"At the station, when Cabao had left, I discovered that he had put some money in my coat pocket. I took the bus and sat silently in a corner.

I was on my way north again. Familiar towns. But I could not erase Cabao from my mind. I recalled his gentle, educated voice, his delicate hands. There was something lost and futile, something utterly defeated in him.

"It's all right for me to suffer," I said to myself. "I am stronger than he is. He has no right to suffer..." (Bulosan 275)

Carlos Bulosan, in his America is in the Heart, writes of an encounter that he has with a man named Cabao. Cabao seems to have some of the dream that the Filipinos strive for as they struggle in the land of America. He has reached a position of a farm labor contractor and has been able to purchase his own home and have money to spare. Yet, even in Cabao's appearance of success there is a great deal of hidden pain that Bulosan recognizes and puzzles over. Though Cabao has "almost everything he wanted" and "had a good education" there is still the great sadness in him that permeates the lives of the Filipinos in America (275). This encounter with Cabao shows the great sense of loss and suffering experienced by the Filipino Americans that ultimately leads Bulosan to his conviction of his own strength and the necessity for his own...
personal sacrifice to the betterment of those around him that are suffering in pain.

This parting with Cabao has a great sense of loss surrounding it. Bulosan remembers Cabao's "gentle, educated voice, his delicate hands." It is awful that someone so fragile and seemingly kind should be so abused by the world. Yet, the strange thing is that the greatest pain that the reader is made specifically aware of is his sadness over the infidelity of his wife. His wife was a prostitute before he married her and seems to have no intention of changing her behavior even though she has a husband to provide for her. Though she is not faithful, he cares for her and continues to provide for her. This woman is in a cycle of self-destruction and it seems that in a way, Cabao is also. He chooses this woman and feels the pain of her unfaithfulness time and time again. Yet, Cabao is an educated man. He should be able to escape that cycle through his education. But Bulosan writes that in Cabao, "There was something lost and futile, something utterly defeated in him." With further examination the reader comes to realize that his wife is not the primary cause of his distress. It is instead the sad realization that even though he is educated he will not be able to accomplish more with it.

Education means a lot to the Filipinos, especially to Bulosan's family. Education is the only way they believe, to get out of the life of poverty that they are living in and create a better future. They sacrifice everything so that Macario can go to school and get an education. Bulosan even watches his father sell off the land that has belonged to his family for many years and is their only means of income. Bulosan sees the most important things given up for the sake of a brother's education. This sets a precedent for Bulosan at a very early age, that of sacrificing whatever you can for the education of another. This may be one of the reasons for Bulosan's insistence that Cabao should not be the one to suffer. Bulosan writes, as he leaves Cabao, "It's
all right for me to suffer... I'm stronger than he is.” Bulosan, unable to devote his time to get an education must be the one sacrifice and suffer for another just as his parents taught him to. Cabao has been allowed to get an education, he is the one to be suffered for so he in turn can edify the lives of those who have striven to get him to his success.

However, this hopeful plan does not work out. The educated are only allowed to do such things as the housework for the wealthy that Macario finds or in Cabao’s case overseeing labor on farms. Bulosan writes of Cabao that “there was something lost and futile, something utterly defeated in him.” This great pain that he experiences is not wholly caused by the indiscretions of his wife. It is instead caused by unfulfilled dreams heightened by the presumed possibilities opened up through education. Hopelessness leading to pain and inward suffering from the disappointment that the men were not prepared for as Bulosan was. Cabao and Macario were built up and given false hope about the possibilities of a good education. They came to America and experienced so much discrimination that they were destroyed inside. Bulosan considers himself stronger because he has been prepared for more hardships. Though not expecting to experience so much racial prejudice and cruelty, he had no been built up so high. He is stronger and so must bear the burdens of other and sacrifice so that they may have a better life.

Bulosan ends the passage with, “He has no right to suffer...” The striking statement at the end of the passage raises many questions about Bulosan’s purpose in writing his book. Just as Bulosan is haunted by the memory of Cabao’s situation, so is he constantly pursued with the memory of many other Filipinos who have struggled in their quest to find peace in America. Bulosan writes to show the right for the Filipinos to succeed in America. He shows his strength by using the written word to help others as he makes America aware of the cruelties show towards the Filipinos. In a way, this is his sacrifice and service to help to better others’ lives.