

## The Upward Look

### Spiritual Warfare

I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use and persecute you.—St. Matthew 5:44.

On one point practically all the authors who write on how success in this life may be attained, are agreed: They unite in saying that success results from a power that we must grow from within. We are told that we must not expect to obtain lasting strength by leaning on others. Such a success is apt to continue only as long as such support is maintained and to disappear when it is withdrawn. Success that comes from the possession of powers that we have developed within ourselves is the only success that is lasting. This being the case, we are advised to think only thoughts of strength and to discard all thoughts of weakness.

Thoughts of weakness are those which tend to distract our thoughts from the attainment of worthy aims. They include thoughts of fear, anxiety, ill-temper, envy, hatred, pride. Thoughts of strength are those of hope, joy, faith, love and peace. Minds which are dominated by thoughts of the former character are unable to think effectively and therefore such thoughts must not be allowed to gain the ascendancy.

All of this, and much more of the same nature, that these books teach, is true. The lessons they convey are the same, although written from a different standpoint, as those that were enunciated with such simplicity and power by our Saviour while He was on earth.

We each have our own special weaknesses. Some happy natures find it impossible to harbor thoughts of ill-will towards any person. Other people, less fortunately endowed, find it difficult, if not impossible not to dislike, it may be even hate with all the strength of their dispositions, those whom they believe, or imagine, have done them an injury of some kind. These people generally possess great natural powers. It is the very intensity of their emotions which makes them so difficult of control.

"Success" writers content themselves for the most part with describ-

ing the dangerous nature of such thoughts, and with advising us to discard them; the moment we feel them boiling up within us. In some cases they point out that when we hate or dislike people these people are quick to discern the character of our thoughts towards them and to return our aversus with interest. Thus the more people we dislike the more dislike us in return, and our thoughts of ill-will are returned to us from every side.

Again, this is all true, but to master and eradicate such thoughts from our minds by the mere exertion of will power is impossible. All who have tried it know this to be so. Christ has told us the only way in which it can be done. We are to pray for those who despitefully use us and persecute us. This is the great superior remedy. It is infallible.

At first it may be difficult of application. We may only be willing to ask God to forgive us for giving way to such thoughts. Such forgiveness when we are in earnest, is soon obtained for we will continue before God in prayer without realizing that time and again we have ill-used Him in ways infinitely worse, it may be, than we have been treated by those whom we dislike. And then we remember that Christ said: "For I ye forgive men their trespasses, your heavenly Father will forgive you. But if ye forgive not men their trespasses neither will your Father forgive your trespasses." (St. Matthew 6: 14, 15.) This fearful warning reveals to us our dangerous condition, and shows us that our hope of eternal salvation depends upon our rid- ding our minds of all thoughts of ill-will towards men. And then as we begin to pray for those who have ill-used us we soon find a new spirit creeping into our hearts, the spirit of peace, of love, of power. With its advent the devil is driven out, and God once more reigns supreme within. Try it and see. The very power of God is with us while we are engaged in these conflicts.—I. H. N.

### Ventilation of Farm Homes

"The air is goo" in the country because all the bad air is stored up in the houses," says an American doctor. In too many cases his criticism of ventilation in country homes is correct. Many of us are apparently more anxious to keep warm than to keep healthy.

The open country is the most healthy place in which to live, but in the country disease is more prevalent than amongst the same class of people in the city. Better ventilation of the home, particularly of the bedrooms, is the greatest reform needed to make country people the healthiest class of the community as the shown by Ex-Governor Hoard, of Wisconsin, in a recent issue of Hoard's Dairyman, gives the following plan of ventilating country homes that he has most used with good results.

#### VENTILATE THROUGH CHIMNEY

"First the chimney should be constructed with a double flue from the cellar to the top. One flue is to be used solely for the purpose of drawing off the foul, cold air at the floor surface.

"This is done as follows: For the upper sleeping and bath rooms, select at some convenient place a space between the studs. At the base of the board insert a 6 by 8 open iron register. At the top insert a two-inch tin pipe tightly soldered at each length which runs from the top of the studding space along the attic floor to where it is tightly bricked in. Cover these tin pipes in the attic with a boxing of boards to prevent them from being flattened in any way. As long as there is heat in the chimney there will be a strong suction from the

flue, which will remove the cold, foul air at the bottom of the bedroom and let the warm air at the ceiling down to the floor.

#### IT'S CHEAP TOO

"If the house is heated with furnace hot air this method will greatly increase the circulation, lessen the expense of coal and promote the health and vigor of the occupants of the rooms. The warm air rises by reason of its lightness to the top of the room. Unless the cold air, which is always the foulest and heaviest, is drawn off, the warm air cannot get to the floor. Hence we often see rooms cold and uncomfortable at the floor and uncomfortably warm at the ceiling.

#### TO VENTILATE LOWER ROOMS

"The lower rooms that are next the chimney can have an open register inserted in the ventilating flue at the baseboard. Other rooms more distant can have an open register inserted in the floor which is connected with a 3-inch tin pipe that passes to the chimney at the top of the cellar room.

"This system takes advantage of the daily heat in the chimney to draw off

all cold and foul air, thus creating a vacuum which is at once filled with pure air from outside. Nature abhors a vacuum. This method of ventilating living and sleeping rooms is automatic, inexpensive and always efficient, as long as the windows and doors are closed."

### Rules for Consumptives

Consumption is curable if taken in time and handled properly. The first duty of the consumptive is to see that he does not spread the infection to others.

The first point in curing the disease is to live, work and sleep in fresh air. Eat only moderately on easily digestible foods. Stuffing the consumptive patient is simply prolonging the disease.

As strength returns take up some easy work and gradually increase the labor as the patient becomes stronger.

Kid slippers, Lells, gloves, and purses are best cleaned by rubbing them with French chalk.

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