

And as to attain horsemanship the study of folios aids not, but the mounting of an horse ; as the best way to learn to swim is to enter the water and strike out ; so is it cool sense, not feverish reason, that says : To attain quiet, practise quiet.

There are men so strong of will, so able to concentrate the mind, to neglect the impressions that they do not wish to receive, that they can withdraw themselves from their surroundings, even when those are as multitudinous and insistent as those of a great city. But for the most part of men, it is best to begin in easier circumstances, to climb the mountain in fine weather before attacking it in the snowstorm.

And yet the eager aspirant will answer : Provided that the cure is complete. Provided that the sickness does not return when the medicine is stopped.

Ah ! that were hard : so deep-seated is the malady that, years after its symptoms have passed, it seizes on a moment of weakness to blaze out again. It is a malarial fever that lurks low, that hides in the very substance of the blood itself, that has made the very fountain of life partaker with it in the sacrament of death.

*"Had a spider found out the communion-cup?"*

*"Was a toad in the christening font?"*

No : the remedy cures surely enough ; but not often does it cure once for all, beyond relapse. But it is simple ; and once the symptoms have properly abated, they never return with equal force, and if the patient has but the wit to stretch out the hand for another dose, the fever flies.

What is then the essential ? To cure the patient once ; to give him faith in its efficacy, so that when perchance he falls sick, and no doctor is near, he may be able to cure himself.

If thought then be that which troubles the soul, there is but one way to take. Stop thinking.

It is the most difficult task that man can undertake. "Give me a fulcrum for my lever," said Archimedes, "and I will move the earth." But how when one is within and part of that very system of motion which one desires to stop ? Newton's First Law drops like the headsman's axe on the very nape of our endeavour. Well for us that this is not as true as it is obvious ! For this fact saves us, that the resolution of all these motions is rest. The motion is but in reciprocal pairs ; the sum of its vectors is zero. The knot of the Universe is a fool's knot ; for all it seems Gordian, dull but firmly, and it ravel out. It is this seeming that is all the mischief ; gloomy is the gulf, and the clouds gather angrily in monstrous shapes ; the false moon flickers