

### Small Courtesies.

One evening last week I entered a room where several young people with books and work, were sitting around the lamp. The young man with the lexicon and the grammar on the table before him was the busiest of the group; but he instantly arose and remained standing until I had taken my seat. The little action was automatic. The habit of this family is to practice small courtesies, and the boys have been trained from childhood to pay deference to women.

Equally charming are the manners of girls in the home I speak of—gentle, soft-spoken, appreciative, considerate, and reverential. To old people they are tender, to children kind, to each other lovely.—*Margaret E. Sangster, in Interior.*

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May I be more like Jesus,  
So lowly and so meek,  
For no one marked an angry word,  
That ever heard Him speak.

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### Brave, Good, Sophie.

There was to be a Sunday-school concert in which a number of children were to take part. There was a good deal of excitement over it, and all who had to recite or sing were much interested. Some of those who had not, as yet, been selected for any share in the work were interested, too, but they did not all show it in as pleasant a way.

As it drew near the important time two of those who had been chosen for special parts were taken ill, and it seemed a little hard to fill their places.

"I shall not do a single thing," said Lena Martin. "I wasn't asked in the first place, and I'm not going to be second choice."

Then it was found that Sophie Leonard had taken the part, and had promised to do the best she could with it.

"Why, Sophie," said one of her mates, "you don't feel as Lena does, do you? Lena says she won't be second choice."

"Why, really," said gentle Sophie, looking up brightly, "I'd rather be even the last choice, I think, for then I would know that nobody else would do it, and if I didn't it might fall through, and so I would feel sure it was all right to try. If I should be first choice I should be afraid I ought to give the chance to somebody who could do it better."

"What a good way to look at it!" said her friend, and it happened that soon afterward this very girl was asked to take the other vacant place, and, because of Sophie's good example, she did not refuse.

Those who really wish to help will be humble and do what they can, whenever asked, without insisting on being first choice.

—"Welcome."

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### While You Are Growing.

Growing girls and boys do not always appreciate that it is while they are growing that they are forming their figures for after life. Drooping the shoulders a little more every day, drooping the head as one walks, standing unevenly, so that one hip sinks lower than the other—all these defects, easily corrected now, will be five times as hard in five years, and twenty-five times as hard in ten years. A graceful, easy carriage and an erect, straight figure are a pleasure to behold and possessor, and are worth striving for.

An easy way to practice walking well is to start out right. Just before you leave the house walk up to the wall and see that your toes, chest and nose touch it at once; then in that attitude walk away. Keep your head up and your chest out, and your shoulders and back will take care of themselves.

A southern school teacher used to instruct her pupils to walk always as if trying to look over the top of an imaginary carriage just in front of them. It was good advice, for it kept the head raised. Don't think these things are of no value. They add to your health and your attractiveness, two things to which everybody should pay heed.

—"New York Times."