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completely screened the camp from view.

One morning Elsie went, as usual, down to the shore to fish for minnows. It was such fun to watch them darting to and fro in the sunshine; but, alas, they wouldn't bite. So, after a while, she laid down her line, and, seeing a pretty path—decided to take a little walk in the woods.

And on she went, gathering ferns and bright berries, till, all at once,

she thought she saw in the distance two small black puppies frolicking around a great spruce tree.

"Oh, the dear little things!" she cried, as she ran toward them; "what fun we will have!"

Not long before Elsie started on her walk, John Keene, a lad of nineteen, had gone out in very much the same direction. He was employed to help around camp, and this morning went to pick up dry wood for the fire.

He had gathered quite a pile, and had just started to take it back to camp, when he heard the sound of a child's voice, not ten yards away.

"Oh, you naughty doggie!" it said, and then followed a little squeak, which Jim recognized to be that of a young cub in distress.

A low growl rang through the forest.

Dropping his load, all but one stout stick, Jim rushed to the scene and picked up Elsie with his left hand, and just as the angry old mother bear was about to spring he gave her a swift, hard blow on the nose. She rose in the air once, then fell backward, stunned, while Jim gave her blow after blow, until she rolled over and breathed her last.

Then he walked back to camp, carrying in his strong arms the bewildered Elsie, who had not once let go her two black "puppies."

"Jim," the child asked, "what made you beat the old doggie so hard?"

**BEGIN RIGHT.**

My dear little girl, you must not be so impatient; I heard you throwing blocks and stamping in a very naughty way. What is the matter?

"Why, mother, I've tried and tried to build a house with my blocks, and when I have it almost finished and it looks so pretty, down it tumbles, and I just can't make it."

I think I know why you cannot do it, Janet.

"Tell me, won't you, mother? I do so want a pretty house."

"You did not begin right; you should put those large, heavy blocks on the floor first, and build the smaller ones on top."

"But, mother, I wanted those for the doors."

"You cannot build your house unless you make the beginning, or foundation, strong; if you do not, it will surely fall."

One day Janet and her mother were out for a walk. On the corner of the street were a great number of men building a large house.

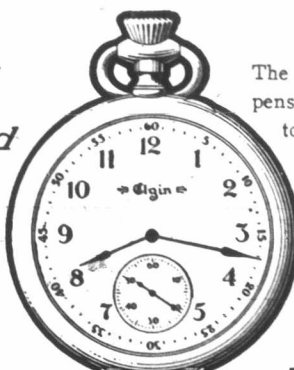
How large those stones look, mother; I should not think they would use such heavy things when they are so hard to lift."

"If the men did not put those large, heavy stones under this house it would fall, just as your block house did. This is the beginning, dear; when the house is finished, you will see why they needed such heavy stones for the foundation."

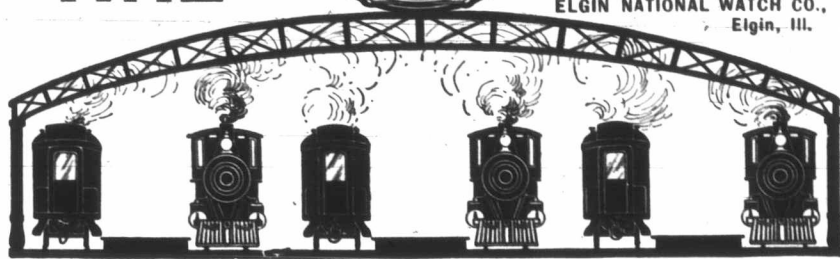
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On reaching home her mother found a letter from Aunt Sue, saying she was coming to make them a visit.

"Oh, I am so glad," said Janet; "I love Aunt Sue, because she is always sweet and never gets cross or tells me to go away and not bother her."

"I will tell you why she is so sweet, dear; she started right when she was a little girl."

"What do you mean, mother?"

"Well, she, too, was like your pretty block house; she grew up sweet and good because she was kind to her mother and brothers and sisters, and tried to be sweet even when she could not do as she wanted to. This, like the big, strong blocks, made a good beginning or foundation for her after life."—Our Little Ones.

**VALUE OF BREATHING PROPERLY.**

Thousands of people die every year because they do not know how to breathe, or, knowing how, they do not fill their lungs as they should. Thin, pale, sallow people should wrap themselves thoroughly if the weather is cool, step out upon an open porch or stand at an open window, and fill the lungs moderately full, breathing precisely as one does for the most violent exercise—that is, in short, quick, deep inspirations, each one occupying not over two seconds. Use the muscles to expand the lungs and chest, and inhale all the air possible. If the exercise causes pain or giddiness, stop at once. This is the natural consequence of the action, and does no harm, provided it is not continued. After a few minutes, when all unpleasant feeling has passed away, repeat the effort. This may be done two or three times within an hour or so, and should be followed up day after day at intervals of from one to several hours. If the patient is very delicate, three times a day is enough for a beginning. In a very short time a marked improvement will be perceived. Another exercise with the lungs is to expand the chest with the muscles to its fullest ex-

tent, then fill the lungs and hold the breath as long as possible. This causes a heavy pressure of air on undeveloped and defective lung cells, and, after a time, will open all of the passages of the lungs and create a condition of health to which a great many people are entire strangers.

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The surface of the body should be kept clean by frequent bathing with tepid water and castile soap, and Dr. Chase's Ointment applied night and morning.

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