

THE FEAST OF ST. FRIEND

sionate love does not mean happiness; it means excitement, apprehension and continually renewed desire. And affectionate love, from which the passion has faded, means something less than happiness, for, mingled with its gentle tranquility is a disturbing regret for the more fiery past. Luxury, according to the universal experience of those who have had it, has no connection whatever with happiness. And as for freedom from enforced effort, it means simply death.

Happiness as it is dreamed of cannot possibly exist save for brief periods of self-deception which are followed by terrible periods of reaction. Real, practicable happiness is due primarily not to any kind of environment, but to an inward state of mind. Real happiness consists first in acceptance of the