

# TAKE HEART

A Conversation in Poetry

*Edited & Introduced by Wesley McNair,  
Maine Poet Laureate*

New year's resolutions often require that we put our excesses in check, but in today's poems, the first of 2015, Maine's Edna St. Vincent Millay advocates a life of excess. (Please note the important invitation that follows the Millay poems.)

## First Fig and Second Fig

*by Edna St. Vincent Millay*

My candle burns at both ends;  
It will not last the night;  
But, ah, my foes, and oh, my friends—  
It gives a lovely light!

....

Safe upon the solid rock the ugly houses stand:  
Come and see my shining palace built upon the sand.

....

---

Dear *Take Heart* Readers—Do you have a favorite poem that has appeared in this column over the past four years? Please email its title to [mainepoetlaureate@gmail.com](mailto:mainepoetlaureate@gmail.com) by February 1, including your name and state location, and explaining in two concise sentences why you chose the poem. During this final year of the column, a selection of these favorites will be published, naming the the selectors and using their comments as introductions for the poems they picked. For an archive of all *Take Heart* poems, go to this link on the Maine Writers and Publishers Alliance website: <http://mainewriters.org/programs/take-heart/>. -- With thanks, Wesley McNair