

and by your own will-power. I am simply the purveyor of truth, the assistant, the counsel, the preceptor.

The fact is that the responsibility is upon you; I will help you to reason, will try to convince and show you the way, but you must accept, follow and practice.

The base on which we rest our argument is that no two objects can occupy the same space at the same time. When worry occupies your thoughts, all good thought is shut out. When happiness is in possession, worry is out.

Worry and fear-thought will keep you at high pressure and cause you to go to extremes in mental activity. With faith-thought, confidence and poise in possession of your thinking apparatus, you can slow down and conserve your energies. Excitement or stress of emergency runs up your nerve voltage and at such times you must pull yourself together and establish calmness and poise and slow down your governor.

Regularity in your habits, avoidance of extremes, must be your rule, and this will bring to you a serenity and an ability clearly, rationally and sensibly to solve problems and overcome obstacles. So long as you live you will face prob-

Slow
Down.