

PRIME MINISTER'S OFFICE

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Subject.....

Date.....Publication.....

As the self asserts itself, the more are we able to choose a line of action independent of, or even in opposition to, outside forces; the more are we at liberty to exercise free will; the more do we enjoy freedom."

Such is Dr. King's way of putting the war between our members and our mind, of which St. Paul wrote. In his view, "the true criterion of good or evil is an inward sense of happiness or of suffering. Our real goodness is proportional to the amount we build up. Our evil is relative to the extent to which we retard direct progress. Goodness lies not in believing but in doing. Undoubtedly believing is an important fundamental to doing, but there is no virtue in any belief by itself. The virtue lies only in the progress which the belief stimulates. The value of a belief is not to be estimated by the people who entertain it, but by the fruits of their lives." And again: "The distinction which too long has been made between goodness and wisdom is, from a health standpoint and for practical purposes, as imaginary as it is unreasonable. Where in the world of goodness can one find anything which is unwise; where in the world of wisdom anything which is bad?"

This intimate connection of physical and moral health is the keynote of the book. A treatise on nervous disorders, written by a dying man, it is a firm demand for courage, resolution and a systematic and well-ordered way of life, in small things as in great. "Have you thought of the damage to your volition that arises through giving in each day to your lethargic feelings? It is folly to suppose that you can run away from 95 per cent. of the hard things in life and successfully challenge the remaining five per cent." The excerpts which have been quoted suggest that the author is chiefly concerned with moral questions, but the book contains definite suggestions for psychological treatment of nervous troubles, and illuminating details of the psychological causes of many physical symptoms. The central thesis that the moral qualities use the

nervous system to control the physical nature of man is pressed with force, with reiteration, and with copious illustration. It is a book which will prove of value to many in perplexity over the conduct of life.

C. F. H.

King, Rt. Hon. William Lyon Mackenzie (MG
26 J 7 volume 17) Dr. and Mrs. Dougall
Macdougall (Max) King - Clippings -
Nerves and Personal Power - Reviews
n.d., 1922-1943

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