THE NUT-SHELL, FEBRUA3Y, 1890.
them elves begin to decay, go at once to a good dentist, and have the evil corrected. You cannot be too earaful of your teeth. To allow teeth that are cleaning and filling is ruinons to th health.
The Finger Nails.-These must always be kept serupulously clean, and not permitted to grow inordinately long. A gool nail-hrush is indispensable. Keep the nails of a neat, oval shape.
People of culture give special attention People of culture give special attention to the appearance of their finger nails. To negleet this indieates vulgarity Gloves should be worn on all proper
oncasions, both for protection and etiquette.
The Hair.-The hair requires a good deal of care. Frequent brushing witl a stiff brush keeps the senlp clear, and
stimulates the growth of the hair. Wash often enough to keep clein, lut not so frequently as to render the hair harsh and britile. Oritinarily, no oil should be used. When deemed neeessary, apply as little ns possible, Re-
gufar clippings of the ends of the hair improve its growth and appearance. Avoid baddness and keadaches, by Avoid badness and kesdaches, by
keeping the head cool. Head coverings should be worn only when indispensable, and these should not be very warm. To keep the head warm is extremely injurious both to the hair and to the general hesith. Of course, then, wigs are undesirnble appendages. To remove dandruff, use borax water. Dedorized Carboline is an admirable appication. Long hair is
glory, and a man's aliame.
The Beard. -The full bean
vogue. This is psture's orna is now in man's face. And unless it has some grave defects, it should he a!lowed to grow, and be carefully trimmed and
eared for. Whether in early manhood cared for. Whether in early manhood
or in advaneed age, there is nothing or in advanced age, there is nothing
more in keeping with a manly appearmore í

## the way ther kiss.

Alaptel from theoriginal by ourpoet.]
The Moutreal girl bows her stately head,
And fixes her stylish lips
In a firm, hard way, and lets them go
The Kingston girl removeth her spees And ahe sticks ont her lips like an open
And she sticks ont her lips like an open
book,
And cheweth? her gum meanwhile.
The Ottawa girl agys never a word,
And you'd think shewas rather tame:
With her practical view of the matter in hand
She gets there just the same.
The Toronto girl, the pride of the In her elinging and soulful way,
Absorhs it all in a yearnful yearn, As big as a bale of hay.
The Belleville girl gets a grip on herself,
As she carefully takes off her hat,
Then she grabs up her prize in a frenLike a terrio
The Peterhoro' girl, so gentle and sweet,
Lets her lips meet the coming kins,
With a rapturous warmith, and the
youthful soul youthful soul
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 bliss
You must kiss a London girl.
With your arm 'round her waist, her face upturned,
You care not a cent for the whole wide Though the wind through your whiskers play.
And eloser together your lipa you draw Till they meet in a rapturous glow, And the s
fence

Cries "Galagher, let her go."

## A CORE POR DRUNKENNESS.

It is not generally known that a Sweden renders himaself to impyrisonSweden renders himself to imprison-
ment for his love of strong drink, and that during his incarceration he is required to submit to a plan of treatment
for the eure of his failing which is
said to produce marvelous results. This plan consists in making the deinquent subsist entirely on bread and
wine. The bread is steeped in thon wine. The bread is steeped in a bowl
of wine for an hour or more hefore the meal is served. The first day the habitual toper takes his food in this shape without repugnance ; the second day he finds it less agreesble to his palate ; finally he positively loathes the sight of it. Experience shows that a period of from eiglit to ten days of this regime is generally more than suffieient to make a man evince the greatest aversion of anything in the many men after their incarceration become total ahstainers.

## 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 cotne, let us take a waik down this
way." Why?" asked the other "Didn't you see that fellow over yonder: "Yes: what of him?" "Well, wibly can." "I don't understand you." "I'fl explain. You know that I ain the worst man in the country for owing people, Man I dodge him." "I'venoticed
owe $\operatorname{man}$ that." "Well, now I've got my re-
venge." "How sov" "Why, you see, the fellow over there owes me. "When I see him doilge 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's go over the way. Say, hold on ; let's go baek." "What's the matter?" "See that fellow?" "Yes; whint of it!" "Nothing, only I owe him. Confound it, a man never begins to enjoy him
but some unfortunate thing arisen.

## POLITENESS AT HOME.

If people would only keep a little of the suavity which they whise on sfrangers for the home circle, ho much more charming life would be. Werybody is agreeable and, obliging while they are surly and glum to thas who are the nearest to them. It doesn' seem worth while to converse aroun the family table. There the little "if you please," and "I thank you," are dropped.

解 folks are presen some peophe are apt to drop their good breeding for the time. This is all wrong. A certain pleasant freedom from restraint makes home happier:
but cerelessaess and crossness wili break the charm entirely, and make home a place to eat and sleep in, but nothing else.

BEWARE OF THE QUIET MAN
A big burly man, with the form of a heavy-weight pughint, nayn the New ceelingly objectionable to the passengers on a sixth avenue elevated railway train recently He sat with his long legs stretched clear across the aisle, his hat forward over his eyen, and a look on his face which seemed to deelare:
for trouble, and I don't care where it for trouble,
comes from."

## Several pass

enough to stumbera were unfortunate and in return were profanely abosed for doing so. There was not a man in the car who did not feel inclined to punch the fellow's hend, but he looked too formidable. At Thirty-thind street, however, the bully met his match.
A quicio of a prosperous young elerk appenrance of a pronperous young clerk
but who, in reality, wan a well-known teacher of fencing and boxing, enterei, aud as he made his way to one of the eross-senta, eneountered the outstreteh
ed legs of the objectionable person. objectionable person. himand said:
"Sir, will you kindly draw in your feet so that I ean pass
The bully looked The bully looked up to see who had made such an impertinent request,
and said to the inoffensive-looking man after a string of oaths? "I'll do nawthing, see I If yer
wants ter get by, you'll step over dose wants ter get hy, you'in step over dose
feet, and if youse got good sense,
you'll be careful how you does it."
The little The little man's eye flashed, and he
said, in a tone very different to that said, in a tone very different to that he hal previously used:

An oath was the onf feet !
An oath was the only response, and the little man, with a "then take
that," gave the big man a magnificent kick in the shins. The big fellow jumped to hin feet to annihilate the little one, but he did not. Hardly was he out of his seat before a sledge-ham mer blow under the chin knocked him hiat on his back, and there he lay The blow knocked him ont.
The passengers fairly cheered : but for glory. Going to the noat he had selected before the pacounter, he sat down, unconcernedly pulled out a newspaper and legan to read. The guard and one or two passengers roughly picked the prosirate man up and jamned him into a seat. His dazed senses soon began to retarn, but he did
not say a word, and at Fifity-ninth not say a word, and at Fifty-ninth
strect he meekly left the train.
'NOW I LAY ME DOWN TO SLEEP.'
[The Wichita Lagle says tha: the following poem was left at that office by an unknown man who came to ask for work.
Near the camp fire's fliekering light In my blanket bed I lie,
Gazing through the shades of ligh
At the twinkling stars on high
Silent vigils seem to keep,
As I brenth my childhood prayer-
"Now I lay me down to sleep."
Sadly sings the whippoorwill In the boughs on yonder tre Swells the midnight melody. Foemen may be lurking nerr,
In the canyon dark and deep:
Low I breathe in Jeans' ear-
LI pray the Lord my soul to keep."
Mid the stars one face I see,
Oae the Saviour called
Mother, who in infancy
Taught wy baby lips to pray
Her sweet spirit hovers near
In this lonely mountain brake:
Take me to her, Saviour dear,
Fainter grows the flickering light As ench ember slowly dies Plaintively the birds of night Fill the air with saddening cries, Over me they seem to cry :-
"You may never more aw "You may never more nwake,"
I pray the Lonl my
I pray tori my soul to take."
Now I lay me down to sleep
If I pray the Lord moy soul to keep:
If I should die before I wake
I pray the Lord my soul to take.

## ATCHISON PHILOSOPHY.

It is huma
onceal it.
There is great charity for poor relaWe every one has them.
are Ainclined to distruat a boy
Keep not like to play.
Kill finally make long enough, and it Only
Only one thing melts faster than to spend it.
to spend it
It may b
wise to think twice before getting old.
It is the man who can light good fires
who is moonest sble to hire others to light his fires for him.
When two friends quarrel, you will
find out how much there was in their friendship originally
The most nacred things we have in has word of selfahness out to be only
An bonest man will
An as good as a woman, instead the is tending that he is better.
The two things that honest people never excuse, under any circumstances, are thievery and insincerity
Only believe half of what
Only believe haif of what you hear that great people any; only believe half What you hear that little people do.
When you can induce a man to hold your honse in the rain, how natural it ide.
You are always saying that your them ment, but they do exactly what
you have been doing all your life.
thos is a cold, elamay thing to say, hut Those people who treat friendship the same as any other wilishness get most out of it.
A pup looks so mild and innocent that we sometimes think it will turn
ont better than others of it it always turna ont a of ita race, but The sympathies of jeop
with the unfortunnte, because the people know they are so linble to lie unfortunate themselves.

## THE NEW "FIKGER" PRAYER BOOK.

Mr. Henry Frowde, of Oxfoni University, has designed a series of prayer
books, the novelty and merit of which books, the novelty and merit of which
consist alike in their timinutive sise consist anke in their biminutive size
and thenty of their binding. It is difficult to believe that a book of nearly 700 jages will go into the waistcoat poeket or into the purse, but such is the delicacy of the workmanship and the compactness of the binding that no difficuity will be found in such a method of carriage. The tiny volume, bound in moroceo and velvet, Which Mr. Frowde has called the three-quarters of an ounce, is only one inch in breatth, three and a-half inch. es in length, and one-third of an inch in thickness. To get 670 pagen and two moroeco covers into the thickness of one-third of an inch is a marvel of paper making and binding. One specimen is contrived to hang on the
chatelaine: a case is made of silver chatelaine: a case is made of silver
consisting of a double cross, one for consisting of a double cross, one for
each of the velvet covers of the book each this both adds to the beauty of the
and this andums aoth adds to the lreauty of the
volume nad serves to keep it in a compact form. A ring is added, which serves for attachment to a chain. An edition is also isaued without the calendar and the occasional services, thus reducing the thirknens by onethird, and the weight to about half an ounce.

## INFORMATION ABOUT "YOUR-

The average number of teeth is Thirty-two.
The weight of the circulating blood is twenty-eight pounds.
The avernge weight of an adult is 150 pounds six ounces.
The hrain of
The hrain of a man exceeds that of any other animal.
A man breathea
A man breathes about twenty times
a minute and 1,200 in an hour.
A man breat hes about eighteen pints
A man breathes about eighteen pints
of air in a minute, or upwands of of air in a minute,
seven hogsheails a day.
The average weight of the brain of a man is three and a half pounds: of a woman two pounds and eleven ounces.
Five hundred and forty pounds, or one hogshead and one and a quarter pints of blood, pans through the heart in one hour.
The average height of an English-
man is 5 feet 9 inches, of Frenglisan 5 man is 5 feet 9 inches, of a Frenchman 5 feet 4 inches, of a Belgian 5 feet 6
and three-quarter inches.
The heart sends nearly ten pounds of
blood through the veins and arterina each bent, and makes four beats while we breathe once.
One hundred and neventy-five million cells are in the lungs, which would cover a surfmee thirty times greater than the human body.
The average of the pulse in
The average of the pulse in infancy
is 120 per minute, in manhoo is 120 per minute, in manhood eighty,
at 60 yearn sixty. The pulse of females is more frequent than that of males.

## TID-BITS.



