

# Country Home Department.

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

**BRAVELY DOWN LIFE'S STREAM.**

I am a river, flowing from God's sea  
Through devious ways. He mapped  
my course for me,  
I cannot change it; mine alone the  
toil  
To keep the waters free from grime  
and soil.  
The winding river ends where it be-  
gan,  
And when my life has compassed its  
brief span  
I must return to that mysterious  
Source.  
So let me gather daily in my course  
The perfume from the blossoms as I  
pass,  
Balm from the pines and healing  
from the grass,  
And carry down my currents as I go  
Not common stones, but precious  
gems to show,  
And tears (the holy water from sad  
eyes.)  
Back to God's sea from which all riv-  
ers rise,  
Let me convey not blood from  
wounded hearts,  
Nor poison which the upas tree im-  
parts.  
When over flowery vales I leap with  
joy.  
Let me not devastate them nor de-  
stroy,  
But rather have them fairer to the  
sight,  
Mine be the lot to comfort and de-  
light,  
And if down awful chasms I must  
leap,  
Let me not murmur at my lot, but  
sweep  
On bravely to the end without one  
fear,  
Knowing that He who planned my  
ways stands near  
Love sent me forth, to Love I go  
again;  
For Love is all, and over all, Amen.  
—Ella Wheeler Wilcox.

## BRAINS AND ENERGY.

The British Medical Monthly, an authority, shows what smoking does for boys:

"A medican man, struck with the large number of boys under fifteen years of age he observed smoking was led to inquire into the effect of the habit upon the general health. He took for the purpose thirty-eight, age from nine to fifteen, and carefully examined them. In twenty-seven he discovered injurious traces of the habit. In twenty-three there were various disorders of the circulation and digestion, palpitation of the heart, and a more or less taste for strong drink. In twelve, there were frequently bleeding of the nose, ten had disturbed sleep, and twelve had slight ulceration of the mucuous membrane of the mouth, which disapear on ceasing the use of tobacco for some days. The doctor treated them all for weakness, but with little effect until the smoking was discontinued, when health and strength were soon restored.—Exchange.

## ADVICE TO HEED.

If you are wealthy and fashion-able; if you spend your days in bed and your nights in places of amuse-ment; if you have a host of servants at your beck and call; if your mind is filled with the latest styles, the latest play, the latest book; in short, if you have no real work to do, pass on, turn over the page—this simple, old-fashioned doctrine, written by a simple old-fashioned woman, if not for you.

Fortunately for the world, there is a class of toilers—women toilers.

They make the homes; they bear the children; they tend the babies; they care for the sick and do merciful deeds; they bless and cheer and comfort all who meet them. Having nothing to give but themselves, they give unstintedly, pressed down, over-flowing.

May these brave hearts find some crumb in this meager repast. In the hope that some of the things which have helped me may help you, I spread it before you.

Are you shut in? Is your body a prisoner within four walls, while the real you is begging to get out in God's beautiful world? Is your jail-er sickness or work—just plain, or-dinary work? Cheat your jailer if you can.

Some time in your life you have seen an old field—a dear, blessed, daisy-sprinkled field, with clumps of wild rose bushes spreading fragrance. Great piles of gray rocks, round which the shy strawberry hides, invite you to rest awhile in the mellow sunshine. Over there is a clump of graceful birches casting long shadows on the vivid green of the waving grass. In that corner by the fence grow sturdy spruces with crisp white moss beneath.

We have all seen this field. Make it your refuge.

When the dishes pile up and the kitchen gets hot and there is yet more baking to do, let your mind wander to the old field. Pick the daisies and wild roses; rest in the shade of the birches; relax your tired body on that crisp white moss.

"Impossible! Fanciful! Foolish!" you cry.

Not at all. I've done it many a time.

Try it and see how that pile of dishes will melt away, how soon the kitchen will be in order, and how much less tired you will be. Much of the housekeeper's work is mechanical to a great degree. It is not necessary to beat on so hard with our minds that we wear them to a frazzle.

If you cannot do this readily at first, practice. Try it on the button-holes, the mending basket, the dishes, the sweeping and the dusting. You will be surprised to find how trusty your hands will grow and how many little trips and vacations you will get.

Another aid to grace do I find in clippings on the wall. Some one thought of this many years ago, for my mother and my grandmother, both women of great tranquility, dotted their walls freely with scraps ranging from the sublime to the ridiculous. Try this also. Often your attention will be caught by some bit of advice, some sage remark, some pithy para-graph that will start a train of thought so far above pots, pans and greasy things that by the time you have finished threshing it out the disagreeables are put away—spic and span.

Somewhere in plain sight have this motto hung: **Always do the next thing next.** I didn't originate that. I wish I had, but I do try to follow it. Do you think it easy? Try it. It took me a long time to be able to do the next thing next of my own accord. But, oh, the leisure it gives one! How it puts each thing in its proper place and gives each task its proper time. How it smooths out and untwists and simplifies a hard day.

Then there are the plants. Dirty? Well, yes, I suppose so. True, they take a little time, but, in my mind, after the Bible and the old hymn book come the scarlet geranium, the dainty tea rose and the spicy carnation.

Think of the thrills a new bud on the rosebush causes. Shut your eyes tight and take a whiff of the pink. Doesn't it make you think of things, and things, and things?

When that great gaudy bunch of scarlet smiles at you from the geranium, can you help smiling back? Doesn't it tell you that when, living in its own little place and breathing the same air as yourself, it has brought forth its wonderful blossom, it expects you to do something? This is its message to me, and, believe me, it's no trifle to live up to the stand-ard of a scarlet geranium.

In these days of New Thought, Ad-vanced Ideas and Universal Every-thing, with all kinds of articles on all kinds of subjects on every hand, I wonder how many of us think it worth our while to read the daily chapter in that good old Book that has helped our mothers and our grandmothers over so many thorny places.

Of the new religion I have nothing to say. If it makes you a better wo-man; if it gives you comfort in trib-ulation, strength and patience under difficulties; if it lightens your path-way through life and goes with you into the Valley of the Shadow of Death, little can be said in criticism. However, to me, old-fashioned wom-an that I am, the words that bring balm for my woes, strength for my duties, and hope for the hereafter, are the words of Master who said: "Come unto me, all ye that labor and are heavy laden, and I will give you rest."—Home Life.

**SAYINGS OF FAMOUS MEN.**

It is the little rift within the lute,  
That by and by will make the music  
mute,  
And ever widening slowly silence all.  
—Tennyson.

\* \* \*

All who joy would win must share  
it—happiness was born a twin.—By-ron.

\* \* \*

Thank heaven for a good man's  
love.—Shakespeare.

\* \* \*

Love is the joining of two souls  
on their way to God.—J. M. Barrie.

\* \* \*

Permanent mutual respect is neces-  
sary for a permanent mutual love. A  
woman can love without respect, but  
a man can't.—A. Conan Doyle.

\* \* \*

Not lovelier can be found  
In woman than to study household  
good,  
And good works in her husband to  
promote. —Milton.

\* \* \*

The modest virgin, the prudent  
wife or the careful matron are much  
more serviceable in life than the pet-  
ticoated philosophers, blustering he-  
roines, or virago queens.—Gold-  
smith.

\* \* \*

There is in friendship something  
of all relations, and something above  
them all. It is the golden thread that  
lies the hearts of the world.—John  
Evelyn.

\* \* \*

The older I grow—and I now  
stand upon the brink of eternity—the  
more comes back to me the sentence  
in the catechism I learned when a  
child, and the fuller and deeper its  
meaning. What is the chief end of  
man? "To glorify God, and enjoy  
Him forever."—Carlyle.

\* \* \*

I have had many things in my  
hands, and lost them all; but what-  
ever I have been able to place in  
God's hands I still possess.—Martin  
Luther.

\* \* \*

They also serve who only stand  
and wait.—Milton.

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