

Illinois Valley News

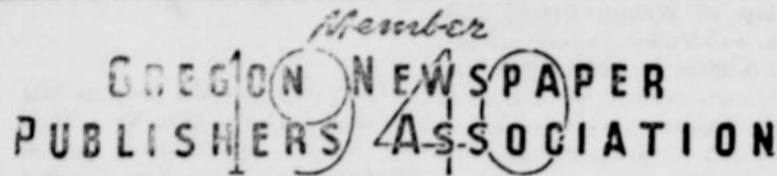
An independent newspaper devoted to the development of the richest valley in the world, the Illinois Valley and its surrounding districts. Published every Thursday at Cave Junction, Oregon by the Illinois Valley Publishing Company.

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M. C. ATMEY Editor

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THE HABIT OF HAPPINESS

This we should remember, that the chain of events which we call life is welded from the links of habit, that the cable which is to anchor our hopes to the sound foundation of accomplishment must be woven, strand by strand, from the threads of our daily habits.

Your habits of today are the material of which your future must be built—and they, like the cement that goes into the foundations of our great structures, set to rock-like hardness.

Fortunately, however, we can mould and shape our habits and make them into the corner-stones of our success. No one can wish them on us and we are not born to them. They are our very own, of our individual making. They are as pliable as putty and as limitless as the sky above us. And they are just as we shape them, exactly as we want them.

And how beautifully they fit us. How easily they adapt themselves to our whims and fancies.

No great effort is required to give birth to one, and it will raise itself. Just give it a good start and then forget it—it blossoms and bears fruit without pruning, spraying or watering.

Habits always bear fruit. Whether that fruit is sweet or bitter depends upon the sort of habits you plant. There are myriads to choose from. Your choice is unlimited, in quality or quantity. Just help yourself.

And while you are picking a habit, why not pick the greatest one that nature has to offer—the one that will bring you more joy, more friends, more comfort and more entertainment than could all the money in the world. And it is yours for the forming.

We speak, of course, of the habit of happiness. Everyone admits that the great pursuit of life is the pursuit of happiness. And yet one does not have to pursue it, altogether. It is within yourself all the while. It is simply waiting for the happiness habit to bring it out.

But how can one form this happiness habit? How should one go about it? How should one begin?

In this, as in everything, the way to begin is to begin. Just start out tomorrow morning being happy. That is all.

Get up. Look about you. The sun is bright—you have an ear to hear music and an eye to see beauty. Use them. Take a good deep breath.

For five minutes—just for five minutes—forget your worries and your troubles. Just for five minutes. What have you to be happy about? Have you health? Will you have a good breakfast? Have you friends? Does someone love you?

Along the Concrete



Do you own, for your very self, the beauty of the blue heavens, the fleecy clouds and warm sunshine? Do you own the fragrance of the flowers and the song of the birds?

You do! No one can take them from you. They are yours. All you can take of them. And you cannot overload your senses with them. The more you take the better you are and the more you can assimilate.

Have you children? Do you think of the joy they bring—forgetting, just for a few moments, the worry, the expense and the disobedience.

Remember, your heart, your soul, your body, search out for happiness and beg for it. Your mind alone denies it. Your mind alone holds pictures of unpleasantness while your every sense is tingling with happiness. Free your mind of those killing thoughts—and feel. Feel for happiness that is all around you.

Set your mind on the delightful things that are tempting your senses; on the sweetest of the wild flowers, the music of the racing waters, the magic of the moon. Unwrap the dark brown bandages of worry from your soul.

Be thankful—be happy—be glad you are alive. Just for a few minutes at a time. A few minutes won't rob you of the delightful misery of worrying about things that are never going to happen. You'll have hours to do that later.

Just for one hour skip the scandal sheet, don't even scan the pages in the paper devoted to moronic murders and other morbid food for a worried mind.

Read a little poetry. Tell a joke or two! Think of the hundreds, of the thousands, of happy people all around you. Think of the lines of the suffering Robert Louis Stevenson—

"The world is so full of a number of things,
I'm sure we should all be as happy as kings."

Now go back to your misery if you will. But later, once more, or twice more, during the day practice the happiness habit.—Selected.

LATE TRAINS

Maybe the Southern Pacific Railway company does not care much about the schedule of their trains, but the people the company serves do care.

When the train that brings mail from the north is late, (and this is getting to be a common occurrence) the mail misses connection with the star route from Grants Pass to Crescent City, and all the people living in this district are inconvenienced by the late trains.

The weather can be no excuse, and there should be no reason for late trains this time of year. If the condition continues, it should be brought to the attention of the Public Utilities commission for an explanation.

FINAL CLEARANCE 27c SHOES 97c

This is the last week to save money at Lowell's SALE ENDS SATURDAY, AUGUST 3rd

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Cave Junction

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CHURCHES

ILLINOIS VALLEY CHURCH OF SEVENTH DAY ADVENTISTS
Sabbath School at 9:30 a. m.
Preaching Service 11:00 a. m.
Prayer meeting Wednesday at 7:30 p. m.
You are invited to meet with us.
F. W. Cooper, Elder, Kerby.

KERBY UNION SUNDAY SCHOOL
Sunday School at 9:45 a. m. every Sunday. All are cordially invited.

CAVE JUNCTION COMMUNITY CHURCH
Community Sunday School at 9:45 a. m.
Preaching 11 a. m.

BRIDGEVIEW COMMUNITY CHURCH
Sunday School 10 to 11 a. m.
Worship service 11 a. m. to 12 m.
Young Peoples Service 7 to 8 p. m.
Preaching 8 p. m.
Prayer meeting Wednesday at 8 o'clock p. m.
The hour spent in song and scripture hunt on the subject of salvation was both interesting and instructive.

Sunday morning will be our regular Communion service with some time spent in Scripture hunt on the subject of Baptism.

Don't forget the Baptismal service to be conducted by Rev. L. D. Wright of Grants Pass, 3 p. m. at the Sucker Creek bridge.

The Little Church with the Big Welcome. L. Beard

Mr. and Mrs. Jack Lanning are now living on the Nealy ranch near Takilma. They just recently arrived from California and plan to make their home in the valley. Mrs. Lanning is a daughter of Mr. and Mrs. Jim Allen.

The Illinois valley will have a good sized fishing party going to Crescent City next Sunday for deep sea fishing. Anyone desiring to make this trip should leave word at the Chamber of Commerce. Boat leaves dock at 7 a. m.

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