

## HOW TO ACQUIRE HEALTH, STRENGTH, AND MUSCLE.

sweet-oil and powdered, unadulterated myrrh or orris-root. Never pick the teeth with a metallic substance.

Wear clothing that shall be porous, unpoisonous, and loose in every particular, especially about the joints; and wear so little clothing about the neck that, if at any time it be omitted altogether, you will not be liable to take cold; and wear not any article at night that you wore during the day.

Expose yourself to the direct rays of the sun not less than six hours a day on an average throughout the year.

### TWELVE WAYS OF DESTROYING HEALTH.

1. Wearing thin shoes and cotton stockings upon damp nights, and in cool, rainy weather. Wearing insufficient clothing, and especially upon the limbs and extremities.

2. Leading a life of enfeebling, stupid laziness, and keeping the mind in an unnatural state of excitement by reading romances. Going to theatres, parties and balls, in all sorts of weather, in the thinnest possible dress. Dancing till in a complete perspiration, and then going home without sufficient over-garments through the cold damp air.

3. Sleeping in feather beds, in seven-by-nine bed-rooms, without ventilation at the top of the windows, and especially with two or more persons in the same unventilated bed-room.

4. Surfeiting on hot and very stimulating dinners. Eating in a hurry, without half masticating your food, and eating heartily before going to bed every night, when the mind and body are exhausted by the toils of the day and excitement of the evening.

5. Beginning, in childhood, on tea and coffee, and going from one step to another through chewing and smoking tobacco, and drinking intoxicating liquors; by personal abuse, and physical and mental excesses of every description.

6. Marrying in haste and getting an uncongenial companion, and living the remainder of life in mental dissatisfaction. Cultivating jealousies and domestic broils, and being always in a mental ferment.

7. Keeping children quiet by giving them paregoric and cordials, by teaching them to suck candy, and by supplying them with raisins, nuts, and rich cake. When they are sick, by giving mercury, tartar emetic, and arsenic, under the mistaken notions that they are medicines and not irritant poisons.

8. Allow the love of gain to absorb our

minds, so as to leave no time to attend to our health. Following an unhealthy occupation because money can be made by it.

3. Tempting the appetite with bitters and niceties, when the stomach says No, and by forcing food when nature does not demand, and even rejects it. Gormandizing between meals.

10. Contriving to keep in a continual worry about something or nothing. Giving way to fits of anger.

11. Being irregular in all our habits of sleeping and eating, going to bed at midnight and getting up at noon. Eating too much, too many kinds of food, and that which is too highly-seasoned.

12. Neglecting to take proper care of ourselves, and not applying early for medical advice when disease first appears. Taking celebrated quack medicines to a degree of making a drug-shop of the body.

### USEFUL SCRAPs OF INFORMATION.

Lying or sitting down on the grass or bare earth for a moment is dangerous, rather use your hat; a handkerchief, even, is a great protection. The warmer you are, the greater need for this precaution, for a damp vapour is immediately generated, to be absorbed by the clothing, and to cool you off too rapidly.

Let the whole beard grow, but no longer than some three inches. This strengthens and thickens its growth, and thus makes a more perfect protection for the lungs against dust, and of the throat against winds and cold in winter, while in summer a greater perspiration of the skin is induced, with an increase of evaporation; hence, greater coolness of the part on the outside, while the throat is less feverish, thirsty, and dry.

Avoid fat and fat meats in summer, and in all warm days.

Whenever it is possible, do, by all means, when you have to use water for cooking or drinking from ponds or sluggish streams, boil it well; and when cool, shake it, or stir it so that the oxygen of the air shall get to it, which greatly improves it for drinking. This boiling arrests the process of fermentation which arises from the presence of organic or inorganic impurities, thus tending to prevent cholera and all bowel diseases. If there is no time for boiling, at least strain it through a cloth.

Avoid hard water, either for drinking pure or when converted into tea or coffee, or soup, because hard water is always strongly impregnated with lime. Hard water may be softened by boiling it; let it become cold, then use it as a beverage.

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Nine ounce in forty gal gallons of l

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