



NO man is nobler than another, unless he be born with better abilities, and a more amiable disposition.

HOWEVER great a man's power and influence may be, they are made greater by Christianity.

HE that walketh uprightly, walketh surely.

A kindly word, or a merry thought, does more to make a beautiful face, than all the cosmetics, and complexion-powders to be found in the market.

WHEN out for a promenade, do not walk along all bent over with head drooping and shoulders stooped. The head well poised and erect will keep the chest well out and the lungs inflated.

“CIRCLES are praised, not that excel
In largeness, but th' exactly framed ;
So life we praise, that doth excel
Not in much time, but acting well.”

—Waller.

THE true glory of a nation consists not in the vastness of her possessions, her fertile soil, or her natural beauties, but in the moral and intellectual superiority of her people.

FRIENDSHIP does not authorize you to say disagreeable things to your intimates ; on the contrary, the more acquainted you become with a person the more necessary do tact and courtesy become.

IN bodily exercises a discretion is to be used ; nor are they equally to be undertaken by all.

DON'T ride in an open carriage, or near a car window, after exercise of any kind.

DON'T let young children sleep with consumptives. Neither suffer individuals disposed to consumption, to frequent localities inhabited by consumptive people.

REMEMBER that canker rash, scarlet fever, and scarlatina are the same as scarlet fever, and the same precautions must be used. Severe forms of scarlet fever may be caught from mild cases.

IN the battle of life we must make the best preparation we can, and then plunge in and take our chances with the rest.

THE commander who fights only when he is sure of winning never gains great victories.

THE amount of a man's virtue is best seen in presence of adversity, for its occurrence does not make a man weak, but shows what he is.

HE is prudent who strives now to be such in life as he desires to be found at his death.

SPEND less nervous energy each day than you make. Be cheerful. A merry heart doeth good like a medicine.