

set, and richer in your increased command over the resources of language.

I hope you write poetry; then I hope you burn it. Write it, that you may put your powers of expression to the severest test to which you can put them, and grow strong by the mental athletics. Burn it, that you may not add to the wishy-washy flood of verse slopped around by our self-styled poets. Burn it, until you find that you have something worthy to say that no one else has thought, or better, that you have consummate skill to say what everyone thinks.

*Extract 7. The Issue of Self-Culture.*—Our subject has been treated most inadequately. We have but touched its fringe here and there. Many important considerations have been passed without even cursory reference.

But if you are determined to know more of the subject and to pursue the path of self-development with new zeal, all that we could have hoped has been accomplished. You will study your physical powers and development. You will try the unfamiliar exercise of introspection, studying your mental characteristics with all the light that psychology can shed; and every faculty, as you learn what it is and what it can do, will be disciplined and trained to the highest efficiency. You will pass in review your desires and your will; for what is low you will seek uplifting, for what is impure you will seek purging, for what is errant you will seek guiding, for what is weak you will seek strengthening. Then, with bodily equipment robust, with intellect clear, with emotion and desire noble, with will imperial, you will esteem yourself a messenger of the divine, called forth from prenatal nothingness by the divine summons to reveal in a world of darkness and pain incarnate divine light and love and healing. To the weary you will be refreshment, to the struggling help, to the sad sympathy, to the wounded tenderness, to the despairing hope, to the dying strong consolation. Among your friends and associates you will move with such considerate cultured kindness that in the smallest things of life as well as in the greatest, in the tones of your voice, in the words that you choose, in every look, in every gesture, as well as in the use of your time, your influence, your fortune, you will be a protector of the weak, tender to childhood, chivalrous to womanhood, respectful to manhood, loyal in service, generous in command, everywhere and always a cultured, Christian gentleman.