

The Upward Look

Travel Series No. 18

For Humanity

I WAS sick and ye visited me."
—Matt. 25, 36.

The San Francisco Panama Exhibition meant much to me, from an educational, ethical, and religious standpoint. There were many beautiful Courts, so arranged that one could see through from one to another, yet they were at the same time so separate that Billy Sunday might be preaching to thousands in one, Philippine band playing in another, or an old-time song concert given in another. From these different Courts one could look out through the Colonnades, to the San Francisco Bay, with its deep blue water, warships glooming black, yacht sails gleaming white, mountains rising commandingly.

A morning was spent with Madame Montesori in her kindergarten, which originally was planned for the defective and neglected little ones of the slums of Rome. Vivid and enlightening illustrated lectures were given on social purity by noted doctors, which made one realize with heart conviction that ignorance of this subject is not innocence; At certain hours one could see babies weighed, measured and examined, and learn preventive measures by which thousands of precious little lives are saved.

There was an intensely interesting section in the Educational Building devoted to demonstrations of the disease Hookworm, which works such ravages in the southern zone belt the world around. There were models, pathetically sad, of affected children, side by side with those of normal ones. There were also exhibits showing how self-sacrificing doctors fasten the worm-infested earth to their own wrists to study the progress of the disease and the curative effects of some drug but lately found effective.

We learned what was being done for the terribly stricken lepers in their lonely island-haven in a Southern Sea.

Hours was spent in the exhibits in connection with temperance, Mothers' Pensions, and many other philanthropies.

What a tribute to Christianity that the work commenced by the lowly Nazarene centuries ago is still going on on a larger scale than ever before. Those that have time, strength, talent, money, and love are giving them for the sake of humanity to the poor, the oppressed, the suffering.
—H.N.

Effort that is Worth While With the Household Editor.

I WAS watching with considerable interest and amazement, my friend Mrs. T. as she set the table and bustled around preparing the noonday meal. While the tableware was simple it was attractive, and everything was arranged with an eye to daintiness. Just as the men were heard coming towards the house, she wheeled in the piping hot meal on her convenient dinner wagon, set each dish in a tempting manner on the table and brought a beautiful bouquet of flowers from the living room to add the finishing touch.

Of course, on account of my being the guest, I supposed that this attractive dining-table was due to my presence. As my hostess took the preparation of the meal in such a matter of fact way, however, I could not refrain from remarking before her husband and the boys gathered around the table: "Surely you don't

go to all this trouble every day just for the family!"

"Trouble, and just for the family!" repeated my friend. "Why, I consider that it makes my work ever so much more pleasing to see the results of my efforts in an attractive table, and it seems to me, too, that the family is of as much importance and should receive just about as much consideration as anyone."

What a contrast between the ideas of my friend and the ideas of many busy farm women. Too often we allow ourselves to get into the habit of thinking that anything is good enough for the family, and that any extra effort to make things more attractive would be time wasted. After all, though, isn't it "our ain folk" who deserve our best and not our casual visitor? Of course, we all like to have dainty things when visitors come, but should we not endeavor to change our viewpoint somewhat and keep in mind the thought that the family deserves and appreciates the little attractive touches, which really do not require an immense amount of extra trouble if done systematically.

AMUSEMENTS

Conducted by MARION DALLAS

At the Sign of Cupid

AN old-fashioned Leap Year masquerade would be a good way to celebrate the birthday of Saint Valentine. Send out the invitations written in Ye Olde English. Enclose in the envelope the following verse, written on a heart-shaped card:

"Whereas it hath now become the fashion, that as often as Leap Year doth return, the ladies have the privilege of making love, either by word or look, as it seemeth to them proper. Moreover, every man who doth lightly treat a proposal, shall surely send to the broken-hearted lady a silk dress."

After all the guests have arrived and while still in costume and masked, give each lady a heart and to the men a mitten. The lady must pro-

pose to the first man she meets. If he declines her proposal, he must surrender his mitten, but if he accepts he holds fast to the heart and mitten. Accepted couples hold each others hands until a signal from the hostess permits them to drop their mask. The funny situations provide much merriment.

Opinions

A new way of playing this old game might be used at such a party. Give the guests a pencil and card. Ask the men to write on their card the qualities they are looking for in a wife. Then ask the girls to write on their cards the qualities they possess. After the lists are completed, let the men try to find their affinities.

A Valentine Pantomime.

In sending out the invitations ask each guest to bring a valentine, one which could be illustrated. For a screen on which to show the shadows stretch a sheet (wet the sheet before using). Place a lamp on the floor about four feet behind the screen, and in the centre. Provide a card for everyone with as many numbers as

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