

BAD HUMOR.

Ill humor is a vice so common that its victims are seldom ashamed and those who witness its exhibitions are not greatly shocked. Little children get out of humor with the slightest provocation. The loss of a marble, a harsh word from a companion, a slight discipline for misconduct is enough to put them in a bad humor for hours together. Children fall into this evil way partly because their parents have set them the example; and it may be that if their parents had sufficient self-control, were always serene, gentle and cheerful in word and deed, their children would learn in early life that bad humor is the result of bad breeding and would overcome the bad habit. How beautiful are patience, forbearance, and peace in the home. Cheerfulness, sweetness, and even temper, like the fragrance of a rose garden in June, charm the senses and cheer the hearts of all those who come near.

A bad humor makes one unhappy. It holds the eyes waking through the long watches of the night when deep sleep should fall on man. It is a painful ailment which makes rest impossible. It is an ugly discord which spoils the music of the day. It puts a man out of harmony with nature, with himself, and with God, and constrains him to cry out, "Why art thou cast down, O my soul, and why art thou disquieted within me?"

It makes a man disagreeable to his neighbor. Did you ever call on a neighbor or friend to spend an hour in social conversation and find him in a bad humor? What an awkward situation. No sooner did you cross the threshold of his house than you began to feel uncomfortable. The atmosphere was bad, almost stifling. It was a positive relief to get out into the open air. It were better to be alone than in the company of one who has a frown.

Bad humor mars the countenance. The human face is a marvelous creation. In some mysterious way it gives expression to every thought and feeling in the breast. The face of a child is usually beautiful and sweet, forcibly expressing the sweet innocence of the spirit within; but when the child is in a bad humor it is different. The face is overcast by a scowl. The beauty and sweetness have vanished. Psychologists tell us that when the bad humor is frequently repeated and continues long the scowl becomes fixed. A beautiful face may become horrible. Have you not seen a beautiful face and wondered what was the secret? It was not regularity and symmetry of features, nor the complexion of the skin nor the color of the eyes, but the spirit of righteousness, peace and joy beaming as the morning from every feature.

An ill humor may be the cause of bad health. It acts like a fever. The patient may have a headache and may toss upon his bed not able to make out what it is that makes him restless. He is really ill. Many a man has been put to bed by a spasm of ill humor. Doubtless some invalids who have given up work altogether owe their bad health to bad humor. Sudden outbursts of violent temper are often attended with serious danger. An even temper and a mind at peace are favor-

able to long life. A bad humor makes good work almost impossible. No man can write a good letter while he is in an ill humor. The venom of the evil spirit will in some mysterious way drip from the point of the pen to be sealed up in the communication and carried by the mails a thousand miles, and the reader will feel as he traces the lines that something is not just right; he can not make out just what it is. It is the odor of an evil spirit. Better not write while in a bad humor. What kind of a sermon would a peevish preacher write? Could any one preach a sermon with a grudge in his heart? The word of the Lord can not have free course and be glorified unless it comes from a clean heart and a mind at peace. Did ever poet feel the kindling of poetic fire while an ill humor rankled in his blood?

Even in secular pursuits the cheerful, brotherly spirit is an important factor. The proprietor of a large manufacturing establishment, the employer of a thousand men, can not afford to ignore the amenities of social life altogether. To be polite and courteous is as important in the business world as in the social world or in the home. A wise man of our own day says: "Fine behaviour and considerate speech in master and men are infinitely more effective for all purposes of advantage and peace than explosions of vulgar wrath on the one hand or hostile habit on the other." "Bring in also the psalter, and show that the poetry and music of humanity have a place even there, and that they can convert stern duty into delight, and make the inexorable conditions of life a discipline of what in our nature is noblest and best."

An ill humor seems a small matter but it may be the cause of unspeakable calamity. Alienations, separations, divorces, wrecked homes, and foul murders have been produced by this common infirmity. A few years ago a prosperous and prominent business man, in a sudden fit of anger, struck a blow which knocked his neighbor down. He was sorry enough the moment after. He might have killed him and thought for a moment he had. In that case nothing could save him from the shame and penalty of a murderer. He did not intend to kill. It was a flash of bad humor. Another case, quite similar, did not end so fortunately. A learned college professor, in a towering rage, suddenly dealt his neighbor a blow which did kill, for which the professor was tried, convicted, and executed on the scaffold as a miserable murderer. Such bitter fruits may grow from this bad seed. No one is safe with a bad humor festering in his blood.

There is a remedy. Severe discipline may develop self-control. Philosophy may overcome a hot temper. But the best remedy, the sure remedy, is grace. Let no one afflicted with this malady neglect any means of escape, but whatever else he may do, let him never forget that grace is sufficient.—Lucien Clark.

WORDS OF WISDOM TO THE YOUNG.

Keep good company or none. Never be idle. You may tempt the devil to tempt you.

Never be triflingly engaged. If your hands

cannot be successfully employed attend to the cultivation of your mind.

Always speak the truth. Make few promises, but keep the few you make.

Live up to your engagements.

Keep your own secrets, if you have any.

When you speak to a person look him in the face. Don't do all the talking. He may have something to say.

Good company and good conversation are the very sinews of virtue.

Good character is above all things else. Your character can not be essentially injured except by your own conduct. If any one speaks evil of you, let your life be so that no one will believe him.

Don't be a sponger. Pay your own way.

Drink no kind of intoxicating liquor.

Smoke no cigarettes nor use tobacco in any form.

Never play at any game of chance.

Make no haste to get rich, if you would prosper. Live within your income. Small and steady gains give competency with tranquility of mind.

Avoid all temptation to evil through fear you won't be able to withstand it.

Earn money before you spend it. Never borrow if you can possibly avoid it. Never run in debt unless you can see your way out.

Do not marry unless you are able to support a wife.

Never speak evil of any one.

Be just before you are generous.

Keep yourself innocent if you would be happy.

When you retire to bed think over what you have done during the day.—Free Methodist.

JOY UNSPEAKABLE AND FULL OF GLORY.

It was Billy Bray's excellence and glory that he always represented the bright side of religion to his fellows; to him indeed it had no other. * * * Billy did this all his life long. He tells us, soon after his conversion: I was very happy in my work, and I could leap and dance for joy. My comrades used to tell me that was no religion—dancing, shouting and making so much ado; but I was born in the fire and could not live in the smoke. The devil would rather see us doubting than hear us shouting.

I can't help praising the Lord. As I go along the street I lift up one foot, and it seems to say, "Glory!" And I lift up the other, and it seems to say "Amen." Calling at a friend's house at a time when he had two or three visitors, Billy received a hearty welcome to remain and dine with them. He soon began to praise the Lord. He was asked if it was not possible for a man to get in the habit of praising the Lord without knowing what he was saying. He very coolly said that he did not think the Lord was not troubled with that class of person. One said to him, "Then you are a singer, Billy." Oh, yes, I sing. I can't sing so sweetly as some; but my Father likes to hear me sing as well as those who sing better than I can. My Father likes to hear the crow as well as the nightingale, for he made them both."

—Extracts From the King's Highway.

"It is good to talk to God, but sometimes we need to keep still, and let God talk to us."