

call our souls our own? I am not sure. But we ought to be sure. That alone matters.

Take an example. Nobody loves the youth of to-day more than I do. Yet I am certain that it asks too much from life. It demands to be incessantly amused. It is gloriously active, but that activity of body and mind is overdone. There is a strength in being still. But they can't be still—that's the trouble.

The proof of all this is not to be seen now. It will come in thirty years' time. Youth gets away with it—until middle age. I have fears for the frayed nerves in middle age of those who set such a pace in living while they are young. I hope that I may be wrong.

Don't imagine that I am criticising youth. It is we older ones who have lost the simplicities of life, and for that reason we can't hand them on to our children.

I believe that the big truths are found most often in the minds of very simple folk—especially those who have lived close to the earth. They value life better, put more into it, get more out of it. They don't grow sour in growing old because after the most hectic activity they have missed what is best in life.

Life was meant to be enjoyed. If not, why does the good God surround us with all the

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SIMPLIFY YOUR LIFE

ALL sorts of people are telling me that life ought to be simple. I agree. It would be happier so. Perhaps in the end, after countless negotiations, this will be the way of peace.

I think sometimes that civilisation is the name that we give to the senseless complications that we have put into the art of living. And somehow living is becoming impossible—unless we can change things. Of course, we must begin by changing ourselves.

The truth is that we are caught up in this monstrous machine of our own invention and whirled round at a terrific pace, without knowing why.

We exist, but we do not live. Some can't even do that. Most of us, anyhow, get worn out long before our time.

When therefore we talk of freedom, let us consider carefully this tyranny of things to which we are enslaved. In modern life can we