

whom was Daniel. The king of Babylon was very kind to these young men. He put them in charge of a prince who loved them, and he had them taught by the best teachers in the land. Every day the boys had lessons with these teachers.

But each day the king sent them rich foods from his table—meat that they knew they ought not to eat, and wine.

They were far away in a heathen land. They did not have mothers to tell them what to eat and drink, but they decided for themselves. One day they begged the man who came with their food to bring them instead the grain and fruit and pure water that they knew were best for them. At first he would not, for fear of the king, but they said, "Try us for ten days on our kind of food," and he did so.

At the end of the ten days when they went before the king he saw their bright eyes, and red cheeks, and straight shoulders and he had nothing to find fault about. And the four brave young princes had proved that wine and rich food were not the best for them.

Here are two tiny verses, which will make your heart so brave and strong that no one can make you do anything to spoil your body.

"Keep thyself pure."

—I Timothy 5: 22.

"Be strong."

—I Corinthians 16: 13.

THE WORDS OF SOLOMON

"The drunkard and the glutton shall come to poverty."

—Proverbs 23: 21.

