

Nature's Medicine.

Laughter is Nature's device for exercising the internal organs and giving us pleasure at the same time.

It sends the blood bounding through the body, increases the respiration, and gives warmth to the whole system.

It expands the chest, and forces the poisoned air from the least-used lung cells.

It brings into harmonious action all the functions of the body.

Perfect health, which may be destroyed by a bad piece of news, by grief or anxiety, is often restored by a good hearty laugh.

A jolly physician is often better than all his pills.

Laughter induces a mental exhilaration.

The habit of frequent and hearty laughter will not only save you many a doctor's bill, but will also save you years of your life.

There is good philosophy as well as good health in the maxim 'Laugh and grow fat.'

Laughter is a foe to pain and disease, and a sure cure for the 'blues,' melancholy, and worry.

Laughter is contagious. Be cheerful, and you make everybody around you happy, harmonious, and healthful.

Laughter and good cheer make love of life, and love of life is half of health.

Use laughter as a table sauce; it sets the organs to dancing, and thus stimulates the digestive processes.

Laughter keeps the heart and face young, and enhances physical beauty.

A Rainy Sunday at Home.

(By Mary Callum Wiley.)

'Oh, dear!' said Annabel, 'I wish it would stop raining!'

'What would you do?' said Fred. 'You couldn't go anywhere, 'cause it's Sunday.'

'Or do anything,' said Joe.

'Auntie says if you want to see something,' said Tom, suddenly appearing at the door, 'come out to the kitchen.'

The children needed no second bidding. All day they had been housed in, and now, as the afternoon dragged by, they were restless and cross, and ready for anything.

'Why! What in the world!' they cried as they ran into the kitchen. Their aunt was standing by the table with her sleeves rolled up and a big apron on, spreading wet sand

over a map she had sketched with chalk on the top of the table.

'It's a map of Palestine,' said Tom. 'See, we are going to make it out of sand and put in the mountains and the valleys and the rivers and everything.'

'Oh!' said the children. They had never seen anything like it, for they had never studied geography with a sand map. They lived in the country and went to an old-fashioned 'district school.' But their aunt explained how the map was to be made, and in a little while they were busy at work, piling up the sand in places for mountains, smoothing it out for plains, and making rivers and lakes out of bits of looking-glass.

'As our map is a representation of the home of the children of Israel,' said auntie, 'do you think it would be nice to mark in some way the different places where Bible events happened?'

'Yes,' said the children. 'But how can we do it?'

'Take Bethlehem, for instance,' said Auntie. 'What has happened there?'

'Jesus was born there,' said the children quickly.

'Yes,' said Auntie, 'but I mean in Old Testament times.'

'David lived there,' said Tom.

'And Ruth,' added Annabel.

'Then, why not mark Bethlehem with a sheep?' and Auntie drew a tiny animal out of the Noah's ark she had brought down for the purpose, and placed it on the map. 'This will show,' she said, 'that David lived a shepherd boy here.'

'Put down a lion, then,' said Joe, 'and I drop a grain of corn, too, to remind us of Ruth.'

'Where's the place where David fought Goliath?' asked Tom.

'Here,' said Auntie, pointing to a narrow valley south-west of Bethlehem. 'Here's where the Philistines came up to fight the children of Israel.'

'Well, I've got a splendid picture of a giant,' said Tom, 'that'll do for that spot.'

'Didn't Samson go down here to Gaza once?' asked Henry, studying the map in the back of Auntie's Bible.

'Look it up in the sixteenth chapter of Judges,' said Auntie.

While Henry was reading up on Samson, the others were eagerly asking questions and looking up references. For they soon found that they had to keep their Bibles open in order to mark their map correctly. Each child was given a certain part of the map to work up, and whenever he was in doubt about

anything or couldn't find a story in the Bible, Auntie helped him out.

When, at length, the map was done, father and mother were called in to view it. Each place on the map was eagerly pointed out. There was a tiny temple to mark Jerusalem, a ladder Bethel, a boat loaded with logs (matches broken in two) Tyre; bits of rock piled up showing Mt. Carmel, where Elijah called down fire from heaven. A grave marked Mt. Nebo; twelve pebbles the Jordan, where the children of Israel crossed. At Shiloh, where little Samuel lived with Eli, was a tiny lighted candle; at Jericho, a tiny section of wall. In the valley before Mt. Sinai, a paper tabernacle was erected; on Mt. Sinai two flat stones were placed. The cave on the side of the Dead Sea, where David found Saul, was marked by two pasteboard swords crossed; the cave where the witch of Endor lived, by fumes of sulphur rising and a flickering light. A tiny bottle of oil stood for Zarephath, a measure of flour for Samaria, a bunch of grapes for Jezreel, a lock of hair for the country where Samson did his exploits, a doll's pitcher with a burning match in it the place where Gideon overcame the Midianites.

'Well, well,' said father, when he had everything explained to him and when he had asked all the questions he could think of, 'you've learned more Bible history this afternoon than you had learned before in a month of Sundays.'—Selected.

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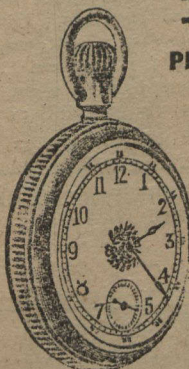
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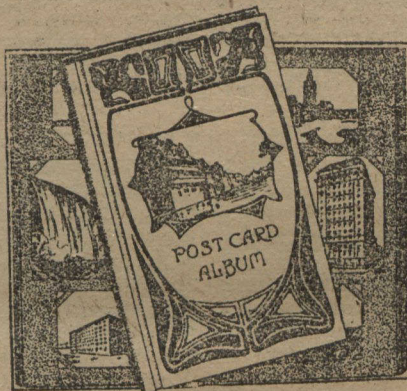
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