

WHAT BOBBY DID.

Little Bobby came crying into the house, rubbing the place where he had been butted by a pet sheep.

"But what did you do," his mother asked, "when the sheep knocked you down?"

"I didn't do nothin'," Bobby declared protestingly, "I was gettin' up all the time."

FREDDY'S GOOD JOKE.

Six-year-old Freddy, a city-bred youngster, was on his first visit to his uncle's farm. At breakfast he heard that his uncle's Jersey cow had been stolen during the night. "That's a good joke on the man who stole her," was Freddy's comment. "Why?" asked his uncle. "Why, just before supper last night the hired man took all the milk out of her."

A STOUT COMPLAINT.

Mr. Tompkins had expectations from his rich old Uncle Edward, who was very stout. So when he came to them on a few days' visit, he prepared to do all he could to make

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a good impression, and began by meeting him at the station.

On the way home in his motor-car he encouraged his only child, also named Edward, to sit on the old gentleman's knee.

Presently the small boy rose from his perch.

"I don't want to sit on uncle's knee any more," he said.

"Why, Teddy?" his father asked.

"Because every time he breathes he pushes me off."

SMILE RAISERS.

Jennie: "I want a husband who is easily pleased."

Edith: "Don't worry, dear. That's the kind you'll get."

Bill: "Why is the hotel bell-boy called 'Buttons'?"

Sid: "Because he's off when you need him most."

"Now, Tommy," said his music teacher, "what are pauses?"

"Well-er-they-er-they're things that grow on cats," said Tommy.

"Have you heard my last joke?" asked the Pest, as he stopped the Grouch on the street.

"I hope so," replied the Grouch, as he kept on travelling.

Betty was having a bath. "Mummy," she cried, "if all my toes are the same age, why aren't they the same size?"

"And, Jane, how do you like going to school?"

"Oh, I don't mind going to school, Auntie," said Jane, "but I don't like stopping when I get there."

Science Siftings

(BY VOLT)

How to Exercise.

For preserving health and prolonging life exercise is as indispensable as breathing, eating, or sleeping. Properly performed, the right kind of exercise aerates the blood, strengthens and regulates the heart, makes the circulation active, excretes the poisons formed in the body and gives tone and vitality to all the organs and tissues.

What is the most suitable form of exercise depends more or less on the surroundings, the occupation and the taste of the person concerned. The man or woman who is compelled to remain in the city is necessarily deprived of certain forms of exercise that are easy for a person who can live in the country, and the man who is at his desk the entire day usually cannot take the same kind of exercise as the man, equally hard-worked perhaps, who is freer to alternate his hours of work and of relaxation. Finally the exercise a man selects must be agreeable to him, for otherwise it probably will not do him any good.

Exercise should always be taken in the open, or if not actually out of doors at least before an open window. That is the first and most important requisite. Moreover, the exercise should be such as to bring a large number of muscles into play at once and to move all the large joints, including the spine. It should not demand complicated movements that require much skill. A person who is compelled to exercise indoors can easily devise a set of movements that will include swinging the arms in various directions flexing and extending the elbows; bending forward, backward, and sidewise with the hands on the hips, and raising first one leg and then the other, twisting the body to the right and to the left while keeping the feet together, moving and twisting the head in every direction. The best exercise that a man can take is to walk briskly, holding his head erect, swinging his arms and breathing fully and deeply. The distance he should walk is at least two miles a day, and four or five miles if possible; and if he can take the walk (not the stroll) with an agreeable companion; so much the better, for then he will not be bored and the talking will make him breathe deeper.

A Few Words About Blood Poisoning.

Blood poisoning is always a very serious matter. It may arise from other sources than abrasions; from a septic sore throat, for instance, or from infection anywhere in the body, provided the infection or the pus from it enters the blood stream. This is literally poisoning life at the font, and the result is only determined by the degree of the poison and the amount of resisting power possessed by the body invaded.

It is not my object (says a writer in a Home paper) to encourage neglect of small wounds and bruises, but it is my desire to allay the great amount of apprehension and anxiety prevalent on the subject, especially among the mothers. I believe that much needless mental suffering is resulting. These

minor injuries should be properly cleansed, treated with some disinfectant, and possibly bandaged with a soft, clean cloth, such as a strip of a clean handkerchief, if no sterile bandage is at hand.

All skin injuries should be encouraged to bleed before any treatment is given. This cleanses the wound from within outward. If signs of inflammation, such as swelling and tenderness about the wound, with redness, heat, and pain, develop, soak the part for twenty minutes every three hours in hot boracic solution, and keep it wet between times with antiseptic lint. If the person is chilly or feverish, or has swollen glands, call a doctor at once.



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