

Keep a Grip on Yourself

To lose self control is to lose the key to any situation. No person who cannot hold himself in hand can expect to hold others. It has been well said that, in any discussion or disagreement with another, if you are in the wrong you cannot afford to lose your temper, and if you are in the right there is no occasion to. Or, as a lawyer has wittily put it: "Possession is nine points of the law; self-possession is ten." The easiest way to acquire self-possession is to practice thorough relaxation of mind and body. Don't keep keyed up all the time, but give your nerves a rest occasionally. It isn't keeping a grip on yourself that counts so much, after all, as letting go of yourself.—Ex.

Securing Umatillas For Huntington

Pendleton, Dec. 30.—Antonio Apache, a member of the Apache tribe of Indians, is in Pendleton for the purpose of securing a few representatives from the Umatilla tribe of Indians for H. E. Huntington, with whom he is associated in securing a few Indians from each tribe in the country for the establishment of a settlement near Los Angeles, in an effort to provide attractions for the thousands of tourists that are pouring into California.

Huntington controls the street-car system of Los Angeles. Apache who is highly educated and a graduate of Oxford, goes among all the tribes, and is meeting with success. Most of the Indians will be from southwestern tribes, though a number will be from the northwestern tribes. More than \$11,000 has been spent by this company in improving grounds and erecting fences on the land to be used in this settlement. The tract is 20 minutes' ride out of Los Angeles.—Journal.

Have Courage to Say No

You're starting today on life's journey
Alone on the highway of life;
You'll meet with a thousand temptations,
Each city with evil is rife.
The world is a stage of excitement,
There's danger wherever you go;
But if you are tempted in weakness,
Have courage, my boy, to say No!

The syren's sweet song may allure you;
Beware of her cunning and art;
Whenever you see her approaching,
Be guarded and haste to depart,
The billiard saloons are inviting,
Decked out in their tinsel and show;
You may be invited to enter;
Have courage, my boy, to say No!

The bright ruby wine may be offered;
No matter how tempting it be,
From poison that stings like an adder,
My boy, have courage to flee,
The gambling halls are before you,
Their lights—how they dance to and fro!
If you should be tempted to enter;
Think twice—even thrice—e'er you go.

In courage alone lies your safety.
When on the long journey begin,
And trust in a Heavenly Father
Will keep you unspotted from sin.
Temptations will go on increasing,
As stream from a rivulet flow,
But if you are true to your manhood,
Have courage, my boy, to say No!
—Anomosa Press.

Another year has passed never to return. What we have done or neglected to do is also past. We cannot retrieve the moments or opportunities; they are gone forever. It is no use to worry: if it is any use we feel as though we could be useful. What we have to deal with is the "now." To improve every moment as it comes to us is our duty. With a firm resolution to do our duty, we say, Happy New Year.—Ex.