

Methodist Orphanage.

A. S. BARNES,Superintendent
 MRS. MATTIE JENKINS,Matron.
 Send money to the Superintendent by Check, Postoffice, or Express Money Order, or Registered Letter.

Form of Bequest.

I give and bequeath to the Methodist Orphanage situated at Raleigh, N. C.,
 (Here designate the bequest.)

I wish to call the attention of our friends to the fact that we have now two hundred and fifteen children in our Home. To feed, clothe and educate this large number taxes us to the utmost. Unless our friends continue to rally to our support we shall face a serious situation. Provisions, clothes and all other things have greatly advanced during these recent months. With a growing faith in the goodness and generosity of our Methodist folks, I face the future with confidence, knowing that all our needs will be supplied.

Just one dollar came to us last week for our kitchen equipment. It is earnestly hoped that there may be a more general response during the coming week to this most worthy cause. It is impossible for our friends to realize just how seriously handicapped we are with our present poor equipment. Let me urge all the women of the Church to make a sacrifice and send us help NOW.
 Miss Sue Council Broom, Warrenton\$ 1.00
 Previously reported 122.00
 Grand Total 123.00

Just a few words to our Sunday-school Superintendents and schools. All our Sunday-school workers are particularly anxious to make their schools a great success. Candidly, I believe that one of the best ways to infuse new life and enthusiasm into all our Sunday-schools is to commit them to doing something definite for our Methodist Orphanage, the pet Institution of our Conference. Many of our most successful workers in the various schools have told me they have found nothing that helps them to keep sustained enthusiasm like giving a monthly collection to the Orphanage. Dear workers, let me urge you to throw the weight of your influence on the side of this Institution of the Conference. By committing your schools to our cause both will be mutually benefited.

Several years ago when I was pastor of the Oxford Circuit I had the pleasure and privilege of meeting and knowing many of the best people in Granville and Vance Counties. The pleasant and holy association of those years will always be to me a most precious heritage.

A few weeks ago when I made a business trip to Oxford I had the pleasure of spending a night with my good friend, Brother J. P. Hunt. For three years Brother Hunt and his cultured family stood nobly by me in all the work of the Church. No one can partake of their hospitality and enjoy their delightful fellowship without realizing that they are among some of the best people of our State. Few parents are so fortunate in bringing up their children. In this home culture and pure and undefiled religion are happily blended. I feel the richer for having had the privilege of being guest in this Christian home.

After a month and a half of patient waiting our little boys have

moved out of the laundry building to the Page Building. The boys in the Page Building moved into the new Dormitory which has just been completed and accepted by the Executive Committee of the Board of Trustees. Of course the little boys are very happy to get into the commodious Page Building after being crowded together in one big room. The large boys are equally as happy to move into their new building. It would be hard to find a better building of its kind any where in the State. Those who have made this needed building possible have the gratitude of all our children. The Board of Trustees feels very grateful to the Methodists and friends who have so generously contributed to this worthy cause. It is needless to say that the writer feels very happy over seeing fifty of our large boys comfortably domiciled in this new building. He hereby extends his sincere thanks to all the people of the North Carolina Conference for their hearty co-operation and liberal contributions.

Donations in Kind.

The following have sent clothes: Aid Society, Washington; Missionary Society, City Roads, Elizabeth City; Sr. League, Elizabeth City; Circle No. 1 of Central Church, Raleigh; St. Paul's Missionary Society, Goldsboro; Missionary Society of Trinity Church, Durham; Circle No. 2, Edenton St. Church, Raleigh; Aid Society, Snow Hill; Missionary Society, Smithfield; Missionary Society, Wilson; Missionary Society, Fuquay Springs; Mrs. M. J. Best, Goldsboro; Philathea Class, Maxton; Aid Society, Whitakers; Missionary Society, Fairmont; Mr. J. F. Buckman, Washington; Philathea Class, Oxford, Mesdames Donlan and Huffins, Rocky Mt.; Sanders Chapel S. S., St. Paul's Church, Goldsboro; Missionary Society, Hamlet; South Mills S. S.; Philathea Class, Wilson; Mrs. J. LeGrand Everett; Aid Society, Elm City; Missionary Society, Memorial Church, Durham, Mrs. G. T. Hawkin's S. S. Class, Hertford; Y. W. Missionary Society, Farmville; Philathea Class, Zebulon; Mrs. T. R. Moffitt's S. S. Class, Sanford; Belhaven S. S.; Oranges from J. S. Wynne, Orlander, Florida; 3 barrels of potatoes, Alma; Sheets, Mrs. E. C. Duncan, Raleigh; 3 quilts from Missionary Society, Fuquay Springs; Trunk and clothes from Missionary Society, Weldon; 1 quilt from Mrs. Ellen Eason, Smithfield; 3 quilts from Sanders' Chapel S. S.; 1 quilt from a friend; 2 barrels of potatoes from Mr. Ellis, Macon; 1 quilt from Mrs. E. C. Thomas, Henderson, N. C.

WALKING THE BEST SPRING TONIC.

Walk some every day, has been prescribed as a preventive of spring fever. But this does not mean walking in and about the house or standing on your feet while at work. It means going for a walk in the open air and sunshine, relaxing mind and body, leaving cares behind and enjoying walking for the good it will do.

As Spring comes on the body requires extra attention. It needs toning up in order to properly adjust itself to the change of season, and to completely recover from the bad effects of high temperatures and indoor living during the winter. But drugs, pills, and purgatives are not needed. They do more harm than good. Spring tonics that are worth while are exercises that will take you out in the open air, sufficient and regular rest of mind and body,

and a diet mainly of fruits and vegetables.

Walking every day in the open air is particularly recommended, whether it be walking to work or walking for health sake. As to the health value of walking, Dr. William A. Howe says:

"This means of improving health, like fresh air, is within the reach of most people. Its energizing influence should be more widely utilized. A reasonable distance should be walked every day, regardless of weather conditions. It is not well to walk so rapidly or so far as to induce fatigue from which one does not promptly recover. Neither is it advisable to walk rapidly in the face of a strong wind, or on a rough road, or in ascending a hill. Unless already accustomed to walking it is far better to begin by going a short distance each day, at a moderate pace, gradually increasing the distance and speed."

Oh, that we could always think of God as we do of a friend, as of One who loves us even more than we do ourselves!—Richard Baxter.

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