

Helpful and Restful

The Simple Way

BY ANNA LAETITIA WARING

Anna Laetitia Waring was born at Neath, Glamorganshire, Wales, where she still lives the quiet life of a Quakeress. She has written many beautiful hymns, one of the best known being "In Heavenly Love Abiding." But in the last few years this hymn of simple faith and desire for the quieter ways of life has become by far the most frequently sung. This may be because more are seeking the path beside the still waters.

Father, I know that all my life
Is portioned out for me;
The changes that will surely come
I do not fear to see;
I ask Thee for a present mind,
Intent on pleasing Thee.
I ask Thee for a thoughtful love,
Through constant watching wise,
To meet the glad with joyful smiles
And wipe the weeping eyes,
A heart at leisure from itself,
To soothe and sympathize.
I would not have the restless will
That berries too and fro,
Seeking for some great thing to do,
Or secret thing to know,
And being treated as a child,
And guided where I go.
I ask Thee for the daily strength,
To none that asked denied,
A mind to blend with outward life,
While keeping in Thy side,
Content to fill a little space,
If then be glorified.

In service which Thy will appoint,
There are no bonds for me;
My inmost heart is taught the truth
That makes Thy children "free";
A life of self-renouncing love
Is one of liberty.

Be A Loyal Friend

Nobody need be friendless. Somebody once ordered that on his tombstone should be written "The Gift of God—I had a Friend." Yes, the world is full of true friends. Do you know that you can grow friends as you grow flowers? Plant the seeds of kindness, water them with love, tend with care, weed with patience and forbearance, support with the props of fidelity, and presently you will own a charming garden of friendship. Girls who have no friends are girls who do not understand love. They think love is being loved, but the best and truest love is giving without expectation of return. A true friend is a harbor of refuge, a light-house, whose calm, bright rays protect from many a danger on the sea of life. Treat your friends well and with loyalty.

Avoid Envy

Next to the mistake of antipathy is the sin of envy. Oh, what a miserable trait is that! If you would be a fine and lovable woman, you must eliminate envy from your personal equipment.

We are apt to fancy that, no matter what would be good for other people, the easy time, the pleasant places, would be best for us. We ignore the fact that "God's" purpose concerning us is not to make things easy but to

make something of us." And then we begin to get envious, and look round our little world, and think how much better off other people are. And from envy we go on to discontent, and then, well—then it is good-bye to happiness, for a discontented person is never that.

And it's such a mistake. Did you ever meet anybody who hadn't trials and disappointments. I never did, and I am sure you never did, either. But I have met many men and women who, by long brooding over them, had magnified their real size, allowed them to overshadow all the good happenings in their lives, and were utterly miserable in consequence.



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There is no healthier or pleasanter climate in the world. It is perpetual June. The average temperature for the year is 74 degrees, the lowest being 47 and the highest 98. No unpleasantness is felt on a very hot day. The air is dry and light, tempered by the fresh "trade wind." The close, sultry days of Canada are unknown. Sunstroke or heat prostration are unheard of. Drinking water is clear, pure, and abundant. Foreigners on the island enjoy better health even than at home.

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Here the orange and lemon are at home, yielding enormous and highly profitable crops. Groves once planted are not for yourself alone, but for your children's children. During the first two or three years while a grove is coming into bearing, pineapples and numerous other profitable crops are grown between the orange trees.

The garden spot of Cuba is Bartle, which is especially favoured by altitude, freedom from insects and location for shipping facilities. Our lands at Bartle, comprising some 25,000 acres of the choicest fruit-producing soil,

are crossed by the Cuba Railroad, Sir Wm. Van Horn's line, which furnishes two passenger and mail trains daily. Fifty miles up the road is Camaguey, a city of 50,000 people.

That so shrewd a financial man as Sir Wm. Van Horn saw fit to leave the C. P. R. and go to Cuba to build and operate a railway speaks volumes for the future of that country.

Col. Peter Rennie, a nephew of Mr. Wm. Rennie, Canada's well-known seedsmen, after being for eight years a resident of Cuba, brought a tract of land from the Cuban Realty Company. He says of the soil: "Your Company is fortunate in having secured such a large and desirable tract of land, which you can unhesitatingly offer as the best in Cuba."

In the brief space of a newspaper advertisement it is only possible to give but a vague idea of a district so favourable by nature as Bartle. An interesting volume could be written about it.

We would like to send you more complete information regarding Bartle. You would be interested in learning about the farm we are offering for \$500 (terms to suit purchaser), which will earn more profit than a \$5,000 farm can do in Canada.

Other companies have already advanced the price of their land, and it is our purpose to do so in the near future. Write us at once for free printed matter concerning Bartle. Address Department "K."

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