

to effort. How often we repeat or refer to the "Sermon on the Mount," and pay lip service to its beauty and its truth! But what is its true meaning? "A counsel of perfection" is the glib official reply. Certainly, but has it no practical value, and, if so, what is it intended to convey? Restated in cold prosaic language, the lesson there inculcated urges us to rely less upon the seen, the concrete, the physically tangible; and more upon the spiritual side of our natures, unmanifest to our senses, but none the less real and permanent. We are there told on authority that by this way we gain true security and everlasting peace.

It is the object of these pages to point out that this teaching is in strict accord with the conclusions of recent psychological research