debility and mental weakness. While doing this he is also fitting himself for an attack of typhoid, typhus or brain fever, besides rendering himself liable to fatal attack from any epidemic that may happen along.

Counting rooms, as a rule are dark, dingy places, which a direct ray of sunlight can never penetrate. This is a fatal error. Much of the vital energy consumed by accountants and brain-workers may be replaced by vital energy shed on the earth by the sun, and they should be in a position to get as much of it as possible. The dyspepsia, crankiness and ill-nature of those who work by gaslight both day and night is mainly due to lack of sunlight. The human body, like a plant, derives the greater portion of its vitality from the sun. This is absorbed and gives strength to the organs employed in restoring the waste tissues of the body.

Weakly persons, those in declining health, dyspeptics and nervous invalids will find a better tonic in sunshine and curative power in rest than in any medicinal compound ever invented. Sunshine, a generous beefsteak and game diet and restful exercise have cured more cases of consumption than ever did patent medicines or any other kind, for that matter.

Simply walking or driving out in the sunshine will not answer. The waste goes on constantly, so must the processes of restoration. Not only must they equal the destructive processes, but they must exceed them in activity until the body has regained its wonted form and weight, the vital organs resumed a healthy condition and a perfect equilibrium has been established.

When the system is in good condition it will store up sufficient vital energy above what is necessary to maintain proper equilibrium, to meet all reasonable demands for mental or physical activity. In emergencies the reserve stock, or even a portion of the capital, may be required, but these must be promptly restored or the bank will break.

Those who keep their mouths shut when they sleep never snore.

Good air and plenty of it is one of the conditions necessary to secure refreshing sleep. The ears may

get used to the din of hammers, the rumbling of the cars, the shrieks of steam whistles or the rasping roar of escaping steam, but the system can never be inured to vitiated air.

Knowledge must be made vital in the heart before it can blossom into conduct, and the continual passing of right feeling into right action alone can form a worthy character.

Devotion is only another way of writing devotedness; and the best exhibition of devotedness, and therefore, of devotion, is a devoted life. Can there be "devotion" without devotedness? Oh yes! just as there can be "illustrations" which do not illustrate, and "teachers" who do not teach.

The bad men in society are always ready for rebellion. The bad element in politics is always treasonable in its nature. When treason raises its bloody hand, every good man and true is in honor bound to enlist for the war in defence of virtue, integrity and allegiance to the best interests of mankind.

Only he who puts on the garment of humility finds how worthily it clothes his life. Only he who dedicates himself to the spiritual service of his brethren, simply because his Master tells him they are worthy of it, comes to know how rich those natures of his brethren are, how richly they are worth the total giving of himself to them.

That man has learned a great lesson who has learned to accept himself as he is given to himself. We may build a thousand airy castles as to what we would do if we had the genius of a Milton or of a Newton; but nothing will ever come of such airy castle-building. The real question that should interest us is, What work can we best do, without the genius of Milton or Newton, but with ourselves as we are. When we answer that question, we stand at the threshold of the door that leads to the highest success of which we are capable.

The truest measure of a man's real self is the ideal which that man has before him, to reach out after and to strive for. A man is to be estimated by the standard which he recognizes as really worthy of his aspirations and endeavors. What he would like to be, proves, in a sense, what at heart he is. To say that a man does not come up to his ideal, is to say that his ideal is always higher than the plane of his present living; but so long as a man has a lofty ideal to look up to, he has in himself the elements of nobleness which are represented in that ideal. What a man is striving to be, is more truly himself than what he seems to be.

We know well what is implied by a reserve fund of money or of time over the actual needs of our daily life, how it can be applied to a hundred objects of comfort and pleasure to families, or of welfare to the community. But it rarely occurs to us that the same thing applies in even a more effective and permanent manner to our vital powers. To have a surplus of strength is at once to have many opportunities put into our hands; and he who, by a systematic self-care, maintains this surplus is in just that proportion prepared to be helpful and valuable to society.