SIX LITTLE WORDS.

Six little words arrest me every day:
I ought, must, can—I will, I dare, I may.
I ought—'tis conscience law, divinely writ
Within my heart, the goal I strive to hit.
I must—this warns me that my way is

I must—this warns me that my way is barred. Either by nature's law or custom hard. I can—in this is summed up all my might, Whether to do or know or judge aright. I will—my diadem, by the soul imprest With freedom's seal—the rule within my

ity.
s Grannis sat directly in front of her,

what she dropped in. In fact, Mrs. Grannis had no objection whatever to letting it be known that her contribution was a liberal

Whether to do or know or judge aright. I will—my diadem, by the soul imprest With freedom's seal—the rule within my breast.

Lare—at once a motto for the seal, And, dare I I barrier 'gainst unlicensed zeal I may—is final, and at once makes clear The way which else might vague and dim appear.

I ought, unut, can—I will, I dare, I may; These six words claim attention every day, I ought, I must, I can, I will, I dare, I may—Chambers' Journal.

MRS. GRANNIS' COMMUNION OF—FERING.

"Isn't Mrs. Grannis generous!" said Mand Newman to her mother, as soon as her father had finished asking the blessing. It was Sunday, and, as usual, the Sunday dinner at the Newmans' was a little later than the regular week day dinner. It was more than a common Sunday. It was a communion Sunday.

On that day the pastor had made a stirging appeal to his people, to help the suffering poor. Mand Newman had listened to that appeal, and with all the curiosity of a little girl, had watched the deposits made in the backet by the worshippers in her vicinity.

Mrs. Grannis at directly in front of her, the that Mand had ho difficulty in seeing the seeing the state of the seeing that Mand had ho difficulty in seeing the seed that the seeing the seeing the seeing the seeing the seeing

THE "BAND OF HOPE."

thought that man's conduct very strange, and I certainly thought so."

"Mrs. Grannis ought to know very well why that man did not taste the communion wine," said Mrs. Newman. "He wasafrait to do it."

"Afraid," said Maud, "What was he afraid of if" all tell you," said her mother. "Mr. Elliott has been a drinking man, and a taste of wine would arouse an appetite that he knows he might not be able to control."

"But our church uses unfermented wine."

"EMPERANCE PHYSIOLOGY."

great many other earnest, practical people who, finding everything made so plain, have healthful; the feet become damp and cold followed out the plan with the happiest if rabber overshoes which keep in the moist of the coming season there for using it, and for the coming season there are sufficient to the lost. Many pastors and superintendents find it helpful for their temperance exercises, even when they do not a separate school.—Correspondence of the coming season that the plan with the happiest if rabber overshoes which keep in the moist and superintendents find it helpful for their temperance exercises, even when they do not a separate school.—Correspondence of the coming season that the plan with the happiest if rabber overshoes which keep in the moist and superintendents find it helpful for their temperance exercises, even when they do not a separate school.—Correspondence of the coming season that the plan with the happiest if rabber overshoes which keep in the moist and superintendents find it helpful for their temperance exercises, even when they do not a separate school.—Correspondence of the coming season the form a festival. This kept the perspiration from leaving his dot, and the did in a few hours.

The skin is kept smooth and soft by an oily substance sent out from little sace in the coming season the state of the coming season the dealt in a festival. This kept the perspiration from leaving his dot, and the dealt in a few hours.

The state of the feet become damp and cold hold way in the the plan with the happiest in the plan

TEMPERANCE PHYSIOLOGY.

FOR USE IN SCHOOLS AND BANDS OF HOPE (Published by A. S. Barnes, New York, un the direction of the National W.C.T.U.) CHAPTER XIII.

THE SKIN .- CUTIS AND CUTICLE

THE SKIN.—CUTIS AND CUTICLE.

The skin has two layers. The lower one is called the cutis or true skin; the upper one, the cuticle. These layers never interfere with muscular motion, for they cover the flesh more nicely than the finest glove fits the hand.

At the lips 2nd nose, this covering changes to a softer and more delicate one, called the mucous membrane, which extends into the body and forms the lining of most of its organs.

of its organs.

THE CUTIS,

The cuties.

The inner, or true skin, is full of nerves and blood-vessels; it has also weak muscular fibres, by means of which the skin is sometimes "puckered" into "goose-piniples," or the hair made to "stand on end." On the palm of your hand and the ends of your fingers, you can see little ridges called papilla. These contains so many of the tiny nerves by which news is carried to the brain, that our hands are the chief organs of touch. In the absence of other senses, especially that of sight, one learns to rely upon the sense of touch. The bind read by passing their fingers or lips over raised letters.

the brain, the suy which news is carried to organs of touch. In the absence of other senses, especially that of sight, one learns to rely upon the sense of touch. The billing tread by passing their fingers or lips over raised letters.

We could not bear to touch the nerve-ends directly, for that would give pain in the hands almost as severe as tooth-ache. The cuticle covers the cutis and protects. It is made of hard dry scales and becomesthicker by use, as on the hands of the blacksmith, or con the feet of a barefoot boy. Its scales rulp of on our under the cuticle covers the cuties of the blacksmith, or continued to the continued the cover only a small part of the body at a time, and wash rapidly and rub well with a coarse towel. If the bath is thus taken, and each part covered as soon as it is dry and warm, no chill will be felt. All should bath at least twice a week, and soap is needed on the whole body at test one a week, to reacover the oily matter that has dried upon the skin.

THE PERSPIRATION.

The odd in the mark of a gentleman or a lady.

BATHING.

BAPHING.

BAPHING.

BAPHING.

The sweat tubes will not work properly id irt is allowed to cloy or close the openings. Bathing, therefore, is very necessary to the health of the body as filt for water is used, a dash of cold water at the close of the bath, with vigorous rubbing, will prevent the tired feeling that would water at the close of the bath, with vigorous rubbing, will prevent the tired feeling that would water at the close of the bath, with vigorous rubbing, will prevent the tired feeling that would water at the close of the bath, with vigorous rubbing, will prevent the tired feeling that would water at the close of the bath, with vigorous rubbing, will prevent the tired feeling that would water at the close of the bath, with vigorous rubbing, will prevent the tired feeling that would water at the close of the bath is used, a dash of cold water at the close of the bath is used, a dash of cold water at the close of the bath is used, a dash of cold

body, and he died in a few hours.

THE CIL-GLANDS.

The skin is kept smooth and soft by an oily substance sent out from little sacs in the cuti-called oil-plands. A similar oily material moistens and keeps the hair glossy. The oil or sebaceous glands are quite large on the face, and sometimes the matter in them hardens and dries. When their mouths are open, particles of dirt mingle with the oily matter, and they become dark-colored and are often called "worms." They can then be easily pressed out and the black spots removed. spots removed.

COMPLEXION

Small grains of coloring-matter on the lower side of the cuticle cause the different colors of the skin When these collect in spots, the skin is freckled.

THE HAIR AND NAILS.

THE HAIR AND NAILS.

These grow from the cuticle. Each hair has a tiny sac or fold of skin, at its root. The nails present of the fingers and grow rapidly.

You may easily prove this, by making a little mark near the base of one of thetu, and watching it from day to day.

The nails should always be kept clean and well cut, not bitten nor broken off. Finger-nails black with needless dirt under the ends, are not the mark of a gentleman or a lady.

BATHING.

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