

with the children refer them to other books that tell of the same things. Sometimes read in class two authors on the same subject. Have little talks with the children on what they like to read and refer them to good works on the subject.

—No matter what his rank or position may be, the lover of books is the richest and happiest of the children of men.

—*Langford.*

—NATIONAL DIET AND BRAIN POWER.—Ancient Egypt, during her period of highest civilization, subsisted almost exclusively upon millet, dates, and other fruits and cereals. Athletic Greece rose to her greatest culture upon two meals a day, consisting principally of maize and vegetables steeped in oil. A nation's decline almost invariably begins with gormandizing. When exciting wines and a host of rich and stimulating viands become necessary, a country bids "a long farewell to all her greatness."—*R. G. Abbott, in The Metaphysical Magazine.*

—GIVE a wise man health and he will give himself every other thing.—*Colton.*

—SOMEBODY gives the following antithetical advice:—"Drink less, breathe more; eat less, chew more; ride less, walk more; clothe less, bathe more; worry less, work more; waste less, give more; write less, read more; preach less, practice more."

—INDISTINCT TEACHERS.—Those who have suffered from sitting all day long in a school-room, where the teacher spoke indistinctly, straining the ear to catch what was said, and often finding it not worth the effort when heard, will sympathize with a writer in "The Westminster," who arraigns the indistinct speakers in all walks of life. He ascribes the habit of indistinctness to laziness, to fear of offending the properties, to want of convictions, to fear of being out of harmony with the British "House of Commons style," to the fact that the indistinct people know or fear that what they are saying is not worth being said, to the fact they are not in earnest and do not care whether they are heard or not. He accounts for indistinctness in well-meaning persons to poor elocution teachers. He says, 'Some of you men who are not heard well have had your voices injured by an elocution master, who told you that