



PRAYER FOR A BRIDE'S HOUSE

By Christine Lund

She is so young, dear Lord, so very young;
She is so wide-eyed and naively sweet;
She does not dream of great rooms, draped and hung
With Master paintings, rugs where some queen's feet
Have lightly trod. She dreams of this instead:
A small, new house with freshly painted floors,
With hand-stitched curtains, and above her head
Bright dishes gleaming through wee cupboard doors.

She'll learn some day the value of old things,
When eagerness is still, and she is wise--
Knowing the disillusionment time brings--
But now, there's so much springtime in her eyes,
And this is her first house - whate'er you do
Let everything about it, Lord, be new!





News of Former Keepers



Grace Johnson, recently of the Kentucky-Tennessee Conference office but now on her way to work in the Inter-American Division office at Balboa, Canal Zone, made a short visit in Takoma Park before sailing April 27 for Panama. Grace was a former member of the M. V. staff here, but left us to accept a position in the Wisconsin Conference office. She is a sister of Dorothy Steinman.

Esther Adams finds herself liking life and work in Buenos Aires very much. After being in summery Balboa for four years, however, she wonders how she is going to enjoy some cold weather for a change.

Bertha Walton-Fearing, formerly of the M. V. Department, is now doing stenographic work in the West Pennsylvania Conference office. Because of her former connection with the young people's work, she ought to be good help to her husband, Andrew, who is now conference Home Missionary and Missionary Volunteer Secretary.

On a recent visit to Takoma Park, Virginia Kimball-Wilcox "made the rounds" of the office to greet old friends. She works for the Dupont Company in Wilmington, Delaware. Incidentally, she highly recommends Nylon hose!

Miss Jensen reports a recent visit with Mina Munson who is now working in the doctors' offices at Loma Linda. Miss Munson eagerly looks forward to reading The Key Note each month.

How time does fly! Since leaving our midst Edith McPherson has taken two years of college work at P.U.C. and is now on the last lap of the nurses' course at White Memorial Hospital.

Lorna DeGinder is extremely well and happy these days, so reports T. Rose. She lives on the outskirts of Fort Worth, Texas. Her husband is chief of the physiotherapy department in a large hospital, and son Bill is an academic senior at Southwestern Junior College.

While visiting her parents, the M. E. Olsens, recently, a second son was born to Alice Olsen-Roth. She has now returned to Costa Rica where her husband is connected with the Division office.



How essential to our happiness are our friends. We need friends in whom to confide, with whom to share our fun, and to whom we can be of service. Too much of our own company is not good. We need to see the other fellow's side; we need new thoughts and inspiration; and we need many opportunities to be unselfish. If we prove ourselves good friends, we will be surrounded by friends. Now and then we need to check up on our side of this friendship business to see if there is not room for improvement.

THIS IS FRIENDSHIP -- Could friends say this of you?

I love you, not only for what you are, but for what I am with you.

I love you not only for what you have made of yourself, but for what you are making of me.

I love you for the part of me that you bring out.

I love you for putting your hand into my heaped-up heart and passing over the frivolous and weak things that you cannot help seeing there, and drawing out into the light all the beautiful things that no one else has looked quite deep enough to find.

I love you because you are helping me to make of the lumber of my life, not a tavern, but a temple, and of the words of my every day, not a reproach, but a song.

You have done it without a touch, without a word, without a sign. You have done it by just being yourself.

After all, perhaps this is what being a friend means.

VOICE of the SPONSORS



REFLECTORS

"Are those whose lives touch yours drawn closer to the Master through this association? Are you living the Christ-life so perfectly that His image is reflected in your words and actions?"

"A man was once visiting a friend who was an ardent admirer of the great Spurgeon, and continually extolled him as a preacher. 'I have never heard him,' said the visitor, 'but next Sunday I will go to service and see whether he deserves all this praise.' And so on the day appointed he went to the great tabernacle in London. On his return, his host met him with eager question, 'Well, what do you think of the preacher?' 'Nothing, nothing,' and his eyes filled with tears as he added, 'all I can think of is the preacher's Saviour.'



"How about it? Is your life a reflector of the wondrous love of the Man of Galilee?" -- Youth's Instructor.

LaVerne Case.

HOW ABOUT A SWIM?

Swimming is great fun, but did you know that it is also one of the best physical exercises known? While some forms of exercise gradually become a chore, swimming continues to be exhilarating. Use the back stroke, the overhand, the breast stroke, the side stroke, the trudgen, or the crawl, and not one of them overdevelops the muscles of any part of the body; and yet practically every muscle in the body is brought into play. The muscles of the abdomen, calf and thigh are developed and made stronger by the leg kick of the

f the back stroke, as well as the side stroke; and the muscles of the back, chest, and arms are brought into action with the arm movement. Swimming does not create the muscle-bound condition caused by many of the other exercises, but it does make for long, leany muscles. Not only are the muscles strengthened, but they are made smooth and firm, and a graceful body is the result.

Swimming is recommended by doctors as the best all-round exercise. It is especially beneficial to nervous people and office workers. It reduces the surplus fat, "improves the figure, expands the lungs, improves the circulation of the blood, builds up general health, increases vitality, gives self-confidence in case of danger, and exercises all the muscles in the body at one time." Really, what more could one ask from one exercise?

One of the great swimmers tells us that it takes only about twenty or thirty minutes of swimming exercises, twice a week, to keep down surplus weight. He also says that no sport is better enjoyed; and as a health and body builder it is unsurpassed.

"Mother swims the breast stroke,
Sister swims the crawl,
Father swims the trudgen,
While Brother swims 'em all;
But Grandpa swims dog-fashion--
It's no hifalutin name,
But it keeps him young and healthy,
And he gets there just the same."

Now, girls, how about a swim? --Hazel Peter



"Wedding bells will soon be ringing
For our lovely blue-eyed June,"

and she was showered with gifts and good wishes on Monday evening, May 20. The torrential downpour outside only emphasized the cozy attractiveness of the Review and Herald chapel. The interesting program was followed by the presentation of lovely gifts by a miniature bride and groom. June left for Battle Creek on the 30th where she will spend a vacation with her parents. The groom-to-be, Charles Norton, follows later, and they will be married on the 11th of June. After June 16, the Nortons will be at home at 801 Flower Avenue, Takoma Park.

POSTURE and PERSONALITY

Try standing on a street corner to watch the world go by. Besides being fun, it will surely open your eyes. What do you see? People who waddle, loose and flabby; others who scurry along with their chins out and eyes glaring like headlights. Some slouch and shuffle their feet, chin on chest, while others sail along billowing out in the middle as if being propelled by a gale. Some clump their way along, while others trot.

However, now and then in the crowd are those whom your eyes follow with pleasure. Not because they are attractive, young, or well dressed, but because of the way they walk and carry themselves. They move smoothly, their faces reflecting a physical ease. Instinctively you endeavor to imitate that ease of carriage.

Your posture is a dominating part of your personality. It is far more expressive than you think. When you walk into a school room, office, or into the presence of a social group, your posture is the first characteristic registered - unconsciously, perhaps - with those present. How vital, then, that first impression!

Here are some pointers for checking up on your posture.

FEET - Whether standing or walking, the inside borders of the feet should be parallel. Otherwise, due to the alternate toeing out, the whole body sways from side to side in a duck waddle. Also this slight twist of the foot makes you less sure-footed, thickens the ankles, and runs over the side of the shoes.

KNEES - Do not stand with knees locked, or walk as if they were stiff hinges. Instead keep them flexed - just the state the elbow is in when the arm is at the side - and your body will fall into smooth, natural lines.

HIPS - Hips seem to be a center that causes the most trouble. When standing or walking, take the forward position you assume when making yourself small to squeeze through a narrow space. Keeping the hips folded down will give you a firm up-and-down column which is good for the figure.



THE KEY NOTE

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CHEST - The chest should not be forced forward, nor should it be caved in like a scoop, but balance exactly over the hips.

SHOULDERS - Watch yourself in the mirror as you throw the shoulders back. It only leads to a stiff exaggerated position. Let them swing freely with no forward or backward pulling on muscles of the neck, but floating off at each side of you as relaxed as possible.

HEAD - Your head belongs exactly on top of you, as though suspended in mid-air. Never should it droop forward, or rear back too tight. Instead, the head should be centered over a neck rising upright from the shoulders.



10 COMMANDMENTS OF GOOD POSTURE

1. Stand tall.
2. Sit tall.
3. Walk tall.
4. Draw in abdomen, pulling it backward and upward.
5. Keep shoulders high and square.
6. Pull chin in and down.
7. Keep the hips folded down.
8. Lie tall and flat.
9. Walk with feet parallel.
10. Think tall.

From In, & Out & Round About

#Kathryn Jensen attended the National Convention of American Nurses Association and National League of Nursing Educators, in Philadelphia May 12-19, at which more than 5000 nurses were in attendance.

#Emma Howell is spending some weeks with her brother, John, in Lincoln, Nebraska, where she is undergoing treatment for her eyes. En route she visited relatives in Iowa.

#The call of nature this spring has lured a number of Keepers to leave responsibility behind and experience the joys of the open road. Helen Porter is touring the New England States; Nell Hunter spent a few days in Pittsburgh; Irene Walters visited Shenandoah; Hazel She spent a weekend with friends in New Jersey.

#The Review and Herald Choral Club, of which several of our girls are members, recently gave programs at the Sanitarium and at Hyatts

#On a recent weekend Elsie Winders drove to Plainfield, N. J. and Atlantic City with the L. W. Graham family. Over Decoration weekend she plans to visit her brother who is in ministerial work in North Carolina.

#In spite of the cancellation of the excursion to the DuPont gardens, Dorothy Ford, Louise Meyer, and Genevieve Melendy drove up there last week, and report, "the flowers in the green house - a most beautiful sight." The girls enjoyed a stroll around the formal garden with its many fountains and pools, and one of them likened the peace and quiet of these gardens to that of a great cathedral. They also visited the Sherwood Gardens in Baltimore, as did Mayme and Cecil Higgins.

#This holiday weekend Genevieve Melendy, Margaret Weir, and Kathr Haynal go to New York, Stella Fleisher to Pennsylvania, and Esther Kuckenmeister to Ohio.

#And I guess that's all for this time. Cheerio!