

INTERNATIONAL SUNSHINE SOCIETY.

President General—Mrs. Cynthia W. Allen,
Headquarters—96 Fifth Avenue, New York.
State President, Florida, Mrs. Mary L.
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"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.

Open your mouth to say all the good you can of everyone, but seal your mouth against the utterance of a mean sarcasm or suspicion.—"Radiance" Calendar.

Our Burden Bearer.

The little sharp vexations
And the briars that catch and fret,
Why not take all to the Helper
Who has never failed us yet?
Tell Him about the heartache
And tell Him the longings too;
Tell Him the baffled purpose
When we scarce know what to do.
Then leaving all our weaknesses
With the one divinely strong,
Forget that we bore the burden,
And carry away the song.

—Phillips Brooke.

In the absence of our dear president, it has given me much pleasure to be able to help her in her literary work, and I take this opportunity to ask my unknown sunshine friends to help the Florida Sunshine work all they can by sending stamps which are sorely needed, to scatter sunshine through out the state. Do not hesitate because you can only send one, that one may carry good cheer and comfort to some lonely heart. We have a true sunshiner in our dear, old half-blind grandma, of Lake Como, who is ever doing deeds of kindness tho sad and lonely herself. Left alone in a strange country, and not able to speak very plain English, her lot is indeed full of sorrow, but to one who knows and loves her well, she scatters sunshine all along the way.

Our president's address for the next two months, will be Mrs. Mary L. Brandt, care of Mrs. S. B. Valentine, Lake Pleasant, Montague, Mass., where all stamps may be sent. It is the desire and purpose of our president to donate her lovely home in Florida, to the Sunshine Society, for a memorial Rest Home. A cheery letter will comfort her, for her heart is sad and lonely, too, and many times her burden seems more than she can bear.

Mrs. A. W. Underwood.

These thoughts found in the sanctum of the state president of Connecticut, bear strong and tender messages to all Sunshine friends far and near—To say all the good we discover, ignore the evil, lay burdens too grievous to bear alone, yet, beyond even the most loving human sympathy to soothe, upon the fount of all comfort and healing and tenderness from whom cometh our strength, never so sustaining as when in utter self abnegation, we are the weakest, and our rebellious natures have found their limit, and there is

no mortal staff which does not break beneath our weight of misery; then, when we can say: "Lord, lead thou me on," then indeed we find the three gifts of Rest and Faith and Love, ready to our hands, and strength and light and love satisfy, brighten and bring a heart serenity never known before, embracing all good gifts for me and thee.

Children's Work.

Fifty children, of Hamden (Conn.), branch passed on sunshine by making and sending scrap books to the hospitals and county home. One little girl sent twenty bouquets of flowers to the sick. They are now packing a barrel for the Indian children at Wyoming—the boys giving marbles, and girls dressing dolls.

A very interesting doll visited the annual, and this letter accompanied her:

Dear Friend—I am sending you a doll, called Helen. She has lived with me on a farm for a long time. On summer days we all go to the woods and have a party. Helen goes, too. When she reaches you, I hope you will be good to her, for she will be tired after her long journey. I send her dressed as Little Riding Hood, and she will carry a little party dress, so that when she visits other dolls she will have a silk dress to wear. Hoping that she will arrive safe, and that her new mamma will like her, I remain, your little friend, dollie's old mamma.

Florida Sunshine.

The works at railroad stations furnish a good idea for our own state especially our city of Jacksonville. When strangers arrive, if some friend or bulletin could tell of a safe and reasonable home, or if we could have a Young Woman's Christian Association building conducted like those now open in large cities, it would be an inestimable boon.

Could sunshine members meet and cheer and relieve Mrs. Seaton of the Florida Children's Home Society, when she worries with her tired charges, it would be true sunshine work.

A day nursery in the city is a necessity for mothers and babies alike.

There is much for us to do. The inspiration gained from hearing and seeing our Sunshine leaders, puts new face upon sunshine, showing how its rays may increase, and parents and children, teachers and scholars, may gain ground in this most blessed work.

In this real rest home for heart and body, with the genial state president of Conn., fresh from a wonderful trip to Canada, where many sunshine friends were found, your state president found many letters which will be replied to as soon as possible. No one must feel neglected. The thought of sunshine for Florida is ever uppermost amongst the delightful, or sometimes sad, thoughts.

Worcester, Mass., heart of the commonwealth, built upon more hills than even Athens could boast, and circled by as many more, if not full grown mountains even mounts at least crowned with stately homes or rocky towers, a constant wonder and feast to the eyes. Everywhere in the city, beautiful homes, parks gay with azalias and rhododendrons, institutions, towers,

schools, churches and public buildings on every eminence; trolleys running on intermingling rails in every direction, and to all points, many far distant, crowds continually moving about the streets; everywhere grace and beauty—a kaleidoscopic picture, moving continually.

Far away upon the wooded heights, we found repose, and looked upon the wonderful possessions of the earth, praying that Satan might not prevail, but that the order and seemliness and life and love in the charming homes, might ever continue. The car ride to New Haven presented the same panorama of towns, towers, trees and hills, seen everywhere, at Meriden a centennial celebration was in progress and such an amount of bunting was never seen in so small a space before. The Connecticut river, in its winding course, delighted the eyes, and at the end, a real home coming, for where can there be a truer one than in the heart of a Sunshine friend?

Let our Florida light also so shine before men, that they may see and appreciate our good efforts.

Mrs. Bradt.

Some Idea Given of Pineapple Industry.

The Miami Metropolis says:

Throughout the county and the adjacent section, north, the pineapple is holding sway, and while the output may be smaller, numerically, than in previous seasons, it will be more profitable as a whole. Consequently there is great activity, and every person available has been pressed into service gathering, packing and shipping the fruit.

Of this industry and the way it is being handled by the railroad, the St. Augustine Record of yesterday says:

Oranges, tomatoes, string beans and potatoes have had their day, and now the pineapples are going through in enormous volume. Those engaged in pineapple growing say that the crop this year is a record breaker. Be that as it may, the freight trains are severely taxed to move the crop. The regular freights pass through daily hauling from fifteen to twenty car loads of pines, and the rock trains have also been pressed into service. The latter pick up shipments from points in the pineapple belt, and sometimes have a dozen cars of pines in addition to a load of rock. The shipments began about a week ago, and have been steadily increasing in volume until at the present time they are employing every spare car.

"In addition to the pineries on the mainland, the keys along the east coast are shipping large quantities of pines this year, and the acreage is much larger than in any former year. The growers expect to make a handsome profit, as the quality of the fruit is first-class and the yield exceptionally heavy. While the crop of pines is streaming northward a stream of gold is flowing to the lower east coast in exchange for the delicious fruit."

The following is another item, also from the Miami Metropolis of June 8:

Key Pineapple Crop Will be Short.—Fully half of the key pineapple crop has been moved, and the next two weeks will see the finish of the crop for the season. Indications are that the crop will not be as large as had been expected, previous estimates placing it at from 60,000 to 75,000

What Ails You?

Do you feel weak, tired, despondent, have frequent headaches, coated tongue, bitter or bad taste in morning, "heartburn," belching of gas, acid risings in throat after eating, stomach gnaw or burn, foul breath, dizzy spells, poor or variable appetite, nausea at times and kindred symptoms?

If you have any considerable number of the above symptoms you are suffering from biliousness, torpid liver with indigestion or dyspepsia. Dr. Pierce's Golden Medical Discovery is made up of the most valuable medicinal principles known to medical science for the permanent cure of such abnormal conditions. It is a most efficient liver invigorator, stomach tonic, bowel regulator and nerve strengthener.

The "Golden Medical Discovery" is not a patent medicine or secret nostrum, a full list of its ingredients being printed on its bottle-wrapper and attested under oath. A glance at its formula will show that it contains no alcohol, or harmful habit-forming drugs. It is a fluid extract made with pure, triple-refined glycerine, of proper strength, from the roots of the following native American forest plants, viz., Golden Seal root, Stone root, Black Cherrybark, Queen's root, Bloodroot, and Mandrake root.

The following leading medical authorities, among a host of others, extol the foregoing roots for the cure of just such ailments as the above symptoms indicate: Prof. R. Bartholow, M. D., of Jefferson Med. College, Phila.; Prof. H. C. Wood, M. D., of Univ. of Pa.; Prof. Edwin M. Hale, M. D., of Hahnemann Med. College, Chicago; Prof. John King, M. D., Author of American Dispensatory; Prof. Jno. M. Scudder, M. D., Author of Specific Medicines; Prof. Laurence Johnson, M. D., Med. Dept. Univ. of N. Y.; Prof. Finley Ellingwood, M. D., Author of Materia Medica and Prof. in Bennett Medical College, Chicago. Send name and address on Postal Card to Dr. R. V. Pierce, Buffalo, N. Y., and receive free booklet giving extracts from writings of all the above medical authors and many others endorsing, in the strongest possible terms, each and every ingredient of which "Golden Medical Discovery" is composed.

Dr. Pierce's Pleasant Pellets regulate and invigorate stomach, liver and bowels. They may be used in conjunction with "Golden Medical Discovery" if bowels are much constipated. They're tiny and sugar-coated.

crates, while present figures reduce it as low as 40,000 crates.

About 6,000 crates, mostly from Elliott's Key, have been handled through this port, and as many more are expected before the season closes. This will make in the neighborhood of 25,000 crates to go North via Miami, while the other, or remaining 15,000 crates are being shipped through the port of Key West, all of the key Largo crop going via that route.

Heretofore practically all of the key crop of pines, including that from Key Largo, has gone via Miami, and the fact that Key West has entered prominently into competition for a share of the product, is felt here. Prices for the fruit are remaining good and better profits are being derived than ever before. This is true particularly of the mainland crops, from which it is reported that growers are realizing from 25 to 75 cents more per crate than heretofore.

A prominent grower at a nearby place, stated Saturday that early in the season he was offered \$1.25 per crate for his crop as it stood, but he refused the proposition and is now getting from \$1.50 to \$2.00 per crate, with produce men using every means possible to buy up and secure consignments.

Similar reports come from all of the pineapple sections, which make it evident that while the total crop will be somewhat smaller this season than in those past, the growers will reap greater profits and better results than ever before.

The peach growers of the surrounding country are keeping the markets supplied with delicious peaches equal in flavor to the celebrated Georgia variety.—Manatee River Journal.