

**THE WATERDOWN REVIEW**

Issued Every Thursday morning from the office, Dundas Street, Waterdown

G. H. GREENE  
Editor and Publisher  
Member C. W. N. A.

**How to Retain Youth in Spirit and Appearance**

Paper given by Mrs. G. H. Greene at the Women's Institute Meeting

When we accomplish the former, the latter will follow as a natural consequence. Youth is a beautiful gift from our Creator. It begins at birth and passing through a variety of stages of development it gradually mellows into beautiful old age, to end only at the grave.

The spirit of youth never grows old. It simply ripens in the various experiences and vicissitudes of life. We wonder why so many persons lose the charm of youth. I say lose, because it is never taken from us by anyone. We simply let go, and when it has completely gone from us, it never returns. Outward make-up is not youth. It is but a poor camouflage at best.

The spirit of cheerfulness and optimism is twin sister to youthfulness. Let us be cheerful and take a hearty interest in youthful pursuits and ambitions, having an ever ready sympathy and broad-minded consideration for the welfare of our young folks.

Be cheerful. Be optimistic. Be helpful. Do not point to the bright side, but just live on the bright side. Cheerful folks can help us in such a wonderful way to see the glint of gold in the darkest clouds. They talk to us of sunshine and gladness, the beauty of nature, the loveliness of springtime (which is the youth of the year), the birds and their music, happiness and so on, and by such an inspiration lift us out of the gloom of everyday disappointments and worries into self-forgetfulness. Let us forget ourselves, and there is no better way than by taking an interest in helping some one else.

The real keynote of youthfulness is contentment. You all know how strongly St. Paul preached about contentment, and I know of nothing in this life more to be desired than a happy and contented mind. Have you ever studied the countenance of a care-free happy child? He knows nothing of worry, envy or suspicion, and only in the rich warm soil of sunshine will the spirit of youth flourish. As I said in the beginning when we retain the spirit of youth by a cheery usefulness all down along the line into ripe old age, our appearance will play the proper accompaniment.

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**For Sale**

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**For Sale**

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**For Sale**

2 oil hanging lamps and a number of hand lamps. Mrs. John Crusoe, Union street.

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50 Bags Green Mountain Potatoes grown from certified seed. C. M. Flatt, R. R. 2, Hamilton.

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