

## The Upward Look

### Transforming Ourselves

No. 23

Be ye transformed by the renewing of your mind, that ye may prove what is that good and acceptable, and perfect will of God.—Romans 12:2.

One of the greatest discoveries we can make is that we have the absolute power, through God's help, by changing the character of our thoughts to change ourselves and the conditions in which we live. Many of us fail to realize that our thoughts are forces. Because we do not understand this we allow ourselves to entertain thoughts that bring disastrous results. Then we wonder why these things happen to us.

We know that it is a sin to think of stealing something that does not belong to us, no matter how much we may desire it. Therefore, we resolutely banish such thoughts or refuse to entertain them at all. By so doing, we show that we realize—consciously, or unconsciously—that there is danger that if we continue to think such thoughts we may be led to give way to the sin they suggest. We refuse to allow ourselves to read impure books. Thus we admit that we comprehend that to do so would taint our minds and degrade our characters. What we don't realize so clearly, however, is that this same law holds equally true of every line of thought we entertain.

A mother who permits herself to

think that she has lost her power to influence her children for good is, by that very line of thought, losing the power she desires to retain. The more she entertains that thought the weaker she becomes. The woman, or man, who concludes that there is no use trying to overcome their bad temper, or pride, or lack of tact, or selfishness, or any other form of sin, is,

Again and again we accept the thought that we cannot do some possibly trifling thing as well as we would like to, and so we do not try. In this way, the power to do so leaves us.

What we need to do is to cultivate the habit of examining the thoughts that present themselves to our minds, and resolutely discarding those



A Jelly Party Off For An Oatling Picking Huckleberries

These Victoria County (Ont.) people, as here shown, were on a jaunt to the rocky country back in Haliburton for a day gathering Huckle berries. Mr McKendie is driving.

by giving place to that thought, becoming weaker. The more they accept it the greater becomes their weakness. The man, woman or child who admits the thought that because poverty has come there is no use striving to improve their conditions, is thereby becoming a slave to those conditions. As a man "thinketh in his heart, so is he."—Proverbs 23:7.

This great law operates in the most minute details of our lives,

that are likely to prove disastrous in their effects, if entertained. If, for instance, we permit ourselves to harbor thoughts of resentment or anger against any person, we thus sour and warp our own dispositions. In this way, we generally injure ourselves far more than we do the objects of our resentment. The longer we allow ourselves to brood over the cause of our anger, the more it grows in our eyes until, if we are not careful, we may do

ourselves lasting injury. Christ realized this. That was in part why He told us to pray for our enemies and for those who ill-use us.

When the first thoughts of anger and resentment present themselves, we must resolutely reject them and refuse to think about the matter at all. We should turn our thoughts instead to something pleasant. In this way we can fairly grow the habit of being pleasant and bright. When we realize clearly why we should do this it becomes easier to do it, and each time we thus act, it becomes that much easier to gain the victory the next time. Evil thoughts, if entertained, are like ugly bats that hover around an old tower. If they return again and again, and we will but let them enter they will play and havoc with our lives.

Our text teaches this great truth. We are to be transformed by the renewing of our mind. Instead of listening to our fears, we are to renew our minds and think thoughts of courage; instead of giving way to thoughts of despair, we are "in all things to give thanks" (not, you will see, in just some things). Instead of giving way to gloom we are to concentrate our thoughts on the many things for which we have cause to be happy. In this way we grow strength of character.

Prayer is the great-st means we have of renewing our minds. When we go to God in earnest, believing prayer, our evil thoughts soon depart. Prayer is but a spiritual bath that, if we pray aright, washes away that which is evil in our natures.—I.H.N.



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