

Drive Out Sickness



Harold Sancho
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THE VIX COMPANY
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The Young Woman and Her Problem.

By PEARL RICHMOND HAMILTON.

A Diary of Unkind Words.

Have I a reader among my young women who has not said an unkind word about another for a week?

It is a good plan to keep a diary and every night write down the unkind things you have said about another. When you see yourself thus in black and white you feel the whole force of the great error of which you are guilty. Michael Angelo corrected faults by leaving a perfect sketch to condemn his pupils imperfect sketch.

Could not we help another more by living nobly than by criticizing? It is depressing to cherish a complaining spirit, to dislike people.

"Judging of others we can see too well. Their grievous fall, but not how grievous they fell;

Judging ourselves, we to our minds recall

Not how we fell, but how we grieved to fall."

A Bother.

A bother is an act devoid of love. The only way we can get the best for ourselves is by giving the best to others. A girl who is not willing to help others is cheating herself out of the blessing of helpfulness. Carry into your business life the determination to give full measure.

One writer says: "It is extraordinary how often the people who are afraid of being imposed upon accept favors and privileges quite as a matter of course, without once stopping to think whether they have earned them or not."

Try to do a little more than is expected of you, a little more than you are paid for. Count it a privilege if in addition to doing your own work you are able to help someone else. The girl who is afraid of being imposed upon and is constantly guarding against that danger is the last to secure promotion, while she is likely to go through life a pauper in friendship.

A Hint About Pin Money.

"How many young women have the ability to spend less than they earn? I know some girls who are always borrowing and spending ahead of pay day. Any young woman is any other young woman's equal until she owes her a dollar.

Have you ever thought of the different ways girls spend their money. Some spend it on candies, others for reading matter, others to please the aesthetic taste, in pictures, bric-a-brac, and still others spend on dress. A little of each is good; too much of any is extravagance. We criticize wealthy women for spending money lavishly.

Did you ever stop to think that she who spends ten cents on a foolish thing would spend ten times that much on the same kind of indulgence if she were worth ten times more? Extravagant women will carry out their extravagant indulgence according to their wealth. Helen Gould would be charitable if she were poor. It is said that our new Queen never gives a cheque until she has first carefully considered the value of the expenditure.

Prudence and Foresight.

There are duties to be done, pleasures to be enjoyed, dangers to be guarded against, all of which cannot be affected unless prudence and foresight guide young women. Pleasures and dangers are artfully mingled together.

I remember when a child I was fond of picking wild flowers, yet I did not dare to go after some of the most beautiful because they were in dangerous places. Prudence detects snares as it does dangers among pleasures. Young women need prudence and foresight in order to detect the many snares that call them on to danger.

"Sin has a thousand treacherous arts

To practice on the mind;

With flattering looks she tempts our hearts,

But leaves a sting behind."

May a woman cultivate prudence?

Anyone may cultivate that prudence

which will develop an habitual presence

of mind, ever watchful and awake.

The successful business man in his plans

sees possible dangers or rivalry that

might happen; the debater studies points

his opponents might use to beat him;

the politician penetrates all conditions

that might be used for his defeat.

Why, prudence is the very secret of success!

Therefore the young woman

needs to cultivate prudence in her

career to hold her position in business,

society and in the home; for there are

dangers that she will confront in all

three places.

The prudent girl is thoughtful, careful,

tactful. On the other hand, the girl

who is not prudent is careless, indifferent

and says or does the wrong thing

in the wrong place. It is an art worth

cultivating to be able, on the spur of

the moment, to act with tact. We

need to be prudent not only for our

own interest but we owe it to others.

Every girl is born with a message for

humanity, with a great sacred obligation

to give her best to her position,

her friends and her family. Her talent

was not given her merely to provide

food and luxuries for herself but to

make the world a little better place

to live in, to pay this debt and to make

the largest possible woman of herself.

I like the human race of Queen

Victoria. When an alms house was

erected for poor old women in the Isle of Wight, she retained one tiny room, exactly like the rest, for her own use. Her sympathy was practical.

An Art Worth Cultivating.

Ruskin once gave this advice to a class of English art students: "Let your art be the praise of something." The world is so full of light and beauty that we should cultivate the art of praise.

People who live in darkness are living in purgatories of their own making.

We too often use the blessings God has given us—speech, eyes and ears—to injure others. Minds that soar high, like Tennyson, "have seen the friendliness on the faces of God's messengers."

We crave costly jewels while all about us shine brighter gems of unrecognized beauty. Nobody compels you to live in the gloom of criticism and discontent. Your character is made by the way you develop your own self.

If your soul windows are "dusty with prejudice" and are hung with "dark curtains of selfishness" you alone are to blame. It is a pity, however, to use such poor taste.

Personally, I do not like to see paintings that represent ugly or painful subjects, even though they be realistic and though they represent genius. I like pictures that make me happy: I want to draw my daily inspiration from pictures that teach beauty and loveliness.

Many women with great gifts and ability do not see the high and beautiful about them. She is a wise woman, a well bred young woman, and she is clever who never mentions trifling disappointments, petty annoyances and family failings to others. We naturally think of what we love best, so let us cultivate the art of praising the worthy we see in our friends and the beautiful we see about us. I have this thought from the Girl's Companion.

"It is said that when Ruskin was a boy in England his mother required him to read the Bible again and again, until he was extraordinarily familiar with its spirit and expression. This familiarity with the Book of books had much to do with the shaping of his literary gift. And can we not trace in his advice: 'Let your art be the praise of something', the influence of the older teaching, 'Whatsoever things are pure, lovely, of good report....think on these things.'"

The School of Practical Affairs.

Girls must be trained in schools of practical affairs. The suffering from indigestion in our day is largely owing to improper cooking and to ignorance of the chemistry of food. Cooking is worthy of the educated—it takes its



The Class in Nature Study and School Gardening at Manitoba Agricultural College. (See article on Page 24).