

Alquira, Dec. 26.

My darling Helen: It occurred
to me this morning in bed, that
in writing you yesterday I had
not remarked upon the impression
of your doing too much, which I
received from your letter; and
her 8 day mamma's letter, of Dec.
14, tells me that the doctor finds
you run down from the effect of
the winter's drive. Now, you are
getting too old for me I insist
upon what you should or should
not do, but please consider that

when I so strongly urged last year
that you should not overwork with
pupils, that I could not wish you
to become overworked with music,
visits &c which "worry you dread-
fully trying to fit them in." I
cannot prescribe what you had best
do, and I know too well how occu-
pations increase upon one; but I
hold strongly that such pressure
is not only bad for the body, but
bad for the spirit, which is of great
consequence. It is hard for "God to
be in all one's thoughts," when hur-
ried from this occupation to that, as I
know to my cost; but situated as I

now am I to work less about it, for my works are all against
my liking. You are, however, considerably master of your own
time and will have the backing of mamma & me. Excel-
lent as music is for you, be moderate somewhat - and I
think my old rule never to be out late on Saturday are
worth your consideration, for how can you bring your
mind and heart clear & Early Communion, if you are up
and excited, late the night before? Be moderate in all things
is the Bishop's own teaching; and be sure that the hurry we
all are in in these days is essentially faithless. For your
progress in music, in friendship, and all innocent duties or
pleasures, the promise is not to the careful and worried about
many things, but - "They that wait upon the Lord shall renew
their strength." In writing these things I am not trying to
give you rules, but subject for thought and, I hope, practice.
Martha and Mary are two constant types, repeating themselves
from age to age. Sitting at the Lord's feet, giving yourself
time to hear what He has to say, is the path, not of holiness
only, but of happiness and of true success. For what is any
 seeming success if there be not peace, and what peace is
there - real peace - save in the knowledge of God, which cannot
find its way amid the weed-growth of a driven life. May dear
Christ think of these things, and trust He will show you what to do
Your loving father

Dec. 26 - 1894

✓
Miss Helen Warner

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New York

Etats - Unis d'Amérique