

### 3.

As explain particularly, later on, the will-power controls the mind, the mind masters the nerves, the nerves boss the muscles, the muscles drive the organs, and the whole human machine goes along merrily as Nature intended it to, but when the clouds keep the sunshine out of the thinking department and when the physical habits hamper the digestion or the functions of any of the organs, then we have congestion — and the good old doctors tell us that sickness or disease is the result of congestion. So it is that congestion of the mind, like sand in the gear box, prevents the smooth rhythm of Nature's forces and we suffer from results caused by improper working of our God-given powers — mental and physical.

It's a science worth while that tells us how to think, how to act and how to live, so that we shall have happiness, strength and efficiency.

The big books in the library deal on the science of life and living, of thought and thinking. They emphasize the word "efficiency," but our little