

Economic Science School

Vancouver, Canada

Lesson II.

Mental Strength

IN Lesson I is disclosed the nature of the Foundation on which rests the whole theme of Economics, namely: Individual Mental Development. Already has the thought of every *real* student of that Lesson been made more prudent, more discerning, more acute, more unbiased, more self-possessed, more sagacious—has been made stronger and better in every way—if for no other reason than this: the *real* student *thinks*—uses analytical and constructive Reason—upon the problem before him and thereby *exercises* his mental faculties; and that mental exercising means Mental growth, and Mental growth means Mental strength gained as indicated above.

To *know thyself* is of greatest consequence, since it discloses to you not only the Source of your power, your force, your inherent mental virility, but it instructs you in the proper use of your many inborn talents, and arms and equips you for the conquest before you—for the life of a progressively successful human being is a conquest of hindrances, of obstructions, of discouragements.

Realizing that this applies to me as well as to you, I make it a personal matter and commune thus with myself:

Do I allow little things to annoy me? Has something gone "wrong"? I should set about the "righting" calmly, kindly, intelligently, and with good-will both to *myself* and to the "wrong." What I look upon as "wrong" thus becomes helpful to me as a medium whereby I can gain strength, for I know that strength is developed by proper *exercising*.

Is something that I cherished broken? Mend it! Oh! It can't be mended! What will it profit me then to weaken my mind because of something that can't be mended? Will not the situation be greatly improved if I accept the circumstance as merely an incident which carries with it a little lesson in self control, wherein I can obtain more *real* benefit in the mental strengthening process than I ever could have obtained from the thing itself had it remained unbroken? I am ignorant indeed when I allow little things to steal away my fortitude and my happiness.