BETTER THAN THE GOLDEN RULE.

Never Allow Any One to Do More For You Than You Do For Them.

Contributed.

About twenty-five years ago there lived a man near me who was very poor, yet he and his family of wife and three children seemed to be perfectly happy and contented. Their poverty did not keep them from being happy and cheerful. You would not on meeting this man on the street or highway learn or see that he was taking life so happily. You would have to have business with him or work with him to learn that he possessed that which some one has said is worth more than kingdoms—contentment.

You would not think that a man without any worldly possessions more than a few household goods and living in a log cabin would be very contented. I did not learn the secret of this man's happiness and contentment until he was preparing to move away into another county. *"Never allow any one to do more for you than you do for them."* These words were spoken by one of the children while he was getting two chickens to take to a boy who had given him one. I got interested. "Is that the way you always do?" "Yes," said he, "Pa says that it is better than the Golden Rule."

I began to think about the life of this man in the two years that I had known him. On reflection I saw that he had lived up to his ideal of life of doing more for others than they had done for him. He had done this by speaking kindly of you, by acts of kindness in time of sickness or need and by deeds and service of money value. In his straitened circumstances he had not done anything to attract the attention of men but the idea of the duty of man to place the world in debt to him impressed itself upon me and I shall never forget it.

There was something good about this man and the pity is that his circumstances in life were such that his fellowmen were not bettered more by his having lived. However, we have learned a great lesson that all of us can put in practice, that is by putting your fellowmen and the world in debt to you by your acts and deeds and by doing more in every way for your immediate associates than they do for you. Try this and be contented and happy.

S. G. SATTERWHITE.

What to Teach Your Girl.

Exchange, Home Circle Department.

Teach her that 100 cents make a dollar.

Teach her to arrange the parlor and library.

Teach her to say "No" and mean it or "Yes," and stick to it.

Teach her how to wear a calico dress and to wear it like a queen.

Teach her how to sew on buttons, darn stockings and mend gloves.

Teach her to dress for health and comfort as well as appearance.

Teach her to cultivate flowers and to keep the kitchen garden.

Teach her to make the neatest room in the house.

Teach her to have nothing to do with intemperate or dissolute young men.

Teach her that tight lacing is uncomely, as well as injurious to health.

Teach her to regard the morals and habits, and not money, in selecting her associates.

Teach her to observe the old rule: "A place for everything and everything in its place."

Teach her that music, drawing and painting are real accomplishments in the home, and are not to be neglected if there be time and money for their use.

Teach her the important truism: "That the more she lives within her income the more she will save and the further she will get away from the poor-house."

Teach her that a good, steady, church-going mechanic, farmer, clerk, or teacher without a cent, is worth more than forty loafers or non-producers in broadcloth.

Attend to Your Own Business.

Fairbrother's Everything.

The man who gets into his head just right that he should attend to his own business and not worry so much about the other fellow, will live equally as long; die fully as happy, and possibly have a little better time going through the so-called "vale of tears."

There are people who have nothing else to do but criticise the clothes worn by their neighbor; people who gossip about other folks and forget that their own back yard is full of tin cans and dead cats; people who want to reform the whole universe and who need reforming first themselves.

The world is all right—some of the paths are a little rough; some of the hills are a little steep—but if you attend to your own business and let the other fellow attend to his, unless you are invited in either as a friend or on a salary, there will not be so many discordant notes in your life. So long as a man leaves you alone, leave him alone.

Teach Them The Laws of Health.

Says an exchange very aptly:

We teach children grammar that they may know how to speak correctly; arithmetic that they may know how to calculate correctly in their business transactions; but more important to them than either is a knowledge of the laws of life and health, that they may know how to avoid disease, and eat, drink, sleep, bathe, breathe; in short, live correctly. This knowledge does not come by instinct more than a knowledge of grammar does.

We do not care what may be the price of cotton or tobacco or any other crop which may be sold to be of any service to its producer, we still insist that no man can have the greatest possible amount of success as a farmer who does not first and foremost provide himself with all his own needs from his own farm as nearly as he can and then devote his secondary and not his primary attention to a crop which is for sale and useful only when sold.—Greensboro News.

CONFERENCE APPOINTMENTS.

Methodist Episcopal Preachers Who Will Serve in the Warrenton, Raleigh and Durham Districts.

Following are the appointments made by the North Carolina Conference, Methodist Episcopal Church, South, at Elizabeth City, for the Warrenton, Raleigh and Durham districts, which GOLD LEAF readers are mostly interested in:

WARRENTON DISTRICT.

J. E. Underwood, presiding elder.
Battleboro and Whitakers—J. W. Frank.
Bertie Circuit—J. G. Johnson and one to be supplied.
Conway Circuit—B. H. Black.
Enfield and Halifax—J. E. Holden.
Garysburg Circuit—E. N. Harrison.
Harrellsville Circuit—D. A. Futrell.
Henderson—First Church, W. R. Royall.
Hobgood Circuit—To be supplied by F. F. Eure.
Littleton Station—R. H. Willis.
Murfreesboro and Winton—C. L. Read.
Northampton Circuit—W. B. North.
North and South Henderson—S. J. Kilpatrick.
Rich Square Circuit—D. L. Earnhardt.
Ridgeway Circuit—B. C. Allred.
Roanoke Circuit—J. T. Draper.
Roanoke Rapids—W. F. Galloway.
Scotland Neck Station—J. A. Dailey.
Warren Circuit—D. N. Cavines.
Weldon Station—S. E. Mercer.
Williamston and Hamilton—Rufus Bradley.
Littleton Female College—J. M. Rhodes, President.
Conference Missionary Secretary—R. H. Willis.

RALEIGH DISTRICT.

W. L. Cunningham, presiding elder.
Raleigh, Edenton Street—H. M. North.
Central—A. V. Wilcox.
Epworth—C. J. Harrell.
Cary—G. W. Fisher.
Clayton—C. W. Robinson.
Smithfield—A. S. Barnes.
Selma, Princeton—J. M. Daniel.
Kenly—J. M. Benson.
Zebulon—F. S. Love.
Milbrook—P. Greening.
Youngsville—J. W. Martin.
Franklinton—W. W. Rose.
Louisburg—R. W. Bailey.
Tar River—G. W. Stallings.
Oxford—F. M. Shamburger.
Oxford Circuit—L. H. Joyner.
Granville—M. D. Giles.
Four Oaks—T. A. Sutton.
Director correspondence school—J. L. Cunninggim.
Chsistian Advocate editor—T. N. Ivey.
Methodist orphanage superintendent—J. N. Cole.
Student at Vanderbilt University—C. B. Culbreth.
Raleigh Christian Advocate—L. S. Massey.
Assistant Epworth League secretary—J. M. Culbreth.

DURHAM DISTRICT

R. C. Beaman, presiding elder.
Durham, Trinity—R. C. Craven.
Memorial—M. Bradshaw.
Carr Church, A. L. Ormond.
Branson—B. F. Hurley.
Mangum Street—T. N. Grant
Lakewood—L. D. Hoyman.
West Durham—A. J. Parker.
Durham Circuit—W. P. Constable.
Chapel Hill—W. A. Stanbury.
Hillsboro—C. R. Rose.
Mount Tirzah—N. C. Yearby.
Leasburg—J. M. Ormond.
Roxboro—E. M. Snipes.
Milton—T. C. Ellis.
Youngsville—J. E. Blalock.
Pelham, Shady Grove—S. F. Nicks.
Burlington—J. A. Hornaday.
Burlington Circuit—C. O. Durant
Graham—T. G. Vickers.
North Alamance—M. M. McFarland.
South Alamance—G. W. Nick.
Pearl Mill, Bethany—H. C. Smith.
Professor in Trinity College—H. E. Spence.
Conference missionary evangelist—L. L. Nash.

Transfers: C. B. Culbreth and E. R. Welch to the Oklahoma conference; R. E. Hunt to Western North Carolina conference; T. A. Smoot to Virginia conference.

Prize Corm Yields.

The announcement recently that a boy in South Carolina has established a record of 228 bushels of corn on an acre of ground recalls some records that have been made in Southern States before this time. This boy's record comes into the second place, being led only with that yield reported from Bennettsville, S. C., several years ago when 256 bushels was produced from a single acre, and the next largest was at Garner, N. C., where 226⅔ bushels were made on a single acre in 1909 by J. F. Batts. James Wilson, secretary of agriculture, one of the best and wisest men in the public life of the nation, gave diplomas of agriculture last fall to four Southern boys for yields of corn, as follows: South Carolina, 152½ bushels; Mississippi, 147 bushels; North Carolina 135 bushels, and Virginia, 122 bushels on a single acre. From a number of experiments conducted by Dr. S. A. Knapp, chief of the farmers' co-operative demonstration work of the department of agriculture, last year, it was established that the average yield of corn on experiment fields in the South ranged from 70 to 125 bushels per acre.

Norfolk a North Carolina City Anyway.

Wilmington Star.

Said the Norfolk Landmark of Friday, the day after the Thanksgiving Day football game between the V. P. I.'s and the North Carolina A. & M: "Norfolk was a bigger North Carolina town last night than anything that the Tar Heel State can boast of." Well, North Carolina loves to boast of Norfolk, for Norfolk is really a North Carolina city in most every particular except its geographical position. We may decide some of these days to annex Norfolk and scoop back all of those "Down Homers" who strayed over there and have been doing things.

THE BOY A POTENTIALITY.

A Man in The Cocoon, Big, With Many Possibilities, You Do Not Know What He Is Going to Become.

Elbert Hubbard.

I have a profound respect for boys. Grimy, ragged, tousled boys in the street often attract me strangely. A boy is a man in the cocoon—you do not know what he is going to become—his life is big with many possibilities. He may make or unmake kings, change boundary-lines between States, write books that will mould characters, or invent machines that will revolutionize the commerce of the world.

Wouldn't you like to turn time backward, and see Abraham Lincoln at twelve, when he had never worn a pair of boots? The lank, lean, yellow, hungry boy; hungry for love, hungry for learning, tramping off through the woods for twenty miles to borrow a book, and spelling it out, crouched before the glare of the burning logs!

Then there was that Corsican boy, one of the goodly brood who weighed only fifty pounds when ten years old; who was thin and pale and perverse, and had tantrums, and had to be sent supperless to bed, or locked in a dark closet because he wouldn't "mind!" Who would have thought that he would have mastered every phase of warfare at twenty-six; and when told that the exchequer of France was in dire confusion, would say, "the finances? I will arrange them!"

Yesterday I rode on horseback past a field where a boy was ploughing. The lad's hair stuck out through his hat; his form was bony and awkward; one suspender held his trousers in place; his bare legs and arms were brown and sunburned and brier-scarred. He swung his horses around as I passed by, and from under the flapping brim of his hat he cast a quick glance out of dark, half-bashful eyes and modestly returned my salute. His back turned, I took off my hat and sent a God-bless-you down the furrow after him.

Who knows? I may go to that boy to borrow money yet, or to hear him preach, or to beg him to defend me in a lawsuit; or he may stand with pulse unhastened, bare of arm, in white apron, ready to do his duty, while the cone is placed over my face, and Night and Death come creeping into my veins.

Be patient with the boys; you are dealing with soul-stuff.

The Telephone as a Teacher.

Raleigh Christian Advocate.

Have you ever stopped to think that the telephone may be something more than a commercial or social factor in your life? Has it ever dawned upon you that it may be a great teacher in morals?

For example, while you are sitting quietly at ease, or with your mind concentrated on some vexing problem, there comes a ring which combines the urgency of a fire-bell and the whirring defiant note of a hornet when it is about to sting. Your first impulse is to throw something at the receiver. Every nerve cries out, "Smash the thing!" But, hold. You have it in your power to give those nerves such a discipline as will make them as gentle as an old family horse the next time a provocation of any kind may arise. To throw something at the receiver, or go to it with a frown on your face, will serve only to make those nerves run away with you, surely, next time.

You may go to the receiver, and the only message you receive is the statement that they are only "trying the line." Now, do not abuse the one who is trying the line for unnecessarily disturbing you, but speak a gentle word, and remember that not only is the "line" "being tried," but that your moral strength is being tested. Tomorrow, something may come up to vex you, but you will have learned from the telephone that the vexing thing is only to try the line which connects you with good morals.

It may be that when you go to the receiver and answer gently the strident question, "Who's that," the only reply is that deadest of all silences—the silence of a "cut-off." The wrong number has been called. There was not even a "thank you," and you long to teach that person some politeness. But forget it. It will do you more good to pity such colossal ingratitude and to study the meaning of the third and fourth verses of the fifth chapter of Romans than to hurl objurgations at hard-headed, ungrateful individuals.

In other words, the telephone is a factor which often is not so wonderful in the domain of science as potential in the domain of morals. It may make or mar your character.

"Thus endeth the chapter."

Was Miss Holman Misquoted.

Charlotte Observer.

There naturally arises the question whether Miss Lydia Holman, the trained nurse who has been quoted as misrepresenting the mountain people so grossly, has been correctly reported. In the current issue of The Uplift we find the belief expressed that she has not. "In a recital of her experiences to the editor of this paper," it is said, "Miss Holman never once uttered a severe criticism of the people—she did not picture the conditions as once upon a time a notorious liar did about a people in the very best and most advanced section of the State. Miss Holman impressed us that her heart was in her work and that in this section she found much to do, and we noted how free her remarks were of a suggestion of anything harrowing other than that the people lived close to nature's heart and follow closely a simple life." But as largely invalidating this conviction we note that the original report of Miss Holman's address appeared as a local story in the Philadelphia North American, a thoroughly reputable and careful newspaper, and that no denial from Miss Holman herself has been heard yet. There are some people who would talk very differently upon such subjects in North Carolina and in Pennsylvania. It looks as if Miss Holman is one of these.

SEABOARD AIR LINE RAILWAY

Telephone No. 236.

Schedule Effective Nov. 6, 1910.

TRAINS LEAVE HENDERSON AS FOLLOWS:

No. 33—1:21 A. M. THROUGH PASSENGER TRAIN from New York and Washington, for Columbia, Savannah, Jacksonville and all Florida points. Pullman Sleeping Cars, Dining Cars and Day Coaches.

No. 81—2:00 A. M. "THE YEAR ROUND LIMITED" from New York, Washington, Norfolk and Portsmouth. For Atlanta, Birmingham, Memphis and points West, Jacksonville and Florida points, Charlotte connects at Hamlet for Wilmington. Pullman Sleepers to Atlanta, Memphis, Charlotte, Jacksonville and Tampa Also Dining Cars and Day Coaches.

No. 38—1:06 P. M. "THE SEABOARD MAIL" from Atlanta, Birmingham and Charlotte, for Portsmouth and Norfolk with Day Coaches and Parlor Car. Connects at Portsmouth with Steamer for Washington, Baltimore, New York, Boston and Providence.

No. 66—1:28 P. M. "THE FLORIDA FAST MAIL" from Jacksonville and Columbia, connects at Hamlet from Wilmington. For Richmond, Washington and New York. Pullman Sleepers, Day Coaches and Dining Cars. Connects at Richmond with C. & O. for Cincinnati and points West; at Washington with Pennsylvania R. R. and B. & O. for Pittsburg and points West.

No. 41—2:23 P. M. "THE SEABOARD MAIL" from Portsmouth and Norfolk, for Atlanta, Charlotte, Wilmington, Birmingham, Memphis and points West—Connects at Raleigh with N. & S. for Wilson and Washington, and R. & S. for Fayetteville. Also at Hamlet with local train for Wilmington. Parlor Car and Day Coaches.

No. 43—4:35 P. M. "THE FLORIDA FAST MAIL" from New York and Washington For Atlanta, Birmingham, Memphis and points West, Jacksonville and all Florida points. Pullman Sleepers to Atlanta, Birmingham and Jacksonville. Dining Car to Hamlet. Arrive Atlanta 7:00 A. M.

No. 84—2:14 A. M. "THE YEAR ROUND LIMITED" from Jacksonville and Columbia, arriving Richmond 4:30 P. M. Washington, 7:40 A. M. New York 2:00 P. M. Pullman Sleepers, Day Coaches and Dining Cars.

No. 32—3:06 A. M. THROUGH PASSENGER TRAIN from Atlanta and Jacksonville, for Portsmouth and Norfolk arriving 1:80 A. M. Richmond, 7:10 A. M. Washington and New York. Pullman Sleepers to Portsmouth, Washington and New York. Coaches to Washington and Dining Car to New York.

No. 29—8:32 A. M. "Shoo Fly" from Norlina for Raleigh.
No. 30—6:27 P. M. "Shoo Fly" from Raleigh for Norlina.

SCHEDULE OF TRAINS OPERATING BETWEEN HENDERSON AND DURHAM AND HENDERSON AND OXFORD.

Trains leave Henderson for Durham—7:15 A. M. 2:35 P. M.
Trains arrive at Henderson from Durham 12:50 A. M. 9:00 P. M.

Trains Leave Henderson for Oxford—8:50 A. M. 2:35 P. M. 6:30 P. M.
Trains arrive at Henderson from Oxford 8:25 A. M. 12:50 P. M. 5:50 P. M

For rates, Time Tables, Pullman Reservation and any informatiotion consult any Seaboard Air Line Railway Ticket Agent, telephone or address, J. T. ELMORE, JR., Agent. Henderson. N. C.

C. B. RYAN, General Passenger Agent, Portsmouth, Va.
H. S. LEARD, Division Passenger Agent, Raleigh, N. C.