

## AMERICAN HUMOUR

ments. You are breaking the Sabbath, and you are swearing dreadfully."

With innate politeness, the mule driver lifted his hat, and said, "Miss, do you call that swearing? Why you ought to hear Bill Sykes exhort the impenitent mule."

I believe that it is not Solomon who says that "a little nonsense now and then is relished by the wisest men," but the saying is given on good authority, nevertheless. As a rule it is safe to distrust the man who never laughs, who wishes to exchange the sunlight that covers the earth with its flood of glory for the melancholy shades of night. Darkness comes sure and soon, but no law prohibits the enjoyment of the sunshine while it is day. Sorrows beset our paths, annoyances fret our spirits. The cares of earth invite us to bow down and be troubled, but God's blessings are greater than all, and ever invite us to be grateful and of a cheerful mind. Let us laugh rather than cry whenever we can freely make our choice. "A merry heart maketh the face to shine, and contentment is the true riches." The hunger of ambition, the thirst for wealth, the spirit of envy, the desire for revenge, all torture the mind, and leave it clouded, enfeebled, and borne down to earth by the weight of grovelling impulses. The fierce passions are our enemies, but cheerfulness is a physician and a friend. Innocent mirth is commendable. Don't look upon it with suspicion. "A merry heart doeth good like a medicine, but a broken spirit drieth the bones." Cultivate cheerfulness more assiduously than you labour for gold, and remember that he whose cheerfulness is the fruit of the Christian's hope, is rich indeed.