

SUNSHINE FOR THE SOUL

The Importance of Music in Our Homes

[By H. G. Stanton in Canadian Home Journal]

No home but has been affected by the serious stress and strain of the period we are passing through. In many of these that undercurrent of gloom, the intensified atmosphere of sorrow—of sympathy for the suffering—in the awful day-to-day struggle for world's liberty has prompted the search for something to counteract the depression. It seemed hard to define it, hard to understand just what it was. Something was lacking; something was wanted, wanted with a desire so strong as to overcome the thought of practically every homekeeper at this time, that of conservation; that requirement seemed met only by music.

Music seemed, to some, a non-essential, yet one heard it in certain homes where every requirement of our times is faithfully met. One heard it wherever men and women were gathered together in any good cause. One heard it in their churches, and still it seemed to some a non-essential in times like these, and so, many asked, themselves, "Should we have music?"

To a few, maybe, that have no music in their souls, just as a few there are who have no love, no sentiment, no loyalty, and many other of the characteristics, traits or passions normal people have, the question may seem hard to answer. I read only a short time ago of a man who said, "The farmer who raises food and exchanges it for pianos, pianolas or victrolas is just as much a war-dreane as the man who makes them," etc. I feel quite sure the article was written with the very best of intentions, but every evidence goes to show that such claims as these are given from a want of knowledge as to the place music holds in the national life of the people of our country.

I am of the opinion that the reason for this misconception of the necessity for music is that music has become such a general factor in the lives of our people, especially in our larger centres, and the public have so seldom felt the want of it, that its value has never been fully realized or set. A much quoted writer, C. N. Bovee, says on the subject: "Music is the fourth greatest requirement of the human soul. First, food; second, shelter; third, raiment; fourth, music."

It is difficult to find those to whom we might well look for guidance in these times and who condemn music, but there are many who throw much light on the subject of its advantages. It would be interesting to quote a few of these.

By David Starr Jordan, president of the Leland Stanford Junior University: "All that I might think or feel of the place of music as a means of grace in human society has been many times put in far better fashion than I could say it. I can only express my faith in music as a primary factor in happiness and, therefore, in civilization."

By Daniel Frohman, noted theatrical manager: "Music is to the mind what exercise is to the body—a tonic. Its appeal to the emotions, stimulates the imagination. Every American mother should start her children on their careers in life with an opportunity to learn and understand how this beautiful art may refine and elevate."

By Dr. Harvey W. Wiley, eminent American sanitarian: "If one looks over the history of mankind, especially in times of stress and of great crisis, and notices the important part that music has played in human evolution and progress, he cannot fail to be convinced of the truth of the opinion that music is not a luxury, but a necessity."

It must be understood that none of these men are especially interested in the profession or the business of music as such, but all are leaders in certain walks of life. It will serve to bring home to many of us that there is much beyond the "times made by these who, for the want of a thorough conception of the issue, put music in the non-essential class, and to enlighten those who find it difficult sometimes to decide in their own minds what can be considered essentials and non-essentials, in order to best meet the requirements of the times.

SOLDIERS NEED MUSIC

It may be recalled that at the outset of the war the Government denied allowance for regimental bands and it was planned to dispense with them, excepting only for drum and bugle corps. The absolute need for band music, however, both for recruiting at home and while in camp abroad, became so apparent that the Government's order was withdrawn and after six months every regiment was permitted its band.

When the order prohibiting bands was first issued, its seriousness did not appeal either to officers or men; in many cases, because, no doubt, the need of music had not been established to their minds until the thought and experience of their being deprived of it demonstrated its real need and acute worth.

And speaking of soldiers, I am reminded of a letter only recently received from J. Grant, Co. Sergt., Major of the 75th Battalion, speaking of the part the members of the band took during one of the engagements on the Somme. "The 75th band made its first sacrifice on this memorable night. . . . The band had not touched their instruments for some time, but they practically played what was left of the battalion out of the jaws of death, and no one deserves more honor and praise than the plucky little Band Master of the 75th Battalion."

A well known leader of volunteer workers who understands thoroughly the value of music as a stimulant has a unique message to offer women. It is "Sing the Songs of your country as you work for your country."

"The time has come," she says, when the woman power of the country must come to the fore and do its share in the struggle for national strength and power. In urging the men to do their part, the leaders of the various military organizations have impressed upon the minds of the soldiers and recruits the value of song. "A singing army is a fighting army," were the words of Major-General Bell, of Plattsburg, when he addressed the embryonic officers gathered there. I want the women of the country to bear those words in mind. They, too, are the members of an army, an army that I know will prove in its own way of equal strength to that of the one on the battlefield. Just as the men in the trenches need the inspiration of 'Rally Round the Flag, Boys,' and 'Pack Up Your Troubles in Your Old Kit Bag and Smile, Smile, Smile,' even so do the women of the country who are learning how to till the soil and who are making bandages for the wounded, need the courage and strength that comes from humming these melodies. Every potato sown to the tune of 'Yankee Doodle' and every stitch made to the melody of 'Dixie' means so much more power to the singer, as well as to the man who will eventually be the possessor of both.

A SINGING WORKER IS A SUCCESSFUL WORKER

"I should not mind seeing every division of the League adopt a song of its own and sing it. That with its implication of happiness certainly would be one form of assurance of the success of the work they are doing. That more than anything else would proclaim to the people of the world that the power of this nation is made up of grit and of iron, of stick-to-it-iveness to an ideal and confidence in its culmination. A singing worker is a confident worker, and a confident worker is a successful worker. Let the women of the nation sing—let them sing the songs of their country, and let them make known to the world that their hearts are full of the glory and the strength of their nation. They are fighting not for petty ends, not for sordid aims, but for an ideal of freedom, and that ideal can best be expressed by the melodies that have endeared themselves to the people. Let them still sew, cook and drive, but also let them sing. The reward of the willing hand is great, but it is immeasurably greater if it is accompanied by the song of a national spirit."

As the soldiers appreciate their music at the front, so do they appreciate and feel happy in the thought that there is music in their homes.

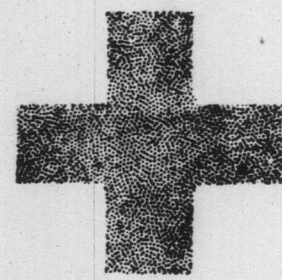
Happy in the thought that their wives, their sisters, their mothers and their children may be playing the tunes and singing the stirring songs of their country, believing that it will not only make the home more attractive but be of general good for the community and the nation. Every one will appreciate the sorrow that has fallen upon many of the homes in our country and would co-operate in every way to dispel the gloom that has fallen there. What better medium is there than music? Just as people have learned, as many did not realize in days gone by, the value of sunshine, so many of them realize now as they never did before, that music is not only a diversion, or an art, or a study, but that it is a fundamental, something that in a greater measure than anything else serves as sunlight to the soul.

If you love music do not hesitate to give of it as freely as you can, as one of the time's most pressing essentials. If you do not love music, it is because you have not let yourself really listen to it.

MUSIC ON THE FARM

I have often wondered—if those who were interested in farm life development would bring music in the home "as a necessity," to the farmer, so that every home would be furnished with its phonograph or piano, or, in the absence of any tutored development, a player piano, so that farm homes that have for so many years lacked this entertainment, would have it and develop it at its best—if a different air would not prevail. Instead of the solemn and sombre atmosphere of night after hard day's toil with such diversion as cannot help but exist where there is no music, I cannot conceive of such a home not being materially improved.

(Continued on page 7)



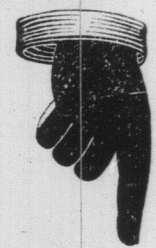
JULY 8th to 15th NOVA SCOTIA RED CROSS CAMPAIGN

THIS we hope and pray will be our last Red Cross Campaign, and that August 1st, 1919, will find the allied cause victorious, and our heroic soldiers on their way home. But July 8th to 15th, 1918, must be a record Red Cross Campaign—a long pull, a strong pull, and a pull all together is what we want.

Reach for your cheque book NOW! Draw a cheque for just a little more than you think you can really give! Place it in your pocket-book [letting it warm your heart with the pleasure of giving], until it is delivered to the Red Cross collector who has YOUR name on his list.

Make Cheque Payable to "Nova Scotia Red Cross"

\$250,000 is the amount Nova Scotia is going to contribute during the week of July 8 to 15



Impossible

Pat Rooney was a new arrival on the job. Having gone to the top of the building and failed to return the foreman shouted out:

"Come on, Pat, what's keeping you?"

"Sure," said Pat, "I can't find my way down."

"Well come down the way we went up," shouted the foreman.

"Faith an' I won't," said Pat, "for I came up head first."

When a man thirsts for knowledge he is not necessarily dry in his remarks.

Nature's Healing Herbs for Headache
A BLOOD FOOD
PRACTICALLY all headaches come from two causes—Biliousness and Nervousness. Biliousness means upset stomach, and constipation—with severe throbbing pains all over the head. Nervousness means that the nerves are exhausted and need rest and food.

Dr. Wilson's HERBINE BITTERS
insure quick and lasting relief from these headaches. The simple old-fashioned herbs tone up the stomach, regulate the kidneys and bowels, purify the blood, and build up the whole system. A reliable spring tonic. Get it today and get rid of your headaches.
At most stores, 25c a bottle; Family size, five times as large, \$1.
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St. John, N.B. 35.

LEMONS WHITEN AND BEAUTIFY THE SKIN

Make This Beauty Lotion Cheaply for Your Face, Neck, Arms and Hands

At the cost of a small jar of ordinary cold cream one can prepare a full quarter pint of the most wonderful lemon skin softener and complexion beautifier, by squeezing the juice of two fresh lemons into a bottle containing three ounces of orchard white. Care should be taken to strain the juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan and is the ideal skin softener, whitener and beautifier.

Just try it! Get three ounces of orchard white at any drug store and make up a quarter pint of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands. It is marvelous to smoothen rough, red hands.

True Politeness

A little boy was sitting at dinner in a friend's house. He was too small to cut the meat for himself and his mother was at the other end of the table, but a lady sitting next to him offered her help.

"Let me cut your steak for you," she said, "that is, if I can cut it the way you want it."

"Thank you," answered the little boy. "I shall like the way you cut it, even if you do not cut it the way I like it."

Charity is a cloak that covers a multitude of amateur theatrical performances.

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Write for Catalogue and Prices. If we cannot save money for you we will not ask you to buy.

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BELL PIANOS BELL ORGANS
WHITE SEWING MACHINES

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LAWRENCETOWN, N. S.

Pointed Paragraphs

A man's crookedness often gets him into financial straits.
Fortune seldom knocks at the door of the chronic kicker.

A man likes to believe in eternal punishment for the other fellow.

A centipede doesn't mind a little thing like having one foot in the grave.
Health makes wealth for some, but not for the physician and the undertaker.

Probably the busy little bee is always on the move because it lives in a rented hive.

OWES HER
"FRUIT-A"The Wonderful Medicine
Fruit Juices and V.

MADAME ROSIN

"I am writing you I owe my life to 'Fruit-A' medicine relieved me given up hope of . . . I was a terrible Dyspepsia—had suffered and nothing I took did I read about 'Fruit-A' tried them. After boxes, I am now eating have my permission letter, as I hope it other sufferers from take 'Fruit-A-tives' and MADAME ROSIN
"Fruit-A-tives" is the in the world made from 50c. a box, 6 for \$2.50. At all dealers or send receipt of price by Limited, Ottawa.

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January 7th

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R. U. P.

Gen'l.

H. & S. W. F.

Accom.	TIME TABLE
Wednes-	IN EFFECT
days only	March 10, 1918
Read down	STATION
11.10 a.m.	Lv. Middleto
11.41 a.m.	*Clarend
12.00 p.m.	Bridgeto
12.22 p.m.	Granville C
12.49 p.m.	Granville F
13.12 p.m.	*Karsdal
13.30 p.m.	Ar Port Wa

Connection at Middle points on H. & S. V. Dominion Atlantic R. W. A. C. Div.

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