

shallowness of mind and egotism also:

Reader, if you eat pork and graham bread, drink coffee, and rise at seven A. M., if you do all this because it agrees with you, and you enjoy good health thereby, then, in the name of common sense, don't be goose enough to live upon pie-crust and onions, to eat one-half as much as formerly, to banish fruit from your diet, and to rise two hours earlier, simply because Dio Lewis or Dr. Hall tells you to.

M.

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### JEALOUSY.

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A jealous feeling is one of the worst of enemies to a man's peace of mind. It perturbs his thoughts, belittles him in his own estimation, shakes his confidence in his own abilities, and leads him to distrust others. If this flame of jealousy be fostered and kept burning within the mind, it will gradually increase until it gives way to envy; with envy comes hatred of the object which occasions the envious feeling; and jealousy, envy and hatred taken together is a triple headed monster of passion which will drive from the mind which it occupies every semblance of peace and happiness. Not only does this passion eliminate happiness from the mind, but it is also one of the strongest motors to criminal actions. How many an example does history afford us of crimes which have been committed by jealous rivals, at the instigation of envious leaders, or for no other purpose than to satisfy the jealousies of unprincipled men.

Jealousy nearly always springs from an apprehension of superiority. A man does not become jealous of an inferior, unless that inferior becomes for a time his superior in some certain thing. The master only becomes jealous of the servant when he feels that the servant has become his equal or superior in something. Tiberius recalled his accomplished general Germanicus from Germany only when he became jealous of the laurels which he was winning there. He felt that his subject

was his superior as a military genius, and for this reason became jealous of him. But the servant is more likely to become jealous of his lord than the lord of his servant. A dependant becomes jealous of the one upon whom he depends. Persons holding inferior offices or positions are envious of those above them, but we are far more apt to become jealous of a person who is nearly our equal, and whom we see out-witting us in the mad race for wealth, or fame, or some other object, than we are of one who is either above or below us in station.

Love and affection are, more than anything else, the direct causes of jealousy. A child is jealous when it sees a smile or caress bestowed upon a sister, brother or playmate, that is not also bestowed upon itself. Great Mars is jealous when a Venus laughs his love to scorn, and bestows her sweetest smiles, and uses her most bewitching arts, upon an imperturbable Adonis. Unpropitious Juno will be jealous when Jupiter prefers to "sip the nectar" from the lips of Venus rather than from her own. Let lovers love like a Romeo and Juliet, and they will enjoy, for a while, a heaven on earth. But such love is very apt to grow jealous, and change the Elysian fields of life to infernal wastes.

But jealousy, in its milder form at least, may furnish a strong incentive to labor and pains-taking, and thus becomes productive of good. Witness the labors of a jealous literary man to quash a cotemporary rival. He brings all his vim, and all his genius to the task, and strives, through the excellence of his works, to outwit his rival in the scramble for fame. Jealousy, in this case, not only incites the man to greater exertion, but also sharpens and polishes his wit and genius as the gritty stone does the rusty blade. Jealousy, then, like every other passion, only becomes an evil when wrongly indulged or indulged to excess.

URIEL.