

heroic or extreme. Most systems of mental and physical training are extreme, faddish and theoretical, and they soon prove discouraging.

We will deal with common sense, practical, rational methods which will be in marked contrast to the involved technical, theoretical, irrational systems of which there are so many.

We shall enjoy our travels and acquaintance with each other and I am sure you will not feel that you are taking treatment or obeying onerous discipline; we shall work with smiles all around us and shall not heave sighs or waste time making wishes.

Confidence must be yours; I shall require faith on your part when we go beyond the horizon you are familiar with.

If health and happiness were the estate of the majority there would be no call for this book, but health is scarce and happiness most rare, because of the demands and the conventions of business and social life.

We are keyed up; we must slacken up a bit and lower the tension. Here's a mental picture for you: Time, never so valuable as now, coupled with ambition as a goad, is driving man to faster movement. Man is becoming a master mental dynamo, running by

Man the
Dynamo.