

# My Favorite Old-Time Poem

“I WORK in activities for a health care facility, and one of our lovely residents, Lola Carvalho, recited this poem to me,” writes Co-Beth Barone of Murfreesboro, Tennessee. “Lola said a friend gave her the poem in 1931, when they were in eighth grade.”

## Keep A-Goin’

If you strike a thorn or rose,  
Keep a-goin’!  
If it hails or if it snows,  
Keep a-goin’!  
'Taint no use to sit an' whine  
When the fish ain't on your line;  
Bait your hook an' keep a-tryin'—  
Keep a-goin’!

When the weather kills your crop,  
Keep a-goin’!  
Though 'tis work to reach the top,  
Keep a-goin’!  
S'pose you're out o' ev'ry dime,  
Gittin' broke ain't any crime;  
Tell the world you're feelin' prime—  
Keep a-goin’!

When it looks like all is up,  
Keep a-goin’!  
Drain the sweetness from the cup,  
Keep a-goin’!  
See the wild birds on the wing,  
Hear the bells that sweetly ring,  
When you feel like singin', sing—  
Keep a-goin’!

—Frank Lebbey Stanton

Frank Leiby Stanton (1857-1927) apprenticed as a printer at age 12 and later became a columnist for "The Atlanta Constitution." His writings and poems were noted for their charm, simplicity and persistent optimism. From 1889 until his death, he was an editorial writer at the paper and was named Georgia's poet laureate in 1925.