

### For Those Who Worry.

The cheerful live longest in years, and afterwards to our regards.—[Hoven.

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Why can you not take your ease and be merry now? If you wait until you conquer all your difficulties, the time for merriment will never come. Laugh, and be glad now, and the troubles which loom so threateningly in the distance will vanish, as you approach them, like soap bubbles.

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"If all cannot live on the piazza, every one may feel the sun," says an Indian proverb. Life is full of sunshine for all who wish to absorb it, and full of gloom for those who take a morbid pleasure in dwelling in the shadows. Difficulties, and, if bravely met, make strong men and women, but anticipating and worrying about them make pretty, weak ones.

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Chiese, the philosopher and favorite minister of King Pychus, asked the latter what he would do when he had conquered Italy. "I shall conquer Sicily," was the reply. "And after Sicily?" queried Chiese. "Then, Africa." "And after you have conquered the world?" "I shall take my ease and be merry." "Then," said the philosopher, "why can you not take your ease and be merry now?"

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We are as great or as small as our own be buried under an avalanche of trifles, we have none but ourselves to blame. Drink the wine of life, not its lees. If you must indulge in fancies, weave them in bright colors rather than in the sadder hues of night. "I find the gayest castles in the air that were ever piled," says Emerson, "far better, for comfort and for use, than the dungeons in the air that are daily dug and covered out by grumbling, discontented people."

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A hungry man who would refuse to eat

a good dinner set before him to-day, because he feared his wants might not be satisfied to-morrow, would be regarded as a fool or a madman. But, is he any more senseless than the man who darkens the sunshine of the present by worrying over the difficulties that may arise in the future? Which is wiser, the woman who profits herself with the light, airy gown she needs for the coming summer, or the one who spoils her comfort and happiness by putting away the money for some possible but not a contingency?

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"A GRY, serious spirit is the enemy of all that is noble and good," said Schiller. "Whatever is accomplished of the greatest and the noblest sort flows from such a disposition. Petty, gloomy souls that only mourn the past and dread the future are not capable of seeing on the broad expanse of life." If people would look at worry in all its naked hideousness, as the mutilation of a small, narrow nature, incapable of entertaining large views, and feeling greatly, they would be ashamed to be counted among its victims. But the morose worrier prides himself on his "fore-sight" on his prudence in taking thought for the morrow. The mother who is afraid to let her children go out to play, lest they fall and hurt themselves, or soil their clothes, and worries from morning till night over the petty cares of the day, thanks her stars that she is not careless like other women.—[Success.

According to Governor Brady's report for 1901:

Alaska has an area of 360,520,000 acres which cost nearly 2 cents a acre.

The Government missions, and native own 4,112 rounder.

The population is 63,392.

There are 37 settlements with fewer than 200 inhabitants, 11 having between 200 and 500, 6 having between 500 and 1000, while Sitka has 1,396, Juneau 1,364, Stagesy, 3,117, and Nome, 12,466.

Alaska has 6 daily, 13 weekly, 1 bi-monthly, 2 monthly papers.