

Don't act upon the supposition that exhausting physical exercise is strengthening; it is debilitating.

Don't permit yourself to think too much on one subject; the brain is rested by a change of thought.

Don't poke things into your ears to remove dried secretions; warm water syringing is a safer and a better way.

Don't take a dose of medicine without first looking at the label and making sure you are not getting a poison or an overdose.

Don't punish a child by boxing or pulling its ears; there is a better place for the application of the palm when necessary.

Don't think you can with impunity adopt the follies of other folks; your constitution may not be equally well able to bear abuse.

Wonders of the "Electrical" Cure.

[The following appeared originally in the Boston *Commonwealth* over the signature of J. F. K., and seems to have been written as a take-off of an English woman (Mrs. E. H. B.) who was acting as a modern medium while she put forth most extravagant claims of her discoveries in "Art Magic" and her miraculous "electrical" cures.—L. R. S.]

Mr. Abram Large, of old Marblehead,
One day in his daily paper read
Of an "electrical cure," made in Lynn,
That caused the fat man at once to grin.
He read and re-read, and thought a while,
Then folded the paper with a smile!
What pleased the fat man so very well,
Was the tale the paper had to tell
Of the "wonderful magnetic" cure;
That he could get relief, he felt sure!

Mr. Abram Large was very stout,
And weighing three hundred pounds about,
He had long wished to know some good plan,
To render himself a smaller man!
And it now became his firm belief,
That from fat he could obtain relief!
If a magnet will make swellings go
Sure it will serve the whole body so!
"I want a reduction in size," he said,
And off he started from Marblehead!

Arriving in Lynn, he did not know
Into what part of the city to go!
So passing along thro' Market street,
A telegraph sign he chanced to meet.
"Ah! That is the place," he said with glee,
"Where they will do this nice job for me."
So, in he went, and stated his case,
And then, the operator, with a long face,
Quietly seated him in a chair,
And around him coiled a copper wire!

Thus was the battery then applied,
And soon from Abram's back, arms, side,
He felt the magnetic currents play,
And the fatty matter giving way!
Abram now felt his pulses thrill with joy,
To think that now as when a mere boy,
He would hence appear with figure thin,
And once more the smile of beauty win,
"The pink of high fashion, and the mould,"
Just as though, he had never grown old!

But from his dream Abram quickly wakes
As something a great confusion makes;
And he listens with a sense of dread
To a loud call from old Marblehead,
A sort of a telegraphic shout:
"Hullo, there, Lynn! What are you about?
I tell you, friend, you had better cease,
You have filled our office full of grease!"

Our Contributors.

[FOR DR. FOOTE'S HEALTH MONTHLY.]

Holy Marriage. III.

BY A CHRISTIAN MINISTER.

JESUS CHRIST said, *Blessed are the pure in heart, for they shall see God.* Can a man be pure in heart in the act of begetting a child? Until he can be he can never be pure in heart at all; for the heart cannot be pure while the loins are unclean. The heart, or the source of life in the individual that already is, can be clean only as the loins and womb, or the source of life of the individual that is to be, are clean also. The two are woven into one nature and destiny.

The greatest good in this world is to be parents. A longed for and loved child is more culture, education and development to those who bear and rear it, than all the schools and magnificence of the world. Blessed above all others on earth are they who set their hearts on children more by far than on anything else earthly; and who seek to know and obey God's law of life concerning the source of life. It is they who walk with God, for they dwell in God.

God's law of life in the source of life is love, as the law of death is lust. For love to extinguish lust, this is the supreme victory.

How to live in love, so that the lover's true love will never die; but the sweetheart time will last through life, this is the great secret.

Only as "a man loves as a maiden loves," can love extinguish lust, the sweetheart time last through life, and man become pure in heart.

A maiden loves through her heart, not through her loins, and when man is so changed that men love in their heart thus also, then only will men be fully converted.

A man can love as a maiden loves right on to old age, only as he sets his wife at the head of the family, thinks of her as the mother of his children, reveres her above all else in her motherhood, and altogether subjects his desire to her nobler feeling.

Only a love-marriage is God's marriage. All others are of the world, the flesh and the devil. Therefore only a love-marriage is holy marriage. All others are sacrilege.

In all holy marriage woman is at the head of the family.

In a true love-marriage, with woman at the head of the family, parentage will be the supreme thought. To reach in the highest degree toward perfection in parentage will be the ruling motive, controlling all else in the ordering of the family affairs.

The children of a true love-marriage will be love-children, and so will be fullest of life; for love-life is the life-fullest life. To them the greatest span of life is assured.

A true love-marriage is a sacramental marriage, and the children of such a marriage will be sacramental children—sacred, consecrated, hallowed to God and to Jesus. And the hallowed will in due time become holy.

The marriage of Hannah and Elkanah was a sacramental marriage, and Samuel was a sacramental child. With love, longing and prayer, such as there were then, how many Samuels might there not be born!

Man and harlotry have been hitherto the supreme facts concerning the source of life. Only as woman and motherhood come to be the supreme facts can Jesus finally and fully succeed, and life altogether triumph over death in mankind.