

## The Reading Course

### Books.

"My days among the dead are past ;  
Around me I behold,  
Where'er these casual eyes are cast,  
The mighty numbers of old.  
My never-failing friends are they  
With whom I converse day by day.

"With them I take delight in weal,  
And seek relief in woe,  
And while I understand and feel  
How much to them I owe,  
My cheeks have often been bedew'd  
With tears of thoughtful gratitude."  
—*Southey*.

### Health Hints.

During the time that "The Marvels of our Bodily Dwelling" is being read, we shall give most of this page to Health Hints which may be read in connection with the book, and act as suggestions for the Circle meetings. Instead of giving "cut and dried" programmes we aim at stimulating members of Circles to think for themselves and arrange for their own meetings.

We want to hear from Circles in regard to their work.

### Readings for December.

Week commencing December 3rd—  
Marvels of our Bodily Dwelling. Chapters 28, 29, 30.

The New Citizenship, Chapter 9.

Week commencing December 10th—  
Marvels of our Bodily Dwelling. Part II. Chapters 1, 2, 3.

The New Citizenship, Chapter 10.

Week commencing December 17th—  
Marvels of our Bodily Dwelling. Part II. Chapters 4, 5.

The New Citizenship, Chapter 11.

Week commencing December 24th—  
Marvels of our Bodily Dwelling. Part II. Chapter 6.

The New Citizenship, Chapter 12

### The Benefits.

In speaking of the benefits the young people of Oughth had received from the League Reading Course, Miss Ida Ford gave the following personal testimonies from some of the members, at the Milton District Convention:

1. "Our Circle, being composed of members of two Leagues, draws young people together in friendly and social intercourse, who otherwise would not meet very often."

2. "By meeting together and discussing the books we enjoy them better than by simply reading them alone."

3. "The discussion often leads off to other topics both interesting and instructive."

4. "The Reading Course cultivates the literary taste, and helps us to distinguish between first-class literature and second class."

5. "We learn something of the great and good lives of men and women of the past, and reading and studying their thoughts they become part of us."

6. "The books studied furnish topics for conversation in the home, so that small talk or gossip cannot edge its way in."

7. "My mind was much broadened and strengthened as a result of the solid course taken."

### More Sleep Needed.

The following from the *Youth's Companion* is important and worthy of universal acceptance and practice: "More sleep, with more regularity in taking it, is a prime need of our exhausting modern life. People talk of giving rest to their minds; but it is not likely that the mind itself ever tires. The brain, or some overworked tract of it, may need repose, and it seems a well established physiological fact that this central organ literally undergoes repair and renewal during sleep. The slowing down of the blood permits the deposit of nutritive particles, just as the slowing of a river permits it to drop its sediment. There is wisdom as well as wit in the Quixotic saying: 'Blessings on him that first invented this sleep!'"

### Keep Your Mouth Shut.

Don't be offended. The admonition is not meant as a reflection upon your talkativeness. Talk, but keep your mouth shut when you are not talking.

People who keep their mouths closed, except when they are talking, eating, or drinking, rarely contract coughs or colds. Savages, even those living in northern latitudes, seldom take cold. Scientists say it is because they are close-mouthed.

Disease germs floating in the air find a direct route into the lungs of a person who breathes through his mouth. They are arrested by the fine, sieve-like network of hair in the nostrils of persons who breathe through the nose. Keep your mouth shut and you may defy pestilence.

The teeth suffer from too much and too frequent exposure to the atmosphere. Sudden changes of temperature, whether liquid or atmospheric, are hurtful to them. The best teeth in the world are those of the savage tribes, who always keep their mouths shut except when talking or eating. Throat and lung diseases are often contracted by persons who go about open-mouthed. The frosty air of winter inhaled directly into the lungs through the mouth is a frequent cause of bronchial disorders. Taken through the nose, it is modified and sifted of many of its dangers. Keep your mouth shut.—*Healthy Home*.

### Ten Rules.

The following maxims won a prize offered by the Parisian publishers, Hachette & Co., for the ten most effective rules for the preservation of mental and bodily health. The author, Dr. Decornet, of Ferte sur-Aube, won in a list of 500 competitors. The rules, as translated in the *Lancet*, run thus:

1. General Hygiene: Rise early; go to bed early, and in the meantime keep your-self occupied.

2. Respiratory Hygiene: Water and bread sustain life, but pure air and sunlight are indispensable for health.

3. Gastro-intestinal Hygiene: Frugality and sobriety are the best elixirs for a long life.

4. Epidermal Hygiene: Cleanliness preserves from rust; the best kept machines last longest.

5. Sleep Hygiene: A sufficiency of rest repairs and strengthens; too much rest weakens and makes soft.

6. Clothes Hygiene: He is well clothed who keeps his body sufficiently warm, safeguarding it from all abrupt changes of temperature, while at the same time maintaining perfect freedom of motion.

7. House Hygiene: A house that is clean and cheerful makes a happy home.

8. Moral Hygiene: The mind reposes, and resumes its edge by means of relaxation and amusement, but excess opens the door to the passions; and these attract the vices.

9. Intellectual Hygiene: Gaiety conduces to love of life, and love of life is the half of health; on the other hand, sadness and gloom help on old age.

10. Professional Hygiene: Is it your brain that feels you? Don't allow your arms and legs to become stiff. Dig for a livelihood, but don't omit to furnish your intellect and elevate your thought.

### Caring for the Teeth.

Many faces that are otherwise beautiful are spoiled by decayed and dark colored teeth. Perfect cleanliness is essential if one would keep them white and in good condition, and a little care bestowed upon them every day will soon work a wonderful transformation in those that have been neglected. Teeth that show any signs of decay, should be filled as soon as possible, for although this is an expensive and disagreeable task, it will usually save the teeth for several years. Decaying teeth give one an offensive breath and often seriously affect the health. If they can not be filled, it is better to have them taken out. Brush the teeth thoroughly after each meal, using lukewarm water in which a little powdered borax has been dissolved. It will take only a minute or two, and the sense of cleanliness repays one for a great deal more labor than this entails. The borax hardens the gums, cleanses the mouth, and arrests decay of the teeth; in fact its merits as a dentifrice have long been known by those who have given the matter their attention. Get a piece of sheet rubber such as dentists use, slip one edge between the teeth, and draw it back and forth, and it will remove any foreign substance much better than a tooth-pick, thread, or other device. Use a brush that has soft bristles, which will clean the teeth without injuring the gums.

Tooth powders innumerable are manufactured, and doubtless some of them are very good, but many are injurious and it is always better to know the ingredients of which those that we use are composed. It is also better on the score of economy, for an excellent tooth powder may be prepared at home at a very small expense. Mix three teaspoonfuls of powdered orris root, ten teaspoonfuls of precipitated chalk, three teaspoonfuls powdered borax, and one-half teaspoonful powdered myrrh. The odor is delightful, and this preparation whitens the teeth beautifully. Every child should be taught to take care of the teeth, for the habits that are formed during childhood are apt to last all their lives.—*Mrs. ELLEN J. CANADAY, in Central Christian Advocate*.

### Notes.

DUNDAS READING CIRCLE has organized with forty members, and a prospect of more.

TAERNACKE CHURCH, Belleville, will have a Circle of at least twenty-five this year.

A Circle of ten members was organized in Parliament St. Church, Toronto, on the evening of October 8th.

READING CIRCLES do not seem to thrive in cities as in town and country places. There are only seven Circles in the three Toronto Districts with over fifty Leagues.

The daily bath may be used advantageously as a promoter of sleep. During hot weather the rapid sponging of the whole body in cold water, just before going to bed, is an excellent soporific; and in winter the tepid bath will be hardly less effectual. Even to wash the hands and feet just before going to bed leaves a feeling of satisfaction and comfort well worth the trouble.—*DR. BLACK'S "GUIDE TO HEALTH."*