

PHILOSOPHY OF LIFE RESTORES TO SANITY

ADVISE PHYSICALLY WEAK

Says Sound Philosophy Necessary to Normal Man and Will Rescue From Nervous Prostration

A sound philosophy of life is not only essential to a normal man, but will rescue from "nervous prostration" the man lacking in psychic stamina, according to Dr. George B. Lake, managing editor of "Clinical Medicine and Surgery," writing in the April issue of the "Welfare Magazine" on the subject, "Needed — A Philosophy of Life."

While he asserts that such a philosophy must be a part of every complete life, Dr. Lake deals principally with the problem of those persons suffering from "nervous prostration," "nervous breakdown," "hysterics" and the like. He states that "the number of people who are absolutely normal mentally is very small. . . . If there is any place where the line between 'sanity' and 'insanity' can be drawn, it would be by saying that the sane man is one who can function with reasonable adequacy, comfort and safety in a normal social environment; while the insane man cannot do so."

Inferior Who Broods

It is the psychically inferior man, according to the author, who broods over failure, becomes despondent over mistake and suffers agonies over petty every-day affairs. "While the normal man finds a coherent and reasonable philosophy of life immensely helpful to him in many ways," a philosophy of life is indispensable to this man of unstable mind.

The speed and complexity of modern life and the "crumbling of the traditional philosophies which have sustained many less intellectually curious and venturesome generations" have "increased the burden of the psychic variant," Dr. Lake explains. "Underlying every great religion the world has ever known there are a few great fundamental truths which can be arrived at by any man who has the courage, energy and perseverance to strip them all of the cobwebs and tinsel of dogma and ritual with which they are incusted; and, when found, these Eternal Verities will be seen to be incidental in all of the towering faiths that have moved men throughout the ages."

Solves Problems

"A philosophy like this is able to solve the problems of any person who suffers from psychic disease or inferiority, if he can make it a part of his existence. Any philosophy which covers the area of a man's mental activities and is consistent with the amount of knowledge he has acquired and the degree of common sense he has attained is capable of rescuing him from the quagmire of 'nervous prostration,' if he will lay hold upon it firmly and let go of his preconceived opinions. . . . it may be orthodox Christianity, Christian Science, materialistic determinism. . . or any other co-ordinated philosophy. . . . "In proportion as our philosophy is broadly inclusive, consistent with truth it will free us, not only from conflicts and 'complexes,' but also, if we live by it faithfully and continuously, from the sorrows and disasters

which result from ignorance of natural laws and attempted interference with their operation."

WORLD CHAMP STARTED BOXING IN GREENWICH

Got Early Experience in So-called "Farm" Near That Village, Report

James J. Tunney, world champion heavyweight now preparing for his next title bout, received some of his preliminary lessons in boxing in a so-called "farm" in the vicinity of Greenwich Village, he reveals in an interview in the Farm and Fireside magazine.

Correcting many of the popular beliefs as to his early activities Tunney insisted that while his "farm" was in the center of the world's greatest city, a section commonly accepted as the headquarters of highbrows and proponents of new and sometimes radical ideas, his great regard for Greenwich Village is due to the fact that it resembled in his boyhood the corner ball lot of the more suburban youngster.

"What a thrill we'd get when we heard there was to be a grudge fight between two kids," said Tunney. "The scene of the bout usually would be a place we called 'the farm,' a great expanse of cobblestone territory. It was that part of the waterfront which, early in the morning, was choked with vegetables fresh from the agricultural districts. That's why we called it 'the farm.'"

Tunney said that his first fight, one with Billy Roche, of the Bronx, was in the neighborhood of that same "farm." It was a fight that never got on the record books, but Tunney remembers it well.

SLOW STOPPING SAFEST, ADVISES AUTO EXPERT

Motorists should allow for surface conditions in bringing their cars to a stop, advises the Accident Prevention department of the Chicago Motor club. Just because the car is equipped with four wheel brakes, the driver is not justified in approaching a crossing at high speed, making no allowance for emergency. There may be oil on the street or the brake mechanism may be faulty. Slow stopping is safest.

Should Be on Guard

In the season of wet weather, motorists should be especially on their guard for dangerous hills when driving over the highway, warns the Accident Prevention department of Chicago Motor club.

Women's clothing is now being sold very largely on the installment plan and judging from what we see on the street we are inclined to believe that most of the ladies only wear the first installment.

An American scientist says that the original Garden of Eden was in Central Asia. From reading real estate ads we had been led to believe that it was located somewhere south of Palm Beach.

(After the last Physics lecture)— "Come on now, fellows; three light rays for the professor!"

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