

14. When you are nearly well—

- (1) Avoid going to theatres or any place where people congregate. Let your amusements be out of doors.
- (2) Avoid late hours and exertions such as heavy work, violent games, tennis, rowing, racing, etc.
- (3) Deny yourself every indulgence that may deplete your vitality and lower your resistance.
- (4) Avoid following the advice of friends. Stick to your rules. Faithful persistence is the price of success.

15. At all times—

Keep sweet. Get the Happy Habit.

If you feel a grouch sprouting, nip it in the bud.
If you feel blue, perhaps it's constipation, or idleness—or it may be tiredness.

If you cannot change your surroundings, you can change your thoughts.

Declare with James Whitecomb Riley—

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

RULES FOR CHILDREN.

1. Put nothing in your mouth except food and drink.
2. Especially, never put in your mouth, gum, whistles, apples, half-eaten candy, *or anything that has been in another's mouth; and be strictly careful never to put money in your mouth.*
3. Remember to keep your fingers and pencils out of your mouth. Never wet your finger in your mouth when turning the leaves of books.