

HEALTH ALPHABET.

The Ladies' Sanitary Association, of London, gives the following simple rules for keeping health:

- A**—s soon as you are up shake blanket and sheet ;
- B**—etter be without shoes than sit with wet feet ;
- C**—hildren if healthy, are active, not still ;
- D**—amp beds and damp clothes will both make you ill ;
- E**—at slowly and always chew your food well ;
- F**—reshen the air in the house where you dwell ;
- G**—arments must never be made too tight ;
- H**—omes should be healthy, airy and light ;
- I**—f you wish to be well, as you do I've no doubt ;
- J**—ust open the windows before you go out ;
- K**—eep the rooms always tidy and clean ;
- L**—et dust on the furniture never be seen ;
- M**—uch illness is caused by the want of pure air ;
- N**—ow to open the windows be ever your care ;
- O**—ld rags and old rubbish should never be kept ;
- P**—eople should see that their floors are well swept ;
- Q**—uick movements in children are healthy and right ;
- R**—emember the young cannot thrive without light ;
- S**—ee that the cistern is clean to the brim ;
- T**—ake care that your dress is all tidy and clean ;
- U**—se your nose to find if there be a bad drain ;
- V**—ery sad are the fevers that come in its train ;
- W**—alk as much as you can without feeling fatigue ;
- X**—erxes could walk full many a league.
- Y**—our health is your wealth, which your wisdom must keep ;
- Z**—eal will keep a good cause, and the good you will reap.

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"I am well and happy again," says our fair correspondent, Miss Jennie P. Warren, 740 W. Van Buren St., Chicago, Ill., "your Samaritan Nervine cured me of spasms."

BOOK TABLE.

[Under this head we will be pleased to give editorial reviews of all books and tracts of interest that may be sent to this office.]

The eminent Bible scholar, Rev. Dr. Philip Schaff, is to contribute to the April number of the *North American Review* an article on the Development of Religious Liberty.

CHRISTIANITY TRIUMPHANT, by J. P. Newman, D. D. LL.D.—The triumphs of Christianity—what a theme for an able and eloquent writer such as Dr. Newman is known to be! Nothing could be more needed, in these sceptical times of ours, than just such a review as is here given in short compass and popular style. Dr. Newman has given us an overwhelming array of facts on the subject, and facts appealing to the common sense of the masses, not merely to learned philosophers and theologians. Like arrows, barbed with wit, aimed with skill, shot with power, they fly far and strike deep. Young men and women especially need to read this work. It is not a dull, turgid, metaphysical tome, but a clear and animated statement of what Christianity has done and is doing for the world. Published by FUNK & WAGNALLS, 10 and 12 Dey St., New York. Paper, 15 cts.; cloth, 75 cts.

Bad Case of St. Vitus Dance.

Minister, is the singular name of a town situated in Auglaize Co., Ohio. It is the residence of Mr. J. Brandewie, who writes: "Samaritan Nervine permanently cured my son of a bad case of St. Vitus Dance." \$1.50.

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