
diet Hours the Proper Time for
tellectual Labor.




 erties ot tobacco smoke is the thit
ful antiseptic formaldehyde.

## 

## 

| Worth While. |
| :--- |
| God coming to man meana man |
| becoming like God. |
| No protecting deities are wanted |
| if there is prudence. |
| Silence is golden to those who |
| are paid to keep quiet. |
| Saying well causes a laugh: do- |
| ing well causes silence. |
| Yon can waste a good deal of |
| time telling how reliable you are. |
| The secret of content is to think |
| of the smallness of any man's de- |
| sert. |
| He that does good shall find |
| good; he that does evil shall find |
| evil, |
| If gray hairs were a sign of |
| wisdom fewer men would have |
| them. |

Qualities of Character.
If you are uncharitable, in-
tolerant, if you lack generosity, cordiality, if you are narrow
and bigoted, nnsympathetic and bigoted, nnsympathetic
small, and mean, you canno
expect that generous, large expect that generous, large
hearted, noble characters will flock around you. If you ex-
pect to make friends with large must cultivate large-hearted. ness, generosity, charity, and many people have so few friends
is that they have so little to givo, and they expect so much
A happy temperament, a desire to scatter joy and gladness, t be helpful to everybody, ar
wonderful aids to friendship People who are moody and in clined to be blue do not make
many friends because these are qualities which repel rather than attract how quickly frienas wiil flock about you just as soon as you
begin to cultivate and lovable qualities. Justice and truth are ab est friendship, and we respect a friend all the more because he hurts us and mortifies us most. We cannot help respecting
justice and truth because we
are built on their lines; they are a part of our very nature
The friendship which shrinks from telling the truth, which cannot bear to pain one when
justice demands it, does not command as high a quality of
admiration as the friendship which is absolutely ojust and truthful.
There is something inherent
in human nature which us despise the hypocrite. We may overlook a weakness in a
friend, which makes it hard for him to be absolutely truthful,
but if we ever detect him trying but if we ever detect him trying
to deceive us, we never have quite the same confidence in him again, and confidence is the
very basis of the highest friend The friendships that last res more upon a solid respect,
admiratoin, and great con ate love. Where the love is so
great that it defeats justice and truth, friends are more likely
to fall out. The strongest, the
most lasting, devoted friend ships are those which are based艮
Vegetables or Meat?
"Do vegetables feed the brain
sufticiently?" is a question often
asked.
To this many a brainworker
will reply, "No." So with them
it is a question of brains versus
beauty. Would you rather be
beautiful with little brains, or
brainy and ugly? That is
something for each individual
to settle alone. Ruskin tried
vegetarianism tor three years,
and finaily gave it up, directing
that all work during that time
be destroyed. Gladstone tried
it three days and gave it up.
Bismarck wanted to try it, but
never did. King
thinks it good, but not for him-
self. Many of our statesmen
have followed it for a while,
but a few bave stuck to it
But from many a pretty girl's
standpoint, it clears the com.
plexion and does a great many
other things. It is a good diet
if followed reasonably.-Ex.

## Foundation of Manner



There must be no selfishness a
home if one does not want th boy or girl to grow up selfish. The a good heart of course, and a kind-
ly feeling toward every one. Without this they are but artificial; and
will not stand the feting of the world and all its op

posing forces.-Ex. | feti |
| :--- |
| posi |





After being injured by a bull of
savage temper, a farmer was under a savage temper, a farmer was under a
doctor's care for a considerable time,
and thereby incurred a heavy bill for medical attendance
When he was almost well one of
his old friends who had called upon
his him said he congratulated him on
looking so well after such a long illness.
"Looking well!" echoed the farm-
er. I should be looking well.
There's been nearly $\$ 100$ spent in
repairs on me lately, and I'm not There s
repairs
finished

## STATECRAFT.

"Tell the press censor to exercise
more than ordinary vigilance over more than ordinary vigiance over
all the publications that come into all the publications that
the palace," said the czar.
"For any special reas

## maje "Y warn

Tes. The fortune teller has
warned me that I am liable to hear


