

5.

In their extremity many persons who are unsuccessful in establishing better thought by will-power, resort to drugs, little realizing what harm they are doing to themselves. Morphine doesn't cure pain — it simply deadens sensibility to pain for the time being; strychnia and other deadly poisons in diluted pill or tablet form, will quicken the pulse and give a feeling of exhilaration or buoyancy for the time being, but at terrific cost to your physical body. Dope deadens the nerves to pain or intoxicates the imagination, causing the mind to paint false pictures.

Every grain of poison you take lessens your resistance. Shun drugs, pills or tonics — no good can come of them. Drugs cannot
Drugs, Dope and Tonics. better your mind or physical condition. Nature has tonics which you will learn of later, but bear in mind neither drugs nor words can cure you of any trouble that comes from inefficient mind-control, lack of power to think, or weakness of will. The cure must be made by your own self, through your own mind,