

## The Upward Look

### Others' Burdens

**B**EAR ye one another's burdens, and so fulfil the law of Christ.—Gal. 6, 2.

I know a hero. I can fancy his amazement if he knew I called him that. He is married to a wife with a disgraced and degraded family connection. In this, her brother's family, there are young, innocent children, not too young yet to be beyond saving. That hero is straining every nerve to help that family in every possible way. His wife is bitter and prejudiced; he is loving-hearted and fair. Though he is insulted and misjudged, he perseveres for the sake of those children. Another might say: "They are no relatives of mine, it is none of my business," but he has taken the burden upon his already burdened shoulders. Because the burdens of others may be heavy, distasteful and unwelcome, nevertheless, often it must become ours. One of the hard ones to carry is when the real owner is utterly unappreciative, and to whom it never occurs to express any gratitude. Again, there are those who cannot understand why we take their burdens, and yet we know we must.

One of the heaviest loads is when our motives are misjudged, and we must carry those same under the additional one of blame and criticism. But with the anxiety, the heartaches, the discouragements, always comes the joy of conscience-freedom. There are also always so many who are truly grateful and appreciative. A letter was received this morning, which will bring many a heart-glow for many a month, so warm was the gratitude expressed and hearty the offer of welcome assistance, from one who had not before been able to do anything in return, for help gladly given some years ago and since almost forgotten.

Have you ever spent grudgingly a precious hour listening to the recital of another's burdens? But have you not been amply repaid at the end by the evident relief it was to the teller? Then whatever the compensations, or the lack of them, we know gratefully that there is one who understands all our motives, our difficulties and our endeavors.—J. H. N.

### A Wonderful Power of "Come Back"

Mrs. Wm. Todd, Orillia, Ont.

**O**UR war work as a Women's Institute could not have been possible had we not already been a strong working force. The silent, unobtrusive work that went on for 15 years before the war has made it possible to do the work that we have. This women's organization is an organization for all time. There is no circumstance in which it cannot serve. When we look into the organization itself, one thing impresses us; that is that the Women's Institute has a wonderful power in what our boys call a "come back." You cannot put them down. The harder you put them down, the harder they come up. Another thing about our Institute is the almost total lack of professionalism. There is so much of this in our churches that we are dragged down. In our Institute we have a band of real women, and hard-working women, who come from the farms of the country, and we have the trust aristocracy right on our farms.

We do not count it a small thing to consider a properly balanced diet of foods in our family. Neither is it a little thing that in this province of Ontario there are over 10,000 women who are being trained in the Institute in all the principles of parliamentary rule.

Some day this will mean a great force. We have so much destruction to-day that it is very helpful to know that the Institute we can work together nicely, and we are building and constructing all the time.

In connection with Red Cross work, our Women's Institute in Simcoe has raised \$3,600 for special purposes. We have donated a motor ambulance, two field kitchens, and added to the comfort of our own Simcoe battalion, as well as given to the British Red Cross. In doing our patriotic work we have not neglected our own local work. The number of branches in East Simcoe has increased from 14 branches to 15, and every branch is alive. We have done our special work and our own work as well.—Extract from an address given at the Women's Institute Convention, Toronto, last fall.

### Life Is What We Make It

**L**ET'S oftener talk of nobler deeds, And rarer of the bad ones, And sing about our happy days, And not about the ones that are. We were not made to fret and sigh, And when grief sleeps to wake, Bright happiness is standing by.—This life is what we make it.

Let's find the sunny side of men, Or be believers in it; A light there is in every soul That takes the pains to win it. Oh! there's a slumbering good in all, And we perchance may wake it; Our hands contain the magic wand; This life is what we make it.

Then here's to those whose loving hearts Shed light and joy about them! Thanks be to them for countless gems We ne'er had known without them. Oh! this should be a happy world To all who may partake it; To all who own it if it is not—This life is what we make it.—Anonymous.

### Discipline Will Beautify Character

**M**rs. P. J. Bowers, Pontiac Co., Que. HOW much capital should a young man have before asking a girl to marry him? Well, I should say it all depends on the man and the woman. If she has the strength and determination to put her shoulder to the wheel and keep it there, and if he is of a thrifty and sober family, they may safely get married on expectations. It will be a long uphill fight, however, and when bad health and babies come to cause expenses, there will be many heartaches.

The young man should hesitate to take a girl from a loving, comfortable home into poverty and hardship. He must know that his love does not compensate her for the loss of all she leaves, although many men and young girls feel that way when in love. He ought to have reasonable hopes of providing a home and furnishing it, be it ever so humble, before he proposes marriage. That ought not to be so difficult in these times.

I know a young man who has saved \$500 in two years and supported a family. He has made a payment on a farm and has commenced already to build. He could not save anything while single, perhaps we should not discourage the peller, boy. If he is willing to save and sh. is willing to do without all the luxuries of her father's home, and if they both have good health, then let them get married. The discipline of sacrifice will beautify their characters and make them more devoted and forbearing with each other as the years pass, and a home and family reward them for their courage and industry.

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