

achievement, and is ever diminishing in intensity.

In our efforts towards perfection there must be true self-examination ; not mere intellectual introspection. The recorded wisdom of our predecessors, and that of contemporary thinkers, is certainly of some avail, but each individual must rely chiefly upon his own inward efforts to break that crusted mass of ignorance, preconception and prejudice, which we all inherit. In the end, no doubt, one finds that these efforts and the glorified traditions of the past are really identical in purpose ; but the actual discovery of this identity and the realisation of its truth is part of the process which each individual must necessarily undergo for himself.

Then can we not help one another ? Yes, surely. As William James points out in his *Varieties of Religious Experience* the practice of "confession" may have very great value psychologically, provided the confessor has a large and well equipped mind, which unfortunately is not usually the case. He should be thoroughly well versed in psychology, and he should be possessed of more than an average knowledge of the affairs of the world. He