

America for Me

'Tis fine to see the Old World, and travel
up and down
Among the famous palaces and cities of
renown,
To admire the crumbly castles and the
statues of the kings—
But now I think I've had enough of
antiquated things.

So it's home again, and home again,
America for me!
My heart is turning home again, and
there I long to be,
In the land of youth and freedom, beyond
the ocean bars,
Where the air is full of sunlight and the
flag is full of stars.

Oh, London is a man's town, there's
power in the air;
And Paris is a woman's town, with flow-
ers in her hair;
And it's sweet to dream in Venice, and
it's great to study Rome;
But when it comes to living; there is no
place like home.

I like the German fir-woods, in green
battalions drilled;
I like the gardens of Versailles with
flashing fountains filled;
But, oh, to take your hand, my dear, and
ramble for a day
In the friendly western woodland where
Nature has her way!

I know that Europe's wonderful, yet
something seems to lack:
The Past is too much with her, and the
people looking back.
But the glory of the Present is to make
the Future free—
We love our land for what she is and
what she is to be.

Oh, it's home again, and home again,
America for me!
I want a ship that's westward bound to
plough the rolling sea,
To the blessed Land of Room Enough
beyond the ocean bars,
Where the air is full of sunlight and the
flag is full of stars.

HENRY VAN DYKE

Health

Good health depends largely upon good
habits.

It is not the diseases treated and cured
in a city that recommend it, but the ones
prevented.

Citizens are learning that an efficient
health service is the best kind of invest-
ment.

Today we are not individualistic but
communal.

Don't cough, don't sneeze, don't spit.
This slogan will prevent the spread of
diseases.

Human beings scatter their nose and
mouth secretions regardless of the other
fellow.

One sneeze in a crowded room may
infect many persons, if it is not smother-
ed in a handkerchief. One reckless
cough could do the same.

We can't legislate to regulate, but can
appeal to decency.

The best community index is its health.
Cleanliness and health are possibilities
for everybody.

Worry and temper are the products of
a bad liver.

Many people must be pounded into
doing those things which are for their
own good.

Have your teeth examined regularly—
also your body.

Remedy small defects, and prevent a
general breakdown.

Sound teeth are an important factor
in the preservation of health. Consult
the dentist frequently.

Accumulated filth means multiplied
dangers.

Fresh air is as important in the home
as good food.—*N. C. R. News.*

"Ten Demandments" of Business

A business firm in Western Canada
has hung in a conspicuous place in its
works the following "Ten Demand-
ments," for the benefit of its employees:

1. Don't lie. It wastes my time and
yours. I am sure to catch you in the
end; and that is the wrong end.

2. Watch your work, not the clock. A
long day's work makes a long day short;
and a short day's work makes my face
long.

3. Give me more than I expect, and I
will give you more than you expect. I
can afford to increase your pay if you
increase my profits.

4. You owe so much to yourself you
cannot afford to owe anybody else. Keep
out of debt; or keep out of my shop.

5. Dishonesty is never an accident.
Good men, like good women, never see
temptation when they meet it.

6. Mind your own business, and in
time you'll have a business of your own
to mind.

7. Don't do anything here that hurts
your self-respect. An employee who is
willing to steal for me is willing to steal
from me.

8. It is none of my business what you
do at night. But if dissipation affects
you the next day, and you do half as
much as I demand, you'll last half as
long as you hoped.

9. Don't tell me what I'd like to hear,
but what I ought to hear. I don't want
a valet to my vanity, but one for my
dollars.

10. Don't kick if I kick. If you're
worth while correcting, you're worth
while keeping. I don't waste time cut-
ting specks out of rotten apples.

"I Want to Get Out"

There are some bluejackets in the
Navy who enlisted for four years in-
stead of for the duration of the war.
Among the "four-years' men," there are
evidently some, who, now that the war
is over, are as anxious to get out of the
Navy as they were to get in a few
months ago. A sample application for
a discharge on the part of a "four-year
man" as copied from *The Arklight*,
reads:

From: John Patriot, Sea., 2c.

To: Navy & Co., Wash., D. C.

Subject: I want to get out.

1. For the love of Mike give me my
discharge.

2. My reason is that I am failing in
health, and don't want any more goat.
I am the soul support of two sisters and
an aged mother who are dependent upon
me for their education. I am the baby
of the family, and they gotta have me
back. I didn't enlist for duration be-
cause I thought it would take longer
than four years. I have a farm and
two cows standing idle at home. Some-
body ought to move them cows. My
salary on the outside was over two hun-
dred dollars a month, but I can't get
enough here to make a liberty in Dum-
fermline. I gotta see the sun once more
before I cave.

3. If these reasons ain't enough, will
send more on application.

4. I been in the Navy four months,
and am dissatisfied with it.

JOHN PATRIOT

Mrs. Hathcock has returned from
Akron, Ohio, where she spent several
months visiting her daughter. She was
accompanied home by her little grand-
son.

Miss Mildred Nash celebrated her ninth
birthday January 21, at her home on
Maple Street, by giving a party to a
dozen of her little friends.