

by means of intelligent cultivation, an abundant harvest of sound and wholesome grain. There is, in fact, in character another factor: that of the moral being, or person, upon whom the will power has a controlling influence. Yours is the task and the capacity to mould at will your character into shape; so you can, in spite of your natural propensities, mark your character with the brand you have chosen.

One should have an ideal, a target at which all manly efforts should be aimed. That ideal, moreover, must bear four distinctive marks:

- 1.—Uprightness, or integrity of conscience; such will constitute honorability.
- 2.—Strength of will power; such will give your character inestimable value.
- 3.—Kindness of heart; such will clothe your personality with a garment of attractiveness and charm.
- 4.—Manly exterior bearing, which will add dignity.

Undoubtedly, those moral qualities are more than enough to constitute an ideal character, but they are independent of temperament in this sense, that they are the product of neither this nor that nature. Within the limits of all natures do they lie, though not accessible to a same degree. Whatever be your natural dispositions, bear well in mind that you will have to bring your native habits into subjection, so as to follow steadfastly the dictums of your conscience, so as never to recoil from duties requiring strenuous efforts; so as to keep the hearth of your heart aglow with benevolence; so that your exterior may always be full of dignity. And those acts, isolated and rare, fruit of a transitory moral violence exercised upon yourself, will never achieve for you that ideal character; it is the innermost of your soul that must be fertilized by repeated arrowing and generously sown with noble tendencies. Let us try, then, to throw more light on those distinctive marks of an ideal character.

Uprightness of Conscience.

If I speak of conscience first, it is that a man of conscience alone is worthy of some esteem. Instinctively do we despise a man who, without scruple, unbitten by remorse, tramples on his conscience. Not being able to rely upon him, to trust the sincerity of