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Helping One Another.

'Bear ye one another's burdens, and so fulfil the law of Christ.'—Gal. vi., 2.

You all know what a burden is; and I am sure that at some time or other you have all carried one. There is a burden that you can carry upon your shoulder or on your back. There is another that you have to carry on your heart and mind; some burden of care,

such burdens, and be their intimate friend, and yet be ignorant of some great care they have to carry, for 'the heart knoweth its own bitterness.' So many burdens have to be carried alone, and, as I have said, unseen by anyone save God.

Sometimes you think you see an anxious look in the face of a friend, or it may be you detect a sad tone as he speaks to you, or there is an involuntary sigh, and you ask, 'What is

having done wrong—done wrong perhaps to your brother, sister, or friend, or disobeyed your father, mother, or even Jesus. That, indeed, is a heavy burden if you feel as you ought. It is a blessing when we cannot do wrong without suffering for it.

Now, as life is so full of burdens, and the youngest of you have to carry them, it is important we should know what to do with them.

The first thing we have to remember is that we ought to help one another—'Bear ye one another's burdens.' Now, suppose you boys were to meet another boy carrying a very heavy burden, and bending almost to the earth under it. I am quite sure you would be noble enough to say, 'Let us give you a helping hand.' If it is a load that two can carry at a time, you will take one end of the burden so that there may be only half the weight the other end; or if it is a load that only one can carry at a time, you take your turn, and your comrade takes his turn, and thus you help the first boy to carry his burden. Now, who in that case would be the happiest at the end of the journey? The one whose burden has been shared would be very happy; but I think those who helped him to carry it would be happier still.

Now that can often be done in life. Sometimes you see a companion with a heavy load, or someone confides in you and tells you he has a big trouble. You can help him to carry his burden. You can help him it only by saying a kind word; although a kind word does not do if you can do something more. It may be a tender look, a kind word, but if you can do a gracious deed it is still better. Do all that is in your power, and by so doing you are helping others to carry their burdens.

'One another's burdens.' You see, it is not only the privilege of the stronger to bear the burdens of the weaker. The strong can indeed bear the burdens of the weak, but the weak can also help the strong sometimes. I have known little children who have helped their parents without knowing it. I have seen a man of business come home wearied, worried, and worn out with bitter thoughts about some who have been selfish, unkind, or dishonest. He has come home disgusted with everything and everybody; and he has begun to think there is no good in human nature, but that everybody looks out for himself. By and by his little child comes, and, climbing up his knees, kisses him, and, looking up into his face trustfully and lovingly, calls him 'Father.' Thus that father is comforted. He says to himself, 'I have been wrong. There is a wealth of tenderness in the human heart still, there is so much of it in this little child.' Thus he forgets his care in the joy of being loved by that little child. I have known many such a little boy and girl help the father to bear his burdens. They did not know it at the time. Their little shoulders were very weak; but somehow or other the end of the burden was placed on their shoulder without their feeling it. The father, however, felt the difference the other end.

Thus it is the privilege of the weak to help the strong sometimes, as well as the privilege



TEACHING HER YOUNGER SISTER HOW TO KNIT.

some little trouble or anxiety. You cannot put that on your shoulder. You have to carry it within, and perhaps such a burden is the heaviest. The greatest loads in the world are not those which people put upon their shoulders, but those which others very often cannot see, though they meet burdened ones in the open street and speak to them. Indeed, you may be closely related to those who carry

the matter? You have some burden on your mind.' Yes, that is often the case. And even you, young as you are, have had some of those little burdens—little as they would appear to other people, but burdens which were quite heavy enough for you to carry: some trouble in the home or in the school. The heaviest of all burdens that you have ever carried, no doubt, has been a sense of