

Country Home Department

Conducted by Mrs. E. D. Hall, Sanford, N. C., to whom all Matter for this Department Should be Sent

ADVICE IS CHEAP.

"Get up, young man," the poet wrote,
And breath the air so sweet;
Put on your light spring overcoat
And walk before you eat.
With lambkins in the early morn,
Go sport upon the green!"
Next day the poet, all forlorn,
Arose at ten-fifteen.

It is an easy job to give
Advice—we all can teach—
Put such an awkward thing to live
And practice what we preach!
Of kindly precept none have lacked,
So far as I have seen.
Put words by good example backed
Are few and far between.

The country stands in need of those
Who do as Enoch did,
And while their weary jaws repose
Walk right side up amid
The mad, discordant, surging throng
That treads the pavement blocks—
Such men do more to crush out wrong
Than one who simply talks.

—Selected.

SEVEN RULES OF LIFE.

Live upstairs if you wish to be in good health! "Up how many flights?" Only one flight of seven steps. I will describe them.

First step—Eat wheat, oats, corn, fruits, beef, mutton, plainly cooked, in moderate quantity, and but two meals a day.

Second step—Breathe good air night and day.

Third step—Exercise freely in the open air.

Fourth step—Retire early and rise early.

Fifth step—Wear flannel next the skin every day of the year, and so dispose your dress that your limbs shall be kept warm. Bathe frequently.

Sixth step—Live in the sunshine.

Seventh step—Cultivate a cheerful temper. Seek the society of jolly people. Refuse to worry. Don't be afraid to laugh. Live high. Sickness cannot crawl up there, rarely does it go upstairs.—Ex.

Music in the Home.

How tenderly wrote Grover Cleveland of the old piano, "In many an humble home throughout our land the piano has gathered about it the most sacred and tender associations. For it the daughters of the household longed by day and prayed in dreams at night. For it fond parents saved and economized at every point and planned in loving secrecy. For it on a certain Christmas day, on which the arrival of the piano gave a glad surprise, was marked as a red let-

ter day in the annals of the household.

With its music and with simple song each daughter in her turn touched with love the heart of her future husband. With it the sacred hymn and family prayer are joined in chastened memory. With it, closed and silent, are tenderly remembered the days of sickness, the time of death, and the funeral's solemn hush."

When the family circle is broken and its members are scattered, happy is the son or daughter who can place among his or her household goods, the old piano." How dear to our hearts are the songs we sung in childhood. The memory of them have re-echoed in our lives in the years that have passed and still they grow dearer.

Fortunate are the homes that contain a good piano or organ, where the boys and girls, the young people, gather around it in the evenings, and sing together. After they are scattered far and wide, how often they are reminded of old homes, old friends and loved ones by the strains of some song, perhaps sung by childish lips, or voiced by stranger. Music has a softening influence over children. When they are cross and irritable, often, if a song which is familiar to them, is started up by mother or some one, they will soon join in and forget their little troubles. It is not

only with the little folks, either, that this plan works well. It helps grown people too, "to sing a song as you go along." The ministry of music and song; are we not thankful that they are within the reach of all. How often the stranger pauses on his way to catch the notes of some familiar song and brush a tear away, as he remembers the voice of his mother, sister or brother.

It is said that in a gambling den in Hong Kong, China, two men sat playing cards. The younger man began to hum:

*"One sweetly solemn thought
Comes to me o'er and o'er."*

The older man arose with tears in his eyes and said, that song came to him as a reminder of his early training, and he could not lead that kind of life any longer, and afterwards spent ten years of his life as an evangelist. Have music in your home. It will prove a benediction in the days to come as well as sweeten the present days.

The Fire in Your Heart.

He was a plain farmer lad spending his first winter at the village academy. He was there for work, and it did not trouble him that his clothes were not quite as fine as those worn by most of the students. His trousers were of cloth he had earned with his own hands, and his own mother had made them. But a remark made by one of the young ladies of the academy as he passed down the aisle before chapel exercise one day cut him to the heart. "He ought to have a ruffle round his ankles, his trousers are so short."

It was a bitter thing to say although it came from a careless thoughtless heart, and the young man felt the sting deeply. For a time he was sorry he was not on the old farm he loved so well, and the dear ones there. They would know how the words hurt him and would sympathize with him. Quickly a braver spirit came over him. "I don't need sympathy," he said to himself. "I'll prove to them that I can match them in my work if my trousers are too short." And he did. At the end of the course he was the valedictorian of his class, taking the very highest honors for good scholarship. What is in your heart, fire or ashes? It takes courages to stand up before the world and say bravely: "You may sting me to shine; you cannot sting me to death! I'll be strong, I'll be manly! I'll show the world that my heart is in the right place."
—N. C. Advocate.

Criticising.

The girl who criticises generally excuses herself by claiming that what she says is true. But even if it is true, is it necessary? Never say a thing that hurts, unless you are sure that it is going to help and if the wish to help is uppermost in your mind, your words are not likely to be cutting. The criticising girl is never popular with other girls. They are always expecting her to make some remark about them, they do not value her opinions very highly, and lay little stress on anything she says—and the criticising woman—she is a terror in the neighborhood in which she lies. It is worth while to criticise?

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