

**PRECEDENT SET ASIDE.**

(Continued from 2d page.)

the guards act? That would depend on the temper of their Colonels. Lord Wolseley's commands might be disregarded, as were the orders of the commander of the French army when Charles X was overthrown.

The result would mainly depend on the degree of discipline prevailing among the troops. As a rule, a soldier obeys his Captain, the Captain obeys his Colonel, the Colonel obeys his Brigadier, the Brigadier obeys the Department Commander, and the Department Commander obeys the Commander-in-Chief, who takes his orders from the Executive. But in 1851 several regiments in Paris refused to obey the orders of the Commander-in-Chief, deeming them treasonable, and it was deemed prudent to try them by court-martial. Such contingencies seem distant enough in this country, and yet, as they are possible, it may be the part of prudence to remember them when General Schofield retires.

**HAPPY AND HEALTHY.**

**One Secret of Maintaining Bodily Health.**

It should be remembered that happiness and health are most intimately, if not indissolubly, associated. The man who is happy, not by transient gleams of spiritual sunshine, not by casual gay surface-coloring of his existence, but by a blessedness all through his body, is not, in the proper sense of the word, diseased. The radical idea of the term disease is inconsistent with this state.

Let us remember that life, blessedness and health are one. He who is not blessed, who is not happy, does not really live. He does not realize the idea of what we call life. The wheels of life move, if they move at all, with friction and labor and effort. All action in the line of duty is an up-hill exertion and not a spontaneous vivacity.

An unhappy man cannot, in the full sense of the word, be a healthy man. Much of what physicians treat as physical disease is only a mental unhappiness. It follows from this that the best physician is he who blesses others, who makes other souls happy by the divine sunshine of his words and presence. The sphere of his beneficent life is a contagious peacefulness and undisturbed tranquillity. He ministers to minds diseased, calms their fears, allays their anxieties, solves their doubts, quiets forebodings, removes the gloom of despair, supplants their self-condemnation by a sense of pardon, and aims to pluck from the heart every rooted sorrow.—*Phrenological Journal.*

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