

lems; it is the nature of things, and the purpose of the great plan to bring out strong individuals. With poise and calmness you can successfully combat all the problems which confront you; for Nature has given every man the equipment to assume the responsibilities he faces in life.

In your relation to the things of this world, all your problems divide themselves in two classes, one consisting of the things you can control, the other the things you cannot control. Obviously, it is footless

Only Two
Things to
Worry Over.

to worry over the things you cannot control, and time so spent is worse than wasted. The things you can control may look to be beyond your power at present, but as you go along with us, you will gradually find yourself measuring up to greater ability and power, and obstacles will diminish in size as your strength increases.

So, go to bed to-night with the firmly fixed thought that worry is a mental condition; that it is unreal and cannot hurt you if you are unafraid. Worry may make horrible pictures in your dreams; your problems will be distorted and magnified, but just keep a stiff backbone and a stiff jawbone and say "I am unafraid." Do this and even to-night you will sleep better and surely to-morrow you will have more confidence.