HOW TO KILL THE BLUES.

Generally speaking, if you are troubled with 'the blues,' and cannot tell why, you may be sure it springs from physical weakness.

Instead of lying on the sofa ard counting painful ideas, if you are a despairing lover, a hypochondriac or a yaletudinarian, you should be up and stirring yourself. The blood of a melancholy man is thick and slow, creeping sluggishly through the veins, like muddy waters in a canal; the blood of the merry, chirping philosopher is clear and quick, brisk as a newly broached champagne.

Try, therefore, to set your blood in motion. Try rather what a smart walk will do for you; set your pegs in motion on rough rocky ground, or hurry them up a steep craggy hill; build stone wall, swing an axe over a pile of hickory or rock maple; turn a grindstone; dig ditches; in short, do anything that will start the perspiration, and you will soon cease to have your brains lined with black, as Burton expresses it, or to raise in the morning, as Cowper did, 'like an infernal frog out of Acheron, crowned with the ooze and mud of meloncholy.'

Don't Undervalue the Boy.

Too many men make their boys feel that they are of little or no account while they are boys. Lay a responsibility on a boy, and he will meet it in a manful spirit. On no account ignore their disposition to investigate. Help them to understand things. Encourage them to know what they are about, We are to apt to treat a boy's seeking after knowledge, as mereidle curiosity. "Don't ask questions," is poor advice to boys. If you do not explain puzzling things to them, you oblige them to make many experiments before they find out, and though experimental knowledge is best, in one sense, in another it is not, for that which can be explained clearly, does not need experimenting with. If the principle myolved is understood, there is no future trouble, and the boy can go ahead intelligently.

Do not wait for the boy to grow up before you begin to treat him as an equal. A proper amount of confidence and words of encouragement and ad vice, and giving him to understand that you trust him in many ways, helps to make a man of him long before he is a man in either stature or years .- American Agriculturist for February.

Sweet-Minded Women.

minded woman on those around her it is almost boundless. It is to her that friends come in seasons of sorrow and sickness for health and comfort. One soothing touch of her kindly hand works wonders in the feverish child; a few words let fall from her lips in the ear of a sorrow-stricken sister do much to raise the load of grief, that is blowing its victim down to the dust in anguish. The husband comes home worn out with the pressure of business and feeling irritable with the world in general; but when he enters the cosy sitting-room and sees the blaze of the bright fire, and meets his wife's smiling face, he succumbs in a moment to the soothing influences which act as the balm of Gilead to his wounded spirits, that are wounded with the stern realities of life. The rough school boy flies into a rage from the taunts of his companions to find solace in his mother's smile; the little one, full of grief with her large trouble, finds a haven of rest on the mother's breast; and so one might go on with instance after instance of the influence that a sweetminded woman has in the social life with which she is connected. Beauty is an insignificant power when compared to hers.

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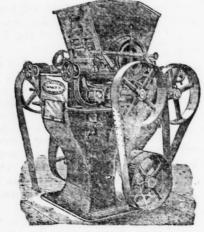
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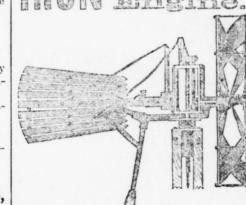


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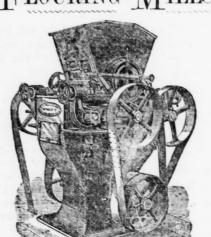
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