# For Your Health

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"When Hearts Command"

By ELIZABETH YORK MILLER

The minds distinguished the regard of party and the party of the party of

Jean began to cry little weak whimpers; like a distressed child at the sight of its mother, and Caunt lifted her bedily in his arms.

"There, my dear—my poor dear. Den't wriggle, please. Maria!" He called to the old woman and bade her make some fresh coffee. The workmen stared with unamiling eyes at the sight of their master carrying a white-clad signora in his arms, and the old dog sniffed along behind wagging his stiff, rheumatic tail.

Jean's arms went around Gaunt's neck. She could not well help herself, but it was a comforting position, and she became more and more conscious of her aching feet and altogether unhappy frame of mind. It was good to be taken care of, if only for a little while; good to weep on somebody's shoulder.

"Never-mind. Whatever it is, we'll fix it all right. There, my poor dear, try not to cry any more. We'll soon have you looked after."

"Oh, I do want to be looked after—I do!" she wailed, her lips puckered dismally.

She realized for the first time in



RULES FOR CHILDREN

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A clean body has a good deal to do with creating a clean mind, therefore a few simple rules for parents and teachers may not be amiss:

Teach children to wash their face and hands when they get up, before meals and before going to bed.

Encourage them to use polite expressions, such as "Good morning" and "Good night," "Thank you," "Much obliged," etc.

Remind them not to expect to do just what they want to do, but to cheerfully do what they are asked.

Insist that truthfulness and honesty in everything is the only safe policy.

Remind them to be kind to all dumb animals and to attend promptly to their wants.

And that the best introduction anywhere is a smiling countenance and a readiness to "serve others.

where is a smiling countenance and a readiness to serve others.

Backed by the yew-trees hues of his How richly glows the dials's white; But skirted by nasturtiums gay How quiet is the dial's gray.

O whe would not a dial be?
To atsand for centuries and eea
The trees the grass, the gardes flowers
And number only sunit hours.
—Archibald Y. Campbell

"There's nothing in the paper!
It is a burning shame."
But what he meant was merely that
It didn't print his name.

Calumny would soon starve if ne-body took it in and gave it lodging.

High words and low language are usually not far apart.

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