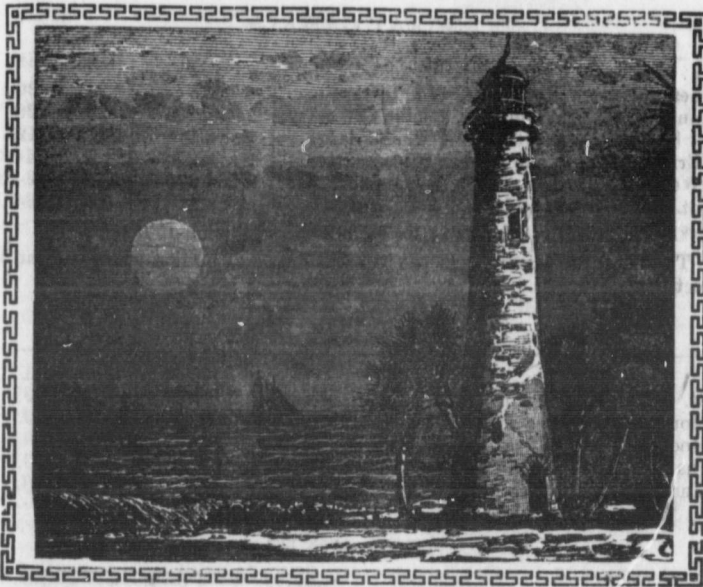




NOVEMBER.

Like the half blown moon which gives
Hints of the light whereby it lives :
Somewhat of goodness, something true
From sun and spirit shining through

All faiths, all worlds, as through the dark
Of Ocean shines its welcome spark
Attests the presence everywhere
Of love and Providential care.

TABLE RULES FOR LITTLE FOLKS.

In silence I must take my seat,
And give God thanks before I eat ;
Must for my food in patience wait,
Till I am asked to hand my plate.
I must not scold, nor whine, nor pout,
Nor move my chair nor plate about ;
With knife or fork or napkin ring
I must not play, nor must I sing ;
I must not speak a useless word,
For children must be seen, not heard.
I must not talk about about my food,
Nor fret if I don't think it good ;
I must not say the bread is old,
The tea is hot, the coffee's cold ;

I must not cry for this or that,
Nor murmur if my meat is fat ;
My mouth with food I must not crowd,
Nor while I am eating speak aloud ;
Must turn my head to cough or sneeze,
And when I ask say if you please ;
The tablecloth I must not spoil,
Nor with my food my fingers soil ;
Must keep my seat till I have done,
Nor round the table sport or run ;
When told to rise, then I must put
My chair away with noiseless foot ;
And lift my heart to God above,
In praise for all his wondrous love.

HOW TO KEEP WARM.

How to keep warm is a problem which is not fully understood. It is not by eating to repletion that a generous diffusion of the blood is sustained, nor by living in a close room that health is to be gained. A few simple rules of living are very useful at this season in order to learn how to keep warm, and to be healthy at the same time. Commence by a generous meat breakfast. There is more warmth in one ounce of cold meat than in a pint of hot coffee. Cleanliness being essential to perspiration, and free perspiration being necessary to warmth, it is well that persons should bathe frequently in as cold water as they can bear, without danger. Hot liquors are fatal to warmth. A piece of bread contains the elements of warmth in a greater degree than a glass of beer. Walk frequently out doors; ventilate your rooms.