

THE ROYAL BRETROTHAL.

The Princess Beatrice Mary Victoria Feodora, who is betrothed to Prince Battenberg, is the youngest child of the Queen. She was born on April 14th, 1857, and is consequently in her twenty-eighth year. She is of a studious, retiring disposition, and has great literary and artistic tastes. Her mother has always reposed in her the utmost confidence, and she appears to have been a source of much comfort to the Queen for many years. It is said that she will take up her residence near her royal mother, which will be an exceedingly pleasant thing for them both, attached as they are to each other.

Prince Henry of Battenberg, third son of Prince Alexander of Hesse, is the younger brother of Prince Louis of Battenberg, an officer in the British navy, who is married to the Queen's grand-daughter, Princess Victoria of Hesse; and another of his brothers is Prince Alexander, who has been appointed ruler of Bulgaria. Prince Henry is cousin to the reigning Grand Duke of Hesse. He was born on October 5th, 1858, and is thus a year and a half younger than Princess Beatrice, who was born on April 14, 1857. The Princes of Battenberg take their title

ently good health has a rough, sallow skin, we may at once conclude that there is a sufficient cause not far away. It may be in the diet, in the bathing, or lack of it, but whatever it may be, it will soon affect the health, as it has the complexion, and it should be sought out and removed as soon as possible.

A muddy skin may often be traced to impaired digestion, than which nothing is more common. Indeed, I think a perfect digestion has become a somewhat difficult thing to discover. It is often ruined in childhood by over-indulgence in sweets and pastry, allowed by falsely kind and mistaken elders, who do not stop to reckon the far-reaching consequences of such a course. I have seen children who seem to live entirely on cake, pie, candy, pickles, puddings, etc., with, perhaps, a bit of bread and meat, now and then—a meagre diet it would seem, if one were to judge by their sallow, pasty faces and gaunt limbs. There is little nutrition in such food. The meat, though nutritious, is not suitable for very young children. A child fed on oatmeal, eggs, fresh milk, brown bread, fruit, etc., with cake and candy allowed only as an occasional treat, seldom fails of being round, rosy,

the shock caused to the system by the cold bath being too great a drain upon it. When, as sometimes happens, this reaction does not take place, chills issue, often followed by serious illness.

Tepid or warm water is probably best for most people. For a weak person the bath should be about the temperature of the body—that is, just as it will feel most comfortable to the body, and cause no shock, either from heat or cold, to the abnormally sensitive system. The sponge bath is probably safest for the invalid. A healthy glow and feeling of refreshment should pervade body and mind afterward.

Those who find that the bath leaves them exhausted and depressed, should bathe only a part of the body at one time, even if two or three days pass before the whole is gone over. Borax used occasionally in the water is cleansing and beautifying. A little glycerine in the water will make the skin soft and smooth. Better than this is vaseline or olive oil, rubbed over the body after the bath. Used regularly, it is said to give nourishment to the skin and develop the body. Either of these rubbed on the joints after a long walk will afford rest and relief, and in most cases, prevent lameness.

Another actual case, embodying the same lesson against the lazy and shiftless habit of "letting things go," is related by the French political economist, M. Say.

Once, at a farm in the country, there was a gate, enclosing the cattle and poultry, which was constantly swinging open for want of a proper latch. The expenditure of a penny or two, and a few minute's time, would have made all right. It was on the swing every time a person went out, and not being in a state to shut readily, many of the poultry were from time to time lost.

One day a fine young porker made his escape, and the whole family, with the gardener, cook and milk-maid, turned out in quest of the fugitive. The gardener was the first to discover the pig, and in leaping a ditch to cut his escape, he got a sprain that laid him up for a fortnight.

The cook, on returning to the farm-house, found the linen burned that she had hung up before the fire to dry; and the milk-maid, having forgotten in her haste to tie up the cattle in the cow-house, found that one of the loose cows had broken the leg of a colt, that happened to be kept in the same shed.

The linen burned and the gardener's work



PRINCE HENRY OF BATTENBERG.



HER ROYAL HIGHNESS PRINCESS BEATRICE.

from a town of that name, containing about a thousand population, in the Grand Duchy of Hesse-Darmstadt. Prince Henry is a favorite member of Berlin Court society, and has been for the last two years Lieutenant in the Guards corps, the crack Russian cavalry regiment, to which his elder brother, the Prince of Bulgaria, is still attached as Major-General.

CARE OF THE COMPLEXION.

BY HELEN HERBERT.

A really beautiful complexion is a somewhat rare possession—rarer, indeed, than it should be. In infancy the skin is clear and fair, and it is only in later years that, succumbing to the attacks of its numerous and remorseless enemies, it takes on the sallow, burned or spotted appearance we so often see, and regret to see. Proper care, undertaken in time, would usually prevent much, if not all, of this deterioration.

The beauty of the complexion depends much on the physical condition. We cannot expect a clear skin without health, we may expect it with health, and usually find it, but not always. When a person in appar-

happy and healthy, with bright eyes, and a clear skin most pleasant to look upon.

Therefore, if you wish to possess a good complexion, the first and most important consideration is to keep the digestion in order. Frequent and judicious bathing should, perhaps, be placed next in order. I say "judicious" bathing, because it is a matter which requires the exercise of much judgment, though, alas, too frequently this requirement is by no means met.

It is not safe to follow blindly any other person's method of bathing, no matter how much that person may have benefited by it. This is a matter in which every person must be a law to himself.

But baths, when properly taken, have been called the true fountain of youth, and it is certain that no one thing can be more directly conducive to health and beauty. Cold baths should be indulged in only by the most vigorous. "Bathing in cold water every day," as is so often advised, may possibly be safe for one person in a hundred, but I have known great harm to come of it when made a rule for a weak person. Even when no injury is immediately perceived, the vitality is gradually sapped, the reaction after

There are some who object to washing the face often, especially with soap, thinking this an injury to the complexion. But those who have made a speciality of skin diseases say no part of the body needs soap so much; that the face being constantly exposed to dust, collects so much it is not enough to wash it in clear water. They say if soap makes the face shiny, as so many claim, it only shows that it is the more needed, and that the work of drying after the bath has not been properly performed. The face, however, should not be wet immediately before or after going out.—Household

FOR WANT OF A LATCH.

An old step-ladder lesson, setting forth the sad imports of little neglects, is worth a thousand repetitions:

"For want of a nail the shoe was lost;
For want of a shoe the horse was lost;
For want of a horse the rider was lost—
And all for the want of a horse-shoe nail."

This is said to be originally taken from actual history—of a certain aid-de-camp whose horse fell lame on a retreat and delayed him until the enemy overtook and killed him.

lost, were worth full a hundred francs, and the colt was worth nearly double that money; so that here was a loss of a large sum, purely for want of a little latch which might have been supplied for a few half-pence.—Selected.

Are you shining for Jesus, darlings? you have given your hearts to Him; But is the light strong within them, or is it but pale and dim? Can everybody see it—that Jesus is all to you? That your love to Him is burning with radiance warm and true? Is the seal upon your forehead, so that it must be known That you are "all for Jesus," that your hearts are all His own? Frances Ridley Havergal.

EVERY TEACHER should be gradually collecting and mastering a choice library. The volumes may not be enormous, but they should be of the highest excellence, and well studied.