

to the masses about truth. So we each have our place and each have our field.

We are after the whip-handle end of things, that we may control our acts, thoughts, destinies, and be masters instead of slaves.

We are acute in our unrest and worries. The original man-animal had no worry, for he had no thinking brains. Civilization and convention have brought about an almost universal tendency to worry, and some new system of training, some new operations of commerce, some new ideals of life, will have to be established.

Worry weakens will-power, saps nerve-power, unsteadies thought-power, dissipates concentration and causes a man to lose his Pep. We are going to have many experiences with worry, and we are going to follow rules, suggestions and methods that will give us grit and grip, which you see is still another way to spell Pep.

Whether the mind or body suffers first, both finally suffer when worry is present, because there is an inseparable affinity between mind and body. Disease is the effect of a cause. Remove the cause and the effect disappears. The cause of most diseases is traced to wrong thought or imagination. We will try to get at some of these causes with simple bread-and-butter truths