

The Upward Look

Teachings From the Poets

True Happiness.

THE happiest heart that ever beat,
Was in some quiet breast,
That found the common daylight sweet.

And left to heaven the rest.
Here is a gem of thought dropped on
the shores of time by some little-
known bard, who has passed on into
the great beyond, leaving no foot-
print on the sands to reveal his
presence or whither.

True happiness is the craving and
desire of every human heart, whether
expressed in words or only felt as
that mysterious "something," which
"prompts the eternal sigh for which
we bear to live or dare to die."

Men in all ages have sought in vain
to find happiness in external things,
overlooking the fact that the kingdom
of happiness, like the kingdom of
heaven, is within them. One of the
greatest of American writers, Edgar
Allan Poe, wrote a story to vindicate
his theory that "things least hidden
are best hidden." Is this not the reason
why so few people ever find true
happiness? They search for it vainly
everywhere, in wealth, fame, labor,
and even sin and gain but transient
pleasures which soon fade away. But
all the time it is near at hand—in the
very heart itself—unknown and un-
noticed.

See the essentials that the poet has
given us: "the quiet breast" and "the
common daylight." That is all and
we leave the rest to heaven. A heart
that finds its chief delight in the com-
mon things of life, seeing in these the
beautiful gifts of a loving Father, and
accepting them with thankfulness, is
content to leave all else in the hands
of Him in whom we live and move
and have our being.

Who drives the horses of the sun,
Shall lord it but a day;

Behold the lowly deed that's done
And kept the lowly way.

The rust will find the sword of fame,
The dust will hide the crown,
Aye, none shall nail so high his name,
Time will not tear it down.

The happiest heart that ever beat,
Was in some quiet breast,
That found the common daylight sweet

And left to heaven the rest.—L.B.W.

The Kingbirds

THE well-known Eastern kingbird
is essentially a lover of the
orchard, though groves and the
edges of forests were probably its original
haunts. It breeds in the States from
east of the Rocky Mountains, and less
commonly in the Great Basin and on
the Pacific Coast. Its hostility to
hawks and crows is proverbial, and
for this reason a family of kingbirds
is a desirable adjunct to a poultry
yard. On one occasion in the knowl-
edge of the writer a hawk which at-
tacked a brood of young turkeys was
pounced upon and so severely buffeted
by a pair of kingbirds whose nest was
near by that the would-be robber was
glad to escape without his prey. Song
birds that nest near the kingbirds are
similarly protected.

The kingbird is largely insectivorous.
It is a true flycatcher and is
famous for the wing a large part of its
feed. It does not, however, confine
itself to this method of hunting, but
picks up some insects from trees and
weeds, and even descends to the ground
in search of mariposa or
thousand legs. The chief complaint
against the species by both profes-
sional beekeepers and others has been
that it preys largely upon honeybees.
One bee-keeper in Iowa, suspecting the

kingbirds of feeding upon his bees,
shot a number near his hives; but
when the stomachs of the birds were
examined by an expert entomologist,
not a trace of honeybees could be
found.

The insects that constitute the
great bulk of the food are noxious
species, largely beetles—May beetles,
click beetles (the larvae of which are
known as wire worms), weevils, which
prey upon fruit and grain, and a host
of others. Wasps, wild bees, and ants
are conspicuous elements of the food,
far outnumbering the hive bees. During
summer many grasshoppers and
crickets, as well as leaf hoppers and
other bugs, also are eaten.

About 11 per cent. of the food con-
sists of small native fruits, compris-



ing some 30 common species of the
roadside and thickets, as dogwood
berries, elderberries, and wild grapes.

Three points seem to be clearly
established in regard to the food of
the kingbirds—(1) That about 90 per
cent. consists of insects, mostly in-
jurious species; (2) that the alleged
habit of preying upon honeybees is
much less prevalent than has been
supposed, and probably does not re-
sult in any great damage; and (3) that
the vegetable food consists almost en-
tirely of wild fruits which have no
economic value.

All of the kingbirds are of the
greatest importance to the farmer and
fruit grower, as they destroy vast
numbers of harmful insects, and do
no appreciable damage to any prod-
uct of cultivation.

More Use of Lime Water

A more general use of lime-water
during hot weather is much to be
desired. When one goes to a drug-
gist and buys a quart of it, and
one does not feel encouraged to apply
the liquid freely to the many uses for
which it is excellent; but when one
finds that it costs practically no more
than the trouble of making it, one can
be generous with it. Lay a lump of
quicklime as big as the two fists in a
graneware pithier or bowl, pour
over it two quarts of cold water, stir
with a wooden spoon and let it stand
six hours. Strain the liquid through
a double thickness of cheesecloth
without disturbing the sediment of
lime. Put in bottles and cork tight.
Before using, pour off half an inch
from the top if it has stood any
length of time.

Lime-water is good to rinse bottles,
pitchers and pans which have been
milk; to soften hard water; to
sweeten drains and to bleach out the
marks left when stronger alkalis
have failed to entirely remove grease
spots. From a teaspoonful to a table-
spoonful in a glass of milk will make
it acceptable to delicate stomachs,
and especially for those troubled with
acidity. Lime-water is liked as a mouth
wash. That equal parts of sweet
oil and lime-water make the very best
household remedy for scalds and
burns is not likely to be forgotten
after one trial.

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