

# For the Quiet Hour

*"Giving Up or Bucking Up."*

THERE are two kinds of pleasure in the world, says Dr. Crane. One is the pleasure of overcoming and the other is the pleasure of yielding. If we give ourselves up to the pleasure of yielding, the end is boredom, or perversion—the eventual destruction of our ability to enjoy anything at all. If we persist in the pleasure of overcoming, and do the things we do not like until we have learned to like them, we grow strong and vigorous, and our capacity to enjoy things constantly increases.

*"When Trouble Comes."*

WHEN trouble comes it seems to bring strength with it. We are often surprised by the courage with which people meet disaster. The reason that worry wears us out faster than misfortune does is that we are not given strength to meet difficulties in advance. If we are sensible enough to wait for trouble to overtake us, instead of running to meet it, we will find ourselves equal to it, no matter what it is.—Sunshine.

*"When You Travel."*

TO disagree with an acquaintance or not to agree with a friend and yet remain respectful; to see the other man's viewpoint and yet cling to your own convictions without losing your head; to travel the first fifty miles on a train and not tell all you know is a good test of your disposition and proof of your intelligence.

*"That's the Difference."*

THE longer I live, the more deeply I am convinced that that which makes the difference between one man and another—between the weak and the powerful, the great and the insignificant—is energy, invincible determination, a purpose once formed and then death or victory.—Powell Buxton.

*"Speaking of Enemies."*

DON'T have them! Don't fight. Don't get even. Ignore. Life is too short for grudges and revenge. Go on. Let the other fellow stew. You keep sweet—nothing can punish him worse.



*"Be of Good Cheer."*

BUSINESS men need to hear one who has overcome the world say, "Courage, brother!" Men who work at bench and counter, sick of the monotony of their job need his voice to inspire and sustain. Professional men, serving the public, a hard master, need it.

How a word of courage relieves our burdens! Last June a man came down the steps of his house, discouraged, dreading to go to business. From the street a voice called out: "Hello, neighbor. A great day!"

The man looked up, observed that the sun was shining and that there were flowers in the gardens along the street. "Yes," he answered.

He straightened his shoulders, walked down to the corner, and said to the boy who shined his shoes: "It's a great day!" The boy said: "Sure."

The man entered his office and said to his stenographer: "It's a great day." She looked up and smiled.

He went to lunch, then back to his office, later back to his home. There he said to his wife: "It's been a great day. Things I thought were against me have opened wonderfully."

It all depends how one starts out the day. Be an optimist.

*"And Here It Is."*

MANY well-meaning men and women are studying nights and working days on plans for more pay or more profits, and right while they are struggling hard to make their schemes work, these very people overlook a simple rule that has always worked—a rule that is so short to remember and so sure in its resourcefulness. Here it is: "Make yourself more useful."

*"Philosophy."*

WORDS do well enough for programs, and for the frames of action; but fulfillment comes in deeds. We have indulged, as a people, a penchant for orators. But we have discovered that it is mostly the silent men who do things. The old story about using so much steam in a whistle that there is none left for the wheels is more than humor—it is philosophy.

*"The Right Motive."*

THERE is an old fable about a dog that boasted of his ability as a runner. One day he gave chase to a rabbit and failed to catch it. The other dogs made all manner of fun over him. He retorted, "Remember, the rabbit was running for his life and I was only running for my dinner."

Success in life depends upon the motive. If you are in the race merely for your meal ticket, you will not put the same energy into your running as you will if your ambition is deeper and more serious. Get the right motive and your chances for success will be much greater.

*"Who Is the Producer?"*

HE is not alone the man from whose hands comes the finished product. Behind that man are many others whom we do not so readily see. Vast co-operation is involved in production. The man who plans the work has strong claim to the honorable name of Producer. The man who "turns it out" is the one whom modern opinion acclaims as the real creator, yet in the final analysis it is the organization that produces—the whole industrial process, from those who deal with the raw materials to those who give the finishing touch.