

## INTERNATIONAL SUNSHINE SOCIETY.

President General—Mrs. Cynthia W. Allen.  
Headquarters—96 Fifth Avenue, New York.  
State President, Florida, Mrs. Mary L. Bradt, 211 West Adams, S. Jacksonville.

"Have you a kindness shown?  
Pass it on;  
'Twas not given for you alone.  
Pass it on;  
Let it travel down the years,  
Let it wipe another's tears,  
Till in heaven the deed appears,  
Pass it on;

Motto—Good Cheer.  
Colors—Yellow and white.  
State Color—Deep Orange.  
Flower—Coreopsis.  
Song—"Scatter Sunshine."

## THOUGHTS FOR THE WEEK.

If we lost our chief good, other people's good would yet remain, and that is worth trying for.—George Eliot.

Perform a kind action, and you find a kind feeling growing in yourself, even if it was not there before. As you increase the number of objects of your kind and charitable interest you find that the more you do for them, the more you love them. Serve others, not because they are your friends, not because they are interesting, not because they are grateful; serve them when they are unfriendly, when they are distasteful, serve them because they are the children of your Father, and therefore, are all your brethren, and you will soon find that the fervent heart keeps time with the charitable hands.—W. O. B. Peabody.

O, the beauty of holiness,  
Of self-forgetfulness and lowliness.  
O, power of meekness,  
Whose very weakness  
Is like the yielding, but irresistible  
air.

—H. W. Longfellow.

Self-forgetfulness is a blessed attainment. It is very hard to be perfect in it. How joyful it is to be carried away, far from every self-remembrance, every bleeding feeling, every wrecked interest, and be absorbed in thought and work beyond ourselves! Throw yourself into every duty that presents itself and into every contemplation that draws you. Let your devotions, like a flood drown and carry you away; spare nothing, reserve nothing, walk, read, pray, talk, labor, do everything you can to escape nervous brooding over thyself.—Moyoomdai.

While most arts require long study and application," says Lord Chesterfield, "the most useful of all—that of pleasing—requires only the desire." One of the greatest investments one can make is that of attaining a gracious manner, cordiality of bearing, generosity of feeling—the delightful art of pleasing. It is infinitely better than money capital, for all doors fly open to sunny, pleasing personalities. Many a youth owes his promotion or his first start in life to the disposition to please, to be accommodating, to help along wherever he could. "Lincoln's characteristic was a passion for helping people, for making himself agreeable under all circumstances.

"Somehow everybody in trouble turned to him for help." This generous desire to assist others and to return kindness especially endeared Lincoln to the people.

"To be popular, one must strangle

selfishness; he must keep back his bad tendencies; he must be polite, gentlemanly, agreeable, and companionable." "Cultivate the art of being agreeable, it will broaden your sympathies. I never knew a thoroughly unselfish person who was not an attractive person. The secret of pleasing is in being pleasant yourself, in being interesting in being magnanimous; there must be heartiness in the expression, in the smile, in the handshake, in the cordiality which is unmistakable. The hardest nature can not resist these qualities. If you radiate sweetness and light, people will love to get near you, for we all are looking for the sunlight; trying to get away from the shadows."—Success.

Not long since the plaint of "a self-conscious girl" appeared in a sister paper recalling the sufferings of at least one girl when at the age of self-torture and self-accusation. The answer contained so much wisdom, and our own sunshine motto that we are sure Mrs. Gray will not disapprove of its insertion here in company with gleanings from other sources, supplementing her own remarks.

If it be true that misery loves company, you should be measurably consoled for your infirmity by the knowledge that dozens of other young people have confided to me their sufferings from the same cause. I have but one remedy to propose for you all. The antidote for self-consciousness is self-forgetfulness. Force your thoughts away from your own peculiarities by asking your miserable self what you can do to make life a little smoother for some uncomfortable fellow-creature. A correspondent gave a few weeks ago, as a cure for the "blues"—"Do something for somebody else—quick!" I press the homely council upon you with what a boy I know calls "a double-breasted vim." Don't shun the society of your kind through a mistaken idea that you are noticed and criticised. Look at yourself through the wrong end of an opera glass, and diminish the small figure you see there by nine-tenths, and you will have a fair idea of the part you play in the lives of others. Depend upon it, my child, what you call modesty is really vanity. And I know of no better way of beginning a cure for vanity than a just appreciation of the infinitesimally small place we hold in the world's eye. Accept the unflattering truth, and set about the business which is all that makes life worth living—of sharing your neighbor's burden, and, so far as in you lies, helping him to grow better by making him less miserable. Begin with the duty that lies nearest your hand, no matter how humble it may be, and the "next" (the beauty of life is to recognize the "Nexts!") will be laid to your hand. It is by such a chain of sequences that we arrive at the highest ideal of humanity—the sublime stage of mortal achievement:

"Where self shall be the only spot  
On earth that does not shine."

## General Sunshine.

The report of the annual meeting of the General Federation of Woman's Clubs at St. Paul, at which Mrs. Alden and other sunshine leaders participated, leads women to realize that their efforts are being appreciated at home and abroad.

A southern woman is said to have made the most brilliant and convinc-

## Turn of Life

Weak women, sick women, suffer, at this time, from pain and misery, that may leave them tortured invalids for the rest of their lives. To help you pleasantly over this dangerous period, into the comfortable harbor of health, during the remainder of your life, take

WINE  
OF  
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Woman's Relief

a pure, reliable, strictly vegetable, non-intoxicating tonic, for all women's ills. Proven relief or cure for the diseases of your sex. In 50 years it has achieved unquestioned success, and in that time has benefited over a million women. Try it.

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Dept., The Chattanooga Medicine Co.,

ing address, which is a great compliment among so many brilliant women, leaders also in every philanthropy and all earnest work for mankind; by united effort stemming the tide of many evils. While we rejoice at so much that is being done, we are sad at heart still at so much left undone. Those who are leaders in sunshine take no vacation. Mrs. Heald, of Maine writes: "I am busy as busy can be, with not a moment in which to think—with no time for other organization until me poor cripples are better." Young Women's Christian Association and Christian Endeavors are all doing sunshine work. There is a delightful sunshine branch for people over 80.

## Four Score Year Branch.

Miss Laura H. Chambers, of Norwood, Delaware county, Pa., thinks this new branch a lovely idea and gracefully proposes two new members. The first is Mrs. Shuster Cooper, born November 9, who is 83 years of age. She is the cheeriest, brightest old lady, although she is almost blind and has not had her feet on the ground for five years. She says she has much to be thankful for.

The other member is Miss Esther McLellan, who has attained 81 years, and whose birthday is November 7. She, too, is bright and cheerful, and not helpless. She goes around alone even to the city nine miles away, and does much to help make sunshine. Both their addresses are Norwood, Delaware county, Pa., and they are gladly welcomed to this branch.

Toledo International Sunshiners are planning a Sunshine home for old ladies. There is a great need of such a home here, and we have had the matter under consideration for some time. Our Ohio members are being notified to help in this grand undertaking. We have donations coming in now. One member has already promised to furnish one room complete; we have a promising site under consideration

and will need funds, as the first cost of starting is great. However, we trust the true spirit will be manifest to enable us to brighten just as many lives as we possible can in this home. We hope shortly to announce our location, so all may have an opportunity to help us.

During the month just passed a list of thirteen names of old ladies, aged from 65 to 95 years, has been received with these words: "Kindly take a ray of sunshine to these people, and God will bless you. The thirteen added to our list make 103 shut-ins. Three have passed away within the past two weeks.

## State Sunshine.

Our members are not idle. One writes: "We can't have sunshine every day (only in our hearts). At Saratoga, I met such a dear little old lady—very aged and sick, but she was always so patient and made the best of everything. I enjoyed talking with her so much and doing little things for her. She seemed to have the brightest sunshine in her heart in spite of ill health and troubles. I meet quite a few in different places who all real sunshiners, though, perhaps, they do not realize it. I find many here and there in need of sunshine too—and I try to help and cheer all I can, even though I am only in a place a short while. Every little bit of cheer along the way helps." Indeed it does, and we know this comes from one who is a true sunshine worker.

Although tardily we must express thanks to the Maitland branch for a box sent with literature and cards, also a basket for the "annual" bazaar, through Mrs. Marrs, who will gladly send items if interest suitable for our columns. Many letters are being written and efforts made to bring up the scattered threads of sunshine for Florida. Mrs. Bradt.

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