themselves begin to decay, go at once to a good dentist, and have the evil corrected. You cannot be too careful of your teeth. To allow teeth that are badly decayed to remain without cleaning and filling is ruinous to the

oarly neceyed to remain without cleaning and filling is rulinous to the finger Natis.—These must always be kept serupulously clean, and not permitted to grow inordinately long. A good malt-brush is indispensable. Keep the nails of a neat, oval shape. People of culture give special attention to the appearance of their finger mile. To neglest this indicates wilgarity. To neglest this indicates wilgarity occasions, both for protection and sti-

Gloves should be worn on all proper occasions, both for protection and eti-queette. The Hair.—The hair requires a good deal of care. Frequent brushing with a stiff brush keeps the sently clear, and stiff brush keeps the sently clear, and stiff brush keeps the sently clear, and was defended to be sently as the content of the content of

#### THE WAY THEY KISS.

Adapted from the original by our poet.] The Montreal girl bows her stately

head,
And fixes her stylish lips
In a firm, hard way, and I
In spasmodic little sips. lets them go

The Kingston girl removeth her spec And freezeth her face with a smile, And she sticks out her lips like an ope book.

And cheweth?her gum meanwhile. The Ottawa girl says never a word, And you'd think shews rather tame: With her practical view of the matter in hand

She gets there just the same. The Toronto girl, the pride of the

world,
In her clinging and soulful way,
ibsorbs it all in a yearnful yearn,
As big as a bale of hay. The Belleville girl gets a grip on her-

self,
As she carefully takes off her hat,
Then she grabs up her prize in a fren
zied way.
Like a terrior shaking a rat.

The Peterboro girl, so gentle and sweet, Lets her lips meet the coming kiss, With a rapturous warmth, and the youthful soul Floats away on a sea of bliss,

said to produce marvelous results. This plan consists in making the delinquent subsist entirely on breed and wine. The bread is steeped in a bowl of wine for an hour or more before the meal is served. The first day the habitual toper takes his food in this shape without repugnance: the second palate: finally he positively loathes the sight of it. Experience shows that a period of from eight to ten days of this regime is generally more than sufficient to make a man evince the greatest aversion of anything in the many men after their incarceration become total abstainers.

### SPOILED HIS FUN.

Said a man to his friend, with whom he went out for a constitutional, "Come, let us take a walk down this way." "Why?" asked the other. "Didn't you see that fellow over yonder?" "Yes: what of him?" "Well, I want to meet him as often as I possibly can." "I don't understand you." "I'll explain. You know that I am the worst man in the country for owing people." "Tes," "And that when I people." "Tes," "And that when I why worse." "Well, now "I wented that." "Well, now "I wented that." "Well, now they you see, the fellow over there owes me. When I see him dodge me, it tickles me that." "Well, now I've got my revenge." "How so?" "Why, you see, the fellow over there owes me. When I see him dodge me, it tickles me nearly to death. I have been so hampered by men who I owe that I now enjoy being owed. See how he gets around the corner? Let go over the around the corner? Let go over the fellow?" "Yes: what of it?" "Nothing, only I owe him. Confound it, a man never begins to enjoy himself but some unfortunate thing arises.

### POLITENESS AT HOME.

If people would only keep a little of the suavity which they waste on strangers for the home circle. how much more charming life would be. When among acquaintances, almost everybody is agreeable and obliging, who are the nearest to them. It doesn't seem worth while to converse around the family table. There the little "if you please," and "I thank you," are droppel. If the people are apt to drop their good breeding for the time. This is all

If only their own folks are present, some people are apt to drop their good breeding for the time. This is all wrong. A certain pleasant freedom from restraint makes home happier; but carelessness and crossness will break the charm entirely, and make home a place to eat and sleep in, but nothing else.

## REWARE OF THE QUIET MAN.

A big burly man, with the form of a heavy-weight puglilst, says the New York Times, was making himself ex-ceedingly objectionable to the pass-engers on a Sixth avenue elevated railway train recently. He sat with his long legs attretched clear across the sile, his hat forward over his eyes, and a look on his face which seemed to

with a rapturous warmth, and the youthful soil
Floats away on a sea of bliss,
We have sung you a song of the girls
who kiss,
And it sets one's brain in a whirl—
But to reach the height of earthly blies
You must kiss a London girl.
With your arm 'round her waist, her
face upturned,
Though the wind through your
whiskers play.
And closer together your lips you draw
Till they meet in a rapturous glow,
And the small boy bidden behind the
fence
Cries 'Galagher, let her go.''

A CURE FOR DEUNKENNESS.

A CURE FOR DEUNKENNESS.
It is not generally known that
habitual drunkard in Norway and
Sweden renders binnelf to imprison
Sweden renders binnelf to imprison
and save the newcomer turned to
"Sir, will you kindly draw in your
feet to stalt lean pass."
The bully looked up to see who had
habitual drunkard in hor required to submit to a plan of treatment
for the cure of his failing which is

"En also man, fee! I'm looking
for trouble, and I don't care where it
for doing so. There was not a man in
feet world
and the fellow's head, but he looked
powerld the follow's head, but he looked
to formidable. At Thirty-thiris street,
however, the bully met his match.
A Quitcleoking little man, with the
dear who did not feel inclined to
punch the fellow's head, but he looked
a Quitcleoking little man, with the
shad and man, see! I'm looking
for trouble, and I don't care where it
for doing so. There was not a man in
feel did not feel inclined to
punch the fellow's head, but he looked
a Quitcleoking little man, with the
shad the fellow's head, but he looked
but who, in reality, was a well-known
and as he had no feel inclined to
punch the fellow's head, but he looked
a Quitcleoking little man, with the
shad and man as man in
fer trouble, and I don't care where it
for doing so. There was not a man in
fer doing so. There was not a man in
fer doing so. At Thirty-third street,
however, the bully met his match.
A Quitcleoking little man, with the
shad a man in a looked and in the looked
a Quitcleoking little man, with the
shad and man in a looke

you'll be careful how you does it."
The little man's eye flashed, and he said, in a tone very different to that he had previously used:
"Sir, draw in your feet!"
An oath was the only response, and the little man, with a "then take kick in the shins. The hig fellow jumped to his feet to annihilate the little one, but he did not. Hardly was he out of his seat before a sledge-hammer low under the chin knocked him off the him that on his back, and there he lay. The blow knocked him out.
The passengers fairly cheereloking for glory. Going to the seat he had selected before the encounter, he sat down, unconcernedly pulled out a newspaper and began to read. The guard and one or two passengers roughly jokeed the prostrate man up and jaum sed him into a seat. His dazed not say a word, and at Fifty-ninth street he meckly left the train.

#### "NOW I LAY ME DOWN TO SLEEP!

[The Wichita Lagle says that the fol-lowing poem was left at that office by an unknown man who came to ask for work.]

Work.]

Near the camp fire's flickering light
In my blanket bed I lie,
Gazing through the shades of light
At the twinkling stars on high.
O'er mes spirits in the air
Silent vigils seem to keep,
As I breath my childhood prayer—
"Now I lay me down to sleep."

Sadly sings the whippoorwill In the boughs on yonder tree: Laughingly the danning rill Swells the midnight melody. Feomen may be lurking near. In the canyon dark and deep: Low I breathe in Jesus' ear. 'I pray the Lord my soul to keep."

"I pray the Loru my success." All the stars one face I see,
One the Saviour called away;
Mother, who in infancy
Taught my, haby lips to pray
Her sweet spirit hovers near
In this lonely mountain brake;
Take me to her, Saviour dear,
"If I should die before I wake."

Fainter grows the flickering light
As each ember slowly dies;
Plaintively the birds of night
Fill the air with asddening cries,
Over me they seem to cry;—
"You may never more awake,"
Low I lisp, "If I die,
I pray the Lord my soul to take."

"Now I lay me down to sleep
I pray the Lord my soul to keep:
If I should die before I wake
I pray the Lord my soul to take.

## ATCHISON PHILOSOPHY

It is human to be jealous; divine to

conceal it.

There is great charity for poor relations, every one has them.

We are all inclined to distrust a boy

you have been doing all your life.

It is a cold, clammy thing to say, but
those people who treat friendship the
same as any other selfishness get most
out of it.

out of it.

A pup looks so mild and innocent
that we sonetimes think it will turn
out better than others of it race, but
it always turns out a dog.
The sympathies of people are always
with the unfortunate, because the
people know they are so liable to be
unfortunate themselves.

# THE NEW "FINGER" PRAYER BOOK.

Mr. Henry Frowde, of Oxfori University, has designed a series of prayer books, the novelty and merit of which consist alike in their diminutive size and the beauty of their binding. It is difficult to believe that a book of nearly 700 pages will go into the waisting of the beauty of their binding. It is difficult be found in such a method of carriage. The tiny volume, bound in moroce and velvet, which Mr. Frowde has called the "long" prayer book, weight shout the beauty of the binding that not difficulty will be found in such a method of carriage. The tiny volume, bound in moroce and velvet, which Mr. Frowde has called the "long" prayer book, weight shout inch in breadth, three and a-half inches in length, and one-third of an inch in thickness. To get 670 pages and two moroces covers into the thickness of one-third of an inch is a marvel of pager making and binding. One chatelaine: a case is made of aliver consisting of a double cross, one for each of the velvet covers of the book, and this both adds to the beauty of the volume and serves to keep it in a compact form. A ring is added, which and this both adds to the beauty of the column and serves to keep it in a compact form. A ring is added, which call the column is also issued without the callendar and the occasional services, thus reducing the thickness by one-third, and the weight to about half an ounce.

# INFORMATION ABOUT "YOUR-SELF."

The average number of teeth is

The average number of teeth is thirty-two. The weight of the circulating blood is twenty-eight pounds. The average weight of an adult is 150 pounds six ounces. The average weight of an adult is 150 pounds six ounces. The average weight of an adult is 150 pounds six ounces. The average weight of an adult is 150 pounds six ounces. The average weight of an annute, or upwards of air in a minute, or upwards of air of a minute, or upwards of a woman two pounds and eleven ounces. Five hundred and forty pounds, or one hogslead and one and a quarter pints of blood, pass through the heart in the average height of an Englishman is feet 8 inches, of a Belgian 5 feet 6 and three-quarter inches. The heart sends nearly ten pounds of blood through the veins and arteries we breathe once.

One hundred and seventy-fer million cells are in the lungs, which would cover a surface thirty times greater than the human body.

The average of the pulse in infanty, and the surface of the pulse in infanty, and the surface of the pulse in infanty, at 60 years sixty. The pulse of females is more frequent than that of males.

There is great charity for poor renations, every one has them.

We are all inclined to distrust a boy who does not like to play.

We are all inclined to distrust a boy who does not like to play.

Only one thing melts faster than money, and that is the resolution not to spend it.

It may be vise to think twice before speaking, at it is a sign that you are like the possibility of the possibil