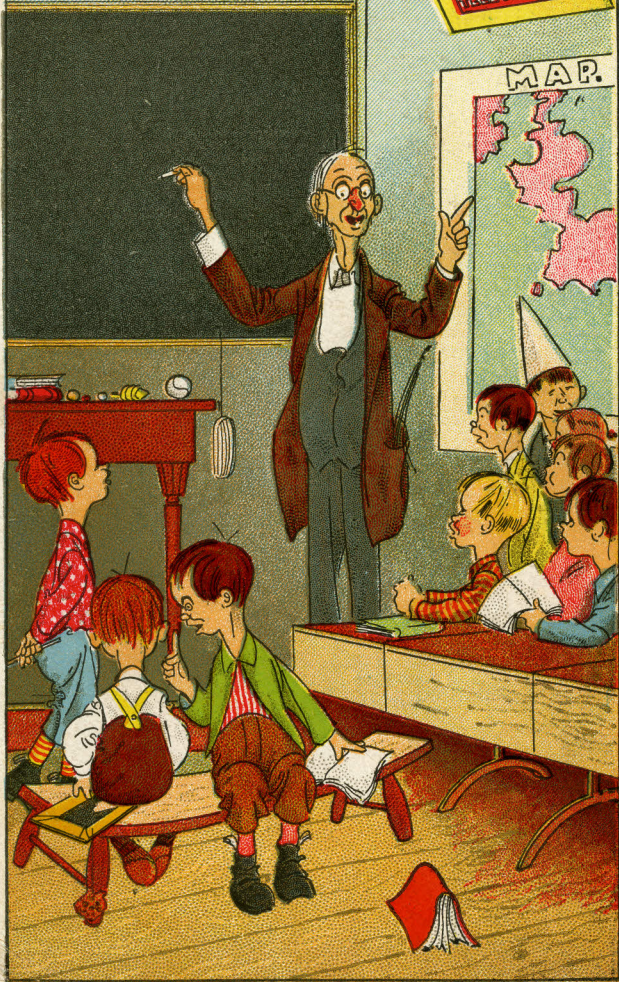


A LITTLE LESSON ON HEALTH AND STRENGTH
Showing a well posted Class of Bright Scholars.

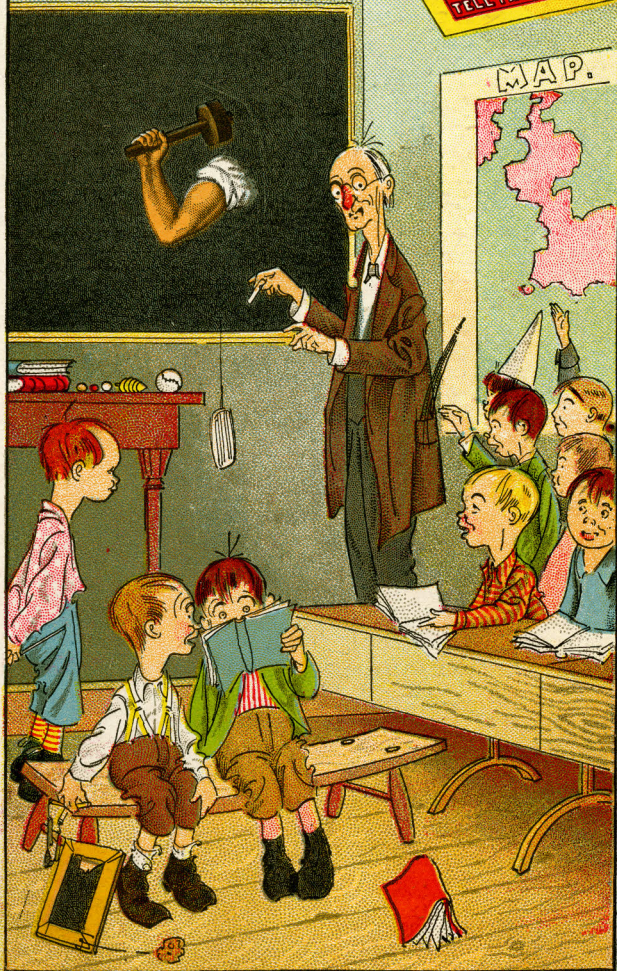
"Now Boys," the old schoolmaster said,
"If strong and healthy you would be,
Just use what I draw on this board,
Now! tell me what it is you see?"



"Oh! that's an arm"; the boys exclaimed
And this said he in manner bland,
An emblem is of greatest strength—
Now! what have I placed in the hand?"



"A hammer, Sir", cried all the boys.
An Arm and Hammer, yes, that's true.
"You're right", my boys", the teacher said.
Now what can Arm and Hammer do?"



The class sent up a mighty shout,
The boys all cried, "I know, I know,"
That Arm and Hammer is the thing
That makes our mother's biscuits go!



MAP.

