

EDUCATION IN SEAMANSHIP AND LITERATURE GO HAND IN HAND.

rolling sea!"

The Coal Miner.
Birmingham Silent Eye.
How little of pleasure
And still less of treasure
Is he of dupe and of brawn,
Who works in the coal pits,
Who toils in the darkness,
With never a brighter day;
Weary, dusty, face full of sadness,
Of evenings home does he come,
A fond wife and children,
With joy do him greet;
To him they are given
To make his life sweet.
Tolling, tolling, ever tolling,
Working for those whom he loves;
But what does it gain him
When capitalists assail him,
Oppress and then nail him.
To the cross of poverty grim!
In the morn he departs,
Kisses each of his loved ones,
To the battle of life he starts,
That night go one greets him,
A corpse home they bring him—
God have pity on those broken hearts!
A strain of woe crusheth out his life,
And ended his torture, his pain and strife,
But who will protect them
His children and wife?
Tolling, tolling, ever tolling,
Working for those whom he loves;
But what does it gain him
When capitalists assail him
Oppress and then nail him
To the cross of poverty grim!

like, or dwelling on disagreeable or annoying events.

Think of all the noble and great people who have made the world better for living in it, and ask at your library for books about the great philanthropists and philosophers, poets, painters and artists.

Cultivate a serene state of mind—look at the stars, and think of the vast and glorious is this universe, and how wonderful the Creator who conceived and carried out the design.

Help Him with all your heart, and remember that every child is a reflection of Him, and believe that you are to be the mother of one of God's children.

Thank Him hourly for the great privilege of motherhood, and let no worry or anxiety regarding the future depress you. Say to yourself, "I am the mother of the most sacred thing on earth, an expectant mother—I am chosen by God for a great work—and all will be well with me."

If you keep in this frame of mind, all will be well with you and with your child.

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Cultivate a serene state of mind—look at the world as it is, and not as it should be at the time. Remember that you are a glorious being in this universe, and how wonderful the Creator who conceived and carried out His design. Help Him with all your heart, and remember that every child is a reflection of Him, and believe that you are to be the mother of one of God's children.

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