ORPHANS' FRIEND. Wednesday, October 31, 1877.

HAPPINESS.

Happiness once made a pil-

grimage to earth, bringing Life, Health and Peace; but she soon became tainted with evil, and thus forfeited these treasures.

Life and Health and Peace, hitherto bound together by Hap-piness, missed her sadly. They began to be at variance one with another. Life, hitherto guided by the hand of Happiness, began to indulge in many things which Health and Peace discountenanc-Health demanded much that Life refused, and Peace would not dwell where there was discord. Sometimes they seemed united, and all things passed pleasantly for a while, but the least offense of one displeased the others.

Many persons think they have found the true secret of uniting forever these contending ones, and restoring Happiness to her former place. Some affirm that she still dwells on earth in her original perfection.

She has indeed been purified. and dwells again on earth, but the world has never found her hiding place: for it is in the Rock of AGES.

Some think she dwells only in palace halls; others hope to find her in cottage homes; but in these places, as elsewhere, the seekers after true happiness are disappointed. Many, under the impression that they see in the distant future her favorite haunt, press eagerly onward. Alas! how often has it proven but an ignis fatuus to lure them into unsafe places, from whence there is no escape.

Content and Hope, her chief handmaidens, soothe many weary hearts, and prepare for the en-trance of Happiness.

Though a perfect union of Life, Health and Peace can never be effected again in this world, yet great harmony may prevail. Especially is this true in the Christian, who clings alone to the Rock OF AGES and abides continually under its shadow. Here Happiness often requires transplanting to its native soil—HEAVEN.—Delta, in Kind Words.

SCHOOL WORK AND FOOD.

A person can do a great deal of work if he will only sleep and eat enough to supply the waste of body and brain. Mental work is more exhaustive than the hardest physical labor.

A very eminent physician says that "more teachers and scholars break down from lack of sufficient nourishment than from any other cause!"

Those who do much head work need a good generous diet; plenty of food, and that of the most nourishing kind; plenty of beef, and that the best.

sleep and food.

lady of Cambridge says. "I have

good, nourishing diet, and see to it that they do. They have no trouble with their work, and are perfectly healthy.

pected to do anything in his pro- rubbish.'

fession, and was thought to 'just gone in consumption;' but it was only dyspepsia, and I cured him by attention to his diet. He has been perfectly well and a worker ever since we were married."

Horace Mann had a will that seemed to overcome all obstacles; at twenty, he had only been to a common district school, but in six months he fitted himself for and entered the Sophomore class.

Having obtained a scholarship of three hundred dollars a year, he devoted every energy to his studies; but he neglected his body, and lived on baker's bread and molasses; or rather tried to live on them, for he soon began to fail, and almost died.

Some ladies, hearing of this, invited him to their house, where, with proper nourishment and care, he soon recovered, and graduated with the highest hon-

Mrs. Mann always attended very carefully to her husband's diet, which was by no means the least part of her usefulness and assistance to him.-Family Journal.

JOHN AND THE POSTAGE STAMP.

John was the boy who "lived out." Every week he wrote home to his mother, who lived on a small, rocky farm among the hills. One day John picked up an old envelope from the wood box, and saw that the postage stamp on it was not touched by the postmaster's stamp to show that it had done duty and was henceforth useless. "The postmaster missed his aim then," said John "and left the stamp as good as new. I'll use it myself."

He moistened it at the nose of the tea kettle, and carefully pulled the stamp off.

"No," said conscience, "for that would be cheating. The stamp has been on the letter; it

"It can carry another," said John, "because, you see, there is no mark to prove it worthless. The post office will not know."

"But you know," said con-science, "and that is enough. It is not honest to use it a second time. It is a little matter, to be sure; but it is cheating. God looks for principle. It is the quality of every action which he

guanty of every action which he judges by." "But no one will know it," said John, faintly. "No one ?" cried conscience. God will know it—that is enough, and he, you know, desires truth in the inward parts.'

"Yes," cried the best part of John's character, "yes; it is cheating to use the postage stamp the second time, and I will not do it.'

John tore it in two and gave it to the winds. The boy won a glorious victory.—Children's Friend.

Edward Everett once said: "To The more active the brain, the read the English language well, greater the exhaustion following. to write with dispatch a neat, leg-Recuperation must come through ible hand, and be master of the to tell the truth.—Kind Words. first rules in arithmetic, so as to A remarkably healthy efficient dispose of at once, with accuracy, every question of figures which seven children in school, and they are going ahead rapidly." "Are you not afraid for their health "" we asked. "Are you not afraid for their health "" we asked. "Are you have a sked. "Are you have a sked." health ?" we asked. "Oh, no, I think it very es-sential that they should have tools. You can do much with them, but you are helpless with-out them. They are the foundation; and unless you begin with these, all your flashy attainments, a lit-"When I first met their father, the geology, and all other ologies he was an invalid, and never ex-and osophies, are ostentatious



For the week ending Oct. 30th. IN CASH.

Paid \$10.00, Hiram ., No. 98. 8.00, Orphans' Friend.

- 6.35, Durham , No. 352.
- 5.45, Farmington , No. 265. 5.05, J. H. Whitley, Eagle Rock
- 5.00, Fayetteville , No. 329.
- 3.00, W. C. Bernard. 2.50, Elizabethtown S. S.
- 1.50, Prof. Bernard, at Seaboard.
- 1.25, Camberland Lodge, No. -, Knights of Pythias. 50 cts, Hephzebah Ch., Wake.
- IN KIND.
- calico, 6 prs. of socks, 1 delaine skirt.
- S. L. Howard, Granville, 10 bus. of potatoes.
- John Mitchell, Dutchville, 2 bus. of potatoes.

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The following persons have paid for the ORPHANS' FRIEND for one year:

Willie P. Reed, Carrie I. Riggs, J. G. Cooley, James A. Leach, John W Taylor, H. H. Munson, Kemp P. Battle, O. H. Perry.

A TRUE STORY OF A PARROT A handsome green parrot was kept in a family that made a great pet of her, and allowed her the range of the house. She seemed to understand a great many words. When she was hungry she would call: "Cook, cook! Polly wants a potato." She knew what potato was as well as the cook did, and if something else was put in the pan when she asked for that, she would take hold of the dish with her beak, upset it and cry, "Won't

have it! turn it out!" She liked girls much better than boys. One day some boys who were visiting in the house were pretty noisy in their play, and she called in vehement tones, "Sarah, Sarah! Here is a hullabaloo!"

If her mistress was late at breakfast or from the table, she would ask again as she had heard some of the children at previous times: "Where's mother? Isn't

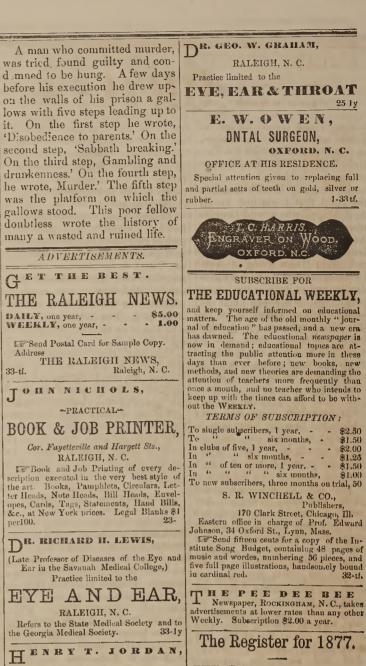
dear mother well ?" When she saw any of them in mischief, or having anything she had heard forbidden, she would say, "I'll tell mother." They had no doubt she would

fulfill her promise; so it often happened that Polly kept them in order.

One day she was sitting on the shoulder of the father of her mistress, near the front door. The old gentleman called his granddaughter, and unrolling a pack-age of candy, offered it to her. "Hands off! hands off!" said the parrot. "That's mine, that's mine! Thou shalt not steal!" and then she burst out into a merry ha! ha! ha!

To say that she was a great

To say that she was a great pet in the family would be only to tell the truth.—*Kind Words.* The orchestra, led by Mr Jos. M. Reece, and assisted by others, will shortly give a minstrel per-formance for the sole benefit of the Oxford Asylum. With such an object in view, and with such an entertainment to offer the pub-lic, we sincerely trust that per-fect success may crown the en-terprise. We hope to be able to inform our readers soon at what inform our readers soon at what CRAMPTON BROTHERS, time the entertainment may be expected .- Central Protestant.



THE RALEIGH REGISTER will prove itself to be one of the cheapest and best nowspapers in the State. It will be printed upon large type, and no effort will be lacking to make every department of standard excellence, so as to command the

SUPPORT, CONFIDENCE AND APPROVAL

of the best clusses of the community, without regard to polities. The news of the day will be carefully col-lected and given in such from as to keep the render fully posted in every particular.

Mr. J. C. L. HARRIS has editorial con-

THE REGISTER,

and every subject of interest and importance will receive attention from his pen,

THE REGISTER

will advocate the cause of the Republican party, and will give the administrasion of President Hayes a cordial support so long as the principles as laid down in the platform of 1876, in the letter of acceptance of Gov. Hayes, and in the inaugural address of the President, are faithfully adhered to, and an honest and persistent effort is made to carry them out.

honest and periods the end to carry them out. THE REGISTER will be likeral in its views, and will endeavor to be just to all men. Its approval or condemnation of measures and men will not be given or withheld

ON ACCOUNT OF POLITICS.

Not being the organ of any man or men, The REGISTER expects nor desires any support other than such as it may merit as a public journal. Its publication is, purely a business enterprise, and will be conducted strictly upon business principles.

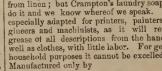
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