purpose does each part serve? Have it described and illustrated. Make the work and thought real to the children. Why have we bones? Why the different organs? What uses are they? What purposes do they serve and what duty perform? Describe the heart, arteries, veins, capillaries. The fluid they contain. What is its composition? Why is it a fluid? Why not a solid? Compare the action of water on plants. The influence of a dry season. The food is in the soil but it needs the water to dissolve it, so it will reach the place it is needed. Have a wilted plant. Water it. See it revive. Soak dry grain. See it shoot out and grow.

What constitutes a food? It must contain materials for forming bone, flesh, sinew, skin, hair, etc., and supply warmth. The water must carry the material to the different parts.

Our first food was milk. Milk is composed of different food products (name them) and water. Children thrive on it, grow and perform all sorts of infantile pranks with no other food. Many of our most healthy children use large quantities of milk. Animals never have any other drink but water, and if properly cared for are almost invariably well. When men or women wish to do the greatest amount of work they eat sparingly of good food and drink nothing but water. Men in training for races, feats of endurance, try to get in "good condition," as the phrase is, which means to be in the best of health and carry no superfluous or useless flesh. This is done by taking proper food, proper in quality and quantity, thoroughly masticated and slowly eaten, plenty of exercise and pure water. What is the moral of all this? If men who require to do the most severe work require water only to keep in the best health, and in fact abstain from all other drink, what folly to use any other. There is material in this for a good many lessons.

By the time the second stage is reached the children will have attained the age of eleven or twelve, or perhaps be older than that.

What artificial drinks are known by name to the children? A number will be named. The one ingredient common to them is alcohol. Show some in its pure state. Colorless, pungent in taste, will burn, etc. Composed C_2H_6O. Have experiments conducted showing the elements and how manufactured. The source from which it is produced, fermentation and decay. Has a great affinity for water. Is never found in the natural state as water is. Describe the process of distillation. Burns with little flame and no smoke. Have lamp burning. State the amount of alcohol in the different drinks named.

Notice the large percentage in brandy—54. Show its action on animal life. How it differs from simple food in regard to its satisfying effects on the living body. The effect when taken habitually. Excites a constant desire for more. A toper can do no work until he has had liquor to steady his hand. "Drunk at night is always *dry* in the morning." As a food how it will enter into the structure of the living body—through the blood. Its effect on the organs—irritates the stomach, and in time produces ulcers. The effect of undiluted alcohol on the tissues. Absorbs the water, and dries them up. Why a fluid, possessing the properties of alcohol, is dangerous as a food. It destroys the natural appetite, the proper desire for food, and does not supply anything in its place. In what respect alcohol differs from a natural standard food as milk. It contains nothing to nourish or supply waste, but burns or uses up instead. Its action on the blood. Shrivels the red corpuscles so that they are unfit to nourish. Dries up the fibrine and