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..No Weakling Overcomes Desire..

A Bulletin fan sends in the following quotation from the newspaper column of Mr. Robert Quillen. The principle Mr. Quillen insists upon is one of the most important in life. Don't miss it.

Plutarch tells of a grim old Roman who disciplined himself by doing without water till he was very thirsty, then taking a drink in his mouth and spewing it out again--and telling no one what he had done.

What good did it do? Well, what good is done when a man takes a ten-mile walk or plays 36 holes of golf or boxes several fast rounds? He proves to himself that he is physically fit--that he is strong and sound.

And by any form of self-denial that tests his will by overcoming desire, he proves to himself that he is master of his soul--that his character is still strong and sound.

It is no mean achievement. It demonstrates his manhood as no exhibition of physical prowess can. For the lowest and least commendable of men may be a superb physical specimen, but no weakling can overcome desire.

The wisest of books says that one who conquers himself is greater than one who takes a city.

If you think that an exaggeration, compare the business of commanding troops to that of quitting the life-long habit of using tobacco, and measure the degree of self-control and determination and long-suffering fortitude required for each.

Self-indulgence, whatever its nature, is weakness. It is drifting--taking the easy way--following the course of least resistance. And it destroys character as certainly and as quickly as want of effort softens muscle.

The beasts of the field and forest have no rule of behavior except that of indulging their appetites and passions. Primitive men were equally sensual. And every forward step that man has made, in decency and honor and the spiritual elements of civilization, has been the result of conquering emotions and desires that made him brother to the beast.

It is old-fashioned moralizing, but none the less true, that the easy way of self-indulgence leads to swift decay and destruction.

In the life of an individual or a nation, the way of survival is the hard, unpopular way of duty, sacrifice, discipline, and self-denial.

If we had learned self-control and self-denial six years ago, we wouldn't be eating husks now.

Do you recall any words of Christ on the necessity of self-denial? How many unmortified saints have you heard about? Go to the Library and read any psychology book on the training of the will. And, once and for all, bring into your life the habit of daily self-denial.