

# Carrying the Stone

Dr. Thomas Lambie of the American Presbyterian Mission, a medical missionary, forded many swift and bridgeless streams in Africa. He learned from the natives the best way to make a hazardous crossing.

The danger in fording a stream lies in being swept off one's feet and carried downstream to deeper waters or being hurled to death against hidden rocks. A way to avoid this, the natives told him, is for a man about to cross a stream to find a large stone, the heavier the better, to lift to his shoulder and carry across the stream as ballast. The extra weight of the stone keeps his feet solid on the bed of the stream.

In sharing this technique, Dr. Lambie drew an application to life: "While crossing the dangerous stream of life, we need the ballast of burden-bearing to keep us from being swept off our feet."

This does not mean that we should seek out troubles or give in to our problems. Rather, it means that as we look around at others, we are to help shoulder their burdens and, in return, to accept their help in bearing our own loads.

It is a basic principle of teamwork, and one that is employed everyday in the centers of Life Care and American Lifestyles and in the work of Life Care at Home.

--Beecher Hunter