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"DOWNLAND."

**Professor Severn and the
Cultivation of Self-Reliance.**

Many people narrowly miss success owing to a lack of confidence in themselves. A very helpful article on the cultivation of self-reliance by Professor J. Millott Severn, the well-known phrenologist, of Brighton, appears in the September number of "Downland." "Self-depreciation," he states, "demoralizes character and is destructive of all true dignity. It is just as wrong—it is, in fact, more wrong—to undervalue as to overestimate one's self. A person who has a sufficient degree of self-confidence holds back from undertaking responsibilities of which he is capable and ought of right to undertake. Confidence begets confidence. If persons do not believe in themselves, how can they expect others to believe in them? Confidence can never take the place of ability, but ability is often at a discount because of lack of confidence. People should not be too concerned because their scholastic training has been limited. They should set to and educate themselves. To cultivate self-confidence, endeavor to realize more fully your own inherent powers. Set a higher value upon your abilities and services.

BE MORE COMMANDING AND DEMANDING.

Don't let others less qualified and less intelligent than yourself take the place which by right belongs to you. In everything you do, try to manifest more self-reliance. Do not allow yourself to be hindered in your progress and achievements by others' judgment and opinions; depend upon yourself. Your real success will often date from the time you resolve to do this. Remember that the possession of a mind is a jewel of inestimable value, of which you may well be proud. Humility is only a virtue when it does not cause one to be trampled upon or to shirk one's responsibilities. It should be further borne in mind

that the use and improvement of one's talents, be they one or ten, will be required of us." A well-written article by the Editor emphasizes the importance of taking stock periodically of one's position in life, and there is an admirable contribution on "Golden September," by Arthur Sharp. In "A Survival," Victor B. Neuburg deals with two primitive tramps whom progress has passed by, and J. B. McDougall, M.D., contributes his sixth informative article on "The Angora Rabbit." Amongst the other features . . .