

## The Upward Look

### Wait on the Lord

But they that wait upon the Lord shall renew their strength, they shall mount up with wings as eagles; they shall run and not be weary; and they shall walk and not faint. Isaiah 40:31.

If the time comes in our life when we know not where to turn, when it seems as if the accomplishment of our fondest desires was slipping out of reach, when the burden of our troubles appears too great to be borne it always means only one thing: We have been relying too much on our own strength and not enough on God. Troubles are a call to prayer. As soon as we feel that our strength is not equal to the tasks that confront us, our spirits become burdened with the care and depression we are unable to overcome. When, however, we realize our need and turn and wait on the Lord, humbling ourselves, confessing our weakness and petitioning for the strength and wisdom that we require, our strength is renewed; once more our spirits mount up with wings as eagles, we are not weary; we walk and do not faint, for "He giveth power to the faint; and to them that have no might He increaseth strength." (Isaiah 40:29.) That is why we are told to "Rejoice in the Lord always," for "The Lord is at hand." It is why we are enjoined to "Be careful for nothing, but in everything by prayer and supplication with thanksgiving, let your requests be made known unto God and the peace of God which passeth all understanding shall keep our hearts and minds through Christ Jesus." (Philippians 4:4, 5, 6, 7.)

This is the great secret of the strength of all truly great Christian characters. They are constantly drawing power from the source of all power, God. With God helping them, they feel that they are able to accomplish all things. This is why it is that the true Christian man or woman has a strength that is lacking in the lives of others. If we have not got this power in our lives the fault rests with ourselves. God is willing and anxious to give it to us when we ask Him for it in the right way and with the proper motive.—I. H. N.

### Like Attracts Like

Did you ever think that the thing you are looking for is looking for you; that it is the very law of affinities that get together?

If you are coarse in your tastes, vicious in your tendencies, you do not have to work very long to go with coarse, vicious people; they are seeking you by the very law of attraction.

Everywhere affinities are seeking one another. Boys and girls go to the city for the first time to seek positions, how quickly they find their affinities.

Those who are naturally wild, and those who wish to dissipate, do not have to look very far or very long to find those with the same coarse, animal tastes.

Watch country youths who go to the city to seek their fortunes.

Some seek the Young Men's Christian Associations, some the churches, some the saloons and the dance halls. Those with musical tastes very quickly get into a musical atmosphere. Those with artistic natures gravitate naturally to other artistic temperaments.

Our thoughts and motives, our desires, our longings, are forces which find their fellows.—"Success."

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### Many Improvements Made

"We try to improve and add new conveniences to our home as time means permit, so that during the past year, there have not been as many improvements as there might otherwise have been. During the last four or five years, we have pulled down or rebuilt the upper story of our home, thereby making nice airy sleeping rooms, where before they were low and inconvenient. We also put in a hot-



Home of Mr. F. A. Hutton, Peel Co., Ont. Fifth prize winner in District No. 3, 13 the recent Dairy Farms competition. A fine large lawn surrounds this home, and flowers are everywhere in abundance. See article by Mrs. Hutton on this page.

air furnace, with hot water heating coil, a sink with waste pipe, hot and cold water taps in the furnace room, where during the cold weather, we wash our dairy utensils. This removes a great deal of muck from the kitchen, as there is an outside entrance to cellar, by which the utensils can be taken back and forth to the barn, without coming into the house.

During the past year we had a Bell telephone installed which we find to be a great convenience. Then we had a large cement cistern put in (which gave us an abundance of soft water during the past dry season) with a force pump in kitchen, which we find much easier work than chopping a hole in an outside cistern in cold weather and dipping the water. Another convenience we enjoy now is a lath-tub, with hot and cold water, and waste pipe. We have redecorated the walls and ceiling of our dining room and added some new and more up-to-date bric-a-brac. This gives a more pleasing and homelike appearance.

The worn out board platforms at the side and back doots have been replaced by cement, also cement walks wherever necessary around the house. These look neat and are clean to walk on in damp weather. We also have a very convenient arrangement at the back door for carrying away waste water. These with six young fruit trees and 50 small spruce trees planted at different places around the house, comprise the improvements made for the dairy Farms Competition.

As to magazines, books, papers, etc., we have a goodly number coming to our home during the year. This year we have Farm and Dairy, The Farmer's Advocate, The Western Home Monthly, The Designer, The Outlook, The Christian Guardian and Sunday school papers and helps, The Sabbath Reading and Missionary Outlook, our daily paper and local town paper. We purchased this year The New Century Book of Facts, a very useful and instructive book. Then at Christmas time in giving gifts to our children and receiving and giving gifts ourselves, quite a number of new and good books are added to our book shelves every year.—Mrs. F. A. Hutton, Peel Co., Ont.

A stove not in use during the summer should be gone over with a cloth that has been dampened with linseed oil. This prevents rusting during its disuse.

## OUR HOME CLUB

### FARM TRAGEDIES

How is it that the records of our insane asylums indicate that a large proportion of women living on farms go insane than of women in any other occupation in life? It is not a pleasant subject to discuss. Never-

theless, it is not one to which we should shut our eyes. Many of our farm tragedies are brought about by pure thoughtlessness on the part of others immediately concerned who act as they do without any idea of the fearful consequences likely to follow. The circumstances connected with two such tragedies have come to my attention recently, as well as instances connected with the home life on another farm where a third tragedy may be in the making.

### HOW IT STARTED

Some years ago, a farmer, the president of his local creamery, and the owner of a fairly good farm, married his second wife. He had some grown up children who lived at home. The farmer drank considerably at intervals. His children resented his second marriage. Into these uncongenial conditions the bride who had come from a fine family, was ushered after her marriage.

She soon found that her home was a home in name only. She had no authority, and was unable to control her husband's children, who united against her. They openly defied her, often it is to be hoped without realizing how their defiant and unkind words wounded her. More and more of the work of the house and farm was relegated to the new wife, while the other members of the farm went about their own pleasure and affairs as they chose. The drinking of the husband added to the misery of the wife.

Under the strain, the wife's health began to give way. The loving care she should have received was not given when most needed. Finally she went insane. To-day she is in one of our Ontario insane asylums. The inmates of that farm home are well known and on the whole are well thought of. Yet there exists this tragedy.

### A SECOND INSTANCE

A young woman, well educated and bright and cheerful in disposition, married a young man, whose parents were considered among the wealthiest families in the county. It is possible that the young woman did not take the care that she should have before they were married, to inquire into the habits of her husband. In this she was to blame.

The young people started their married life on the fine farm of the groom's parents. These parents, as so often is the case, maintained a critical oversight over the operations of

their son's home. This oversight was constantly felt and more or less resented by the bride. Soon she found that her husband was wrapped up in his horses and cattle. He refused to go to church with her and endeavored to prevent her from going. He seemed to think and talk only about his stock and to think of little and care less about his young, high spirited wife. She put up with this as best she could. Later she found that the presence of a female servant in the house was likely to cause trouble. She requested that the servant should be dismissed, but her husband refused her request and continued to keep the servant in spite of his wife's wishes. When she became a mother, her health was affected. She did not receive the careful attention that she needed. Finally an incident occurred which necessitated the dismissal of the servant. Matters, however had reached the state where the young woman went insane. She also is in one of our Ontario insane asylums.

Bear in mind, that these tragedies were enacted on good farms in two prosperous farming centres in the Province of Ontario. The isolation of their lives on the farm probably affected these women more than would have been the case had they lived in a city or town. Incidents of this kind are better hidden on our farms.

### WHAT MAY BE THE OUTCOME?

What is possibly a tragedy in the making is now being enacted on another farm. The son got married some years ago and brought his bride to live with his father and mother. The mother is a particularly strong minded woman, who in her day was a great worker. Although she is now up in years, she still desires to manage the home. She is the dominating character in the house. While she performs some of the farm work, she issues her

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