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“Sacrifice is a part of life. It’s supposed to be. It’s not something to regret. It’s something to aspire to.” as stated by Mitch Albom. This powerful quote emphasizes how sacrifice is a part of life and not something to regret. Sacrifice from Woodbridge was needed and greatly appreciated during World War 1. From 1914 to 1918 the world was submerged in the idea of war. Great industrial tools such as machine guns, planes, ships, and chemical gasses were introduced during this time which caused WW1 to become one of the deadliest wars in American history. However, since Woodbridge residents showed bravery, spirit, and great sacrifice they saved this dilemma in 1919. My hometown contributed during the war by enlisting in the war, establishing rehabilitation hospitals, and hosting events to lift spirits.

“During the past 2 years more than 4 million young men have given up their homes and families to serve” as stated on pg. 8. On “Over Here”. This showcased that nationalism was a big factor for these men who wanted to sacrifice themselves to contribute to the war. Furthermore, when the men went to fight in the war to defend and save their country they had to make the ultimate sacrifice. These men had to give up their families and homes and had to discover a new part of themselves. Enlisting in the army is not only letting go of your family but it’s also risking your life to go and fight. Enlisting in the army is a new level of courage and intelligence. No man of Woodbridge was immune to the terror and struggle of the war.

Along with the ultimate sacrifice, Woodbridge residents established hospitals to help contribute to the injured soldiers coming back from the war. “Woodbridge Township spent four months during 1916 in wartime France, where they assisted by serving in military hospitals.” As stated in the Over Here book on page 40. Various types of establishments were found as a great help. Places such as the Red Cross and the U.S General Hospital No. 3 helped injured soldiers rehabilitate. Along with the Red Cross which provided transportation to military bases and hospitals, the U.S General Hospital No. 3 also assisted with treating the wounded men. The famous Dr. Fred H. Albee was an expert in bone grafting and Limb- saving. Many are still grateful for his help; without him the hospital would not have flourished as it did. Many soldiers and families are grateful to these establishments because they rescued many soldiers and helped alleviate their pain and depression. The hospitals were most acknowledged for their bone grafting, surgical repairs, and limb-saving. Thanks to the proper care and the excellent treatment these soldiers were able to survive and be there with their families for Christmas and for the rest of their lives. My hometown assisted and exceeded their skills in order to provide care and hope for the military.

As well as sacrificing their lives and helping the injured, Woodbridge Township came together and hosted a Christmas truce as stated here on page 40. “Christmas parties in the various houses established for the entertainment of the men.” This shows how even in the time of war there can still be hope and light in times of need. Which is why the Red Cross and the Y.M.C.A hosted this celebration to lift the spirits of disabled men. These men were affected physically and

mentally by the war. Singing songs and sharing a meal helped diminish the nightmares along with the haunting thoughts of the bombs and other alarming memories. This Christmas spirit and love and friendship were heavily needed after the war, which was all about fighting and enemies. The soldiers felt a sense of home and love for the first time in a long time, especially after the Great War. The general hospitals and many other rehabilitation hospitals helped with the sorrowful memories of the war. Woodbridge helped tremendously with the mental healing of the affected soldiers by showing the love and hope of family and Christmas.

If I were a resident of Woodbridge Township during the Great War, I would have definitely contributed my time and assistance to the soldiers by working as a nurse. I would spend my time as a nurse because I like to lift spirits and I am a great listener and helper. In addition, the macabre sights of the wounded soldiers such as the missing limbs and the sight of blood, wouldn't disgust me. Furthermore, I know I will have enough courage to work as a nurse. Consequently, being sympathetic, kind, and understanding will help with the rehabilitation and coping of the soldiers which were heavily needed during the war. The horrid memories of the war would permanently scar a man but with the help of nurses and doctors, those memories would start being replaced with good memories of honor and bravery. Being a part of the military does not only mean that you are sacrificing your life but also means that you have to be strong mentally and physically. I wouldn't have the amount of courage and strength to enlist in the army but my skills can help with other things such as hosting events, helping with injuries, and lifting spirits. I wouldn't hesitate to help my hometown and give back to those who have helped me.