

# "WORRYING AND FUMING RAISE THE TEMPERATURE"

## Mrs. F. L. Barringer Gives a Pleasant Talk on the Benefits of "Keeping Cool."

### THIS WEEK'S PRIZE-WINNERS.

TEN PRIZES OF ONE DOLLAR EACH.

W. H. Reed	1467 Irving street
Sunshine Club	2030 G street
Allie Sharpe Balch	
Louis Varnum Woulfe	1115 O street
Mrs. C. E. McLaughlin	310 K street northwest
H. B. Millin	1301 K street northwest
S. E. Adkins	2031 F street
M. J. Moore	2030 G street
C. A. Brewton	46 S street northwest
A. E. Ranaey	

By MRS. F. L. BARRINGER, Leader.

#### The Optimist.

Lo, I am he who when the day is gone  
Ever discerns some promise of the dawn,  
Who from the land of sorrow and of pain  
Scatches the garden of some golden grain.

If you want to keep cool, go up into the green hills of Virginia, where I spent a few days last week. The optimist, however, does not have to depend on going away, or on following certain rules laid down for keeping cool, because he knows the secret is within himself. He will think as little as possible about himself and the weather. He will cultivate a tranquil frame of mind by not letting petty fatigues or trivial experiences annoy him.

The optimist knows that by keeping cool he can do better work and can think more clearly.

When the weather is hot, he says: "Great! It is good for the washerwoman and the iceman." So he does not worry and make everybody around him uncomfortable, but is happy and contented with his surroundings. He manages to keep cool under any and all circumstances, and when anything goes wrong, "inquires within," for (to quote from the Book of Proverbs) "As a man thinketh, so is he."

Spend as much time as possible in the open. Have a resting place in the garden, or if you are not so fortunate as to have a garden, the porch will do where you can spend the afternoons, and on certain days receive your friends and dispense the "Cup that cheers."

Make it attractive with awnings, rug, and rustic chairs. Let it be a real resting place from the glare and the heat of the sun, where you can see and talk and read. Select for your reading books like "The Discovery of the North Pole," by Robert Peary.

But no matter what the condition of the atmosphere, the optimist is happy and contented. He does not worry and fuss and fan, and say to every one he meets: "Is it hot enough for you?"

He is satisfied with whatever comes, knowing that, "When God will all winds bring rain."

#### By THE OPTIMIST.

There are some good things in what our leader says to-day. I like the thought that the man who worries makes every one around him uncomfortable. It is a pretty good object lesson against worrying, don't you think? When one person is trying to mind his own business, it is rather hard to be upset by the fussy person, who insists on talking about his own grievances. And you can put it down as tolerably certain that the man who talks the most about his troubles, is the man who has the fewest. The real trials of this world do not need magnifying, nor do they bear much discussion. The deepest troubles are the most silent.

Therefore, it is absurd to mind a little thing like the weather. Of course those who are very, very poor and are struggling against the most fearful odds, like the poor mothers and little one who are being cared for at "Camp Good Will," you would be justified in complaining just a little, I think, but it is one of the ironies of life that these unfortunate do very little complaining—they go along doing the best they can, and help themselves to the best of their abilities. Is it not a pleasure for those who have so much more, comparatively, to lend a hand and help them?

Optimism being a mental attitude, is a wonderful help in the case of mere physical discomfort. If there was such a thing as physical optimism, I should say that endeavoring to "keep cool" was the best example. The optimist knows there is no use kicking against the pricks; and therefore he cannot reasonably make complaints against what he cannot help.

When the thermometer goes up; good spirits should go up with it. Keeping cheerful and good natured, are wonderful helps. Fighting the heat is very bad; you should simply let it do its worst and calmly ignore it. The man or woman who pursues the even tenor of his or her way, is doing a great deal toward "keeping cool."

We all enjoy the summer time. Its pleasures far outweigh its discomforts. The summer is so needful and restful. All winter we are striving to keep our lives going; in the summer we feel like loafing; we want to do as little as possible. Energy and ambition need recuperating; we take the summer to rebuild our faculties, so that the autumn may find us in fine fettle for the coming tasks.

"Keeping cool," is all in knowing how. Read what the members say to-day, and you will derive some very good advice. Optimists are good people to listen to, most of them speak from experience.

At any rate, we don't often find the optimist fretting and fuming about what he cannot help.

The gradual progress of our "Fresh Air Fund" to the one hundred-dollar mark is

### "FRESH AIR FUND."

Amounts received by "The Optimist" from members to illustrate "practical charity" by sending poor children to the country during the summer months.

Address "The Optimist," Washington Herald.	
Acknowledged last week	\$61.85
N. C. A. B.	.50
C. A. B.	1.00
W. M. B.	1.00
M. E. Bailey	1.00
"Dialo Boy"	.25
Shackelford	.25
B. R. Soren	1.00
Harry W. Brimer	1.00
Mrs. J. J. O'Connell	1.00
Louis Varnum Woulfe	2.00
Total	\$70.85

dreame day, let us think of some day, so full of something pleasant that before we know it the almost unbearable present one has become a dim memory of the past.

Address: M. E. RANNEY.

Frances Willard is honored in Statuary Hall. She was not a "woman with a serpent's tongue." No beladimic gyrations from her lips. Pure as the notes from rich harp strings was the music of her voice. Pure as a crystal stream was her life. The good she did goes on forever.

Mrs. C. E. McLaughlin.

Here are some good rules for keeping cool: Keep the Ten Commandments. Don't worry. Work hard, but also take time for recreation. Keep in the open air as much as possible. Always control your temper. Make others happy.

W. H. REED.

How to keep cool: Keep cheerful, calm, and busy; forget sorrow in ministering to the comfort of others; exercise; grit, grace, and gumption.

S. E. ADKINS.

Keep busy and be cheerful about it, and you're bound to keep cool no matter how hot the day or night nor hard the labor, for you will too readily be occupied to worry over such a slight thing as the weather.

SUNSHINE CLUB.

300 G street.

There is a little etching hanging on the wall of my shanty—a snow scene—and through the snow trudges a little boy with a sled. When the heat gets my blood to boiling, I stand in front of that picture, and think of the little fellow, the "star man" found—with one block to play with, and of the fun he is going to have next winter with the sled Santa Claus will bring to him—and I forget the heat in watching him run through the snow with merry shouts of laughter, and the hot days and sultry nights become rich in beauty. And I am hoping our leader will "pass around the hat" after Camp Good Will is closed for a big Christmas tree for "our" little ones.

And I can almost see the snow coming down on the close-cropped velvet lawn outside my window—the little city garden—with its heliotrope, nasturtiums, magnolias, and lobelia, breathing up their sweetness to me; and the wind brings me the sound of a distant flute, and I close my eyes and see "our" Christmas tree, standing sentinel near the growing corn and the ripening fruit, the buckwheat and the rye, and the leaves rustle and murmur with tenderness, and the flowers lift their little heads, and I feel the ineffable soul of the trees, the grasses, and the air seems filled with divine things. Something seems to come to me from the heavens; then the breeze grows silent and I hear the laughter of the little children among the shepherds at Camp Good Will.

ALLIE SHARPE BALCH.

To "keep cool" is a pencil that graphically writes on the features the story of youth. It is a reserve force which conquers the stress of circumstances when lack of mental control would echo failure. It is an adviser that incites courage, fearlessness, and determination.

To one who "keeps cool" the accomplishment of work comes as an easy reward. The "excitist" frets and fumes and draws heavily on the hoarded powers of thought, while the "keep-cool" labors with directness and composure on the task assigned and finishes it with his store of energy scarcely depleted by the expended effort. It is a lubricant which causes the machinery of life to run without friction. The years go by and the wear and tear of conditions are at a minimum compared with the results directly chargeable to the moments of suppressed feeling, of calm, of serenity.

LOUIS VARNUM WOLFE.

Don't work too long at a time, but while working keep up a lively pace, neither hurrying nor lagging. Go as deep and as often as possible into woodlands and hilly green places. Meditate on the ancestry, industry, and intelligence of the ant and other small life. Acknowledge the stately bow of the big tree and the nod of the sapling. Permit a merger of yourself with your surroundings and become a sympathetic part of the great panorama of life called nature. Eliminate from your vocabulary worry, fear, and the personal pronoun "I." Keep the body, mind, spirit, and system thoroughly clean and avoid special strain on the vital organs.

H. B. MIDDLEKIFF.

1301 K street northwest.

Honorable mention: Yes, it is rather warm, but I love the good old summer time. Always! Some people just won't keep cool! Complaining, fretting, thinking of the heat, makes our temperature go up. Keep busy in a quiet, easy way, and you will keep cool.

M. I. REED.

Fret not, worry not, think pleasant thoughts. Wear thin clothing, accept the heat with a calm mind. Think of winter, and coolness. Sit in the shade and fan.

H. W. SMITH.

It is hard both literally and figuratively to "keep cool" these hot summer days. But those of us who have learned to take things as they come, and not worry over trifles certainly have an advantage over the worriers. It is such a comfort to know that an All-wise Father is guiding us; and that "All things work together" for our good.

"Let us fold away our fears,  
And put by our foolish tears,  
And through all the coming years  
Just be glad!"

Miss L. G. JEFFRIES.

We must not fret, a summer's day is but an atom of our lives, and it is cool to those of us who heed it not, whose mind soars above the simple discomforts of the flesh, and, filled so full of pleas-

## The "Fresh Air Fund" Is Rapidly Approaching the One Hundred-dollar Mark.

July 6, 1910.

The Optimist, The Washington Herald, City:

I beg to acknowledge the receipt of your check for \$50, on account of The Washington Herald Optimist Clubs' "Fresh Air Fund," and note that the club will make another contribution within the month.

The members of the club are to be congratulated on account of their splendid showing, and their efforts on behalf of "Camp Good Will" are much appreciated, not only by the mothers and the little ones who are being entertained at the camp, but by the committee as well. Very sincerely yours,

ANDREW PARKER,  
Treasurer Summer Outings Committee.

and excitement one sees all about one every day. We ought not of course to neglect our daily duties and, whatever the condition of the thermometer, we must continue to be alert and punctual, but by a systematic expenditure of the hours of the day most of us can find time to do whatever is before us without undue haste. He who hurries through life is likely to miss many fine experiences by the way and to lose much that is valuable, including it may be that priceless treasure—good health.

It is not the man who is beside himself, but he who is cool and collected—who is master of his countenance, of his voice, of his actions, of his gestures, of every part of his play—who can work upon others at his pleasure and get good results. We see men of this type accomplish wonders, and yet by their coolness they always retain the respect of their fellow-men; for coolness and absence of heat and haste indicate fine qualities.

One may keep reasonably cool during the heated term by exercising a little common sense in regard to their personal details. Wearing clothing suitable to the weather, eating less and above all retain one's self-control and even temper, refraining from worry and fretting, remembering that it is the season for hot weather that it cannot last always and that it might be better. Be an optimist.

Mrs. J. J. O'CONNELL.

"If you and I—just you and I—Should laugh instead of worry; If we should grow—just you and I—Kinder and sweeter hearted, Perhaps in some near by and by A good time might get started; Then what a happy world 't would be For you and me—for you and me!"

Mrs. M. JEFFRIES.

I think it would help us to keep cool if we would take Pat's advice, "be easy; and if you can't be easy be as easy as you can." The influence of muscular activity on the body's temperature is well known. Although we cannot control our movements at all times, yet by experience we find "go slow" is a good rule to follow in hot weather—when the temperature of the air gets up among the nineties, privious to which (as Gen. Jackson said) "A soldier shouldn't grunt." No better friend has-man in this world than labor, but when the thermometer crawls up close to the 100 mark I think one should forget that money is "the chief end of man," and, if possible, "go fishing." It takes one away from hot bricks and mortar—away from the cares and distractions of business; gives natural occupation, and at the same time one is far removed from the busy haunts of his fellows to get rid of the foul hot atmosphere too often engendered morally and physically by herding together. All cares and concerns for the things of life are forgotten the moment the line drops into the water and man lives in a different element—he thrills with his contest for victory, he is going to catch the fish of his life and he forgets the weather—that things were "growing stale," and gets a new lease on life.

ALMAE SHARPE BALCH.

"Give me the calm, the tranquil mind. The world is not going mad. The laws of God are defied, but they cannot be annihilated, for they are immutable. The dark visage of crime may no longer wear the mask of sport. Freedom's natal morning shall not be stigmatized. Calm, determined minds are at the helm, the old ship of State still sails on proud and great."

Mrs. C. E. McLAUGHLIN.

My idea of keeping cool is simply this: To keep one's self in a good physical condition, and by so doing one will be stronger to battle with the summer's heat.

To join the "Don't Worry Club," in other words the Optimist Club, and by doing this you will forget all about the warm weather and be cheerful.

To be careful of one's diet and rest as much as possible.

Miss ROSALIE B. McGRATH.

The temperament of an individual has much to do with the power to "keep cool," or in other words to bear with composure the discomforts and trials that afflict humanity, but whatever difference may exist in temperament, we are all constantly exposed to conditions that

# FAMOUS SONGS AND THEIR HISTORY

No. 53.

## "GOD SAVE THE KING."

HENRY CAREY.

God save our gracious King!  
Long live our noble King!  
God save the King!  
Send him victorious,  
Happy and glorious,  
Long to reign over us—  
God save the King!

Frustrate their knavish tricks;  
On him our hopes we fix,  
God save us all!  
Thy choicest gifts in store  
On him be pleased to pour;  
Long may he reign,  
May he defend our laws,  
And ever give us cause,  
To sing with heart and voice—  
God save the King!

The origin of "God Save the King," the national song of England, is a matter for endless discussion. It remains a question as to whether it was originally a Jacobite song, written during the rebellion of 1715 by Henry Carey, and partly composed by him. It rushed into popularity in the English theaters in 1745, and Carey himself sang it publicly in 1746, having changed 'James' to 'George.' The air is simple and yet stately. It is capable of calling forth the talents of the finest vocal performers, and yet is admirably adapted for a chorus, in which the humblest pretender to music may join. The words are not elegant, but they are very expressive; and the homeliness of some of the lines may have contributed to its universality.

Killikelly, in his "Curious Questions," states: "The author of the English national anthem, 'God Save the King' or 'Queen,' was Dr. Henry Carey, born in London about 1696, and died in 1743. The poem was written in honor of a birthday of George II, but it has undergone some changes as regards the words. The music was composed by Dr. Bull."

Grove, in his "Dictionary of Music and Musicians," an authority always taken without question, is evidently less certain than the two persons quoted, regarding the authorship; for in the long sketch of the life of Dr. Carey in the first of his volumes, he makes no mention of him as being the author of the English national hymn, but in the brief biography of Carey's son, Prince's son, he says: "The author of the composition of 'God Save the King,' and the claim occupied much attention for some time."

The most generally accepted theory, nevertheless, is that Henry Carey wrote it for James II, the exiled King, and that it was revived and sung during the rebellion of 1715 and 1745, and then silenced by the failure of the Jacobites, until it reappeared with the reading "God Save Great George, Our King," substituted for the original one.

Richard Clarke, the popular English composer, made a research covering a number of years, and finally published a book in which he asserts that the anthem was written in the reign of James I. by Ben Jonson, who was poet laureate. He says it was written at the particular request of the Merchant Tailors' Company, and was sung in their hall at the first public appearance of King James after the discovery of the gunpowder plot. If this be true, it probably explains the meaning of the last two lines of the second verse:

"Confound their politics,  
Frustrate their knavish tricks."

There is no evidence that Carey claimed for himself the composing of the song. It is possible that he could have secured, from some one, the Jonson words and then wrote a new line to give an especial Jacobite twist to the sentiments, and set it afloat to the praise of the exiled house of Stuart? There is no doubt that he sang it in public with "Great George, the King," and that it became popular through his introduction. Carey's life of eighty years extended through the reigns

of Charles II, James II, William and King," the national song of England, of Mary, Queen Anne, and two of the national air of twelve nations—has been a matter for endless discussion. Carey's son, already mentioned, who was born the year his father died, stoutly contended for his father's authorship of music as well as that volumes have been written on the subject, and it is a controversy that will, probably, never be settled.

"Reflecting on its utility, and convinced of its having been written by my father, I thought there could be no harm in endeavoring, through some medium or other, to make myself known as Windsor as son of the author of 'God Save the King,' and as great families create great wants, it is natural to wish for some little relief. Accordingly I was advised to beg the interference of a gentleman residing in the palace of the castle, and who is forever seen bowing and scraping in the King's walks, that he would mind enough to explain this matter rightly to the sovereign, thinking it was not improbable but that some consideration might have taken place and some little compliment been bestowed on the offspring of one 'who had done the state some service.'"

"But, alas, no sooner did I move in the business with the greatest humility to this demi-cannon, but he opened his copious mouth as wide as a four-and-twenty pounder, bursting as loudly upon me as the largest piece of ordnance, with his chin cocked up, like the lip of a center fire, with his cauliflower wig, always taken without question, is evidently less certain than the two persons quoted, regarding the authorship; for in the long sketch of the life of Dr. Carey in the first of his volumes, he makes no mention of him as being the author of the English national hymn, but in the brief biography of Carey's son, Prince's son, he says: "The author of the composition of 'God Save the King,' and the claim occupied much attention for some time."

Regarding the internationality of the English national hymn, when Samuel F. Smith wrote his patriotic song, "My Country, 'Tis of Thee," in 1832, it was sung to the same tune as "God Save the King," under the name "America." According to a French journal, "The Charivari," Handel copied the tune from a St. Cyr melody, the authorship of which is claimed for Lullie. Besides England, the United States, and Germany, it figures among the patriotic or national airs of nine other nations. In Bavaria it is "Hell! Unserm Konig, Heil!" In Switzerland it is "Rufst du, Mein Vaterland." It is used to various sets of words in Brunswick, Hanover, Wurtemberg, Prussia, Saxony, Welfar, and Norway.

The statement that the air of the English national hymn was due to English inspiration is confirmed in the "Memoirs of Mme. de Gagny," in which we find the canticle that used to be sung by the young ladies of St. Cyr whenever Louis XIV entered their chapel to hear morning mass. The first stanza was as follows:

Grand Dieu Saur le Roi!  
Grand Dieu veug le Roi!  
Vive le Roi!

Que trouvez glorieux,  
Luis victorieux,  
Voyez ses couronnes,  
Toujours couronnes.

These words were written by de Breton, and the music, as stated, by Lullie, who was a distinguished composer.

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**THE WASHINGTON HERALD OPTIMIST CLUB.**

Please enroll my name as a member of The Washington Herald Optimist Club, and deliver to me the Club Button, the insignia of our hopeful brotherhood.

Name.....

Street No.....

City.....

State.....

Note—Club buttons will be given out at the office of The Washington Herald on presentation of this coupon properly filled out. Coupons may be mailed in by out-of-town members.

## TENTS AT CAMP GOOD WILL.



The tent marked with the X is named for The Washington Herald Optimist Club.

require calm thought to enable us to meet the ever recurring vicissitudes that alternately distress and bless our lives. It is "the man whose high endeavors are an inward light That keeps the path before him always bright."

Whose law is reason, and who depends upon that law as on the Best of

friends," who is not dismayed in the face of suffering and danger, but in those awful moments that try men's souls, "keep the laws in calmness made—and come when they will is equal to the need."

Mrs. ANNIE E. McCARDLE.

My recipe for keeping "cool," your diet should be light, eschewing all kinds of pastry, meats, &c. I would prefer a diet of fruits (not over ripe) and vegetables. Water in moderation, not too cold. Avoid all kinds of excitement and preserve your equilibrium. Live out of doors, breathe God's pure air. Wear light clothing. Do not worry—meet your disappointment, with a smile, and it will be all right after a while.

F. L. STRAUGHAN.

Far from the crowd's ignoble strife,  
Their sober wishes never learned to stray;  
Along the cool sequestered vale of life  
They kept the noiseless tenor of their way.

—Gray.

None There.

From the Chicago News.  
Mr. Sauer's (at dinner table)—What kind of pie did you say this was?  
Mrs. Sauer—Apple pie.  
Mr. Sauer's (peering vainly between the crusts)—Hereafter when you make apple pie I hope you will use evaporated apples.

Summer Perplexity.  
From the Chicago Tribune.  
We have no wish to criticize or find fault, but does it not seem to be a curious provision on the part of nature that when you need ice the most it melts the fastest.

Largest Morning Circulation.