

Ten True Friends.

Ten true friends you have,
Which, five in a row,
Upon each side of you,
Go where you go.

Suppose you are sleepy,
They help you to bed;
Suppose you are hungry,
They see that you're fed.

They wake up your dolly,
And put on her clothes,
And trundle her carriage
Wherever she goes.

They buckle your skate straps,
And haul at your sled;
Are, in summer, quite white
And in winter quite red.

And these ten tiny fellows,
They serve you with ease,
And they ask nothing from you,
But work hard to please.

Now, with ten willing servants,
So trusty and true,
Pray who would be lazy,
Or idle—would you?

Would you find out the name
Of this kind little band?
Then count up the fingers
On each little hand.

Night Running.

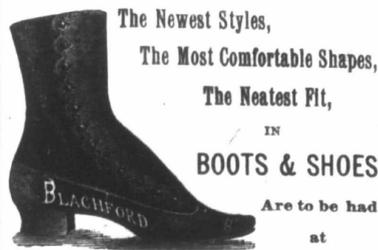
Young men and boys, after a day's work is done and supper over, think they must have their relaxation and fun. There is no objection to this if it is sought in a rational way. In towns the boys and young men assemble on the street corners, or in places where games are played, or where beer or liquor is sold. The question is submitted whether these are rational or proper ways to seek recreation and fun.

In the country they go to the store, or the tavern, or to the post-office, or to the small village where these are located, in which case the occupations and the "relaxation and fun" are much like those sought and found in towns. The question is here again submitted whether these methods are rational and profitable.

Running about at night is hard on the body, health and strength of the young men. When they have to work during the day they are stupid and dull, apt to be careless, and not unfrequently irritable and unpleasant. Loss of rest and sleep produces these results, even though no indulgence in drinking and carousing attend the night-running. But when these are added to the playing of games of

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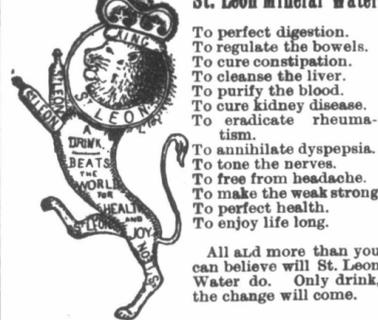
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To free from headache.
To make the weak strong
To perfect health.
To enjoy life long.

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