

is at least 300 years older than the most ancient of other sacred writings.

The Eddas, a semi-sacred work of the Scandinavians, was given to the world in the fourteenth century.

SPEECH.

Talk happiness. The world is sad enough  
Without your woes. No path is wholly rough ;  
Look for the places that are smooth and clear  
And speak of those to rest the weary ear  
Of earth, so hurt by one continuous strain  
Of human discontent and grief and pain.

Talk faith. The world is better off without  
Your uttered ignorance and morbid doubt.  
If you have faith in God, or man, or self,  
Say so ; if not, push back upon the shelf  
Of silence, all your thoughts till faith shall come ;  
No one will grieve because your lips are dumb.

Talk health. The dreary, never-changing tale  
Of mortal maladies is worn and stale.  
You cannot charm, or interest, or please  
By harping on that minor chord, disease.  
Say you are well, or all is well with you,  
And God shall hear your words and make them true.

ELLA WHEELER, in *The Young Women's Gazette*.

A HEROIC SHEPHERD.—An incident of the recent blizzard on the ranges of Montana is told by a journal of Helena. It appears that a large sheep owner, near Healy, Butte, employed a man of considerable experience as his shepherd. He was out with the sheep in the "coulee" when the storm came on. He did his utmost to get them into the camp, but they were too widely scattered, and he was unable to get them together. Evidently knowing the danger of trying to save them, he went into his tent and wrote a brief note which he left behind him, saying that he was just about to start up the "coulee" after the sheep, although he was almost exhausted. His body was found the next day stretched on the snow. He had followed them a long distance but had perished in trying to bring them into camp.