

WHAT'S ON YOUR MIND?

by
Savant

We are going to try to run a corner with a great aim in this little paper. It may seem ridiculous on the face of it that a writer on a weekly newspaper could have a great aim. But "great oaks from little acorns grow," so we are planting an acorn and hoping for the best.

The aim of this writer is to solve problems. Not technical problems, because teachers in schools and experts in scientific laboratories do that sort of thing every day. We mean problems of misery, unhappiness, dejected spirits, moral problems, political and mental attitudes, so-called "spiritual" problems; personal troubles, we might say; all people have them from birth until death. We aspire to find the answers. Where we can't find an answer we shall try to alleviate worry and ease mental suffering. In our opinion, ignorance is the source of a great, aye, an immense deal of personal misery. Misery and worry are the two well-springs of poison that lead to sickness and serious ill health which may become permanent. Psychologists have discovered that sometimes fifteen minutes of revealing conversation can change a whole life, and persons contemplating self-destruction have been turned to a life of tolerable well-being and pleasantness.

The selection of a title for our Corner has been somewhat of a problem; we have thought of many such as "The Spiritual Fountain," but that might be offensive to pious people, especially theologians who attach a meaning entirely different to that intended by this writer. The word "spiritual" might properly be separated from its formal connotation of sanctimonious origin. The ancients believed in spirits and angels and devils and souls and heaven and hell. In this modern world we know things of which the ancients never dreamed. By "spirit" today we mean feeling or attitude. Your feelings and attitudes are of uttermost importance in life. In ancient Rome a slave did not dare to have feelings or attitudes except those of obsequious obedience. Today, thanks to Lincoln, Washington, and a few others, we are free men, with mental liberty, to choose our own thoughts, attitudes and feelings.

We have thought of the title "Soul Clinic" or "Heart Clinic," but both are too obscure, too equivocal in meaning. (Now-a-days to talk to a scientist about the soul might lead one to be suspected of insanity.) A "heart clinic" might be thought a lover's retreat. We have thought of using the word "service" in some way that would not be commonplace. Our idea is undoubtedly to be of service, but in what way? Philosophical? Psychological? Moral? Social? What would be a covering word or title?

We have thought of a sign-post, pointing to our idea of happiness.

But our idea of happiness might not accord with yours, except that all philosophers from Aristotle down to Bertrand Russell, have believed the greatest and never-to-be-surpassed state of happiness is bound in a sane mind coupled with a sound, healthy body. A sane mind is rare. If the writer could achieve nothing more than to help one reader find or retain his sanity, he would feel he had succeeded in his purpose.

And now, Reader, if you have "something on your mind" that bothers you, something depressing or retarding to your spirit, put your thoughts in a letter to The Savant. You may sign your letter or not, as you wish . . . no names will be published in our reply.

—The Savant.

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