According to the irregularity of our nerves, so are our irregular moods. If all is right, we are happy and cheery and sunshiny. But let the batteries blunder, or currents cross, or the wires become entangled, and we are irritable, sulky, ill-tempered or angry, as the case may be. In some of our distressful moods we pout, and sulk, and misinterpret and misunderstand. We take offense where no offense is intended, and we impute to others motives which are never conceived by them. At times when the moods are out of sort. we think the whole world is persecuting us, and we, the afflicted objects of persecution, are above all other human creatures singled out for martyrdom. That this gives us hateful and unpleasant feelings toward our fellow-men is not to be denied. How can we help it?

or batteries confused.

If it were necessary for us continually to abide in such a state of sin and misery as this, our lot would be hard indeed. But for the most of us it is as unnecessary as it is for a home to be perpetually distracted by a lot of howling and ill-mannered children. Some families allow their little boys and girls to be in a constant wrangle; to tell tales on each other, and to whine for what they want. Others give the youngsters to understand that they must behave themselves decently, or else go without what they would like to have. So with the nerves. There is no more use in letting our nerves get the better of us so that we have to tell people we are moody, and odd, and queer and cranky, any more than there is of letting our children turn home into a howling desolation. There are circumstances under which most of us can without insuperable difficulty, rise' from the moodiness which is brought about by letting the nerves have their own way. Mental and physical diet has much to do with it. Brooding over real sorrows and imaginary miseries will make the best of us moody and wretched. Nursing grief and affronts. and telling the sad story of our woes, has as depressing an effect as narcotic drugs. Sleeping in unventilated rooms often produces chronic wretchedness, even if these rooms be furnished with the appliances of wealth and refinement. Association with grim persons is depressing and dispiriting. Eating greasy or indigestible food at a table surrounded with grumblers is enough to upset our whole nerve-system and throw us into dark blue hor-

"Good health," mental, spiritual and bodily, is worth working for. It easts out the malaria of moodiness and .fts us into the sunlight of joy. Good health is more easily attained than most folks suppose. -- Cor. Christian at Work.

---Too Doocid Vulgah.

Noodletop-I haven't seen Puffy in your company lately, Kanob; what's become of him?

Kanob-Ah, we-ah -don's twain to-

gether now. N .- What is the matter? Have you

quarrelled?

K.-No. I-aw-was obliged to cut the fellah, you knaw; he was too doocid vulgah.

N. Indeed? K .- Yas, I accompanied him to his tailors's where he was to be measured for a paih of twrousers, and he asked to be measured for pawnts, yaas, actually asked to be measured for pawnts - Boston Courier.

-It is said the boys in Scotland are not in the habit of using profane words. When a gang of Scottish boys in one of Mr. Black's novels suspended one of their number over a stream with the threat that he would be dropped therein if he did not "say a swear," the worst thing he could think of was "Deevil." But that was considered so bad that he was promptly released.

-A German statistician figures up that England has caused the death of 50,000,000 people and has wrought \$10 .-000,000,000 worth of destruction.

RELIGIOUS AND EDUCATIONAL

-Daniel Hand, of Guilford, Conn., gave \$1,000,000 to the American Missionary Association, the interest to be used for the education of negroes in the

-The Jupanese Gazette says that "Bud ihism can not long hold its ground, and Christianity must finally prevail throughout all Japan. Japanese Buddhism and western science can not stand together. They are inconsistent the one with the other.

-It is a peculiarity of sin that it makes the sinner insensible to its evils. As a surgeon administers chloroform to his patient and then amputates a limb,

time draw people to listen to his fancies. But the preacher who draws his one who draws souls to the Saviour and salvation. It resolves itself into the question: What is the preacher after, crowds or converts, fame or faith, reputation or regeneration?—Standard.

—No man is kept from study by lack of time; yet no excuse for a failure to study is more common than that of lack of time. A man who studies all the

of time. A man who studies all the time he can study, often wants more pathway of sorrow. time than there is; and if there were more time, he would use it. But the man who refuses to study because he has no time, would not study if he had nothing to do but to study. -S. S.

What the Bible will be to one's soul depends on the attitude of his soul toward the Book divine. If he believes it to be the Word of God, and devoutly reads and studies it as such, it will be to him the Book of books. If, on the other hand, he is a caviler or a skeptic, he will not be charmed with the Bible, and will hardly read it at all. There is a vast difference between these two attitudes of the mind and heart. -N. Y. Independent.

-Success in the Christian life re quires absolute promptness. Promptness in performing any religious duty makes it easy; while delay makes it a cross, and the longer the delay the heavier the cross. Promptness is also a remedy for idleness, and idleness is one of the Christians' most dangerous Addr foes. In no place is promptness more needed than in resisting temptation, for unless we firmly withstand the tempter at the very outset, we are almost certain of defeat.

WIT AND WISDOM.

No human being can come into this world without increasing or diminishing the sum total of human happiness.

Good sense should be the test of all rule, whether ancient or modern; whatever is incompatible with good sense is

that they should not be passed idly.

-Ordinary work will be well done only when conscience is put into it. A high regard for the moral sense is not equivalent of genius, but it comes pretty near it.



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Though the speaker be a fool let the hearer be

A REMARKABLE PAPER.

his patient and then amputates a limb, so Satan deadens the sinner and takes away the best part of his manhood, and the sinner knows it not.—United Presbyterian.

—The popular preacher who draws his sermons from fiction may for a his sermons from fiction may for a limb of the sinner knows it not.—United Presbyterian.

—The popular preacher who draws his sermons from fiction may for a limb of the sinner knows and the sinner knows it not.—United Presbyterian.

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It is always bad for the truth when a lia speaks it.—N. O. Picayune.

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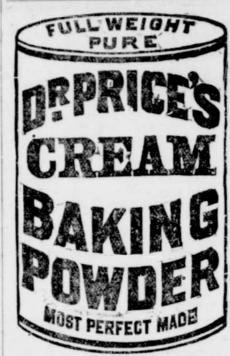
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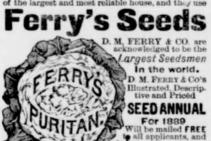
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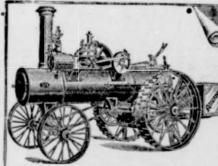
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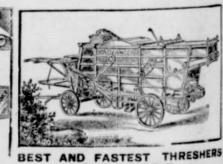
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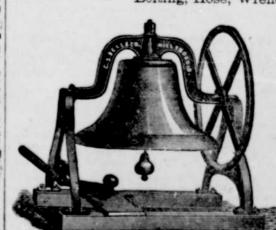
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