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GRIEF IN ONE'S LIFE

We are taking death too casually and are seldom or never concerned about death until it happens to one of our loved ones. And we understand death for the first time when he puts his hands upon one we love.

Sir Matthew Hale said: "A wise and due consideration of our latter end is neither to render us sad, melancholy, disconsolate, or unfit for the business and offices of life; but to make us more watchful, vigilant, industrious, sober, cheerful and thankful to that God who had been pleased thus to make us serviceable to Him, comfortable to ourselves and profitable to others; and after all this to take away the bitterness and sting of death, through Jesus Christ our Lord."

There is a lot of truth in his words, because life goes on with or without us and if we make ourselves dependent on others we are worse as if we died ourselves. Thus, if ever a tragedy strikes you get as busy as you can and look around for something to do. Doing something takes the mind off your grief.

At times there are other reasons for grief than death. If a mother loses her son or daughter in this hurly-burly life of ours, she knows that they are O.K. healthwise but they are taking no notice of her warnings in regard to their habits, she knows where this association will lead them to, but she is unable to do anything about it. She must feel very intense grief but cannot do anything but give a little motherly care and love. The young must feel how their parents feel and the fewer words that are lost the better it usually is.

There is a third kind of grief, where a sick person has got no chance of getting better and lingers on in hospital until the great Master calls. I don't know which of the three is the worst, however, to get yourself busy at least lets a person forget the grief for a while and eventually sees a light of change ahead.

If you love somebody or being loved causes you to cry automatically, but I think it is better for a person to have a good cry than to suppress it. "Grief knits two hearts in closer bonds than happiness ever can; common sufferings are far stronger links than common joys." And somebody else said: "Sorrow's best antidote is employment."

W.R.