

## A Tonic for the Soul

A story appearing in *Catholic Digest* many years ago – written by Mary Kinsolving – is as relevant today as it was then.

Kinsolving tells of living in Manhattan where, as a child, her mother walked her to school four blocks away every morning and then walked home with her again in the afternoon.

One hard winter, her mother came down with pneumonia, and Mary had to go to school and return home by herself. She stated that on the way home the second day, she fell on some ice while crossing the street. At that moment, a car skidded toward her and came within inches of her before it stopped.

“The driver helped me up,” she said, “and I managed to get home, but didn’t tell my mother because I didn’t want her to worry.”

The next morning, the streets were even icier and when she came to her first cross-street, she was terrified, and stood at the intersection for a long time.

Finally, an elderly woman came over to her and said, “I don’t see very well. May I hold your hand when I cross the street?”

Mary replied, “Oh, yes,” and the elderly lady took her hand and “before long we were on the other side,” Mary said.

Then Mary walked a short distance and looked back to see how the woman was doing. To her surprise, “She was crossing the street we had just crossed together and was walking by herself much faster than we had before.”

Mary Kinsolving then realized that the lady had pretended poor eyesight only to help her cross the street.

Much later in life, she understood that she could overcome her own fears by helping someone else.

That is marvelous advice from years gone by!

And it is a principle practiced daily by associates in Life Care and Century Park – finding peace and satisfaction amidst personal adversity and challenges – by helping others.

Such action, indeed, is a tonic for the soul.

– Beecher Hunter

