

should be nothing new, as we should try to do this at all times. Regulate your mode of living, and that will greatly help in that direction. Eat three meals a day at regular intervals, and sleep eight hours at night. The food should be well cooked, nourishing, and easily digested. Once or twice a month, take a laxative. When the weather permits, take daily walks in the fresh air, and have plenty of ventilation in the room while asleep. Do not expose yourself unnecessarily in bad weather, and when such is the case protect yourself. Do not allow a cold to "hang on," so to speak, but treat in the beginning with a hot foot bath, hot drinks, and a laxative. A cold is easily cured the first night, but the longer it runs the harder it is to relieve. Avoid larger gatherings, and gargle your throat two or three times a day. If you are run down or below par, get a tonic to build you up. If you have any trouble or complaint, see a doctor, and take treatment for it, and get yourself in the best possible condition. Then if it is necessary for you to nurse influenza, rigidly adhere to the rules laid down for the nurse, and the odds are greatly in your favor.

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## Physical Development

By EDITHE CHRISCO

There is nothing more interesting in the world than watching the growth of things, and noting their development. We plant our garden with many kinds of seeds, eagerly watch for the appearance of the tiny sprouts, and as eagerly observe their growth. We organize a society or a business scheme, and are interested heart and soul in its progress. "My! how you have grown, my lad, since I last saw you! How tall are you, and how much do you weigh?" are questions that are frequently put before the growing boy. Just so the world takes note of the hundreds of thousands of growing youths. Development in any good form is what the people are on the watch for; but it is physical growth which calls forth most frequent comment. Observe the slight form of a girl developing into the form of a woman, or the lanky boy filling out into the full vigor of manhood. "How strong he is getting to be! He can almost wrestle his father, carry his mother in his arms, or handle a bag of meal." There are a thousand and one things for which a boy needs strength.



THE NEW BAPTIST CHURCH INDICATES BADIN'S PROGRESSIVE SPIRIT

Boys want to be as strong as their fathers, or even stronger; they want to be taller and heavier, to be able to lift more and walk farther. But in order to do these things they must be willing to work. They must work and exercise in order to strengthen and enlarge the muscles. Some have reasons for not taking the proper exercise, but in most cases the person has the opportunity to get the exercise but is either too indolent or too indifferent to take it.

It is easy to see how important, how absolutely necessary it becomes for a man to possess a good physical body. If force of circumstances, or ambition, or unwise living, enter into his life in such a way as to tax his body severely, then his life becomes full of trouble and exhaustion. How often is one's body taxed in the ordinary affairs of life! We must catch a train. It is necessary to run in order to do this; sometimes to run fast. If our body is in the proper physical condition, no harm will result; but if not we run at the risk of a serious strain. Walking along the street, one falls on the ice. If the muscles of the body are in proper condition, nothing serious will result. Much of the tired feeling, and nearly all of the collapses of middle life, can easily be avoided if in our younger days we give the proper attention to physical training.

A man or boy should feel proud of his physical development. If he has this,

he will walk along the street knowing and feeling his strength, and with the ability to take care of himself and others. His muscles fairly ache to rescue someone from danger, to stop a runaway team, or perform some other heroic deed.

Every boy and girl can well afford to give time and attention to acquiring a healthy body. There are enough sickly, hollow-chested, and weak women and men in the world, and the young boys and girls are the ones to call the halt.

Run, romp, and play games; skate, row, swim; play basket-ball, baseball, football, and tennis; engage in all sports of youth; for if we do these things we have well started a happy and successful life.

## Think This Over

"If you work for a man, in heaven's name work for him. If he pays you wages that supply you bread and butter, work for him, speak well of him, stand by him, and stand by the institution he represents. If put to a pinch, an ounce of loyalty is worth a pound of cleverness. If you must vilify, condemn, and eternally disparage, why resign your position.

"When you are gone, knock to your heart's content. But as long as you are a part of the institution, do not condemn it. If you do, you are losing the tendrils that hold you to the institution, and the first high wind that comes along you will be uprooted and blown away, and probably you will never know why."