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By Alice M. Long, D. P.

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THE YEARS MARK TIME FOR MANKIND

The old-fashioned sun dial, after all, was the true time piece. That little pocket sun dial that we are told counted all the hours "when the sun shone" made the perfect record of human days. The noisy clocks and remorseless calendars that told off the worst and weariest of time's movements literally spoiled the reckoning. History began to build itself upon wretchedness of a people, and all creation to take note of time by its loss instead of its golden gain in the hours of perfect sunlight.

But the reaction has set in. It is the glad hours and not the sad ones that are to be made to count. Let us tarry awhile At the sign of the smile is the watchword which even pious pilgrims are sending out to upset the ancient reckoning. "Let the smile become the Christian's rather than the devil's sign" they cry in chorus, and the joy of the spirit become the measure of its days. Good Isaac Barrow's picture of the child of heaven "smiling always with a never-ending serenity of countenance and flourishing in an immortal youth" has at last taken hold of the Christian world and, spurred on by the new thought rhapsodies, promises to turn back the calendar of all our days. Counting time by heart throbs is no new method, to be sure, but the kind of heart throbs that "always find man young and always keep him so" were rather lost with the sun and nature worship of the early world.

When men went to nature for their reckoning it was as Wordsworth tells us:

They felt As if the moving time had been A thing as steadfast as the scene On which they gazed themselves away.

Centuries young were those children of the morning, before even the sun dial had begun to tell them of the flight of time. It remains true still that whether nature or the soul strikes the joy-note in the human breast, the poet's question rises instinctively to the lips:

O what have I to do with time, For this the day was made.

Man Has His Choice. Good or bad, the years come out of the bosom of the infinite bearing some boon from the eternal for man to lay hold of if he will. To choose the permanent from out the mutable and fleeting is the life secret they carry, and how much hangs upon the choice eternity alone can tell. There are watchmen at the gates who assure us that each year brings gifts peculiar to itself, and one year or one world does not restore the lost offerings of the other. "Long after we have passed away out of men's sight and out of men's memory the world with something that we have left within it, will be going on still," says Phillips Brooks, "and long after the world has passed away we shall go on somewhere, somehow, the same beings still, carrying into the depths of eternity something that the world has done for us that no other world could do.

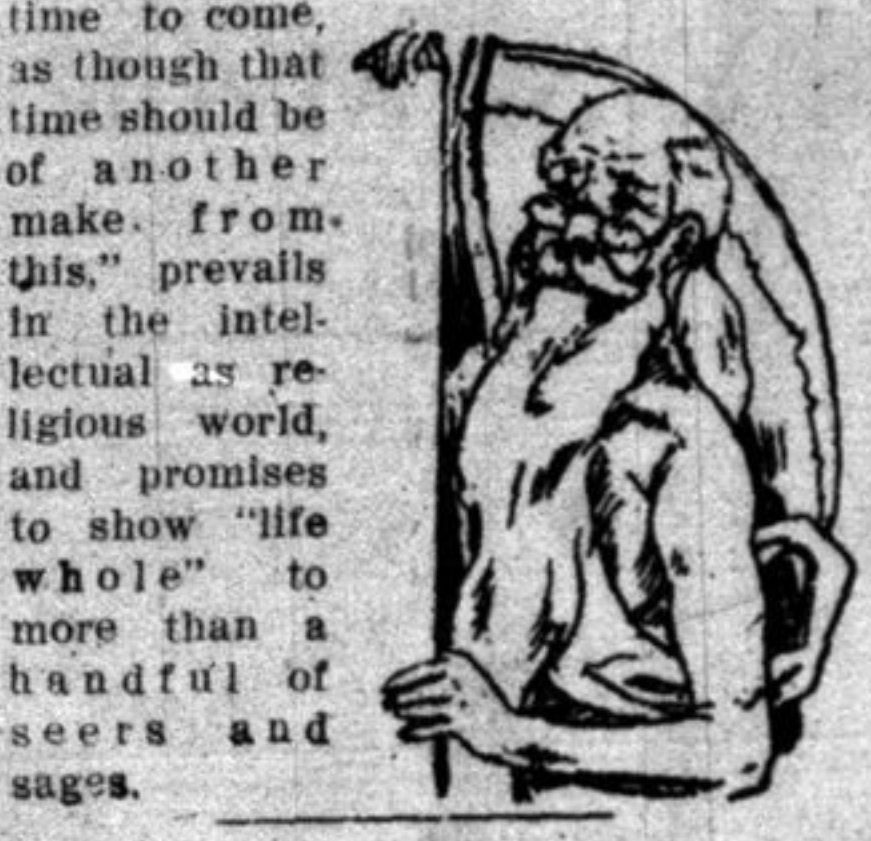
Alexander Mocked. New worlds, with each new year, to conquer, mock the cry of Alexander and declare indeed a new kingdom wherein to reign. Closer and closer comes the promise of that awakening hour when man shall in truth become "a living soul," and "with an eye made quiet by the power of harmony, and the deep power of joy," shall "see into the life of things." How many a rose of morning and ripe fruit of the golden noon shall then return to him the science of life, which permits no lost good, nor wasted atom even, in all creation's bounds, may gloriously declare. "Where are the snows of yesterday?" whispers the tender poet, but the green of spring and the bloom of summer are nature's answer to his yearning cry. And shall man be less blessed than nature in garnering the treasures of the year? Is that evil genius, that the ancients beheld standing at the door of the new year, forever to give lethe to drink that he may wander blindly into the unknown way, shorn of the best boons and talismans of the past? Ah, the poets who try life and love know better.

Each new year is a leaf of our love's rose; It falls, but quick another rose leaf grows; So is the flower from year to year the same, But riches for the dead leaves feed the flame. Thus they read the riddle and the "million-centuried" sweetness that goes with it to-day. Neither is man drugged by any god or genius but the one within him, that he may "tell no tales" and carry no tokens from the

departing year. What he tells to cheer or depress his comrades, what he carries to help or hinder both them and himself, is in the power of his own open-eyed choice. Perhaps the best hint that was ever offered to guide him is the brief and pointed one given by the sage, when he writes: "A man should make life and nature happier to us, or he had better never been born." It is the one pre-eminently in the air at the present moment. It would fill all the newspapers in the land and drive the quotation-abhorring editors mad if one-quarter of the stout maxims of this nature which the times offer should demand place in their columns. Already their humorous writers are trying to demoralize them and send some of the cheerful and cheering-up people over to his Satanic majesty, where no doubt they are needed since the dry season set in.

Life's Logic Quaint.

If there be such a Satanic monarch, probably he loves the cheerful sinner just as heaven must love the cheerful saint. Yet the logic of life is against him. The smile is not legitimately the devil's sign. It is the pessimist who is playing into his hands, treating his sovereignty as if it could overthrow heaven's and all the power of the Eternal Goodness. To act as if they had a faith worth smiling over would seem to be the attitude of men who believed in a sovereign of love and omnipotence rather than one of malice and black arts, and it may be that the Christian world is at last finding it out. Certainly the Gospel evangel "Rejoice, rejoice!" is sounding anew through all the realms of Christendom and becoming a part of culture and philosophy everywhere. Fuller's counsel: "Be happy in the present moment and put not off being so to a time to come, as though that time should be of another make. From this, 'Be happy in the intellectual as religious world, and promises to show 'life whole' to more than a handful of seers and sages.



Question of Precedence.

Recently a dispute was raised as to whether a certain lawyer or a certain doctor was to have precedence at a function at which both were to play prominent parts. It was impolitic to allow either of these two men to be offended. While the discussion was under way as to which was to be seated next the speaker, an old politician in the room, said the discussion was one which he thought he could settle by giving them the words of the great Diogenes who had said upon an ancient occasion: "Let the thief go before; let the executioner follow after." The politician said he thought that mean the lawyer should have first place and the doctor come next.

The Old English "Tumbler."

The old-fashioned English tumbler, which insisted on reverting to an erect position, no matter how frequently it was knocked over, possessed merits. This was the original form of drinking tumbler--hence the name. They were made of thin horn and weighted with a bulbous mass at the bottom. The idea of their use was a double one. The old drinking custom required that the ale should be drunk at a draft--for its presence in the tumbler would cause it to overbalance and spill its contents--and there was the advantage possessed by the tumbler of not rolling out of reach when knocked about during orgies.

When Cold Breathe Deeply.

A simple way to get warm after exposure to cold is to take a long breath with the mouth firmly shut. Repeat this several times, until you begin to feel the heat returning. It requires a very short time to do this. The long breath quickens the pulse and thus causes the blood to circulate faster. The blood flows into all parts of the veins and arteries and gives out a great deal of heat. It is stated that this method of deep breathing prevents colds and a great many other ailments if begun in time.--Family Doctor.

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