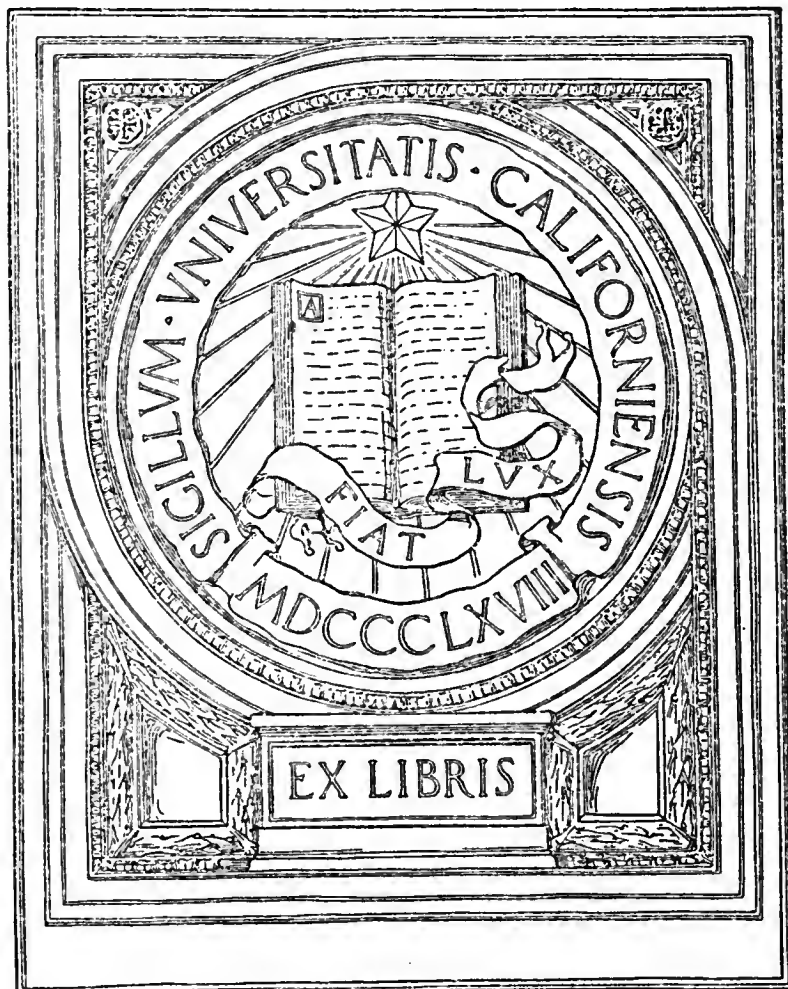


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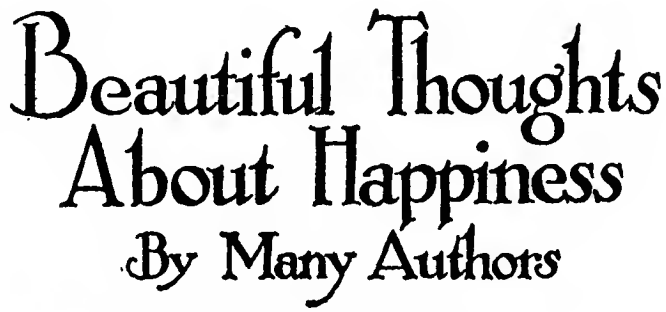
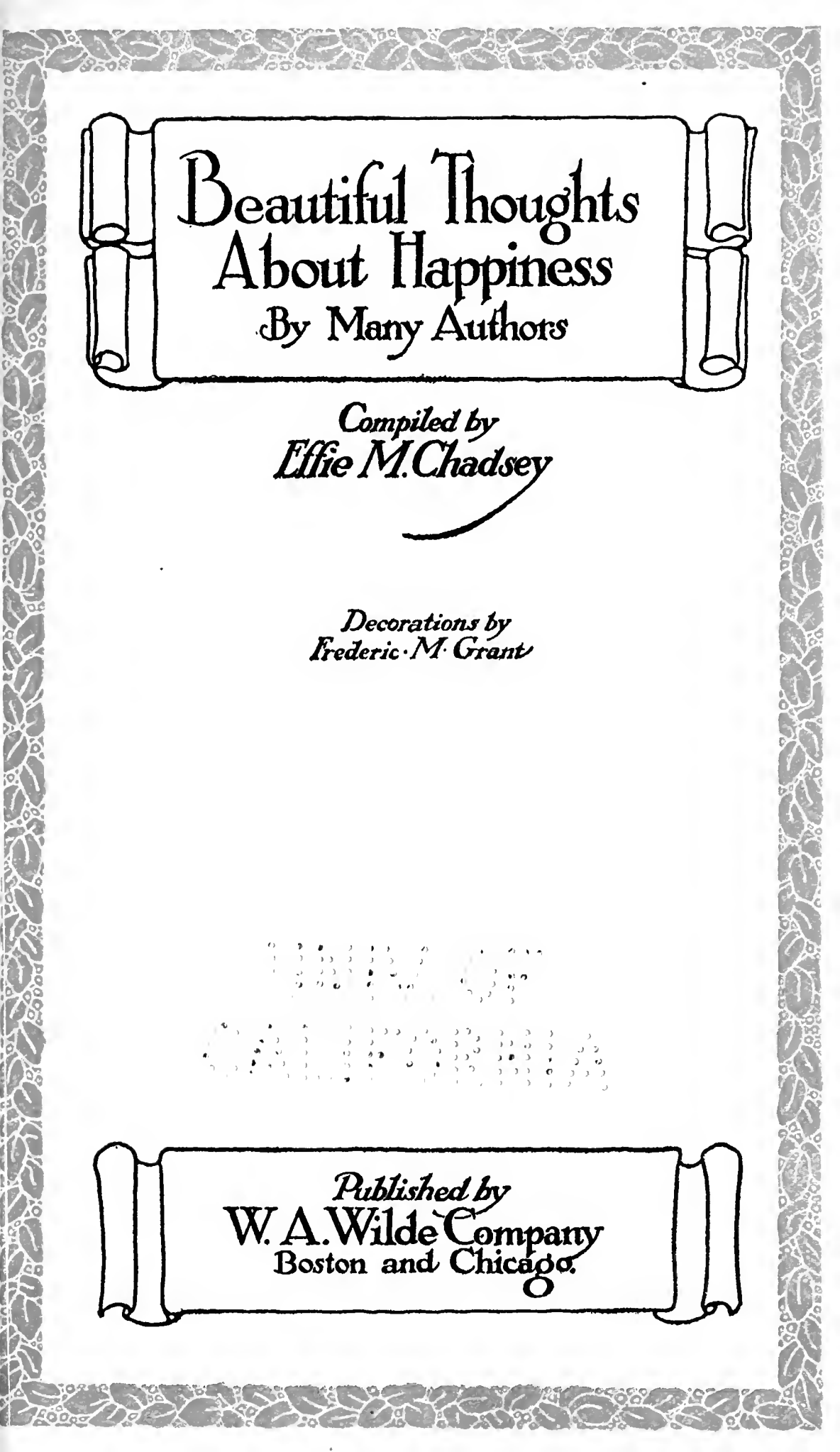
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Beautiful Thoughts About Happiness

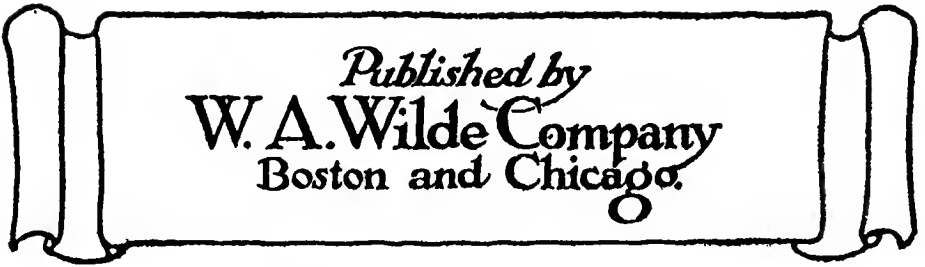
By Many Authors

Compiled by
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Decorations by
Frederic M. Grant

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TO MR.

George D. Blood

George D. Blood

Class of 1892

FOREWORD

THE desire of happiness, beyond all doubt, is a natural desire," says Henry van Dyke in "Joy and Power."

But, what constitutes happiness? Where shall we seek happiness? How can we find happiness? Can everyone be happy? Is happiness a duty?

These, and others questions are answered in the following quotations, which have been gleaned from more than one hundred authors.

It is hoped that they may bring cheer and encouragement to all who may chance to read these messages.

A beautiful thought is given for each day of the year, which shows us we can be happy if we only cultivate "the seeing eye and the feeling heart."

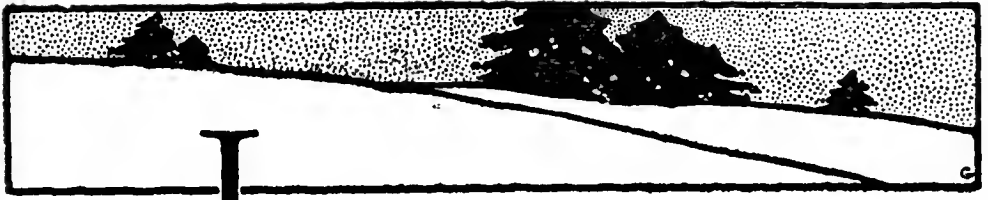
Helen Hunt Jackson says: "Cheeriness is a thing to be more profoundly grateful for than all that genius ever inspired or talent ever accomplished. Next best to natural, spontaneous cheeriness is deliberate, intended and persistent cheeriness, which we can create, can cultivate and can so foster and cherish that after a few years the world

will never suspect that it was not an hereditary gift."

Surely, everyone desires happiness, but all do not see that joy unspeakable is always close at hand, only waiting to be grasped.

*"There is ever a song somewhere, my
dear,
Be the skies above or dark or fair,
There is ever a song that our hearts
may hear—
There is ever a song somewhere, my
dear—
There is ever a song somewhere."*

—James Whitcomb Riley.



January

FIRST

The first step toward happiness is to determine to be happy.

—*George Hodges.*

SECOND

If a man is unhappy, this must be his own fault; for God made all men to be happy.

—*Epictetus.*

THIRD

Happiness is one of the greatest things in the world, and joy is indispensable to any or every high state of attainment. Therefore, whoever can produce happiness or give entertainment is doing a work that is equal in every respect to any of the so-called great works in human life.

—*Christian D. Larson.*

FOURTH

“With every rising of the sun
Think of your life as just begun.”

FIFTH

To create some little bit of beauty every day, even if it is no more than re-arranging the flowers in a jar or making a habitation more bright and clean; to serve goodness every day by even the smallest act of courtesy and kindness; and every day to learn some fresh fragment of pure truth—these are lines of the necessary procedure for those who seek naturalization and growth in the Dominion of Joy.

—*Bliss Carman.*

SIXTH

His work was his joy. That is the point.

—*Ossian Lang.*

SEVENTH

Joy is the very distilled elixir of energy and inspiration. It is the most invincible force. It is the power which is able to conquer and prevail.

—*Lilian Whiting.*

EIGHTH

For the supreme joy is to be in free and congenial relationship with life.

—*George Hodges.*

NINTH

✓

Happiness must not be left too much to outside conditions. The ultimate result of life will be ourselves—nothing more nor less. It is, after all, what we *are* that largely makes for contentment.

—*Henry D. Chapin.*

TENTH

This instinct for happiness is as deeply imbedded in man's nature as the instinct of life itself.

—*Newell Dwight Hillis.*

ELEVENTH

Happiness is discovered in many unsuspected places.

—*George Hodges.*

TWELFTH

The most satisfactory thing in all this earthly life is to be able to serve our fellow-beings—first, those who are bound to us by ties of love, then the wider circle of fellow-townsmen, fellow-countrymen, or fellow-men. To be of service is a solid foundation for contentment in this world.

—*Charles W. Eliot.*

THIRTEENTH

The happiest man I ever knew was a peddler and a Methodist exhorter. He cheered the sorrowful, uplifted the sick, carried joy into the houses of mourning, added gaiety in life to gatherings of the young, and consolation and merriment to the old by carrying to the full the scriptural motto, "Be diligent in business while serving the Lord."

The amount of pleasure that there is in this world can never be measured.

The philosophy of life is reciprocity and a man gets what he gives. (March 17, 1909.)

—*Chauncey Depew.*

FOURTEENTH

More hearts than we dream of enjoy our happiness and share our sorrow.

—*George Wm. Curtis.*

FIFTEENTH

Travel with change of scene and occupation is a great aid, both to health and happiness. Nothing depresses like monotony.

—*Newell Dwight Hillis.*

SIXTEENTH

If our life be one of toil and of suffering, if the world outside be cold and dreary, what a pleasure to return to the sunshine of happy faces and the warmth of hearts we love.

—*Sir John Lubbock.*

SEVENTEENTH

“If thou art blessed
Then let the sunshine of thy gladness
rest
On the dark edges of each cloud that
lies
Black in thy brother’s skies,
If thou art sad
Still be thou in thy brother’s gladness
glad.”

EIGHTEENTH

There is such a thing as exquisite enjoyment in simple consciousness of existence.

—*Henry Ward Beecher.*

NINETEENTH

When thou wishest to give thyself delight, think of the excellencies of those who live with thee.

—*Marcus Aurelius.*

T W E N T I E T H

O Life and Love! O happy throng
Of thoughts, whose only speech is song!
O heart of man! canst thou not be
Blithe as the air is, and as free?
—*Henry W. Longfellow.*

T W E N T Y - F I R S T

The first requisite for enduring happiness is in having work to do in which one believes.
—*Henry D. Chapin.*

T W E N T Y - S E C O N D

There are three sources of happiness in professional occupations.

The first is the sense of harmony between the occupation and the mental condition of the person who follows it.

The second is the feeling of efficiency. This is always agreeable in itself, even when the occupation is not precisely congenial.

The third is the knowledge that the work we are engaged upon, whether agreeable in itself or not, will be rewarded by some benefit to ourselves or others of a nature extraneous to itself.

—*Philip Gilbert Hamerton.*

T W E N T Y - T H I R D

Man is not simply a worker; if he is to be happy, he must also play.

—*Newell Dwight Hillis.*

T W E N T Y - F O U R T H

“Whichever way the wind doth blow,
Some heart is glad to have it so,
Then blow it east or blow it west,
The wind that blows, that wind is best.”

T W E N T Y - F I F T H

Happiness is not solitary, but social;
and so we can never have it without
sharing it with others.

—*Henry van Dyke.*

T W E N T Y - S I X T H

Joy is not in things, it is in us, and I hold to the belief that the causes of our present unrest, of this contagious discontent spreading everywhere, are in us at least as much as in exterior conditions.

—*Charles Wagner.*

TWENTY-SEVENTH

Happiness, rightly understood, is the most desirable and the most important thing in life.

—George Hodges.

TWENTY-EIGHTH

Just as the only test for the virtue of salt is its savour, so the only test for the virtue of the heart is its joy. There is no happiness for us humans save in the normal exercise of our senses, our intelligence, our emotions.

—Bliss Carman.

TWENTY-NINTH

✓ Happy is that man who feels that God cares for him, that he journeys forward under divine convoy, that his Father is regent of universal wisdom, and represents the whole commonwealth of love, who is all Nature, and who commands all Nature to serve His child.

—Newill Dwight Hillis.

THIRTIETH

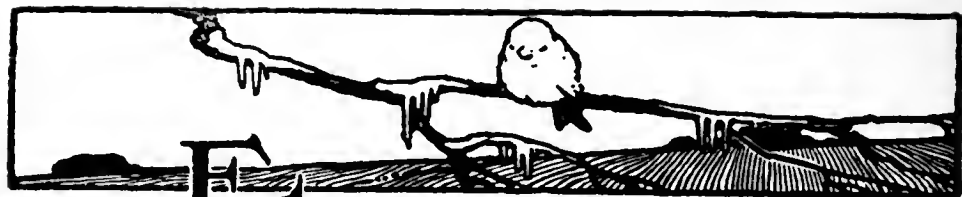
Give strong thought to the happy side of your life and you will establish your life on the happy side.

—*Christian D. Larson.*

THIRTY-FIRST

It is no use to grumble and complain;
It's just as cheap and easy to rejoice,
When God sorts out the weather and
sends rain—
Why, rain's my choice.

—*James Whitcomb Riley.*



February

FIRST

Happiness is the most accommodating of all things. It will come to a cottage as soon as to a palace. You need never wait for any outward pomp to come. As the sunshine of the Almighty will shine through a simple vine as richly as upon the velvet of a king or upon the gilded dome of a temple, so happiness falls with equal sweetness upon all whose minds are at peace and in whose hearts flow the good thoughts and good sentiments of life.

—*David Swing.*

SECOND

Life is richer, love stronger, truth more beautiful, nature fairer, music sweeter, art diviner, than we have ever dreamed.

—*Henry Wood.*

THIRD

I believe in gittin' as much good outen life as you kin — not that I ever set out to look for happiness; seems like the folks that does, never find it. I jes' do the best I kin where the good Lord put me at, an' it looks like I got a happy feelin' in me 'most all the time. (Mrs. Wiggs.)

—*A. C. Hegan.*

FOURTH

God's in His heaven,
All's right with the world.

—*Browning.*

FIFTH

Happiness cannot be found by direct seeking, but by setting our faces toward the things from which it flows; and so we must climb the mount if we would see the vision, we must tune the instrument if we would hear the music.

—*Henry van Dyke.*

SIXTH

We have crept out of our close and crowded houses into the night and morning, and we see what majestic beauties daily wrap us in their bosom.

—*Ralph Waldo Emerson.*

SEVENTH

My crown is in my heart, not on my
head;
Not deck'd with diamonds and Indian
stones,
Nor to be seen: my crown is call'd con-
tent;
A crown it is that seldom kings enjoy.

—*Shakespeare.*

EIGHTH

The truly happy man is the man
whose habits impose upon him the
thinking of higher thoughts, dreaming
the noblest dreams, exulting in the
deepest joys.

—*Newell Dwight Hillis.*

NINTH

Beliefs, we must have and must act
on, and they are sure to affect pro-
foundly our happiness in this world.
How to treat our old beliefs and choose
our new ones, with a view to happiness,
is in these days a serious problem for
every reflective person.

—*Charles W. Eliot.*

T E N T H

Cheerfulness accompanies patience, which is one of the main conditions of happiness and success in life.

—*Samuel Smiles.*

E L E V E N T H

The joy of a wise man stands firm without interruption; in all places, at all times, and in all conditions, his thoughts are cheerful and quiet. As it never *came in* to him from *without*, so it will never leave him; but it is born within him, and inseparable from him. (Seneca's *Morals.*)

—*Sir Roger L'Estrange.*

T W E L F T H

God is in our happiness; and because He has let us know of His being in it, He will be in it for us forever. For the Father would not have let us know that His gifts to us are from above, and out of an infinite treasury, if He did not intend us more than we have, much more, infinitely more.

—*William Mountford.*

THIRTEENTH

For after all the true pleasures of home are not without, but within.

—*Sir John Lubbock.*

FOURTEENTH

Joy kneels, at morning's rosy prime, in worship to the rising sun.

—*James Gordon Brooks.*

FIFTEENTH

I defy time and change. Each year laid upon our heads, is a hand of blessing.

—*George William Curtis.*

SIXTEENTH

Think beautiful thoughts and your loneliness will disappear.

—*Christian D. Larson.*

SEVENTEENTH

Do not worry; eat three square meals a day; say your prayers; be courteous to your creditors; keep your digestion good; exercise; go slow and easy. Maybe there are other things that your special case requires to make you happy, but, my friend, these, I reckon, will give you a good lift.

—*Abraham Lincoln.*

EIGHTEENTH

A deep, unquenchable spirit of joy is at once the truest evidence that we believe in the beneficence of the Father, and that we have penetrated deep enough into life's mystery to see how best, most economically, most courageously and helpfully to take it.

—*Horatio W. Dresser.*

NINETEENTH

There are two fundamental necessities for a happy life, namely, a useful occupation for mind and body, and an outlet for unselfish affection.

—*Henry D. Chapin.*

TWENTIETH

It is well to observe what a range of thought and sentiment is opened up by genuine happiness, and then, when the spirit of depression weighs heavily upon us, to recall these conditions, to let the morbid thought languish for mere want of attention, to stir one's self, to arouse a forced happiness if one cannot shake off the heavy spirit in any other way.

—*Horatio W. Dresser.*

T W E N T Y - F I R S T

The reaction from pain is a source of great delight; as in restoration to health, the dispersing of a deep gloom or melancholy, the recovery from panic, the quenching of a long repressed appetite.

—*Alexander Bain.*

T W E N T Y - S E C O N D

“There is so much to be enjoyed, one never gets to the end of it.”

T W E N T Y - T H I R D

“Let us make our lives like songs, brave, cheery, tender and true, that shall sing themselves into other lives, and so help to lighten burdens and cares.”

T W E N T Y - F O U R T H

What we need is, not more cultivation, but a recognized habit of enjoyment.

—*Agnes Repplier.*

T W E N T Y - F I F T H

Pleasure is a jewel which will only retain its luster when it is in a setting of work.

—*W. M. Strickler.*

T W E N T Y - S I X T H

Those who cause beauty to gladden in the world are rewarded by the after-glow of happiness in themselves, so near is dust to dream, so truly are human achievements a part of the divine.

—*Bliss Carman.*

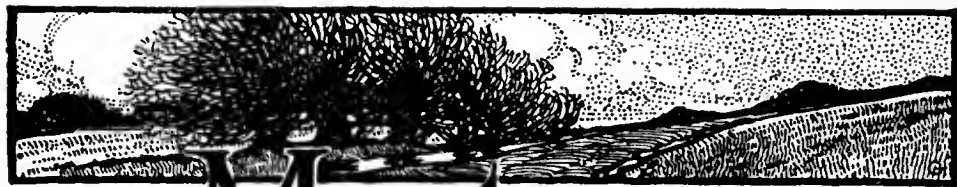
T W E N T Y - S E V E N T H

The true joy of working comes when it calls forth the various faculties of our nature, and creative results come from the correlation of these powers. Nothing else in life can take the place of the satisfaction thus obtained.

—*Henry D. Chapin.*

T W E N T Y - E I G H T H

“God is everywhere—
Between us and about us,
Within us and without us;
There cannot be a place for woe,
For God is joy, we know.”



March

FIRST

Sweet is the smile of home; the mutual
look,
When hearts are of each other sure;
Sweet all the joys that crowd the house-
hold nook,
The haunt of all affections pure.
—*Cowper.*

SECOND

There should be such gladness and
joy in life that all may partake of it.
—*Lilian Whiting.*

THIRD

Truly the light is sweet, and a pleas-
ant thing it is for the eyes to behold the
sun.
—*Ecclesiastes xi: 7.*

FOURTH

We can't afford to be morbid. We
have to have cheerful hearts.
—*H. E. Rives.*

F I F T H

Be glad of life, because it gives you the chance to love and to work and to play and to look up at the stars.

—*Henry van Dyke.*

S I X T H

The good-finder (if such a barbaric sounding word may be used), is thankful for whatever comes.

—*Ossian Lang.*

S E V E N T H

Another underlying condition of contentment is not to take one's self, or even the affairs of life, too seriously. In looking back, every one can see how much unhappiness has been derived from an over-weening sense of one's importance.

—*Henry D. Chapin.*

E I G H T H

The life of many a man and woman is so filled with overmuch of good things that they have no time to enjoy the least of their treasures.

—*Newell Dwight Hillis.*

NINTH

To give pleasure to others and take it ourselves, we have to begin by removing the ego, which is hateful, and then keep it in chains as long as the diversions last. There is no worse kill-joy than the ego.

—*Charles Wagner.*

TENTH

The lines are fallen unto me in pleasant places; yea I have a goodly heritage.

—*Psalm xvi:6.*

ELEVENTH

The secret of happiness is—something to do.

—*John Burroughs.*

TWELFTH

“A sense of humor is a saving grace, and happy is that woman who has been blessed by birth with that rare sixth sense of ‘seeing the funny side.’ If you have it naturally, be gladly grateful, for it is a greater gift than beauty or riches. It means cheerfulness, contentment, courage and, possessing it, you are equipped with a potent weapon against the blows of fate.”

THIRTEENTH

We may be sure that cheerful beliefs about the unseen world, framed in full harmony with the beauty of the visible universe, and with the sweetness of domestic affections and joys, and held in company with kindred and friends, will illuminate the dark places on the pathway of earthly life and brighten all the road.

—*Charles W. Eliot.*

FOURTEENTH

By forgetting ourselves in thinking of the feelings of others we gain happiness.

—*Henry D. Chapin.*

FIFTEENTH

“Words of cheer thrill not only the soul of the hearer, but equally the soul of the speaker, because they are God’s words.”

SIXTEENTH

Mental sunshine makes the mind grow, and perpetual happiness makes human nature a flower garden in bloom.

—*Christian D. Larson.*

SEVENTEENTH

Oh, let us fill our hearts up with the
glory of the day
And banish ev'ry doubt and care and
sorrow far away!
For the world is full of roses and the
roses full of dew,
And the dew is full of heavenly love
that drips for me and you.

—*James Whitcomb Riley.*

EIGHTEENTH

Make yourselves nests of pleasant
thoughts.

—*John Ruskin.*

NINETEENTH

The domestic man who loves no
music so well as his own kitchen clock
and the airs which the logs sing to him
as they burn on the hearth, has solaces
which others never dream of.

—*Woodworth.*

TWENTIETH

He who is virtuous is wise; and he
who is wise is good; and he who is
good is happy.

—*King Alfred's Boethius.*

TWENTY - FIRST

No pleasure is comparable to the standing upon the vantage ground of truth.

—*Bacon.*

TWENTY - SECOND

Instead of seeking happiness by going out of our place, our skill should be to find it where we are.

—*Henry Ward Beecher.*

TWENTY - THIRD

Being happy—being appreciative, being grateful—is not altogether a matter of temperament. Nor is it dependent upon outward circumstances. Not at all.

—*Ossian Lang.*

TWENTY - FOURTH

The world will be to each one of us very much what we make it. The cheerful are its real possessors, for the world belongs to those who enjoy it.

—*Samuel Smiles.*

T W E N T Y - F I F T H

The secret of happiness lies in the health of the whole mind, and in giving to each faculty due occupation, and in the natural order of their superiorities, the Divine first, the human second, the material last.

—*Henry Ward Beecher.*

T W E N T Y - S I X T H

Monotony, even under circumstances least favourable to the usual elements of happiness, becomes a happiness in itself, growing, as it were, unseen, out of the undisturbed certainty of peculiar customs.

—*Lord Lytton.*

T W E N T Y - S E V E N T H

All these are elements of happiness—love of nature, acquaintance with the wide earth, congenial intercourse with superior minds, and abiding friendships.

—*Charles W. Eliot.*

TWENTY-EIGHTH

Live only in a great *To-Day*, whose happy thoughts weave golden hours.

—*Josephine Rollett Wright.*

TWENTY-NINTH

It is so possible to be glad in the gladness of other people; and, too, it is possible so to extend one's own life into higher regions that his happiness shall not be altogether dependent upon other people.

—*Lilian Whiting.*

THIRTIETH

A grateful heart is the mainspring of happiness.

—*Ossian Lang.*

THIRTY-FIRST

Happy, indeed, the man who can say that he owes no man anything.

—*Newell Dwight Hillis.*



April

FIRST

O, the warm, delicious, hopeful rain,
Let us be glad together,
Summer comes flying in beauty again
Through the fitful April weather.

—*Celia Thaxter.*

SECOND

Happiness means a few gentle drops
descending upon the heart like rain and
dew. Contentment is a condition of
the soul within. It is but little affected
by few or many things without.

—*Newell Dwight Hillis.*

THIRD

“He who enjoys what he has, without regretting the want of what he has not, is a happy man.”

FOURTH

The sacred sun, above the waters raised,
Through heaven's eternal brazen portals blazed,
And wide o'er earth diffused his cheering ray.

—*Pope.*

FIFTH

Be still, sad heart! and cease repining;
Behind the clouds is the sun still shining.

—*Henry W. Longfellow.*

SIXTH

There is no such tonic as happiness.

—*W. M. Strickler.*

SEVENTH

Mental labor is more enjoyable than manual labor in the process. The essence of the joy lies in the doing, rather than in the result of the doing. There is a life-long and solid satisfaction in any productive labor, manual or mental, which is not pushed beyond the limit of strength.

—*Charles W. Eliot.*

EIGHTH

It is wonderful indeed how much innocent happiness we thoughtlessly throw away.

—*Sir John Lubbock.*

NINTH

Live on the sunny side; count everything joy; believe most thoroughly that all things are working for greater and greater good to you, and be determined to prove it in greater and greater measure.

—*Christian D. Larson.*

TENTH

His cheerfulness should be the gift of the sunlight; the air should suffice for his inspiration, and he should be tipsy with water.

—*Ralph Waldo Emerson.*

ELEVENTH

A happy life depends on virtue. Hence proceed all things that are beautiful, honourable, and excellent, * * * and they are well stored with joys.

—*Cicero.*

T W E L F T H

Not only is it every man's privilege to be happy; it is his duty, his manifest obligation. Happiness is the condition of his higher achievements and his higher usefulness. It is the exhilaration of the highest energy, and lends wings.

—*Lilian Whiting.*

T H I R T E E N T H

Then on to-morrow's dawn your care
employ
To search the land, but give this day to
joy.

—*Dryden.*

F O U R T E E N T H

Happy the disposition that rejoices even when the cloud stands upon the horizon, waiting for the moment when the cloud may be shattered with sunshine, or thinking of God's angels that in that cloud will ride homeward when their day's work is done, and good has been brought forth from seeming evil.

—*Newell Dwight Hillis.*

FIFTEENTH

I withheld not my heart from any joy; for my heart rejoiced in all my labour.
—*Ecclesiastes ii: 10.*

SIXTEENTH

Be fair or foul, or rain or shine,
The joys I have possess'd in spite of fate are mine.

—*Dryden.*

SEVENTEENTH

Live in perpetual happiness, and inwardly feel the fullness of unbounded joy. And you can, when you learn to look at life from the proper point of view.
—*Christian D. Larson.*

EIGHTEENTH

“Get in the habit of looking for the silver lining of the cloud, and, when you have found it, continue to look at it rather than at the leaden gray in the middle. It will help you over many hated places.”

NINETEENTH

He who has learned to laugh at himself is a near neighbor to happiness.
W. M. Strickler.

T W E N T I E T H

It is better than a sermon to hear my wife Prue talk to the children; and when she speaks to me it seems sweeter than psalm singing; at least, such as we have in our church. I am very happy. (Prue and I.)

—*George William Curtis.*

T W E N T Y - F I R S T

Be cheerful, man of care, for great is
the multitude of chances,
Burst thy fetters of anxiety, and walk
among the citizens of ease.

—*Martin Farquhar-Tupper.*

T W E N T Y - S E C O N D

The staple of pleasure must be found
in small measures, and in common
things.

—*Henry Ward Beecher.*

T W E N T Y - T H I R D

I defy any person, * * * to exhaust the possibility of enjoyment coming from acquaintance with Nature and appreciation of what Nature can do and does do in any single horizon.

—*Horace Fletcher.*

T W E N T Y - F O U R T H

He who believes that God cares for men has found the secret of perpetual happiness, sees the best glimmering through the worst, feels the sun's warm beams throbbing through the thickest clouds, tastes the fruit before the blossom falls, hears the song within the lifeless egg, and in the very thick and smoke of life's defeat, discerns afar off the heights where the hosts encamp and hang out their signals of victory.

—*Newell Dwight Hillis.*

T W E N T Y - F I F T H

Earthly happiness is not dependent on the amount of one's possessions or the nature of one's employment.

—*Charles W. Eliot.*

T W E N T Y - S I X T H

Abiding happiness is not simply a possibility, but a duty; * * * all may live above the troubles of life; * * * worry is a poison and happiness a medicine.

—*Newell Dwight Hillis.*

T W E N T Y - S E V E N T H

Rouse to some work of high and holy
love,
And thou an angel's happiness shalt
know.

—*Carlos Wilcox.*

T W E N T Y - E I G H T H

There is an exchange of thought and
feeling which is happy alike in speech
and in silence. It is quietness pervaded
with friendship.

—*Henry van Dyke.*

T W E N T Y - N I N T H

Bliss was it in that dawn to be alive,
But to be young was very Heaven.
(The Prelude.)

—*Wordsworth.*

T H I R T I E T H

Sunshine has come more often than
the rain;
Clouds there were, but came the light
again.

—*Russell D. Chase.*



May

FIRST

The sky—was it ever so sunny?
Were fields ever green like today?
My heart is so full it brims over
In laughter; this first of sweet May.
—*Alice Ormes.*

SECOND

“Ignore what you do not like, and
the way in which it will disappear will
be surprising.”

THIRD

If thy desire it be
To see
The times prove good, be thou
But such thyself, and surely know
That all thy days to thee
Shall, spite of mischief, happy be.
—*Dr. Joseph Beaumont.*

FOURTH

And feel that I am happier than I
know.
—*Milton.*

F I F T H

We can encourage happy thoughts in ourselves and others.

—*Samuel Smiles.*

S I X T H

One's birthright is happiness. It is as freely offered as the sunshine and the air. It is a spiritual state, and not conditioned by material limits.

—*Lilian Whiting.*

S E V E N T H

A kind heart and a keen eye * * *.
As long as these are left, one may defy poverty, neglect of friends, and even, to a degree, misfortune and sickness and still find hours brimful every day of innocent and nourishing enjoyment.

—*Henry Ward Beecher.*

E I G H T H

Thrice happy he who by some shady
grove,
Far from the clamorous world, doth
live his own;
Tho' solitary, who is not alone,
But doth converse with that eternal
love.

—*William Drummond.*

N I N T H

A flower by the wayside, a moon-rise over the roofs of the city, a quiet sunset among the purple hills, the sudden flash of a passing glance in the street, the scent of some remembered perfume, a breath of spring wind stirring the blind at an open window, the blessing of a beggar, the sight of a masterpiece in a museum, news of an old friend, a strain of music, the skill of an acrobat, or a seasonable word—any one of these ordinary occurrences, if we be capable of appreciating it, may transport us instantly to the borders of The Dominion of Joy, invest us with a cloak of happiness, and disclose to us a momentary glimpse of immortality.

—*Bliss Carman.*

T E N T H

The three arch-enemies of happiness:
Hurry, Worry, and Debt.

—*Newell Dwight Hillis.*

E L E V E N T H

Thus happiness depends, as Nature
shows,
Less on exterior things than most suppose.
—*Cowper.*

T W E L F T H

I am always content with that which happens; for I think that what God chooses is better than what I choose.

—*Epictetus.*

T H I R T E E N T H

To be strong
Is to be happy!

—*Henry W. Longfellow.*

F O U R T E E N T H

Happiness seems made to be shared.

—*Corneille.*

F I F T E E N T H

Cheerful looks make every dish a feast,
And 'tis that crowns a welcome.

—*Massinger.*

S I X T E E N T H

If solid happiness we prize,
Within our breast this jewel lies,
And they are fools who roam;
The world has nothing to bestow:
From our own selves our joys must
flow,

And that dear hut—our home.

—*Nathaniel Cotton.*

SEVENTEENTH

“Let us praise, praise, praise! Let us express goodness in every thought, word and act. So shall we know the joy that keeps young, tender and beautiful.”

EIGHTEENTH

From labour health, from health contentment spring;
Contentment opes the source of every joy. (Minstrel.) —*Beattie.*

NINETEENTH

Be sure to live on the sunny side, and even then do not expect the world to look bright, if you habitually wear gray-brown glasses.

—*Charles W. Eliot.*

TWENTIETH

The sweetest bird builds near the ground,
The loveliest flower springs low;
And we must stoop for happiness
If we its worth would know.

—*Swain.*

TWENTY - FIRST

Where the hand does honest and honorable work, there the heart doth sing.
—*Newell Dwight Hillis.*

TWENTY - SECOND

Can there be anyone not *willing* to be happy? Thousands, my friends. They all would like to be. But like to be and will are two different things. Will goes forth to conquer. Determination and persistence are its armor. Like to be sits in an easy chair waiting for treasures to fall into the lap from somewhere. Will to be happy and you will be happy.
—*Ossian Lang.*

TWENTY - THIRD

“I don’t see why a little child
Should cry at rain, do you—
With mud and puddles everywhere,
And pleasant things to do?”

TWENTY - FOURTH

By kindness, cheerfulness, and forbearance, we can be happy almost at will, and at the same time spread happiness about us on every side.
—*Samuel Smiles.*

T W E N T Y - F I F T H

“Wiser it were to welcome and make
ours

Whate'er of good, though small, the
present brings—

Kind greetings, sunshine, song of birds
and flowers,

With a child's pure delight in little
things.”

T W E N T Y - S I X T H

If you want to be happy yourself,
make others happy. If you want to
make others happy, be first happy your-
self. There you have the whole for-
mula.

—*Ossian Lang.*

T W E N T Y - S E V E N T H

O knew he but his happiness, of men
The happiest he! who, far from public
rage,

Deep in the vale, with a choice few re-
tired,

Drinks the pure pleasures of the rural
life.

—*Thomson.*

TWENTY-EIGHTH

It was not meant that the enjoyments of life should be few and intense, but many and gentle; and great happiness is the sum of a multitude of drops.

—*Henry Ward Beecher.*

TWENTY-NINTH

Monotony itself is a cause and element of happiness which amidst the shifting tumults of the world, we are apt to ignore.

—*Lord Lytton.*

THIRTIETH

The great secret of happiness is to study to accommodate our own minds to things external rather than to accommodate things external to ourselves.

—*Dugald Stewart.*

THIRTY-FIRST

Happiness is a pursuit to be followed as tirelessly as the pursuit of wisdom or of wealth.

—*Newell Dwight Hillis.*



June

FIRST

Look ye above!
The Earth is glorious with its summer
wreath;
The tall trees bend with verdure; and,
beneath,
Young flowers are blushing like un-
whisper'd love.

—*John G. Whittier.*

SECOND

If we had set our fancy to picture a
Creator occupied solely in devising de-
light for children whom He loved, we
could not conceive one single element
of bliss which is not here.

—*Sir John Lubbock.*

THIRD

What nothing earthly gives or can de-
stroy,
The soul's calm sunshine, and the heart-
felt joy.

—*Pope.*

F O U R T H

Our pleasures, like honey, should be extracted not from a few stately flowers, named and classic, but from the whole multitude, great and small, which God has sown with profuse hand to smile in every nook, and to make the darkest corners warm with their glowing presence.

—*Henry Ward Beecher.*

F I F T H

How joyed my heart in the rich melodies

That overhead and 'round me did arise!
The moving leaves—the water's gentle flow—

Delicious music hung on every bough.

—*Isaac Walton.*

S I X T H

It is apparent * * * that a good measure of out-of-door life is desirable for him who would secure the elements of a happy life.

—*Charles W. Eliot.*

S E V E N T H

Joy cometh in the morning.

—*Psalms xxx:5.*

E I G H T H

The fields in green array'd,
The cheerful sunshine warm and
bright,
For our joy, for our joy,
Our great Creator made.

Tr. from the German by
—*J. C. D. Parker.*

N I N T H

Joy is of thy true self a part;
Why shouldst thou pray for what thou
art?

—*Mary Putman Gilmore.*

T E N T H

My heart is fixed firm and stable in
the belief that ultimately the sunshine
and the summer, the flowers and the
azure sky, shall become, as it were, in-
terwoven into man's existence. He
shall take from all their beauty and en-
joy their glory.

—*Richard Jefferies.*

E L E V E N T H

Who that define it, say they more or
less

Than this, that happiness is happiness?
—*Pope.*

T W E L F T H

Love turns to the brightest side of things, and its face is ever directed towards happiness. It sees 'the glory in the grass, the sunshine on the flower.' It encourages happy thoughts, and lives in an atmosphere of cheerfulness. It costs nothing, and yet is invaluable; for it blesses its possessor, and grows up in abundant happiness in the bosoms of others.

—*Samuel Smiles.*

T H I R T E E N T H

Just being happy is a fine thing to do,
Looking on the bright side, rather than
the blue,
Sad or sunny musing,
Is largely in the choosing,
And just being happy is brave work
and true.

—*Ripley D. Saunders.*

F O U R T E E N T H

The pleasures of reading are of course in good part pleasures of the imagination; but they are just as natural and actual as pleasures of sense, and are often more accessible and more lasting.

—*Charles W. Eliot.*

FIFTEENTH

How often and often have I blessed
God for the treasures and dear com-
forts of His *natural world*! Shall I
ever be grateful enough for TREES!

—*Henry Ward Beecher.*

SIXTEENTH

The world is so full of a number of
things,
I'm sure we should all be as happy as
kings.

—*Robert Louis Stevenson.*

SEVENTEENTH

Of all felicities, the most charming
is that of a firm and gentle friendship.
It sweetens all our cares, dispels our
sorrows, and counsels us in all extremi-
ties. (Seneca's *Morals*.)

—*Sir Roger L'Estrange.*

EIGHTEENTH

Those who give their days and nights
to the study and practice of beauty, to
the creation of loveliness in any form,
are thereby naturalized in the Domin-
ion of Joy and take on unconsciously
the guise of its gladness.

—*Bliss Carman.*

NINETEENTH

Happy is the man that loves flowers!

—*Henry Ward Beecher.*

TWENTIETH

Every sort of beauty has been lavished on our allotted home; beauties to enrapture every sense, beauties to satisfy every taste; forms the noblest and the loveliest, colors the most gorgeous and the most delicate, odors the sweetest and subtlest, harmonies the most soothing and the most stirring; the sunny glories of the day; the pale Elysian grace of moonlight, the lake, the mountain, the primrose, the forest, and the boundless ocean; 'silent pinnacles of aged snow' in one hemisphere, the marvels of tropical luxuriance in another; the serenity of sunsets; the sublimity of storms; everything is bestowed in boundless profusion on the scene of our existence; we can conceive or desire nothing more exquisite or perfect than what is round us every hour, and our perceptions are so framed as to be consciously alive to all. (Mr. Greg, in *Pleasures of Life.*)

—*Sir John Lubbock.*

TWENTY - FIRST

The amount of honey which we accumulate from the years as they pass, depends not so much upon the number of flower-gardens through which we rove, as upon our powers of extraction.

—*Henry Wood.*

TWENTY - SECOND

A thing of beauty is a joy forever;
Its loveliness increases; it will never
Pass into nothingness. —*Keats.*

TWENTY - THIRD

“Earth’s crammed with heaven,
And every common bush afire with
God:
But only he who sees, takes off his
shoes.”

TWENTY - FOURTH

In teaching patience and perseverance, also Nature teaches us a secret of happiness.

—*Newell Dwight Hillis.*

TWENTY-FIFTH

Nature provides without stint the main requisites of human happiness.

—*Sir John Lubbock.*

TWENTY-SIXTH

Our humble lilies of the valley and our field sparrows are wise enough to tell us of Nature's overruling care, that makes happiness possible.

—*Newell Dwight Hillis.*

TWENTY-SEVENTH

Oh, then the longest summer's day
Seem'd too, too much in haste: still the
full heart
Had not imparted half: 'twas happiness

Too exquisite to last. (The Grave.)

—*Blair.*

TWENTY-EIGHTH

Live in perpetual sunshine; in fact,
be sunshine; be the very spirit of joy.

—*Christian D. Larson.*

T W E N T Y - N I N T H

The air seems made up of happiness, the clouds, the trees, the grass, the pathless birds, land and water,—all seem to pulsate happiness, to emit it, to breathe it forth upon us; and it falls upon us as dew upon flowers.

—*Henry Ward Beecher.*

T H I R T I E T H

Every one must have felt that a cheerful friend is like a sunny day, which sheds its brightness on all around.

—*Sir John Lubbock.*



July

FIRST

“The secret of happiness is ‘Do a kindness to some one every day.’ ”

SECOND

How exquisite is pleasure after pain!

—*Young.*

THIRD

We have the command, to a great extent, over our own lot. At all events, our mind is our own possession; we can cherish happy thoughts there.

—*Samuel Smiles.*

FOURTH

Cheerfulness is, to a certain extent, a habit, which once formed does much to alleviate the small trials of life.

—*Henry D. Chapin.*

F I F T H

No man can live happily who regards himself alone, who turns everything to his own advantage. Thou must live for another, if thou wishest to live for thyself. —*Seneca.*

S I X T H

Now happiness consists in activity: such is the constitution of our nature: it is a running stream, and not a stagnant pool. (The Book of Nature.) —*Good.*

S E V E N T H

The unselfish person lives in an environment of happiness, surrounded by those whom he has helped to be happy, and who in return are endeavoring to bring happiness to him. —*George Hodges.*

E I G H T H

The happy person is the one who finds occasions for joy at every step. He does not have to look for them, he just finds them. —*Ossian Lang.*

N I N T H

I find the gayest castles in the air that were ever piled far better for comfort and for use than the dungeons in the air that are daily dug and caverned out by grumbling, discontented people. A man should make life and nature happier to us, or he had better never been born.

—*Ralph Waldo Emerson.*

T E N T H

* * * all who joy would win
Must share it,—Happiness was born a
twin. —*Byron.*

E L E V E N T H

Make the attainment of continuous happiness and greater happiness a permanent part of your strongest ambition. You will soon find results. Your unhappy moments will become less and less frequent, as well as less and less significant, while your happy moments will become so numerous as to almost become one continuous moment, and the richness of your joy will increase daily to a most satisfying degree.

—*Christian D. Larson.*

T W E L F T H

"If your spirits are low, do something; if you have been doing something, do something different."

T H I R T E E N T H

The soul was made for joy and good cheer. —*Newell Dwight Hillis.*

F O U R T E E N T H

Behold the happy man, his face is
rayed with pleasure.
His thoughts are of calm delight, and
none can know his blessedness.
—*Martin Farquhar Tupper.*

F I F T E E N T H

A sound Mind in a sound Body, is a
short but full description of a happy
State in this World. —*Locke.*

S I X T E E N T H

Let 'Bright, Cheerful and Happy,'
be your watchword, and try to live it
out. (Thought Vibration.)
—*William Walker Atkinson.*

SEVENTEENTH

Happiness lies in the consciousness we have of it, and by no means in the way the future keeps its promises.

—*Georges Sand.*

EIGHTEENTH

Some persons are always breaking out into happiness, because everything is bringing them pleasure. It comes in at the eye, and at the ear, at the portals of smell, taste, and touch, in things little and great, in shapes and colors, in contrasts and analogies, in exactitudes, and in fanciful associations; in homely life, and in wild and grand life.

—*Henry Ward Beecher.*

NINETEENTH

It is kindly sympathy with human life that enables one to secure happiness.

—*Henry Ward Beecher.*

TWENTIETH

“That thou art happy, owe to God; that thou continuest such, owe to thyself.”

TWENTY - FIRST

For to what can happiness be wisely sacrificed but to greater happiness?

—*John Hawkesworth.*

TWENTY - SECOND

It is true that some of the most precious joys of life come to use in quiet moments when we have no companion but a book, or a green hill, or an expanse of shining water, or the sound of meditative music or the consciousness of the divine presence.

—*George Hodges.*

TWENTY - THIRD

A beauty not explicable, is dearer than a beauty which we can see to the end of.

—*Ralph Waldo Emerson.*

TWENTY - FOURTH

To watch the corn grow, or the blossoms set; to draw hard breath over the ploughshare or spade; to read, to think, to love, to pray, are the things that make men happy.

—*Ruskin.*

TWENTY-FIFTH

The happy have whole days, and those
they use;
Th' unhappy have but hours, and those
they lose. —*Dryden.*

TWENTY-SIXTH

His overthrow heap'd happiness upon
him;
For then, and not till then, he felt
himself,
And found the blessedness of being
little. —*Shakspeare.*

TWENTY-SEVENTH

Happiness is inward, and not out-
ward; and so it does not depend on
what we have, but on what we are.
—*Henry van Dyke.*

TWENTY-EIGHTH

Now the heart is so full that a drop
over-fills it,
We are happy now because God wills
it. —*Lowell.*

TWENTY-NINTH

Who is the happiest of men? He who values the merits of others. And in their pleasure takes joy, even as though 'twere his own.

—*Goethe.*

THIRTIETH

Mankind are always happier for having been happy; so that if you make them happy now, you make them happy twenty years hence by the memory of it.

—*Sydney Smith.*

THIRTY-FIRST

That which is given us for our joy is ours as long as life shall last; not passing away with the moment of enjoyment, but dwelling with us, and enriching us to the end. The memory of a past pleasure, derived from any lawful source, is a part of the pleasure itself, a vital part, which remains in our keeping as long as we recognize and cherish it.

—*Agnes Repplier.*



August

FIRST

“Resolve to be merry,
All worry to ferry,
Across the famed waters that bid us
forget;
And no longer fearful,
But happy and cheerful,
We’ll find life has much that’s worth
living for yet!”

SECOND

A face without smiles is a garden
without flowers.

—*Constans L. Goodell.*

THIRD

Happiness is not in the possession of
a fortune; happiness is in the self-re-
liance and industry that makes a for-
tune.

—*Newell Dwight Hillis.*

FOURTH

There is not a moment of any day of our lives when Nature is not producing scene after scene, picture after picture, and glory after glory, and working still upon such exquisite and constant principles of the most perfect beauty, that it is quite certain it is all done for us, and intended for our perpetual pleasure.

—*Ruskin.*

FIFTH

To have given pleasure to one human being is a recollection that sweetens life.

—*Agnes Repplier.*

SIXTH

Make it a point to be happy no matter what comes.

—*Christian D. Larson.*

SEVENTH

It is worth every man's while to study the important art of living happily. Even the poorest man may by this means extract an increased amount of joy and blessing from life.

—*Samuel Smiles.*

EIGHTH

A merry heart doeth good like a medicine. —*Proverbs xvii, 22.*

NINTH

Happy are those whose sweet and gentle speech fills the common life with sweetness and light.

—*Newell Dwight Hillis.*

TENTH

Let us define a happy life as consisting, not in the repelling of evil, but in the acquisition of good; and let us seek to procure it, not by doing nothing, whether one is feeling pleasure, as Aristippus says, or feeling no pain, as Hieronymus insists, but by doing something, and giving our mind to thought.

—*Cicero.*

ELEVENTH

There are two things which will make us happy in this life, if we attend to them. The first is, never to vex ourselves about what we cannot help; and the second, never to vex ourselves about what we can help.

—*Chatfield.*

T W E L F T H

One of the purest and most enduring of human pleasures is to be found in the possession of a good name among one's neighbors and acquaintances. As Shakespeare puts it

The purest treasure mortal times afford
Is spotless reputation.

—*Charles W. Eliot.*

T H I R T E E N T H

Happiness is a building force, one of the greatest in the human system,
* * * * we refer to that happiness that wells up from within, that soul-joy that makes you feel thoroughly good through and through.

—*Chrstian D. Larson.*

F O U R T E E N T H

A good man is happy within himself, and independent upon a fortune; kind to his friend, temperate to his enemy, religiously just, indefatigably laborious; and he discharges all duties with a constancy and congruity of actions. (Seneca's Morals.)

—*Sir Roger L'Estrange.*

FIFTEENTH

Whatever training and instructions can do to fit us for our necessary avocations and labours, adds to our happiness. * * * The amusements and amenities of life are only enjoyed to the full after special training.

—*Alexander Bain.*

SIXTEENTH

What does it profit a man to be the landed proprietor of countless acres unless he can reap the harvest of delight that blooms from every road of God's earth for the seeing eye and the loving spirit?

—*Henry van Dyke.*

SEVENTEENTH

Happiness is not, like a large and beautiful gem, so uncommon and rare that all search for it is vain, all efforts to obtain it hopeless; but it consists of a series of smaller and commoner gems, grouped and set together, forming a pleasing and graceful whole.

—*Samuel Smiles.*

EIGHTEENTH

Thrice happy if they know
Their happiness, and persevere up-
right!
—*Milton*.

NINETEENTH

—Men live better on little: nature
has given it to all men to be happy, if
each but knew how to use his oppor-
tunity.
—*Claudian*.

TWENTIETH

Whether we are happy or unhappy,
is very much in our own power, and
depends greatly on ourselves.
—*Sir John Lubbock*.

TWENTY-FIRST

Sweet are the uses of adversity;
Which, like the toad, ugly and veno-
mous,
Wears yet a precious jewel in his head:
And this our life, exempt from public
haunt,
Finds tongues in trees, books in the
running brooks,
Sermons in stones, and good in every-
thing.
—*Shakspeare*.

T W E N T Y - S E C O N D

Learn to think that everything must come out better and better if you only do your best; then proceed to do your best. Have no fear of results so long as you do your best; and believe firmly that whatever comes to him who always does his best must of necessity be good. If it does not appear to be good, it is only temporarily disguised, and will soon reveal itself to be the greatest blessing that could have been desired. No person can be unhappy who lives in this thought; and he who lives constantly in this thought will not only become happier, and thus healthier, but he will also discover that things always turn out better and better when we do our best.

—*Christian D. Larson.*

T W E N T Y - T H I R D

Still all great souls still make their own
content;
We to ourselves may all our wishes
grant;
For, nothing coveting, we nothing
want.

—*Dryden.*

TWENTY-FOURTH

Do you wish always to stray further?
See, good lies as near; learn only to
grasp happiness, for happiness is al-
ways there.

—Goethe.

TWENTY-FIFTH

True happiness
Consists not in the multitude of friends,
But in the worth and choice.

—Ben Jonson.

TWENTY-SIXTH

There's lots of fun in the world if a
fellow only knows how to find it.

—Elliott Flower.

TWENTY-SEVENTH

True happiness is not the growth of
earth,
The soil is fruitless if you seek it
there:

'Tis an exotic of celestial birth,
And never blooms but in celestial air.

—R. B. Sheridan.

TWENTY-EIGHTH

The art of being happy lies in the power of extracting happiness from common things.

—*Henry Ward Beecher.*

TWENTY-NINTH

Men become the happier when they realize that Nature is their partner and co-worker in every enterprise.

—*Newell Dwight Hillis.*

THIRTIETH

What happiness the rural maid attends,
In cheerful labour while each day she
spends!

She gratefully receives what Heaven
has sent,

And, rich in poverty, enjoys content.

—*Gay.*

THIRTY-FIRST

Happiness is a sunbeam which may pass through a thousand bosoms without losing a particle of its original ray.

—*Sir P. Sidney.*



September

FIRST

The teacher who searches diligently for the good in the things and the people about her will not find it difficult to fill her heart with gratitude. The people call her happy. And why should they not?

—*Ossian Lang.*

SECOND

In the long run, people are generally apt to get what they look for; those who are seeking trouble usually find it. A happy disposition is therefore to be cultivated.

—*Henry D. Chapin.*

THIRD

If all are not happy, all may be happy.

—*Newell Dwight Hillis.*

F O U R T H

He that is of a merry heart hath a continual feast.

Proverbs xv., 15.

F I F T H

“He who goes down into the battle of life giving a smile for every frown, a cheery word for every cross one, and lending a helping hand to the unfortunate, is, after all, the best of missionaries.”

S I X T H

What ripeness is to the orange, what sweet song is to the lark, what culture and refinement are to the intellect, that happiness is to man.

—*Newell Dwight Hillis.*

S E V E N T H

O happy if ye know your happy state,
Ye rangers of the fields! whom nature's
 boon

Cheers with her smiles, and ev'ry ele-
 ment

Conspires to bless. (The Chase.)

—*Somerville.*

EIGHTH

Few persons realize how much of their happiness, * * * * is dependent upon their work, upon the fact that they are kept busy and not left to feed upon themselves.

—*John Burroughs.*

NINTH

Our life is lived in the midst of an environment which is the appropriate setting of the jewel of great joy.

—*George Hodges.*

TENTH

The chance meeting, the unplanned outing, and the unexpected diversion that so often come unsought in the passing days, afford the common channels of happiness.

—*Henry D. Chapin.*

ELEVENTH

A thousand daily little things make their offering of pleasure to those who know how to be pleased.

—*Henry Ward Beecher.*

T W E L F T H

'Tis sweet to hear the watch-dog's honest bark
Bay deep-mouth'd welcome as we draw near home;
'Tis sweet to know there is an eye will mark
Our coming, and look brighter when we come.

—*Byron.*

T H I R T E E N T H

How lovely is this world!
How many joys to us are giv'n,
Blessings fall on us all:
How lovely is this world!

Tr. from the German by

—*J. C. D. Parker.*

F O U R T E E N T H

There is pleasure in exertion even when it is pushed to the point of fatigue, as many a sportsman knows, and this pleasure is, in good measure, independent of the attainment of any practical end.

—*Charles W. Eliot.*

FIFTEENTH

Just being happy helps other souls
along;
Their burdens may be heavy, and they
not strong;
And your own sky will lighten
If other skies you brighten
By just being happy, with a heart full
of song.

—*Ripley D. Saunders.*

SIXTEENTH

Fix'd to no spot is Happiness sincere;
'Tis nowhere to be found, or ev'ry-
where;
'Tis never to be bought, but always free.
—*Pope.*

SEVENTEENTH

We are never so happy, nor so un-
happy, as we suppose ourselves to be.
—*La Rochefoucauld.*

EIGHTEENTH

We are not simple enough to be
happy and to render others so. We
lack the singleness of heart and the
self-forgetfulness.

—*Charles Wagner.*

NINETEENTH

It pays to be happy. Happiness is not a luxury, but a necessity. The beneficial effect of mental sunshine on life, ability, strength, vitality, endurance, is most pronounced.

—*Christian D. Larson.*

TWENTIETH

It is the sum of the small daily pleasures that are taken and enjoyed as they come, that constitutes the bulk of the happiness of life.

—*Henry D. Chapin.*

TWENTY-FIRST

The joy of the individual is always related * * * * to the joy of the community. It has its flower and its fruit in social service, without which it is a barren stalk.

—*George Hodges.*

TWENTY-SECOND

Virtue is said necessarily to produce its own happiness, and to be constantly and adequately its own reward.

—*John Hawksworth.*

T W E N T Y - T H I R D

Cheerfulness depends not on our past acts, but on our wholesome view of life, and we get this by learning to understand it and to understand ourselves.

—*H. E. Rives.*

T W E N T Y - F O U R T H

A wise traveller goeth on cheerily,
through fair weather or foul
He knoweth that his journey must be
sped, so he carrieth his sunshine
with him.

—*Martin Farquhar Tupper.*

T W E N T Y - F I F T H

True happiness ne'er entered at an eye;
True happiness resides in things un-
seen.

—*Young.*

T W E N T Y - S I X T H

Obey; be loyal; do your work and do it well. This is the message of Nature, and the man cannot be long unhappy who imitates Nature's examples.

—*Newell Dwight Hillis.*

TWENTY-SEVENTH

Happiness, is a condition attained through worthiness. To find your life you must lose it. It is the law and the prophets.

—*Lilian Whiting.*

TWENTY-EIGHTH

Let us be glad of the good things we see and hear and feel, and forget what may appear disagreeable.

—*Ossian Lang.*

TWENTY-NINTH

There is pleasure in mere struggle, so it be not hopeless, and in overcoming resistance, obstacles, and hardships.

—*Charles W. Eliot.*

THIRTIETH

The sweetest cordial we receive at last
Is conscience of our virtuous actions
past.

—*Sir J. Denham.*



FIRST

Personal happiness comes, not by seeking it specifically, but by seeking that nobler quality of living that produces it as a result.

—*Lilian Whiting.*

SECOND

Happiness consists in the enjoyment of little pleasures scattered along the common path of life, which in the eager search for some great and exciting joy, we are apt to overlook. It finds delight in the performance of common duties, faithfully and honorably fulfilled.

—*Samuel Smiles.*

THIRD

A merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken.

—*Proverbs xv., 13.*

FOURTH

Happiness is from within, and outward circumstances have but little power over it.

—*John Burroughs.*

FIFTH

The foundation of abiding happiness is one's chosen life work.

—*Newell Dwight Hillis.*

SIXTH

We ought to be as cheerful as we can, if only because to be happy ourselves is a most effectual contribution to the happiness of others.

—*Sir John Lubbock.*

SEVENTH

No gift of God should be more gratefully recognized than a nature easily tending toward enjoyment. So that of its own accord, it avoids sources of annoyance, and discerns in everything some ray of brightness.

—*Henry Ward Beecher.*

EIGHTH

“Kindness brings happiness.”

NINTH

There is real pleasure and exhilaration in bodily exertion, particularly with companionship (of men or animals) and competition.

—*Charles W. Eliot.*

TENTH

Happiness comes to us not as a reward of merit, but as a proof of worth. It is not a recompense for abnegation, but a natural satisfaction in normal life, an incalculable result of real deserving.

—*Bliss Carman.*

ELEVENTH

Acquire the habit of expecting success, of believing in happiness. Nothing succeeds like success; nothing makes happiness like happiness.

—*Lilian Whiting.*

TWELFTH

A certain simplicity of living is usually necessary to happiness.

—*Henry D. Chapin.*

THIRTEENTH

Sing a song of seasons,
Something bright in all,
Flowers in the summer;
Fires in the fall.

—*Robert Louis Stevenson.*

FOURTEENTH

The recurrence of things same or similar, the content in the fulfilment of expectations so familiar and so gentle that we are scarcely conscious that they were formed, have a harmony and a charm, and where life is enriched by no loftier genius, often make the only difference between its poetry and its prose.

—*Lord Lytton.*

FIFTEENTH

Let us sometimes live—be it only for an hour, and though we must lay all else aside—to make others smile. The sacrifice is only in appearance; no one finds more pleasure for himself than he who knows how, without ostentation, to give himself that he may procure for those around him a moment of forgetfulness and happiness.

—*Charles Wagner.*

SIXTEENTH

So long as you retain your happiness you will retain all your power; and all the power that is in you is sufficient to overcome every obstacle, conquer every adversary and turn every circumstance to good account.

—*Christian D. Larson.*

SEVENTEENTH

The cheerful man makes a cheerful world.

—*Samuel Smiles.*

EIGHTEENTH

True happiness (if understood)
Consists alone in doing good.

—*Somerville.*

NINETEENTH

Because God is doing the best He can for all, in the very darkest hour of life, happiness and tranquillity are possible for all alike.

—*Newell Dwight Hillis.*

T W E N T I E T H

For this were our poets and dramatists, our painters and novelists, sent to us,—to make us lawfully happier in a hard world, to help us smilingly through the gloom.

—*Agnes Repplier.*

T W E N T Y - F I R S T

Her poverty was glad; her heart content.

—*Dryden.*

T W E N T Y - S E C O N D

These things have I spoken unto you, that my joy might remain in you, and that your joy might be full.

John xv., II.

T W E N T Y - T H I R D

O gift of God! O perfect day:
Whereon shall no man work, but play:
Whereon it is enough for me,
Not to be doing, but to be!

—*Henry W. Longfellow.*

T W E N T Y - F O U R T H

✓ Happiness is a very beautiful thing,—the most beautiful and heavenly thing in the world,—but it is a result, a spiritual condition, and is not predetermined by a bank account or by the flattering incense of praise.

—*Lilian Whiting.*

. T W E N T Y - F I F T H

One of the secrets of happiness is found in the habitual emphasis of pleasant things, and the persistent casting aside of all malign elements.

—*Newell Dwight Hillis.*

T W E N T Y - S I X T H

When thou wishest to delight thyself think of the virtues of those who live with thee.

—*Marcus Aurelius.*

T W E N T Y - S E V E N T H

The domestic affections are the principal source of human happiness and well-being.

—*Charles W. Eliot.*

T W E N T Y - E I G H T H

The true basis of cheerfulness is love, hope, and patience.

—*Samuel Smiles.*

T W E N T Y - N I N T H

“Open your eyes, look, see why this is. How good it is that it should be just this way.”

T H I R T I E T H

O happiness: our being's end and aim!
Good, pleasure, ease, content; whate'er
thy name;

That something still which prompts
th' eternal sigh,

For which we bear to live, or dare to
die.

—*Pope.*

T H I R T Y - F I R S T

The direct pursuit of pleasure, or to demand happiness, may indeed be futile; but the instinctive pursuit of our activities is not futile, unless it be ill-advised; and from such pursuit, when it is wisely ordered, some essence of happiness is inevitably derived.

—*Bliss Carman.*



November

FIRST

Now, happiness produces happiness. Enjoyment may be cultivated, and is, after all, largely a condition of habit. Precisely the same circumstances will yield delight to one and discontent to another, and no process of culture is so admirable as that which fosters the habitual mood of sunny enjoyment.

—*Lilian Whiting.*

SECOND

To live, we must conquer incessantly, we must have the courage to be happy.

—*Amiel.*

THIRD

Happiness appears to be a state that comes easiest when unsought.

—*Henry D. Chapin.*

FOURTH

But true peace can be had only by victory.

—*George Hodges.*

FIFTH

We want more loving knowledge to enable us to enjoy life, and we require to cultivate the art of making the most of the common means and appliances of enjoyment which lie about us on every side.

—*Samuel Smiles.*

SIXTH

To make much of little, to find reasons of interest in common things, to develop a sensibility to mild enjoyments, to inspire the imagination, to throw a charm upon homely and familiar things, will constitute a man master of his own happiness.

—*Henry Ward Beecher.*

SEVENTH

The best way to secure future happiness is to be as happy as is rightfully possible to-day.

—*Charles William Eliot.*

EIGHTH

The measure of a man's happiness will be the number and strength of his friendships among people young and people old, people rich and people poor, people representing professions and those representing the occupations.

—*Newell Dwight Hillis.*

NINTH

Who that has truly tasted and fathomed human love in its dawning and crowning joys has not thanked God for a felicity which indeed "passeth understanding."

—*Sir John Lubbock.*

TENTH

To be thoroughly and abidingly happy is not only to get what we all instinctively desire, but to fulfil the purpose of our nature.

—*George Hodges.*

ELEVENTH

Diamonds of shining joy lie glittering in every common highway, but most of the passers-by only stub their toes against them.

—*George Hodges.*

T W E L F T H

Mental sunshine not only attracts the best from without, but it also causes the best to grow from within. We all prefer the sunshine, and we are naturally attracted wherever a sunbeam is in evidence.
—*Christian D. Larson.*

T H I R T E E N T H

If we opened our minds to enjoyment, we might find tranquil pleasures spread about us on every side. We might live with the angels that visit us on every sunbeam, and sit with the fairies who wait on every flower.
—*Samuel Smiles.*

F O U R T E E N T H

It is a matter of economy to be happy, to view life and all its conditions from the brightest angle. It enables one to seize life at its best.
—*Horatio W. Dresser.*

F I F T E E N T H

When a man has such things to think on, and sees the sun, the moon, and stars, and enjoys earth and sea, he is not solitary or even helpless.
—*Epictetus.*

SIXTEENTH

When to the pleasure of exertion is added the satisfaction of producing a new value, and the further satisfaction of earning a livelihood through that new value, we have the common pleasurable conditions of productive labor.

—*Charles W. Eliot.*

SEVENTEENTH

If you feel cheerful and happy, it is very natural for you to laugh. And if you will laugh a little, you will begin to feel bright and cheerful. (Thought Vibration.)

—*William Walker Atkinson.*

EIGHTEENTH

Anyway, look cheerful, no matter how you feel.

—*George Hodges.*

NINETEENTH

That his work may be the stronger and the more enduring, man is commanded to practice happiness, and amidst all the conflicts and distemperatures of life to maintain the sense of joy and victory.

—*Newell Dwight Hillis.*

T W E N T I E T H

Surely, O Life, thy name is happiness and hope.

—*Martin Farquhar Tupper.*

T W E N T Y - F I R S T

The more liberal the sympathy, the more is the interest of life extended; and the more extended one's range of interests, the more does one multiply the means and resources of happiness.

—*Lilian Whiting.*

T W E N T Y - S E C O N D

Happiness, let us admit, is not a relative thing, as pleasure is, but a positive condition of the spirit regardless of surroundings, a fundamental state of being in which normal personality finds the justification and value of life.

—*Bliss Carman.*

T W E N T Y - T H I R D

Probably the most lasting source of happiness is found in unselfish love. This keeps alive a constant interest in those who are the objects of affection, which, in turn, is naturally reflected into the relations of life.

—*Henry D. Chapin.*

T W E N T Y - F O U R T H

For what is it to be happy, but for a man to content himself with his lot, in a cheerful and quiet resignation to the appointments of God. (Seneca's *Morals*.) —*Sir Roger L'Estrange*.

T W E N T Y - F I F T H

Few of us appreciate the number of our everyday blessings; we think they are trifles, and yet "trifles make perfection, and perfection is no trifle," as Michael Angelo said.

—*Sir John Lubbock*.

T W E N T Y - S I X T H

The * * * thought of Thanksgiving is that one can find things to be thankful for, if one really looks for them.

—*Ossian Lange*.

T W E N T Y - S E V E N T H

A serene face helps to make a serene soul; a smile on the lips induces a smile in the heart.

—*George Hodges*.

TWENTY-EIGHTH

He who loves most has most.

—*Henry van Dyke.*

TWENTY-NINTH

Oh, how one longs to express the glory and beauty of life from this higher point of view, how one longs for some stronger language, or for some means of communicating to the untold thousands to whom life is still a mystery and a burden that fundamentally, and for them, when they shall be quickened to see it, life is really a joy, an apocalypse crystal clear, through which appears the fair spirit of transcendent Being!

—*Horatio W. Dresser.*

THIRTIETH

If one would be happy, let him forget himself and go about making some one else happy.

—*Lilian Whiting.*



December

FIRST

Why, it is the initial business of life to be happy. One should go about treading on air, and sip nectar and ambrosia. It is a beautiful thing to live. Life is a fine art; it is the supreme consummation of all the arts, the final finish and flower.

—*Lilian Whiting.*

SECOND

The daily drill of the tongue as an instrument of happiness and influence is to enter into the fundamental conception of living.

—*Newell Dwight Hillis.*

THIRD

Happiness comes from the consciousness that one has been faithful to the work that has been appointed.

—*Newell Dwight Hillis.*

FOURTH

O! what a happiness is it to find
A friend of our own blood, a brother
kind! —*Waller.*

FIFTH

The Dominion of Joy is as wide as
the universe in which we dwell.
Wherever the foot may tread and the
soul subsist, there its beneficent power
may extend. Its terminus is no nearer
than the outmost star that glimmers
within the sweep of vision.

—*Bliss Carman.*

SIXTH

Look steadily on the bright side of
life. Cultivate the grace of a good
hope. Imitate the fine optimism of
him of whom it is said that he could
see stars where his neighbors saw only
an unbroken expanse of cloud.

—*George Hodges.*

SEVENTH

Morning breaks! the kingly sun
Issueth forth, a glorious one!
Fount of gladness, nature's crown,
Now, at noon, or going down!

—*Dr. Alexander S. Patterson.*

EIGHTH

A cultivated sense of humor directly adds to the happiness of life.

—*Henry D. Chapin.*

NINTH

Every working man who is worth his salt (I care not whether he works with his hands and brains, or with his brains alone) takes satisfaction first in the working; secondly, in the product of his work; and thirdly, in what that product yields to him.

—*Charles W. Eliot.*

TENTH

Cheerfulness is an excellent wearing quality. It has been called the bright weather of the heart. It gives harmony of soul, and is a perpetual song without words.

—*Samuel Smiles.*

ELEVENTH

Pleasure, like all other truly precious things in this world, cannot be bought or sold. If you wish to be amused, you must do your part toward it; that is the essential.

—*Charles Wagner.*

T W E L F T H

Happiness depends on helpfulness as health depends on air and food—because we are made that way.

—*George Hodges.*

T H I R T E E N T H

Happiness is the result of God's will for us, and not of our will for ourselves; and so we can only find it by giving our lives up, in submission and obedience, to the control of God.

—*Henry van Dyke.*

F O U R T E E N T H

Put on, therefore, gladness that hath always favor with God, and is acceptable unto him, and delight thyself in it; for every man that is glad doeth the things that are good, and thinketh good thoughts, despising grief.

—*Shepherd of Hermas.*

F I F T E E N T H

Duty is the end and aim of the highest life; the truest pleasure of all is that derived from the consciousness of its fulfillment.

—*Samuel Smiles.*

SIXTEENTH

An old proverb attributes happiness to him who expects little and thereby avoids disappointment.

—*Henry D. Chapin.*

SEVENTEENTH

A cheerful comrade is better than a waterproof coat and a foot-warmer.

—*Henry van Dyke.*

EIGHTEENTH

The duty of self-denial is not more imperative than the duty of delight.

—*Newell Dwight Hillis.*

NINETEENTH

To thee alone be praise,
From whom our joy descends,
Thou cheerer of our days.

—*Wotton.*

TWENTIETH

“The gladness of a spirit is an index of its power.”

T W E N T Y - F I R S T

“Paradise indeed might,” as Luther said, “apply to the whole world.” What more is there we could ask for ourselves.

—*Sir John Lubbock.*

T W E N T Y - S E C O N D

Our happiness as human beings, generally speaking, will be found to be very much in proportion to the number of things we love, and the number of things that love us.

—*Samuel Smiles.*

T W E N T Y - T H I R D

Through every fibre of my brain,
Through every nerve, through every
vein,
I feel the electric thrill, the touch
Of life, that seems almost too much.

—*Henry W. Longfellow.*

T W E N T Y - F O U R T H

To believe and go forward is the key
to success and to happiness.

—*Lilian Whiting.*

T W E N T Y - F I F T H

And the angel said unto them, Fear not; for, behold, I bring you good tidings of great joy, which shall be to all people.

For unto you is born this day in the city of David a Saviour, which is Christ the Lord.

—*St. Luke, ii., 10, 11.*

T W E N T Y - S I X T H.

They who minister to their neighbors exercise one of the normal human functions, and enter thereby into the joy of a larger life.

—*George Hodges.*

T W E N T Y - S E V E N T H

It seems as if all classes and conditions in life might learn to get more happiness out of their work. To accomplish this, more sentiment and less worry must be put into our efforts, which must also be viewed in their larger relations and possibilities.

—*Henry D. Chapin.*

TWENTY-EIGHTH

Fireside happiness, to hours of ease
Blest with that charm, the certainty to
please. (Human Life.)

—*Rogers.*

TWENTY-NINTH

Happiness is an interior matter, an
attitude toward life, depending on the
individual soul.

—*George Hodges.*

THIRTIETH

He who has done the best he can, has
a right to be as happy in the hope of
ultimate triumph as though he was al-
ready enthroned amidst that triumph.

—*Newell Dwight Hillis.*

THIRTY-FIRST

Write it in your heart that every day
is the best day in the year.

—*Ralph Waldo Emerson.*

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- LARSON, CHRISTIAN D.
Jan. 3, 30; Feb. 16; March 16; April 9, 17;
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Oct. 16; Nov. 12.
- L'ESTRANGE, SIR ROGER (Seneca's Morals)
Feb. 11; June 17; Aug. 14; Nov. 24.
- LINCOLN, ABRAHAM Feb. 17
- LOCKE July 15
- LONGFELLOW, HENRY W.
Jan. 20; April 5; May 13; Oct. 23; Dec. 23.
- LOWELL, JAMES RUSSELL July 28
- LUBBOCK, SIR JOHN
Jan. 16; Feb. 13; April 8; June 2, 20, 25, 30;
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- LYTTON, LORD March 26; May 29; Oct. 14
- MASSINGER, PHILIP May 15
- MILTON, JOHN May 4; Aug. 18
- MOUNTFORD, WILLIAM Feb. 12
- ORMES, ALICE May 1
- PARKER, J. C. D. (Tr. by) June 8; Sept. 13
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- POPE, ALEXANDER
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- SAUNDERS, RIPLEY D. June 13; Sept. 15
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- SIDNEY, SIR P. Aug. 31
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