Pouth's Record.

In youth we make our age. Our final years sit in judgment on the past.

Live not for selfish aims. Live to shed joy on others. Thus best shall your own happiness be secured; for no joy is ever given freely forth that does not have quick echo in the giver's own heart. -Henry Ward Beecher.

Christ wants every year of our life-not only the grown-up years. but the young years, that He may make them sweeter, happier, and more useful. Are we giving them to Him?

"Lord Jesus, take care of my temper, whether I remain in the home or go out into the world this day. Keep my feet when I am tempted to walk on a forbidden path. Give me strength when I am about to shirk my duty."

In choosing our companions, we often choose our destiny for good or evil. "He that walketh with wise men shall be wise ; but a companion of fools shall be destroyed," said the sacred writer, ages ago; and it is just as true, to-day as it was then.

The Sabbath was born among the mountains, and somehow still belongs to the country. A country Sabbath is the divinest expression of God. Nature always appears at her best in her Sunday clothes. The very birds seem to know when Sabbath come. They have their hymn tunes, their collection of spiritual songs, which are heard at no other time.-Presbyterian Journal.

Contentment does not depend on what we have but on what we are. He who realizes that the bounds of his earthly lot are ordered of God in love is glad to be contented with what God has given him. He who does not, would not be contented if he has thousandfold what he has. Contentment gives thankfulness within one's bound. Contentment can never be attained outside of one's divinely ordered lot.

A YOUNG MAN'S MISTAKE.

"Knowledge is power." A young man disliked mathematics so much that he left school early to go into business. Ten years later, a subordinate in a large steel works, he saw man after man promoted over his head because they were highly educated, and thus able to do work which he could not attempt. He resolved to study at home, and in time, being a hard worker, made up his deficiency; but he is still far behind the men of his own age who took the early education that he refused. He had made a costly mistake.

FARMING VS. CLERKING.

The young man at home often thinks the farm dull and slow, and envies his companion who has gone to the city. Here is what a Western paper says about the two lives :-- " The one class are making practical farmers of themselves; they are leading independent, healthful lives. Their comrades have gone, as clerks, into the railroad offices or stores of the city; are earning but little more than the bare cost of living; are accounted most fortunate if in two years they get a week's vacation in which to spend all their earnings, and are frightened at the unexpected approach of their employer at all times.

"In fifteen years they will be worn-out old men mechanical contrivances for doing a certain stipulated task-barely living within their modest income, and in continual fear lest their place shall be filled with a younger man. And the young men on the farm will be land-owners, with an assured living, a 'sound mind in a sound body'-prosperous and happy, of use to themselves, their families, and the communities in which they live."

CIGARETTES.

Mr. George Baumhoff, superintendent of the Lindell Electric Railway, of St. Louis, says about their use :

"Under no circumstances will I hire a man who smokes cigarettes. He is as dangerous in the front end of a motor as a man that drinks; in fact, he is more dangerous; his nerves are bound to give way at a critical moment. A motorman needs all his nerve all the time, and a cigarette smoker can't stand the strain. It is a pretty tough job for men in good condition, and even they sometimes get flurried. If I find a car beginning to run badly and getting irregular for any time, I immediately begin to investigate the man to find out if he smokes cigarettes. Nine times out of ten he does, and then he goes for good."-Sel.

THE RIGHT KIND OF PEOPLE.

Some people are gifted with the power of doing the right thing in the right way and at the right time. They are kind, gentle, sympathetic and responsive. They think of others. They anticipate danger and point it out. They are on the lookout for service, and ready to perform it. They make it easier for those about them to be good and to do good. They hesitate not to lend a helping hand at every opportunity. They speak the encouraging word. They straighten out the tangles that perplex and annoy companions. They smooth rough places. They go out of their way to relieve distress or to supply a need. In their presence the day passes pleasantly. Welcome and blessed are life's helpers.