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THE
HUMANITARIAN
CALENDAR

WILLIAM J. ROBINSON, M.D.

BA .AJ (2)



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THE HUMANITARIAN CALENDAR

AND

DAILY MAXIM BOOK

BY

DR. WILLIAM J. ROBINSON

We owe a place in the temple that commemorates human emancipation to every man who has kindled in his generation a brighter flame of moral enthusiasm, and a more eager care for the realization of good and virtuous ideals. JOHN MORLEY.

NEW YORK
FREETHOUGHT PRESS ASSOCIATION
1929

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TO THOSE WHO LOVE HUMANITY

Who are on the side of light against darkness,
on the side of free thought against thought enslaved,
on the side of kindness against cruelty,
on the side of peace against war, and who in
spite of all crushing discouragement have retained
hope in mankind's glorious future

This Humanitarian Calendar is dedicated.

W. J. R.



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HUMANITARIAN CALENDAR

Give Us To-Day Our Spiritual Bread

I am a profound believer in the power of words. Words, woven into sentences, slogans, maxims, songs and books have deeply influenced the lives of individuals, as well as the destinies of whole nations. I know personally men and women the current of whose lives was profoundly changed as the result of a book or an article.

As I believe in the value of prayer for those who are believers, so I believe in the value of helpful hints and maxims for those who wish to be helped. Except in the hopelessly blasé and cynical, the words of humanity's good and great men *do* conduce to nobler thinking and better living; and cheerful and encouraging maxims *are* good for the soul; a wise maxim absorbed in the morning may change the fate of the day; it may do a great deal of good, it may do only a little good—it certainly can do no harm. And I present these Daily Readings and Maxims in the confident hope that they will prove of concrete benefit to many—perhaps to you. They have helped others, helped much—why should they not help you—at least a little?

The arrangement of this Calendar which might be called the Freethinkers and Humanitarian's Breviary, and which I consider unique, because I have searched and have not found any similar compilation in any language that I am familiar with, is as follows:

First come the dates of birth and death of men and women who have influenced mankind for good in some way. There are a few names of men whose service to humanity is rather doubtful, but they have been included for some special reason. Then come dates of events of greater or lesser importance. Then come extracts from the writings of the world's greatest and noblest men and women; these are generally followed by more homely and more modest maxims from the pen of the Compiler, maxims of a more practical character, aiming to cheer and to encourage and to remind us to take care of our bodies whose well-being is after all more or less essential to the health and efficiency of our minds.

Each month is preceded by a general Monthly Saying, and it is suggested that this Monthly Saying be read not only on the first of the month but every day of the respective month. It would be a good thing to commit it to memory.

Should the names of the thousand or so humanitarians listed in this Calendar stimulate the reader to further study of their lives and works, the result could not help being a most happy one. I trust that many readers and students will be so stimulated.

DR. WILLIAM J. ROBINSON.

JANUARY

Be It Ours to Shed Sunshine

One by one, as they march, our comrades vanish from our sight, seized by the silent orders of omnipotent Death. Very brief is the time in which we can help them, in which their happiness or misery is decided. Be it ours to shed sunshine on their path, to lighten their sorrows by the balm of sympathy, to give them the pure joy of a never-tiring affection, to strengthen failing courage, to instil faith in hours of despair.

Let us not weigh in grudging scales their merits and demerits, but let us think only of their need—of the sorrows, the difficulties, perhaps the blindnesses, that make the misery of their lives; let us remember that they are fellow-sufferers in the same darkness, actors in the same tragedy with ourselves.

And so, when their day is over, when their good and their evil have become eternal by the immortality of the past, be it ours to feel that where they suffered, where they failed, no deed of ours was the cause; but wherever a spark of the divine fire kindled in their hearts, we were ready with encouragement, with sympathy, with brave words in which high courage glowed.

BERTRAND RUSSELL.

January 1

- B. of Ulrich Zwingli, Swiss religious reformer (1484)
- D. of Francis Place, one of the pioneers of birth control in England (1854)
- D. of Auguste Blanqui, French Revolutionist (1881)
- D. of H. R. Hertz, German physicist (1894)
- Proclamation of Emancipation of slaves by President Lincoln (1863)
- Formation of Union of Socialist Soviet Republics (1923)

New Year Wishes

I wish you a Happy New Year! May the three great blessings, Health, Honourable Success, and Peace of Mind be yours in the fullest measure.



You cannot prevent or stop the rain. Nor would you want to if you could, for without rain there would be no crops and people would starve. But you can stay in when it rains, or you can provide yourself with an umbrella, a raincoat and a pair of high boots or rubbers and thus defy and not mind the rain.

It is an almost hopeless task to destroy all disease producing germs. Our greater hope lies in increasing our resistance to disease. Both endeavors should go hand in hand.

So it is with our attitude toward life in general. We cannot expect to prevent all blows, all accidents, all misfortunes; but we must try to strengthen our resistance, to learn to be less sensitive, to take things more calmly. It is quite right to endeavor to diminish the burden, but we must at the same time broaden and strengthen our shoulders. No weight is too heavy if we are equal to it; no burden is too light if it is above our strength to carry it.



January 2

Those only are happy who have their minds fixed on some object other than their own happiness; on the happiness of others, on the improvement of mankind, even on some art or pursuit, followed not as a means, but as itself an ideal end. Aiming thus at something else, they find happiness by the way. . . . Ask yourself whether you are happy, and you cease to be so. The only chance is to treat, not happiness, but some end external to it, as the purpose of life.—JOHN STUART MILL.

January 3

B. of Louis Poinso, French mathematician (1777)

In the part which merely concerns himself man's independence is, of right, absolute. Over himself, over his own body and mind, he is sovereign.—JOHN STUART MILL.



A man may give good advice who never follows it, as a finger-post may point the right way though it never moves in that direction. But he who is seen to do himself what he counsels will always have more influence over men than those who say one thing and do another.—GEORGE JACOB HOLYOAKE.



January 4

B. of Jakob Ludwig Grimm, German folklorist and philologist (1785)

B. of Henry George Bohn, British publisher, founder of Bohn's Popular Library (1796)

Organization of Fabian Society in London (1884)

Bolshevik Government recognizes independence of Finland (1918)

Tolerably early in life I discovered that one of the unpardonable sins, in the eyes of most people, is for a man to presume to go about unlabelled. The world regards such a person as the police do an unmuzzled dog, not under proper control.—HUXLEY.



When the obscurantists and reactionaries see that a liberal cause is on the point of winning, when they see that all the real arguments are on its side, when all their objections have been shown to be worthless, when they have nothing further to say, then they begin to use mud. They endeavor to belittle the cause, to besmirch it.



Be the captain of your soul!

January 5

B. of Jean Baptiste Say, French economist (1767)

The happiness we receive from ourselves is greater than that which we receive from our surroundings.



The goal of life is not to create new life. Rather is it—if life may be said to have a goal—to improve the life that is already here. . . . The fine, sensitive, kindhearted man or woman, with a high sense of responsibility hesitates before bringing a new creature into this insane war-filled world of ours.



January 6

B. of Heinrich Schliemann, German archeologist (1822)

I am aware that, if we admit a first cause, the mind still craves to know whence it came and how it arose. Nor can I overlook the difficulty from the immense amount of suffering through the world. I am, also, induced to defer to a certain extent to the judgment of the many able men who have fully believed in God; but here again I see how poor an argument this is. The safest conclusion seems to me that the whole subject is beyond the scope of man's intellect; *but man can do his duty*.—CHARLES DARWIN.



Be patient.—Patience is bitter, but its fruit is sweet, said Rousseau.

January 7

O may I join the choir invisible
Of those immortal dead who live again
In minds made better by their presence; live
In pulses stirred to generosity,
In deeds of daring rectitude, in scorn
For miserable aims that end with self,
In thoughts sublime that pierce the night like stars
And with their mild persistence urge men's search
To vaster issues.—GEORGE ELIOT.



January 8

B. of Alfred Russell Wallace, English scientist (1823)
President Wilson's 14 points announced in an address to
Congress (1918)

My belief is that no human being, and no society composed of
human beings, ever did, or ever will, come to much unless their
conduct was governed and guided by the love of some ethical
ideal.—T. H. HUXLEY.



The only medicine for suffering, crime, and all the other woes
of mankind is wisdom.—T. H. HUXLEY.



To hope is always permissible.

January 9

- D. of Lucretia Herschell, English astronomer (1848) at the age of 98
- D. of Louise Michel, French revolutionist (1905)
- Opening of tunnel under East River connecting New York and Brooklyn (1908)

Of moral purpose I see no trace in Nature. That is an article of exclusively human manufacture—and very much to our credit.—T. H. HUXLEY.



As appetite comes with eating so the desire for work often comes with working. Try to do the work you love; if you can't, then try to love the work you do.



January 10

- B. of Lazare Spallanzani, Italian physiologist (1729)
- B. of Francisco Ferrer, Spanish educator and humanitarian; brutally murdered by the Spanish government October 13, 1903
- Establishment of penny postage in England (1840)
- Opening of underground railway in London (1863)
- Occupation of the Ruhr by France—a criminal procedure (1923)

Why trouble ourselves about matters of which, however important they may be, we do know nothing and can know nothing? We live in a world which is full of misery and ignorance, and the plain duty of each and all of us is to try to make the little corner he can influence somewhat less miserable and somewhat less ignorant than it was before he entered it. To do this effectually it is necessary to be fully possessed of only two beliefs; the first, that the order of nature is ascertainable by our faculties to an extent which is practically unlimited; the second, that our volition counts for something as a condition of the course of events.—T. H. HUXLEY.



There is no cant in the statement that nobody is beaten and defeated until he acknowledges himself beaten and defeated.

January 11

B. of Alexander Hamilton, American statesman (1757)
Incorporation of Vassar College (1861)
Opening of Charing Cross Railway, London (1864)

By Equality, we must not understand that the degrees of power and wealth are to be absolutely the same; but that power should be purified from all violence, and should be exercised only in strict accordance with the laws; and that in wealth no citizen should be rich enough to purchase another citizen, nor poor enough to be forced to sell himself. If you wish to make the State durable, you must neither allow opulence nor want.—Rousseau.



Death is the one unescapable catastrophe in life. But being absolutely universal and absolutely unavoidable we must learn to regard it with calmness and resignation.



January 12

B. of Johann Heinrich Pestalozzi, Swiss educational reformer (1746)
Hard coal first used to make iron at Mauch Chunk, Pa. (1839)
Discovery of Planet Leda (1856)

Much of your misery is due to the world without. But won't you look into your soul and see if some of the causes are not within yourself?



He who dreams things is just as important as he who does things. Very often one can do things only because some one else has dreamed them before.



I believe in the ultimate decency of things, ay, if I woke in hell, should still believe it.—STEVENSON.

January 13

D. of George Fox, great Quaker (1691)
D. of Helger H. H. Drachmann, Danish author (1908)
Discovery of fourth satellite of Jupiter by Galileo (1618)
New flag with thirteen stars authorized by Congress to
replace the Union Jack (1777)

Contrary to physical objects, many a danger shrinks in size as we approach it more closely. And many a catastrophe vanishes altogether as we separate and analyze its component parts.



I plead for moderation, for discrimination, for sanity, for honesty, for fair play to everybody! The extremist is not only a nuisance, he is an injury to the cause which he espouses; by his overzealousness, he creates needless enmity, and repels the moderate, fair, and broad-minded elements.



January 14

D. of Edward Halley, great English astronomer (1743)

We have only a certain amount of energy at our disposal. It is not seemly to consume every ounce of it in a contest with brute nature. Man is made for better things. Whatever fails to elevate the mind is not truly profitable. How shall the mind be elevated if the body be exhausted with material preoccupations?—NORMAN DOUGLAS.



There are racial catastrophes and there are individual misfortunes. You may not be able to prevent the former, but your *attitude* toward the latter will determine the magnitude of the calamity. If you wish you can make it comparatively very small.

January 15

- B. of Molière, French dramatist (1623)
- B. of Joseph Proudhon, French political economist (1809)
- Renunciation of allegiance to Charles I of England by Parliament (1648)
- Opening of British Museum (1759)

As we go through life we must carry with us as one of our most intimate mottoes, the brief Latin admonition: *Noli Nocere!* Do not hurt. If you cannot do any active good, at least do not injure, do not cause human beings any avoidable suffering. There is enough misery in this world, without our adding to it.



What have you done yesterday and what are you going to do to-day for the benefit of your body and the peace of your mind?



January 16

- D. of Edmund Spenser, English poet (1599)
- D. of Edward Gibbon, English historian (1794)
- Recognition by France of the independence of the United States (1778)
- Botany Bay convicts opened theatre (1796)
- Assassination of Rosa Luxemburg, German socialist, by hired thugs (1919)

Criticism is good and necessary in measure. It is the salt of the mind. But you cannot live on salt alone. As a sole article of diet criticism poisons the mind and makes it a sick mind.



I believe with Ingersoll, that happiness is the only good, reason the only torch, justice the only worship, humanity the only religion, and love the only priest.



Our goal is happiness, but happiness resulting from a life of useful and many-sided activity, a life in which there is beauty, art, science, literature, social outlook, and an eager sympathy with humanity's struggles everywhere. Only such a life is worth while.

January 17

- B. of Pedro Calderon, Spanish dramatist (1600)
- B. of Benjamin Franklin, great American statesman, physicist and writer (1706)
- B. of Victor Alfieri, Italian poet (1749)
- B. of August Weismann, German scientist, whose most valuable work was in the domain of evolution (1834)
- D. of George Bancroft, American historian (1891)
- First telegram from Chicago sent to Milwaukee, Wis. (1849)

If we had a century more to live and had no other work to do, we should devote every minute of it to preaching the gospel of joy and happiness. That is the apostolic work that the world most needs to-day. Life is so short, and so full of (partly unavoidable) woe and disappointment, that to take away the few joys nature has vouchsafed us is nothing short of criminal.



Take all the past regrets which hang round your neck and drag you down to the ground, make a bundle of them, and throw them overboard.



Be yourself. Assert yourself. But in doing so you must not trample upon and crush others.



January 18

- B. of Montesquieu, French philosopher (1689)
- B. of Daniel Webster, American orator (1782)
- D. of Sir Francis Galton, English scientist and explorer (1911)
- End of Wars of the Roses (1486)
- Formal opening of Peace Congress at Paris (1919)

To do anything because others do it, and not because the thing is good or kind or honest in its own right, is to resign all moral control and all captaincy upon yourself, and go post-haste to the devil with the greatest number.—STEVENSON.



We have torn ourselves away from Nature and pass our lives in "brick-built dens." This is wrong. Only in direct contact with Mother Earth can we imbibe serenity and strength.

January 19

- B. of James Watt, English engineer, inventor of locomotive (1736)
- B. of Auguste Comte, French philosopher, founder of Positivism (1798)
- B. of Edgar Allan Poe, American writer (1809)
- B. of Sir Henry Bessemer, inventor of Bessemer process of steel (1813)
- Opening in London of Jennerian Institution for vaccination (1802)

A full life embraces both intellectual and manual labor. In the future the manual worker will spend some hours daily in intellectual work and the brain worker will find his recreation in manual work.



I firmly believe in the influence of the spoken or written, particularly the written, word. Even though it be much easier to give advice than it is to follow it, yet some of the advice may stick, and I know people who were tremendously helped by an encouraging book, by a timely counsel.



January 20

- B. of Eugene Sue, French physician and novelist (1804)
- D. of David Garrick, English actor (1779)
- First Parliament in England with representatives of boroughs (1265)
- First speech by Oliver Cromwell in Parliament (1629)

A good world needs knowledge, kindness, and courage; it does not need a regretful hankering after the past, or a fettering of the free intelligence by the words uttered long ago by ignorant men. It needs a fearless outlook and a free intelligence. It needs hope for the future, not looking back all the time towards a past that is dead, which we trust will be far surpassed by the future that our intelligence can create.—BERTRAND RUSSELL.



No man can live for himself alone. No man should; no normal man can. Interest in the affairs of our fellowmen makes our own life more interesting.

January 21

Junius letters first appeared (1769)

First appearance of London "Daily News" (1846)

Demonstration by Professor Tyndall of organic matter in atmospheric dust (1870)

There are books and people who leave you with a sense of depression, emptiness, with an indescribable bad taste in your mouth. Avoid both as you would an infectious disease.



January 22

B. of Francis Bacon, English philosopher (1561)

B. of Pierre Gassendi, French mathematician and philosopher (1592)

B. of Gotthold Ephraim Lessing, great German writer (1729)

B. of A. M. Ampère, French physicist (1775)

B. of Lord Byron, great English poet (1788)

B. of August Strindberg, Swedish writer (1849)

Yes, you have a right to live your own life and should live your own life. But in doing so you must be sure that you are not destroying the lives of others.



The rights and opinions of the minority, however small, are just as sacred and just as inviolable as the rights and opinions of the majority, however great. Might does not make right—not even the might of the majority.



Shake off your gloom and inertia!

January 23

D. of William Caslon, English type-cutter (1766)
D. of William Pitt, English statesman (1806)
National Election Day arranged by Congress (1845)
Brutal shooting down of hundreds of unarmed men and
women in St. Petersburg by order of Czar (1905)

We ought to stand up and look the world frankly in the face.
We ought to make the best we can of the world, and if it is not
so good as we wish, after all it will still be better than what these
others have made of it in all these ages.—BERTRAND RUSSELL.



You cannot attain everything you have set your mind on, but
within your limitations you can attain most things you sincerely
and deeply and wholeheartedly wish to attain.



January 24

B. of Frederick II, King of Prussia, the most enlightened
of monarchs (1712)
B. of Caron de Beaumarchais, French dramatist (1732)
B. of Charles Geo. Fox, English statesman (1749)
Summons of States-General, in France (1789)

We all have our limitations but it is surprising what hidden
powers some people possess, of which they are quite unaware.



The State exists for the individual, and not the individual for
the State; in fact, there is no such thing as the State, aside from
the individuals composing it; the State justifies itself only in so
far as it contributes to the welfare and happiness of its component
members; if it does not contribute towards their happiness, it is
useless and superfluous; and if it is the direct cause of their
unhappiness, it is worse than useless—it is injurious.

January 25

- B. of Joseph Louis Lagrange, great French mathematician (1736)
- B. of Robert Burns, Scottish poet (1759)
- D. of Lord Leighton, English painter (1896)
- Dedication of American Protestant Church in Rome (1873)
- Unveiling of statue to Robert Burns (1877)
- Opening of Simplon tunnel through the Alps (1906)

Yes, the mind does have a great influence over the body, but the body also has a great influence on the mind. A healthy mind is more important than a healthy body, but for a full life both are indispensable.



January 26

- D. of William Jenner, introducer of vaccination (1823)
- D. of George Ticknor, American literary historian (1871)
- Appointment of first librarian of Congress (1802)
- Discovery of the planet Emilia (1877)

A physical cancer cannot be healed by thought and will power; a mental cancer can. Suppose you try to remove some psychic cancers from your mind and soul.



Work, work, work. Work is the greatest salvation in most crises. If you are a creative worker, then you are blessed, indeed. An emotional shock has been responsible for many a great work of art. But if you are not a creative artist, force yourself to work anyway. Get a hobby if necessary. If you are a mental worker, try to spend some hours in physical labor. In a crisis, work is more important than play.



Do not lose courage!

January 27

- B. of Nicholas Bernouilli, Swiss mathematician (1698)
- B. of Mozart, great German composer and musician (1756)
- D. of Charles Hutton, English mathematician (1823)
- B. of James Israels, English painter (1824)
- Law forbidding discrimination against labor organizations declared unconstitutional by the United States Supreme Court (1908)

Flight is no remedy for sorrow or misfortune. The sorrow or misfortune will fly with you. Not flight but fight is the remedy; a firm stand and a hard fight.



This may sound like cant, but it isn't: Try to make somebody happy. It is a fine exercise, and the gratitude of those you have made happy will help you to forget your own misery.



January 28

- B. of John Barclay, Scotch satirist (1522)
- B. of John Baskerville, English printer and type-founder (1706)
- Building of Westminster Bridge, London, began (1738)
- Panama Railway crossed by the first train (1855)
- Paris surrendered to Germans (1871)

Yes, you have a right to do whatever you please provided that in doing so you do not infringe upon the equal rights of others to do whatever they please—and provided you do not make others unhappy.



We want to stand upon our own feet and look fair and square at the world—its good facts, its bad facts, its beauties, and its ugliness; see the world as it is, and be not afraid of it. Conquer the world by intelligence, and not merely by being slavishly subdued by the terror that comes from it.—BERTRAND RUSSELL.

January 29

B. of Francisco Socinius (Sozini), Italian liberal theologian (1525)

B. of Daniel Bernouilli, Swiss mathematician (1700)

B. of Thomas Paine, great liberal writer and noble humanitarian (1737)

Law abrogating titles of nobility passed by Congress (1795)

German peace terms are sent for private information to President Wilson (1917)

It is your duty to endeavor to attain the highest physical and mental development. If you do not like the word duty, substitute "it is the part of wisdom" or "it is to your interest."



If depressed, if visited by misfortune, get out into the open. It helps wonderfully. Do not stay within the four walls any more than you can help. Do not stay alone, if you can avoid it. You must not become introspective. And if you can get a true friend or congenial companion to be with you most of the time, do so by all means. It will help to carry you through the crisis.



January 30

Charles the First, King of England, beheaded (1649)

B. of Walter Savage Landor, English poet (1775)

D. of Charles Bradlaugh, English radical freethinker (1891)

Establishment at The Hague of the Court of International Arbitration (1901)

I plead for moderation, discrimination, sanity, tolerance and fair play to everybody. Extremists obstruct the road to a better and higher life.



Read *good* books. Books that give encouragement, that foster faith in the future of the human race, that hold aloft the ideals of Truth and Beauty. Avoid books that are cynical, blasé, pessimistic and destructive of all our illusions.

January 31

B. of Franz Peter Schubert, great Austrian composer (1797)
The House of Representatives passes Constitutional Amendment abolishing slavery (1865)
Children's Bureau created by United States Senate (1912)

Labor is the only prayer that Nature answers; it is the only prayer that deserves an answer—good, honest, noble work.—
INGERSOLL.



Of all earth's meteors, here is the most strange and consoling: that this ennobled lemur, this hair-crowned bubble of the dust, this inheritor of a few years and sorrows, should yet deny himself his rare delights and add to his frequent pains and live for an ideal, however misconceived.—STEVENSON.



Universal and permanent peace, universal brotherhood, the United States of the World—these are not just foolish dreams. They are dreams to-day, but dreams that will become realities to-morrow.



Many a person is paralysed and incapacitated for work by the spectre of past regrets. Drive the spectre away. You can do it, if you want to. Begin anew. Every day in the year can be made the beginning of a New Year.



And that too shall pass!

FEBRUARY

A Humanitarian Creed

To love justice, to long for the right; to love mercy, to pity the suffering, to assist the weak, to forget wrongs and remember benefits; to love the truth, to be sincere, to utter honest words; to love liberty, to wage relentless war against slavery in all its forms; to love wife, and child, and friend, to make a happy home; to love the beautiful in art, in nature, to cultivate the mind; to be familiar with the mighty thoughts that genius has expressed, the noble deeds of all the world; to cultivate courage and cheerfulness, to make others happy; to fill with the splendour of generous acts, the warmth of loving words; to discard error, to destroy prejudice, to receive new truths with gladness; to cultivate hope, to see the calm beyond the storm, the dawn beyond the night; to do the best that can be done and then to be resigned:—this is the religion of reason, the creed of science; this satisfies the brain and heart.

ROBERT G. INGERSOLL.

February 1

- B. of Emile Littré, French philosopher, lexicographer and physician (1801)
- First use of the Bell Rock Lighthouse, North Sea (1811)
- Preliminaries of Peace signed at Vienna (1856)
- Assassination of king (Carlos I) and crown prince of Portugal (1908)
- Great Britain recognizes the Soviet government (1924)

It is easy in the world to live after the world's opinions; it is easy in solitude to live after your own; but the great man is he who in the midst of the crowd keeps with perfect sweetness the independence of solitude.—EMERSON.



What have you done during the month of January for your body and your mind? A good deal? Splendid. Very little or nothing? Well, you will do something this month if you will only try.



February 2

- B. of Havelock Ellis, great English sexologist (1859)
- D. of Wendell Phillips, American anti-slavery leader (1884)
- New Amsterdam incorporated (1653)
- Meeting of First Parliament of Great Britain and Ireland (1801)
- France pardons more than 4,000 political prisoners (1853)

It is really important to bear in mind that not everything that is old is necessarily bad or wrong, and not everything that is new is good and right.



There is a child within us to whom death is a sort of hobgoblin; him, too, we must persuade not to be afraid when he is alone with him in the dark.—PLATO.



Be not afraid!

February 3

B. of J. L. F. Mendelssohn-Bartholdy, great German composer (1809)

B. of Sidney Lanier, American poet (1843)

The United States severs diplomatic relations with Germany (1917)

I prefer the old paintings, the old sculpture and the old poetry to the new. Not because they are old but because they are better.



Our choice is not between toil and rest. Toilers we are and must ever be. Our choice is between the toil that liberates and the toil that enslaves.



February 4

B. of De Candolle, great Swiss botanist (1778)

D. of Thomas Carlyle, British writer (1881)

Cessation of Revolutionary War hostilities (1783)

Opening of first Boston theatre (1794)

When anybody's misbehaviour disturbs you, immediately turn to yourself and bethink you whether you have not been guilty of the same fault; for instance, whether you have not overvalued money, or pleasure, or fame, or the like. Such reflections will quickly make you forget your anger, especially if you consider that the offender was not altogether his own man, but under some untoward compulsion. For what else could he do? Therefore, if you can, step in to the rescue and free him from the compulsion.—
Marcus Aurelius



No instruction is so important as teaching the pupil to think. Without it all other studies lose the greater part of their value.



Keep up your courage!

February 5

Suicide of Marcus Cato (46 B.C.)
Molière's "Tartuffe" finally played (1669)
Press Decree of 1852 repealed by French Government
(1877)

The free man thinks of nothing so little as of death, and his wisdom is a meditation not of death, but of life.—B. SPINOZA.



Man is certainly stark mad; he cannot make a flea, and yet he will be making gods by dozens.—MONTAIGNE.



Do not lose or destroy all your illusions. We are not yet all ready to live without illusions. And if illusions make us more happy than stern reality, let us hug the former as long as we may.



February 6

D. of Joseph Priestley, English physicist and nonconformist
(1804)
B. of Henry Irving, great English actor (1838)
Execution of John Wyatt and others as heretics (1554)
Kansas puts woman suffrage into effect (1887)

Man's happiness, as well as his misery, is forever determined by the impressions and images predominating in his soul. Why, then, should it be impossible to control these impressions?—FEUCHTERSLEBEN.



The first condition of happiness is the conviction that happiness is possible—individually and racially.



Conceit is bad, but a complete lack of self-confidence is even worse. And remember that intellectual self-confidence is as important as social-self-confidence.

February 7

B. of Thomas More (1478), English statesman and writer,
author of Utopia, beheaded by Henry VIII (1535)
B. of Charles Dickens, great English novelist (1812)
Commons again denies seat to Charles Bradlaugh (1882)

They say that men who have been long in prison are bewildered by the great free bustling world. It may be as true of prisons of the mind as of the Bastille itself.—ANTHONY HOPE.



Learn to browse among the great poets. And commit to memory the gems. Poetry is not only a pleasure in our good days, it is a consolation in our days of gloom and darkness.



February 8

B. of Samuel Butler, English writer (1612)
B. of Auguste Louis Blanqui, great French revolutionist
(1805)
B. of John Ruskin, English writer (1819)
Abolition of slavery determined by Austria (1815)
Annexation of California proclaimed by Fremont (1847)
Abolition of temporal power of Pope (1849)

It's like the two horses—the one in the stable-yard and the wild one. The one gets oats and no freedom, the other freedom and no oats. Now, different people put very various values on freedom and on oats. And at any rate the wild horse must have fodder of some kind.—ANTHONY HOPE.



Have you done anything during the past week to harden your body and to strengthen your soul? Please do not neglect yourself.

February 9

D. of Jules Michelet, great French historian (1874)
New Amsterdam surrendered to England (1674)
New suffrage bill introduced by Lord John Russell (1852)

All the things in human life that are worth while have been done by clumsy and inelegant people, by people in violent conflict with themselves, by people who blundered and remain blundering people. They hurt themselves and awake.—H. G. WELLS.



There is a day in every man's life when he must stand outside the world's conventions, break with all common tradition, and write the page of action for himself.—MAX PEMBERTON.



If you feel like indulging in self-pity, you may do so. Self-pity is neither a crime nor a vice. But don't overdo it. Excessive indulgence in self-pity is weakening.



February 10

B. of Benjamin Hoadly, English physician-author (1706)
B. of Samuel Plimsoll, British statesman and philanthropist, protagonist of the "Plimsoll line" or circle (1824)
D. of Montesquieu, French philosopher (1755)
Disappearance of great comet which terrorized New England (1680)
Peace between Portugal and Spain (1763)
Philadelphia first used gas for illuminating (1835)
Formation of British Home Rule for Ireland Association (1886)

A man may hold a thing not wrong, and yet be a fool if he does it in a place where the neighbors are so sure of its iniquity that they will duck him in the horse-pond.—ANTHONY HOPE.



We physicians know that there are physical ailments which are purely imaginary, though to the patient none the less real, and that may be made to disappear in the twinkling of an eye. Is it not possible that some of your mental troubles that torture you so much are also imaginary and can be made to disappear on a little analysis?

February 11

- B. of Bracciolini, Italian humanist (1380)
- D. of René Descartes, French philosopher (1650)
- B. of Thomas A. Edison, great American inventor (1847)

The question is not whether it is worth while living on as animals, but whether it is worth while trying to live strenuously and truly as men, and if so, why?—PROF. MUIRHEAD.



Train your mind to doubt and your heart to toleration.—LICH-
TENBERG.



It is the single exceptional individual and not the mass that moves the world forward or backward, that influences mankind for better or for worse.



February 12

- B. of Peter Cooper, American philanthropist (1791)
- D. of Immanuel Kant, great German philosopher (1804)
- B. of Abraham Lincoln, great American president (1809)
- B. of Charles Darwin, great English scientist (1809)
- Demonstration of Bell's telephone by the inventor, at Essex
Institute, Salem, Mass. (1877)

What a man has in himself is the chief element in his happiness.—SCHOPENHAUER.



If you laugh a great deal you are happy; if you cry a great deal, you are unhappy.—SCHOPENHAUER.



Right or wrong, but it is the person with the merry laugh, the cheery spirit, and the hopeful outlook that will be welcomed by his friends and by the community.

February 13

D. of Benvenuto Cellini, Italian sculptor and author (1571)
D. of Richard Wagner, great German composer (1883)
Founding of University of Rostock in Mecklenburg (1419)
Warping issued to English playhouses to enact nothing opposed to religion or good manners (1699)
Proclamation of gradual emancipation of slaves in Cuba (1880)

Why should caresses be confined to the sick, and kindness be bought only at the price of death?—ANTHONY HOPE.



What matters it how bad we are, if others can still love us, and we can still love others?—STEVENSON.



If you wish to live long, believe that you will live long and act as if you were going to live long. These are the two primary requirements. The others you can learn from any good book on hygiene.



February 14

B. of Edmond About, French writer (1828)
Chartering of University of Florence (1343)
Calvin's Institutes ordered burned by Parliament of Paris (1543)
Hawaiian natives murder Captain Cook (1779)
Grant of telephone patents to Gray and to Bell (1876)
Incorporation of American Academy of Political and Social Science (1891)

Grant me to live still undisturbed;
Keep this proud spirit yet uncurbed;
Leave me my books and peace and health
And heavier wits may plod for wealth;
Let me ne'er lose an honest friend
And keep me free until the end.—RICHARD ALDINGTON.



We all, in our troubles, need a narcotic now and then. Some find it in alcohol, some in drugs, others in love, still others in work. Work is the only safe and harmless narcotic. It never loses its effect, and never weakens body or mind as the other narcotics do.

February 15

- B. of Galileo Galilei, great Italian astronomer (1564)
- B. of Jeremy Bentham, English economist and moralist (1748)
- B. of Susan B. Anthony, American suffragist (1820)
- B. of Ernest Henry Shackleton, British explorer (1874)
- Proclamation of the Roman republic (1798)

Philosophy which knows very well how to deal with past and future temptations always seems to break down before the present, the immediate ones.—ALDOUS HUXLEY.



It is not enough to have gained freedom *from* something, one must be strong enough to have achieved freedom *for* something.—ANDREYEV.



If you have not learned how to work or find no pleasure in work, then I am very sorry for you. But it is never too late to learn.



February 16

- B. of Philip Melanchthon, coworker of Luther in the Reformation (1497)
- B. of Ernst Haeckel, great German biologist (1834)
- Conclusion of Peace of Paris (1763)
- Franco-Prussian War ended (1871)

Though right and wrong may be near neighbors, yet the line that separates them is of an awful sacredness.—MORLEY.



The vanity and egoism of rationalistic sects are as fatal to candour, justice and compassion, as the intolerant pride of the great churches.—MORLEY.



The man who has lived most, is not he who has counted most years, but he who has most felt life.—Rousseau.



You have a right to be sad; but please bear in mind that sadness is not sulkiness, and melancholy is not moroseness.

February 17

- Burning at Rome of Giordano Bruno, Italian philosopher (1600)
Death of Molière, French dramatist (1673)
B. of Thomas Robert Malthus, English clergyman, author of famous essay on population (1766)
B. of René Laënnec, French physician, discoverer of the method of auscultation (1781)
Death of Heinrich Heine, German poet (1856)
First ship passed through Suez Canal (1867)
The 400th anniversary of printing celebrated in London (1877)

The thought of death leads us astray, because it makes us forget to live.—VAUVENARGUES.



He who wishes to employ his life seriously ought always to act as if he had long to live and to govern himself as if he would have soon to die.—LITTRÉ.



One is never too old to go to the School of Truth.—AESCHYLUS.



Do not take out your bad temper, nor even your real misfortune on people who are weaker than you or dependent on you. It is not fair.



February 18

- D. of Martin Luther, founder of Protestantism (1546)
D. of Michelangelo, great Italian sculptor, painter and general genius (1564)
B. of Alessandro Volta, Italian physicist who made many important discoveries in electricity (1745)
Authorization of free exercise of religion in Turkey (1856)

The man who fears nothing is not less powerful than he who is feared by everyone.—SCHILLER.



The thread of kindness is stronger than the rope of force.



Overwork is bad, idleness is still worse. It is bad to be pressed for time; it is still worse to have too much time on one's hands.

February 19

B. of Nicolaus Copernicus, great Polish-German astronomer
(1473)
Clergymen permitted to marry by Parliament (1549)
Discovery in British Museum of manuscript of lost work by
Aristotle (1891)
Liberation of Serfs in Russia (1861)

I strove with none, for none was worth my strife;
Nature I loved, and, next to Nature, Art;
I warmed both hands before the fire of life;
It sinks, and I am ready to depart.—LANDOR.



A book, a paragraph, or even a single maxim, has been known to change the current of a man's thoughts and consequently his life. Do you meditate upon these maxims?



February 20

B. of Joseph Jefferson, American actor (1829)
Kentucky declares martial law against the Ku Klux Klan
(1869)
First exhibition given by Metropolitan Museum of Art in
New York (1872)

And much may be done to change the nature of man himself. The intelligence which has converted the brother of the wolf into the faithful guardian of the flock ought to be able to do something towards curbing the instincts of savagery in civilized man.—HUXLEY.



Democracy! What crimes and blunders have been committed in thy name! Yes, but do you know a substitute for democracy that would work better and that would be responsible for no, or fewer, crimes and blunders?



Do not lose hope

February 21

- B. of Prof. August Wassermann, great German-Jewish physician, discoverer of the valuable Wassermann test for syphilis (1866)
- D. of Mary Wollstonecraft Shelley (1851)
- Dedication at Washington of the Washington monument (1885)

Without enthusiasm no great work was ever yet accomplished.—
EMERSON.



There are thousands hacking at the branches of the tree of evil where one strikes at the root.—THOREAU.



Yes, truth demands that we admit the existence of meanness and wickedness, but most of the meanness and wickedness is not inborn, inherent in human nature, but is due to fear, ignorance and poverty.



February 22

- B. of Johann Reuchlin, German humanitarian scholar (1455)
- B. of George Washington, first American president (1732)
- B. of Arthur Schopenhauer, German philosopher (1788)
- B. of F. F. Chopin, Polish composer and pianist (1810)
- B. of August Bebel, great German socialist (1840)
- B. of H. R. Hertz, great German physicist, discoverer of the Hertzian waves, which laid the foundation of wireless telegraphy (1857)
- Opening of first railroad in California (1856)
- Presidential candidate nominated by Labor party (1872)
- Opening of new Corcoran art gallery in Washington (1897)

Few are the good men, and few the evil; the great majority are in the middle ground between good and evil.—PLATO.



Exclusiveness is not necessary in love, and is not necessarily love; sometimes it is just the opposite.—C. C. CHURCH.



Not competition but cooperation will be the watchword of the future as it should be the watchword of the present. Not rivals and enemies in the work of destruction, but comrades and friends in the work of building up.

February 23

B. of George F. Handel, great German-English composer (1685)

B. of Samuel Pepys, English diarist (1633)

Opening of direct telegraph cable between London and New Zealand (1876)

The care to live well is identical with the care to die well.—
EPICURUS.



The universality of a belief is no final proof of its rightness nor of its wrongness. And a belief shared by a small minority may be wrong; or—right.



A question or statement is often declared impertinent just because they are pertinent.



February 24

B. of Grant Allen, English writer and philosopher (1848)

D. of Robert Fulton, builder of the first steamship, the "Clermont" (1815)

Assignment of convicts in Australia to settlers forbidden (1838)

The History of Mankind proves clearly enough that great movements of thought and enlightenment are inspired and controlled by individuals and not by the mob. Reason is an individual possession. Passion and superstition are the weapons of the crowd.—G. ELLIOT SMITH.



He who dreams things is just as important as he who does things. Very often one can do things only because someone else has dreamed them before.



Go out into the open!

February 25

B. of Giovanni Battista Morgagni, great Italian anatomist
(1682)
Establishment of French Republic (1875)

No generous thoughts can suggest themselves to a man in want of the necessities of life.—DION HALICARNASSUS.



Everything that contributes to the happiness of the individual and of the race is moral; everything that contributes to the unhappiness of the individual and of the race is immoral. There is no other standard.



February 26

B. of François Arago, great French astronomer (1786)
B. of Victor Hugo, great French novelist and poet (1802)
Provision of daily mail delivery for New York and vicinity
(1861)
First steam ferry-boat ran on the Thames, London (1876)

No serious historical work is worth the writing or the reading unless it conveys a moral, but to be useful the moral must develop itself in the mind of the reader without being obtruded upon him.
—H. C. LEA.



In the future there will be no frontiers, no passports, no custom houses. They will not be needed as there will be but one country, and it will be as large as the Earth.



Do not neglect your health!

February 27

B. of Henry W. Longfellow, American poet (1807)
B. of Ernest Renan, French philosophical writer (1823)

In the future there will be one international language, in addition to the several national languages, one kind of money, if money will be in use at all, and one kind of postage, if postage will be in use.



We avenge ourselves for the discomfort of being made to think by abusing the man who introduces the new thoughts.—
TH. S. PERRY.



February 28

B. of Michel Montaigne, French philosopher (1533)
Amazon River discovered by Pinzon (1500)
For sleeping in church in Boston, Roger Scott condemned and whipped (1643)
Discovery of Bilea's Comet (1826)
The 13th Amendment prohibiting any amendment for abolition of slavery, passed by Congress (1861)

The most unlimited liberty of religion is in my eyes a right so sacred that to express it by the word "toleration" seems to me itself a sort of tyranny, since the authority which tolerates might also not tolerate.—MIRABEAU.



I am quite convinced that in the future those afflicted with inheritable diseases, physical or mental, will not bring children into the world. No law will be needed. The people's moral sense will have a stronger influence than any law.



It is futile to worry!

February 29

B. of Gioachino Antonio Rossini, Italian composer (1792)
D. of John Landseer, English painter and engraver (1852)
British industries paralyzed by strike of coal-miners (1912)
Adoption of new constitution by Czecho-Slovakia (1920)

Ah! if I could only show you this! If I could show you these men and women, all the world over, in every stage of history, under abuse of error, under every circumstance of failure, without hope, without help, without thanks, still obscurely fighting the lost fight of virtue, still clinging to some rag of honour, the poor jewel of their souls.—STEVENSON.



And while you think of the distant future of the race, have you done anything for yourself in the present? Have you attended to your body and mind? And while you are nobly interested in the welfare of future generations, have you done anything for the present generation—your own children?



Gloom and worry have never yet accomplished anything!

MARCH

Cheerfulness and Happiness

Nothing conduces so directly to happiness as cheerfulness. It is a quality which is its own immediate reward. He who is gay has always reason for being so, namely, the fact that he is gay. Cheerfulness alone can make up for the loss of every other possession, while nothing can take its place. We may be young, handsome, rich, and high in station; still, estimating our happiness, the question will be asked: Are we cheerful with it all? But if we see a person who is cheerful, no matter whether he be young, or old, straight of limb or deformed, poor or rich, he is happy. Therefore let us open wide the door to cheerfulness whenever it knocks. It can never come amiss. Instead of thinking thus, however, we often hesitate whether to admit it at all, and begin to reflect whether we really have every cause for contentment, or fear that gaiety will disturb our serious thoughts and anxious problems. But what good these will do is very uncertain, while cheerfulness is a direct gain.

SCHOPENHAUER.

March 1

B. of William Dean Howells, American novelist (1837)
Burning at St. Andrews, Scotland, of George Wishart, Reformer (1546)
Massacre of Protestants at Vassy, France (1562)
Opening of telegraphic communication between England and Bombay (1865)

Probably man is not a warrior by nature. Cowardice is much commoner than courage, and the natural fear of death that underlies our consciousness is only transformed into a contempt for it by the power of example, education, the influence of moral ideas and standards, and the force of a passion that obscures consciousness itself.—NORDAU.



Can you combine stoicism with tenderness, skepticism with hope, humility with self-respect, compromise with independence? Then you are the man we need.



March 2

Assassination of Hypatia by the priests at Alexandria (415)
B. of Thomas Bodley, founder of Bodleian Library (1544)
Department of Education created by Congress (1867)
Peonage in New Mexico abolished by Congress (1867)

My undissuaded heart I hear
Whisper courage in my ear,
With voiceless calls the ancient earth
Summons me to a daily birth.—STEVENSON.



I consider cant one of the cardinal sins. I try to be entirely free from it in everything I write or say. And it is not cant when I assure you that a great deal of your happiness is in your own hands. To a certain extent you *are* the master of your fate and the captain of your soul and the architect of your fortune.

March 3

- B. of William Godwin, English radical (1756)
- B. of Alexander Graham Bell, inventor of the telephone (1847)
- Luther wrote to the Pope (1519)
- Coin money made of church plate in France (1791)
- Treaty of Brest-Litovsk concluded by the Bolshevist government and the Central Powers (1918)

If men cannot see good as good in itself, the promise of a reward for obedience is a vain bribe, which leaves their moral sense not enlightened but corrupted.—JOHN M. ROBERTSON.



But few people can write poetry. But we can all try to have some poetry in our lives.



March 4

- D. of Saladin, great chivalrous sultan (1193)
- Columbus sailed for Spain from the Azores (1493)
- Meeting of first Congress at New York (1789)
- Inauguration of Abraham Lincoln as President of the United States (1861)
- Opening of bridge over Firth of Forth (1890)
- Women admitted by Yale to post-graduate work and degrees (1892)

You will be on safer ground if you do not impugn the motives of your opponents. Mistaken they may be, foolish also, but they are probably as honest and well-meaning as you are.



Not until we take psychology seriously will we understand the reason for many events. Economic determinism plays a great rôle; but psychology is just as important, if not more so.



Is it not just possible that your opponent is right and you wrong?

March 5

- D. of Correggio, Italian painter (1534)
- D. of Pierre Simon Laplace, great French mathematician and astronomer (1827)
- B. of Elizabeth Barrett Browning, English poet (1806)
- Proclamation against the Ku Klux Klan issued by President Grant (1871)

It is better to prevent disease than to try to cure it. And the study of medicine in the best schools has been turned in the direction of prevention. And so it should be with social disease—crime. Let us prevent the criminal before he is one, and not hurl him into prison after.



For ages, a deadly conflict has been waged between a few brave men and women of thought and genius upon the one side, and the great ignorant religious mass on the other. This is the war between Science and Faith. The few have appealed to reason, to honor, to law, to freedom, to the known, and to happiness here in this world. The many have appealed to prejudice, to fear, to miracle, to slavery, to the unknown, and to misery hereafter. The few have said, "Think"! The many have said "Believe"!



March 6

- B. of Michelangelo, Italian sculptor and painter (1475)
- B. of Juan Luis Vivès, Spanish humanist (1492)
- B. of Sir J. F. William Herschel, British astronomer (1792)
- Ireland's poor voted \$250,000 by House of Lords (1849)
- Zola's novels declared immoral and destroyed by Canadian authorities (1899)

Opinion and the just maintenance of it shall never be a crime in my view, nor bring injury on the individual. That government is best which governs least.—THOMAS JEFFERSON.



The greatest lesson we have to learn is tolerance; also compromise in small matters, but inflexible firmness in fundamental principles.

March 7

Scotland forbids plays founded on Bible subjects (1757)
Impanelling of grand jury of both sexes in Wyoming (1870)
Announcement of discovery of South Pole on Dec. 14, 1911,
by Captain Amundsen (1912)

The end of man, or that which is prescribed by the eternal or immutable dictates of reason and not suggested by vague and transient desires, is the highest and most harmonious development of his powers to a complete and consistent whole.—W. VON HUMBOLDT.



In spite of everything I am optimistic as to the future of humanity. It is true things do look black; but I believe this is merely humanity's travail; a new humanity is being born.



March 8

D. of Thomas Blackwell, English scholar (1757)
B. of Sir William Hamilton, Scottish philosopher (1788)
Invitation to joint conference given by British Government
to both sides in coal-mining dispute (1912)

I have ever found in my progress through life, that acting for the public if we always do what is right, the approbation denied in the beginning will surely follow the end.—THOMAS JEFFERSON.



The discovery of what is true and the practice of what is good are the two most important objects of philosophy.—VOLTAIRE.



One of the greatest of crimes, one of the unpardonable sins against humanity is stirring up religious prejudices, fanning racial hatreds.

March 9

- B. of Gabriel Honoré Mirabeau, French revolutionary statesman (1749)
- B. of William Cobbett, British author and statesman (1762)
- D. of John Calas, martyr broken on the wheel by the Catholic Church (1762)
- England forbids pardon to any one killing in a duel (1679)
- Siberian cruelties denounced by London workmen (1890)

Nothing is of any value that is not of direct and immediate value to stricken mankind, either materially or spiritually. We have no time now for clowns, for artists for art's sake, for triflers and dawdlers.



March 10

- B. of Marcello Malpighi, Italian anatomist and physiologist (1628)
- B. of Carl W. Schlegel, German literary critic and historian (1772)
- D. of Giuseppe Mazzini, Italian patriot (1872)
- First operation of electric street-cars in London (1883)
- Sunday rest established in Hungary (1891)

I do not charge the judges with wilful and ill-intentioned error; but honest error must be arrested, where its toleration leads to public ruin. As for the safety of society we commit honest maniacs to bedlam, so judges should be withdrawn from their bench, whose erroneous biases are leading us to dissolution. It may, indeed, injure them in fame or in fortune; but it saves the Republic, which is the first and supreme law.



Humanity is sick unto death, and it needs competent and self-sacrificing physicians who appreciate the full gravity of the situation.



A world without war and without hate is not an illusion!

March 11

D. of Donato Bramante, Italian architect and painter (1514)
B. of John Joseph Leverrier, French astronomer (1811)
Founding of Chelsea Hospital, London (1682)
Appearance in England of first daily paper (1703)
Importation of slaves from border states forbidden by
Confederate Congress (1861)

Organizations are necessary and useful as long as they do not attempt to suppress individual liberty and expression and do not degenerate into partisan cliques.



March 12

B. of Godfried Bidloo, Dutch anatomist (1649)
B. of Simon Newcomb, American astronomer (1835)
Announcement by Mrs. Russell Sage of creation of Russell
Sage Foundation (1907)
Beginning of the Russian Revolution (1917)

Truly, truly is a child made of soul stuff. And let us bear in mind that a harsh word or a blow often leaves a deep mark which is not obliterated until the grave. Let us be circumspect with our children.



Our interest lies with so much of the past as may serve to guide our actions in the present, and to intensify our pious allegiance to the fathers who have gone before us and the brethren who are with us; and our interest lies with so much of the future as we may hope will be appreciably affected by our good actions now. Beyond that, as it seems to me, we do not know, and we ought not to care. Do I seem to say: "Let us eat and drink, for to-morrow we die"? Far from it; on the contrary, I say: "Let us take hands and help, for this day we are alive together."—W. K. CLIFFORD.



Self-confidence is not incompatible with modesty and humility.

March 13

B. of Joseph Priestley, great British chemist and free-thinker (1733)
Planet Uranus discovered by Herschel (1781)
Assassination of Czar Alexander II (1881)
United States adopts standard time (1884)
New York City received \$5,200,000 for libraries from Andrew Carnegie (1901)

Worry and gloom have never yet corrected anything. Do cheer up; many expected misfortunes never happen, the devil is not as black as he is painted and—most important—many a calamity has turned out to be a blessing in disguise.



And remember these simple but great and significant words: "And that too shall pass."



March 14

B. of K. Ph. Emanuel Bach, German musician and composer (1714)
B. of Johann Strauss, Austrian composer (1804)
B. of Paul Ehrlich, great German biological chemist, discoverer of arsphenamine, "606"

The land belongs in usufruct to the living, and the dead have no power over it. In a government bottomed on the will of all, the life and liberty of every individual citizen becomes interesting to all.



A man to be envied is he who does not waste his time and mental energy on thoughts of If; who has eliminated this exasperating word from his vocabulary.



He who has to struggle for his daily bread cannot think nobly.
—LESSING.



Within limits you are the master of your fate!

March 15

- B. of Theophilus Bonet, Genevese physician (1620)
- B. of Cesare Beccaria, Italian jurist (1735)
- B. of Elisée Reclus, great French geographer and radical (1830)
- Assassination of Julius Cæsar (44 B.C.)

In the presence of the mystery and tragedy of death we can only bow our bared heads to inexorable fate and live in the hope that as the years and decades go by Time will heal the gaping wound and will dull the acuteness of the pain.



March 16

- B. of Lucretia Caroline Herschel, English astronomer (1750)
- B. of Georg Simon Ohm, German physicist (1787)
- B. of Sully-Prudhomme, French poet (1839)
- Railroad in China, from Shanghai to Woosung, opened (1876)

It were to be wished that commerce be as free between all nations of the world as it is between the several counties of England; so would all by mutual communication obtain more enjoyment. These counties do not ruin one another by trade; neither would the nations.—FRANKLIN.



A great friend is a good book. Only next in importance to a living friend and sometimes superior to him. Many a time when alone in a large city or remote village here or in Europe has a book saved me from lonely despair and cheerless depression. You can learn to love books—those modest, unpretentious non-exacting friends.



Have you attended to yourself? Have you given your body and your mind the needful exercise?

March 17

D. of Jean Baptiste Rousseau, French poet (1741)

Public omnibus service started in Paris (1662)

Boston evacuated by British (1776)

Discovery of the asteroid Psyche (1852)

When the philosophical minds of the world can no longer believe its religion, or can only believe it with modifications amounting to an essential change of its character, a transitional period sets in, of weak convictions, paralyzed intellects, and growing laxity of principle, which cannot terminate until a renovation has been effected in the basis of their belief, leading to the evolution of some faith which they can really believe; and when things are in this state, all thinking and writing which does not tend to promote such a renovation is of very little value beyond the moment.—JOHN STUART MILL.



A steady hand, a cool head and a warm heart—we need all three to live a full life and to be of benefit to ourselves and others.



March 18

B. of Mme. Roland, French revolutionist (1754)

D. of Lawrence Sterne, English novelist and humorist (1768)

Remember that a most consuming passion which you may consider the greatest experience in your life may do very little credit to your heart and none at all to your head.



Even in the presence of the world catastrophe cheerfulness is no crime, and even if we are persuaded that the issue is hopeless we have a right to give encouragement to the end. A cheerful spirit sometimes turns defeat into victory.

March 19

B. of David Livingstone, British explorer (1813)
D. of Thomas Bailey Aldrich, American writer (1907)

In intercourse with your fellowmen bear in mind that they cannot see with your eyes because they haven't your eyes; they have their own. And their brain cells may, literally or figuratively speaking, be quite different from yours.



March 20

D. of Sir Isaac Newton, great English physicist and mathematician (1727)
B. of Henrik Ibsen, great Norwegian dramatist (1828)
Chartering of Rutgers College (1770)
Plebiscite in Upper Silesia giving majority for Germany (1921)

I am now convinced that no great improvements in the lot of mankind are possible until a great change has taken place in the fundamental constitution of their mode of thought. The opinions in religion, morals, and politics are so much discredited in the more intellectual minds as to have lost the greater part of their efficacy for good.—JOHN STUART MILL.



Peace of mind, economic independence, health, love—if you have these you need no more. You are the envy not only of men but of the gods. Take good care of those precious gifts—there are none others to replace them.



Be the captain of your soul.

March 21

- B. of Sebastian Bach, great German composer (1685)
- B. of Joseph Fourier, French mathematician and physicist (1768)
- B. of Johann Paul Richter, German writer (1763)
- Publication of an edition of the Bible permitted by Leo X (1520)
- Burning at stake of Cranmer, Archbishop of Canterbury (1556)

If fate dealt you a mean blow remember that you are not the only one who has ever suffered. You are only one of a million fellow sufferers.



March 22

- B. of Van Dyck, Flemish painter (1599)
- D. of J. B. Lully, French composer (1687)
- D. of Goethe, great German poet and writer (1832)
- Severe penalty for polygamy imposed by Congress (1882)

Remember that the pain will not last forever, though you may be sure that it will. The experience of ages and of millions of victims has shown that Time does heal all wounds, though not always without scars.



Thus it is. Each man sees his own truth, and looks with horror upon those who will not see it with him. What can be more clear? Have you no eyes that you see it not? It is so clear to me that it must be only your prejudice, or bad passions, that can prevent your seeing it also. A great lesson of tolerance may be learned from witnessing the fierceness with which antagonistic opinions can be maintained; each man so fiercely confident in the truth of his own!—GEORGE HENRY LEWES.



Be patient: Patience is bitter, but its fruit is sweet, said Rousseau.

March 23

First Canadian paper, *Halifax Gazette*, issued (1751)
Presidency of Leland Stanford Jr. University accepted by
David Starr Jordan (1891)
Four craters of Mt. Etna erupted (1910)

Do not lose faith in humanity on account of the treachery or duplicity of one man or woman. Gentle and noble souls are still to be found in this world.



March 24

B. of William Morris, English author and humanitarian (1834)
D. on the guillotine of Anacharsis Cloots, French revolutionist and humanitarian (1794)
D. of Henry W. Longfellow, American poet (1882)
Opening of telephonic communication between Chicago and New York (1883)
Announcement by Dean of Chicago Cathedral that no person would be married there unless showing a physician's certificate of health.

Freethought is an ideal to which we can only approximate—an ideal which expands with every advance of our positive knowledge; morality is an ideal of human action to which we can only approximate, an ideal which expands with every advance of our positive knowledge. As the true freethinker must be in possession of the highest knowledge of his time, so he will be in possession of all that is known of the laws of human development. He, and he only, is capable of fulfilling his social instinct in accordance with those laws. He, and he only, seems to me capable of being really moral. Morality is not the blind following of a social impulse, but a habit of action based upon character—character moulded by that knowledge of truth which must become an integral part of our being.—KARL PEARSON.



Many a man has mistaken jealousy, or a wounded self-love, or a baffled ego, for love. Are you not making the same mistake? Think it over and answer honestly.

March 25

B. of Edward Bellamy, American writer; author of "Looking Backward" (1850)

Introduction of printing into New York ordered (1693)

Slave trade abolished by Parliament (1807)

Dost thou love life? Then do not squander time; for that's the stuff Life is made of.

Good sense is a thing all need, few have, and none think they want.

Want of care does us more damage than want of knowledge.—
BENJAMIN FRANKLIN.



Of all the foolish things an adult man is capable of, spending one's life nursing vain regrets is one of the most foolish. Drive out of your mind all vain regrets, put a seal on the past, and begin to live *in* the present *for* the future.



March 26

B. of William Wollaston, English philosopher (1659)

B. of Benjamin T. Rumford, American physicist (1753)

B. of Maxim Gorky, Russian author and humanitarian (1868)

D. of Walt Whitman, American poet and humanitarian (1892)

Street-Railways of Boston and Cambridge opened (1856)

O sacred host of noble dead,
Who constant through the years
In patience toiled, in patience sought,
Who wept immortal tears;
Deep in the shadow of your lives
We live and move to-day;
May we from your great past derive
A strength to work alway.—ETHEL B. HARRISON.



By all means get out into the open. Never mind the weather.
Do not stay within four walls any more than you must.

March 27

- B. of Alfred de Vigny, French poet (1797)
- B. of Wilhelm Konrad Röntgen, German physicist, discoverer of the X-rays (1845)
- Demonstration of invention of galvanized iron in New York (1829)

Do not become introspective. Do not be alone any more than you must. Get a congenial companion and tramp with him the streets or preferably in the country as much as possible.



March 28

- B. of Pierre Simon Laplace, great French astronomer and mathematician (1749)
- Ending of state of siege in France (1852)
- General strike planned by Austrian socialists to secure universal suffrage (1894)
- Minimum Wage Bill passed by British House of Lords (1912)

Rules to Find Out a Fit Measure of Meat and Drink:

If thou eatest so much as makes thee unfit for business, thou exceedest the due measure.

If thou art dull and heavy after meat, it's a sign thou hast exceeded the due measure; for meat and drink ought to refresh the body, and make it cheerful, and not to dull and oppress it.—

BENJAMIN FRANKLIN.



If I advised Work before, I shall do so again—and again. Work is the great salvation in most crises. If you have suffered an emotional shock, turn it to good account—sublimate it, if you are a creative artist, into a work of art. But work anyway. In a crisis work is more important than play.

March 29

D. of Thomas Coram, English philanthropist (1751)
B. of Wilhelm Liebknecht, German socialist leader (1826)
Discovery of asteroid Vesta (1809)
France expels the Jesuits and other orders (1880)

Read. But if you are going through a crisis you have to be doubly careful in your choice of books. You need books that give encouragement to live, that foster faith in the future of the human race, that hold aloft the ideals of Goodness, Truth and Beauty. Avoid books that are cynical, sneering, pessimistic and destructive of all illusions.



March 30

D. of Sébastien Vauban, great French engineer and thinker (1707)
B. of Paul Verlaine, French poet (1844)
First meeting of Congress under the Constitution (1789)

If women have been slaves, what shall I say of children; of the little children in alleys and sub-cellars; the little children who turn pale when they hear their father's footsteps; little children who run away when they only hear their names called by the lips of a mother; little children, the children of poverty, the children of crime, the children of brutality, wherever they are, flotsam and jetsam upon the wild, mad sea of life, my heart goes out to them, one and all.—INGERSOLL.



Keep your eyes wide open before marriage, half shut afterwards.
If thou hast wit and learning, add to it wisdom and modesty.

BENJAMIN FRANKLIN.



Above all: Try to make somebody else happy. It is a fine exercise, the best that anyone can indulge in, and the gratitude of those you have made happy will help you to forget your own misery.

March 31

- B. of René Descartes, French philosopher (1596)
- B. of Franz Joseph Haydn, Austrian composer (1732)
- B. of Robert W. Bunsen, German chemist (1811)

What is holy! What is sacred! I reply that human happiness is holy, human rights are holy. The body and soul of man—These are sacred. The liberty of man is of more importance than any book—the rights of man more sacred than any religion—than any Scriptures, whether inspired or not.



What does the gain amount to, after all, when humanity has one more machine added to it? Does it kindle a single ray of dawn the more in a human soul?—JOHAN BOJER.



We are forced to direct every action so as to produce the greatest happiness and the least misery in our power.—DAVID HARTLEY.



One-fourth of the year is gone, gone never to return. What have you done for yourself in these three months—for your body, for your mind, for your temper? Are you happier, more content, better poised than you were three months ago? And have you done anything for anybody else?



To hope is always permissible.

APRIL

Do Not Let Your Thoughts Die:

Whoever hesitates to utter that which he thinks the highest truth, lest it should be too much in advance of the time, may reassure himself by looking at his acts from an impersonal point of view. Let him duly realize the fact that opinion is the agency through which character adapts external arrangements to itself—that his opinion rightly forms part of this agency—is a unit of force, constituting, with other such units, the general power which works out social changes; and he will perceive that he may properly give full utterance to his innermost conviction: leaving it to produce what effect it may. It is not for nothing that he has in him these sympathies with some principles and repugnance to others. He, with all his capacities, and aspirations, and beliefs, is not an accident, but a product of the time. He must remember that while he is a descendant of the past, he is a parent of the future; and that his thoughts are as children born to him, which he may not carelessly let die. . . . Not as adventitious therefore will the wise man regard the faith which is in him. The highest truth he sees he will fearlessly utter; knowing that, let what may come of it, he is thus playing his right part in the world—knowing that if he can effect the change he aims at, well: if not—well also; though not so well.

HERBERT SPENCER.

April 1

- B. of Dr. William Harvey, who demonstrated the circulation of the blood (1578)
- B. of Otto Bismarck, German statesman (1815)
- B. of Edmond Rostand, French dramatist (1868)
- Opening of the International Exposition in Paris (1867)

Idleness, having too much time on one's hands, is a fruitful cause of unhappiness. Idleness leads to boredom, to ennui, which is a most painful condition in itself, but which is bad indirectly because it leads a person to unwise acts, to excesses, even to crimes of which he would never have been guilty if he had been busily engaged on some work. I know a number of people who had contracted dangerous diseases merely because they were idle.—Avoid idleness.



Spring is coming. The buds and birds have told me so. Can you not try to have a little spring in your heart and in your home?



April 2

- B. of Thomas Jefferson, American statesman and humanitarian (1743)
- B. of Emile Zola, great French writer and humanitarian (1840)
- Abolition of Fleet Prison for debtors in London (1844)
- Starting of Austrian polar expedition (1882)
- Wireless in Germany sent messages to Africa (1910)

Nationality means the full right to do as a people pleases with its own destiny, but does not mean that it has an unlimited right to make itself a nuisance or a menace to other States.—RAMSAY MACDONALD.



I knew a man who was so badly hit by misfortune that he was sure that he would never recover. He would prove to himself and to others that for him to go on living was impossible and not worth while. He is leading now a peaceful and contented life.

April 3

- B. of John Abernethy, English physician (1764)
- B. of Washington Irving, American writer (1783)
- D. of B. E. Murillo, great Spanish painter (1682)

Happiness may not be for all of us, but peace of mind and contentment may be won by most of us if we are determined to win them. Strive for them and you will attain them.



April 4

- D. of Oliver Goldsmith, English writer (1774)
- B. of Dorothea L. Dix, English prison reformer (1802)
- B. of Ernst Werner Siemens, German electrical engineer (1823)
- Free tuition for poor children provided in Pennsylvania (1809)

Until every soul is freely permitted to investigate every book, every creed, and dogma for itself, the world cannot be free. Mankind will be enslaved until there is mental grandeur enough to allow each man to have his thought and say. This earth will be a paradise when men can, upon all these questions, differ, and yet grasp each other's hands as friends. It is amazing to me that a difference of opinion upon subjects that we know nothing with certainty about, should make us hate, persecute and despise each other.—INGERSOLL.



Do not be elated to the skies by a piece of good fortune and do not be thrown down into the pit of despair by misfortune. It is so difficult to foresee the remote consequences of an event that it is the part of wisdom to take calmly whatever happens.

Do not lose courage!

April 5

- B. of Thomas Hobbes, English philosopher (1588)
- B. of Algernon Swinburne, British poet (1837)
- Donation of \$6,000,000 to the Carnegie Institute, Pittsburgh (1907)

I do not know if everything works together for good, as the optimists says; but certainly not everything works for evil, as some pessimists claim. We may not be able to control the events, but within certain limits we can control their effects upon us.



April 6

- B. of Raphael, great Italian painter (1483)
- D. of Raphael, great Italian painter (1520)
- B. of Elihu Yale, founder of Yale University (1649)
- B. of James Mill, British philosopher, father of J. S. Mill (1773)
- Importation of slaves forbidden by Congress (1776)
- Washington elected President (1789)
- U. S. declares war against Germany (1917)

Inasmuch as most good things are produced by labor, it follows that all such things of right belong to those whose labor has produced them. But it has so happened, in all ages of the world, that some have labored, and others have without labor enjoyed a large proportion of the fruits. This is wrong and should not continue. To secure to each laborer the whole product of his labor as nearly as possible, is a worthy subject of any good government.
—ABRAHAM LINCOLN.



Do not be a slave of anybody, least of all, of yourself.



And that too shall pass!

April 7

B. of William Wordsworth, English poet (1770)
B. of William Channing, American liberal preacher (1780)
Treaty for abolition of slave trade signed by the United States and Great Britain (1862)

I love the man that can smile in trouble, that can gather strength from distress, and grow brave by reflection. It is the business of little minds to shrink, but he whose heart is firm, and whose conscience approves his conduct, will pursue his principles unto death.—THOMAS PAINE.



Do not become a slave of anything, not even of your good habits.



April 8

Crowning of Petrarch, the poet (1341)
D. of Sir Charles Bell, great Scottish anatomist (1842)
Release of all political prisoners in Denmark on King's 70th birthday (1888)

It is better only sometimes to be right than at all times to be wrong.—ABRAHAM LINCOLN.



Tolerance and patience toward ignorance and blindness; unremitting war against deliberate perversion of the truth and against wanton cruelty.



Be not afraid!

April 9

D. of François Rabelais, French romancer and satirist (1553)

D. of Dante Gabriel Rossetti, English poet and painter (1882)

Provision in New York for common schools (1795)

Man did not enter into society to become worse than he was before, nor to have fewer rights than he had before, but to have those rights better secured. His natural rights are the foundation of all his civil rights.—THOMAS PAINE.



Insincere modesty is more annoying than open conceit; false sanctimoniousness is worse than arrogance.



April 10

B. of William Booth, English founder of the Salvation Army (1829)

B. of Nicolai Lenin, great Russian revolutionist, founder of Russian Soviet Republic (1870)

D. of Algernon Swinburne, English poet (1909)

Horace Greeley first issued the New York Tribune (1841)

Even of truth we must not make a fetish, and must not use it as a weapon to hurt people's feelings.



Few can be induced to labor exclusively for posterity; and none will do it enthusiastically. Posterity has done nothing for us; and theorize on it as we may, practically we shall do very little for it, unless we are made to think that we are at the same time doing something for ourselves.—ABRAHAM LINCOLN.



Keep up your courage!

April 11

B. of Ferdinand Lassalle, German socialist leader and orator (1825)

Proclamation of cessation of War with Great Britain by Congress (1783)

Wife sold for two guineas in open market, Dartmouth, England (1817)

When I contemplate the natural dignity of man, when I feel for the honor and happiness of his character, I become irritated at the attempt to govern mankind by force and fraud, as if they were all knaves and fools, and can scarcely avoid disgust at those who are thus imposed upon.—THOMAS PAINE.



Weakness is often malicious, for malice is its only weapon. Strength can afford to be considerate and generous.



April 12

The philosopher Seneca sentenced to death by Nero (65)
B. of Marc Antoine Muret, French humanist (1526)

Our progress in degeneracy appears to me to be pretty rapid. As a nation we began by declaring that "all men are created equal." We now practically read it "All men are created equal, except negroes." When the Know-Nothings get control it will read, "All men are created equal, except negroes, and foreigners and Catholics." When it comes to this, I shall prefer emigrating to some country where they make no pretense of loving liberty, to Russia, for instance, where despotism can be taken pure, and without the base alloy of hypocrisy.—ABRAHAM LINCOLN.



Do not go against the current unless you feel you are strong enough to resist it. Do not sneer at obstacles unless you feel strong enough to overcome or to remove them.

April 13

- D. of Nicolas Chamfort, French playwright and epigrammatist (1794)
- Edict of Nantes, granting freedom of worship to the French Calvinists (Huguenots; 1598)
- Founding of "The Tatler" by Sir Richard Steele (1709)
- Establishment of The Board of State Regents in New York (1786)

It has been thought a considerable advance towards establishing the principles of freedom to say, that government is a compact between those who govern and those who are governed: but this cannot be true, because it is putting the effect before the cause; for as a man must have existed before governments existed, there necessarily was a time when governments did not exist, and consequently there could originally exist no governors to form such a compact with.—THOMAS PAINE.



The happiness of a nation is the sum total of the happiness of the individuals composing the nation. No nation is a happy nation whose individual members are unhappy. No nation is great whose individual members are small.



April 14

- D. of Georg Friedrich Handel, great German-English composer (1759)
- President Lincoln shot (1865)
- Quakers in Philadelphia formed first anti-slavery society in the United States (1775)

Happiness is the true aim in life. It is the task of intelligence to ascertain the conditions of happiness, and when found, the truly wise will live in accordance with them. By happiness is meant not simply the joy of eating and drinking, the gratification of the appetite, but good, well-being, in the highest and noblest form. The joy that springs from obligations discharged, from duty done, from generous acts, from being true to the ideal, from a perception of the beautiful in nature, art and conduct. The happiness that is born and gives birth to poetry and music, that follows the gratification of the highest wants. Happiness is the result of all that is really right and sane.—INGERSOLL.



There is one religion on which all races, all nations can unite: The Religion of Humanity.

April 15

D. of Father Joseph Damien, missionary to Hawaiian lepers (1889)

The Hero Fund instituted by Andrew Carnegie (1904)

Foundering of the "Titanic" due to carelessness on part of ship's officers, with loss of over 1500 lives (1912)

Who can object to a religion whose avowed purpose is the improvement and elevation of all mankind and which rejects war as a means of settling disputes?



April 16

B. of Anatole France, great French writer (1844)

Luther arrived at Diet of Worms (1521)

New Jersey offered for sale in England for \$25,000 (1681)

Opening of first railroad in India (1853)

Books are not wiser than men, the true books are not easier to find than the true men, the bad books or the vulgar books are not less obtrusive and not less ubiquitous than the bad or vulgar men are everywhere; the art of right reading is as long and difficult to learn as the art of right living.—FREDERIC HARRISON.



Have you attended to yourself, have you done something for yourself during the half of the month that has just passed? Time is passing.



Do not lose hope!

April 17

D. of Madame de Sévigné, French writer (1696)
D. of Benjamin Franklin, American statesman and writer
(1790)
Examination of Luther before Diet of Worms (1521)
Unveiling in Paris of Statue to Benjamin Franklin (1906)

I believe that the physically healthy, the mentally sane and well-meaning are not in the minority but in the majority in this world. The calamity is—the people are readily misled.



April 18

Joan of Arc pronounced guilty of blasphemy and imposture (1431)
Beatification of Joan of Arc (1909)

Good and bad are but names very readily transferable to that or this; the only right is what is after my constitution; the only wrong what is against it. A man is to carry himself in the presence of all opposition as if everything were titular and ephemeral but he. I am ashamed to think how easily we capitulate to badges and names, to large societies and dead institutions.—EMERSON.



"All is fair in love and war"—a vicious adage this. All is *not* fair neither in love nor in war.



Go out into the open!

April 19

- D. of Paul Veronese, Italian painter (1588)
- B. of David Ricardo, English political economist (1772)
- D. of Pierre Curie, discoverer of radium, killed by cab in Paris (1906)

This is ever the difference between the wise and the unwise; the latter wonders at what is unusual: the wise man wonders at the usual.—EMERSON.



The Roman poet said that the quarrels of lovers are the renewal of love. And yet, fair lovers, I do not advise you to quarrel too often. Quarrels often break love so that it cannot be renewed or repaired.



April 20

- B. of Marcus Aurelius, Roman Emperor and moralist (121)
- Chartering by Pope of University of Freiburg in Baden (1455)
- Importation of convicted felons forbidden by Virginia (1670)
- Donation by Andrew Carnegie of \$1,500,000 for Temple of Peace for Hague Court of Arbitration (1903)

Whoso would be a man must be a nonconformist. He who would gather immortal palms must not be hindered by the name of goodness, but must explore if it be goodness. Nothing is at last sacred but the integrity of our own mind. Absolve you to yourself, and you shall have the suffrage of the world.—INGERSOLL.



Of all emotions, worry is the most wasteful, the most foolish, the most futile. What do you accomplish by worrying? Can you by worrying remove the thing that causes the worry?



Do not neglect your health!

April 21

- B. of Ulrich von Hutten, German poet and anti-papal satirist (1488).
- B. of Jean Baptiste Biot, French mathematician (1774)
- B. of Friedrich W. A. Froebel, founder of kindergarten system (1782)
- B. of Hippolyte Taine, French philosopher and historian (1828)
- Opening in London of first public exhibition of works of living artists (1760)
- Authorization of New York State Library (1817)

We are students of words: we are shut up in schools, and colleges, and recitation rooms, for ten or fifteen years, and come out at last with a bag of wind, a memory of words, and do not know a thing.—EMERSON.



Fear often makes the feared thing happen. Above all you must rid yourself of fear. A life of fear is not worth living. You *can* rid yourself of fear. Fear, like worry, is often just a habit, and we can break ourselves of our injurious habits.



April 22

- B. of Henry Fielding, English writer (1707)
- B. of Immanuel Kant, great German philosopher (1724)
- B. of Mme. de Staël, French writer (1766)
- Imprisonment of Edward Bishop for doubting witchcraft (1692)
- Founding of Public Library in New York City (1730)

I do not pretend to tell what all the truth is. I do not pretend to have fathomed the abyss, nor to have floated with outstretched wings level with the dim heights of thought. I simply plead for freedom. I denounce the cruelties and horrors of slavery. I ask for light and air for the souls of men. I say, take off those chains, break those manacles, free those limbs, release that brain! I plead for the right to think, to reason, to investigate. I ask that the future may be enriched with the honest thoughts of men.—ROBERT INGERSOLL.



Self-sacrifice is often but a noble selfishness. For the sacrifice often repays for itself a thousandfold.

April 23

- B. of William Shakespeare, world's greatest dramatist (1564)
- D. of Shakespeare (1616)
- D. of Cervantes, Spanish writer, author of Don Quixote (1616)
- B. of Joseph Turner, English painter (1775)
- B. of James Anthony Froude, English historian (1818)
- B. of Edwin Markham, American poet (1852)

This is my doctrine: Give every other human being every right you claim for yourself. Keep your mind open to the influences of Nature. Receive new thoughts with hospitality. Let us advance.
—INGERSOLL.



Humanity will not reach its highest level until it learns to subordinate its emotions to reason.



April 24

- B. of Edmund Cartwright, English engineer (1743)
- News-Letter of Boston, first continuous newspaper in America, appeared (1704)

A man aimlessly wandering about in a crowded city is of all men the most lonely; so he who takes up only the books that he "comes across" is pretty certain to meet but few that are worth knowing.—FREDERIC HARRISON.



Even kindness not governed by reason may prove pernicious in its effect. Reason, reason, must govern our actions.



It is futile to worry!

April 25

- B. of Oliver Cromwell, English statesman (1599)
- B. of William the Silent, Dutch statesman (1533)
- B. of Joseph Lister, English surgeon, introducer of anti-septics in surgery (1827)
- B. of William Marconi, English-Italian physicist (1874)

The families of the fit can hardly be too large, whilst those of the unfit cannot be too small.—LEONARD DARWIN.



Most great scientific truths have been conceived in the minds of great thinkers as hypotheses long before they became proved fact.



A reasonable man can always or almost always decide upon the right kind of conduct. Dilemmas of conduct (except in love) seldom confront the rational individual.



April 26

- B. of David Hume, Scottish philosopher (1711)
- D. of Daniel Defoe, English writer, author of Robinson Crusoe (1731)
- D. of Jean Racine, French dramatist (1689)
- Beginning of the great plague in London (1685)

Whether you believe in free will or not, you must act as if you did, as if you were a free agent. Determinism does not free you from responsibility for your acts.



When the mental and moral disease which we call "War Hysteria" attacks a nation, it is very difficult to check it. But it is criminal not to make the attempt.



Gloom and worry have never yet accomplished anything!

April 27

- B. of Edward Gibbon, great British historian (1737)
- B. of Herbert Spencer, great English philosopher (1820)
- B. of Ulysses S. Grant, American soldier and President (1822)
- D. of Ferdinand Magellan (killed by natives; 1521)
- D. of Toussaint-Louverture, Negro liberator of Haiti (1803)
- Copyright of "Paradise Lost" sold by Milton for ten pounds (1667)

The fear of injury is often more injurious than the injury itself. The fear of the harm that is caused by insomnia has done much more harm than insomnia.



April 28

- D. of Sir Charles Bell, Scottish surgeon and anatomist (1842)
- D. of Josiah Willard Gibbs, American educator (1903)
- Landing at Botany Bay, New South Wales, of Captain Cook (1770)

Right and Morality flow from the same source, and this source is a strong social instinct natural to man; it is solicitude for the community, a solicitude guided by Reason.—MAX NORDAU.



A keen intellect and a hard heart are not our ideal of a man. Rather a little less intellectual keenness and a little more goodness of heart.



Is it not just possible that your opponent is right and you wrong?

April 29

- D. of Agrippa d'Aubigné, French Protestant historian (1630)
- B. of Henri Poincaré, French mathematician (1854)
- France expels religious orders (1903)

There can be no question of morality in the strict sense of the word except where the subject of discussion is the relationship of man to man, of one person to another, of me and thee.—FEUERBACH.



Bear in mind that in the ultimate analysis people do what they cannot help doing. In the *ultimate* analysis we are all automata. If you bear this in mind it may help you to forgive and forget.



April 30

- B. of Karl Friedrich Gauss, great German mathematician (one of the world's very greatest) (1777)
- B. of Lord Avebury (Sir John Lubbock), English sociologist (1834)
- Arrest of John Wilkes and suppression of his paper for libeling the king (1763)
- Inauguration of George Washington as first President of the United States (1789)
- Louisiana Purchase (1803), more than doubling original area of U. S.
- French advance at Rome repulsed by Garibaldi (1849)

It is a shame to waste time *at the present* on questions which have no practical application, which do not contribute directly or at least indirectly to human comfort, health and *happiness*.



Ceasing to worry over a condition is often the first step towards the cure of that condition.



Get outdoors. Spend the day in the open. Don't think of the past or the future or of humanity at large. Today you are spending on yourself and with yourself, or with your immediate family and friends.

MAY

One of the Essential Elements of Happiness

One of the most essential elements of such happiness as we can reach on earth lies in not having too much time. The vastly greater proportion of human happiness consists in continuous and progressive work, with the blessing which is given to work and which in the end makes work itself a pleasure. The spirit of man is never more cheerful than when it has discovered its proper work. Make this discovery, first of all, if you wish to be happy. Most of the wrecks of human life are caused by having either no work, or too little work, or uncongenial work; and the human heart, which is so easily agitated, never beats more peacefully than in the natural activity of vigorous, yet satisfying work.

HILTY.

May 1

B. of Joseph Addison, English poet and statesman (1672)
D. of John Dryden, English poet (1700)
D. of David Livingstone, Scottish explorer (1873)
Henry Hudson sailed from England on his first voyage
(1607)

A Man's thoughts are as children born to him which he may not carelessly let die.—HERBERT SPENCER.



Man wants freedom from pain, comfort and some pleasure. But his real aim, conscious or unconscious, is to live a full life in accordance with his nature.



A little knowledge is a dangerous thing—sometimes. Nevertheless the corrective of a little knowledge is not less knowledge, but more knowledge.



May 2

D. of Leonardo da Vinci, Italian painter, sculptor, architect and scientist (1519)
B. of Nathan Bangs, American educator (1778)
B. of Matteotti, Italian socialist (1885)
Incorporation of American Institute of Arts and Sciences of New York (1829)

Do not overwork. But I would much rather overwork than not work at all. Rather die of overwork than of stagnation and idleness.



Two primary conditions of a happy existence are freedom and congenial occupation.



A world without war and without hate is not an illusion!

May 3

- B. of Nicolo Bernardo Machiavelli, Italian author and statesman (1469)
- B. of E. Joseph Sieyès, French statesman and political philosopher (1748)
- Cabral discovers the mouth of the Amazon (1500)
- Founding of the first American medical school (1765)

It is not safe to conclude that feelings are not sincere because expressed in conventional language.—ANTHONY HOPE.



Some people who have very warm hearts may lack the power of proper expression.



A strenuous life, hard work, overcoming of difficulties, yes. But pain—no! I deny the utility or purposefulness of pain.



May 4

- B. of Horace Mann, American educationist (1796)
- B. of Thomas Henry Huxley, great English naturalist and freethinker (1825)
- Procession of the States-General in France (1789)
- Meeting in London of 170,000 English workmen, to advocate eight-hour law (1890)

Only by constant iteration and reiteration can unfamiliar truths be forced upon unwilling minds.—Spencer.



Do not make universal generalizations of your personal experiences. They may have been exceptional.



Self-confidence is not incompatible with modesty and humility.

May 5

- B. of John James Audubon, American ornithologist (1780)
- B. of Karl Marx, great socialist philosopher (1818)
- D. of Napoleon Bonaparte (1821) at St. Helena
- D. of Karl Vogt, German physiologist (1895)
- First issue of "Le Moniteur" appeared (1789)
- Opening of Carnegie Music Hall in New York (1891)
- Woman suffrage passed second reading in House of Commons (1911)

The beginning of all thought, worth the name, is Love; and the wise head never yet was, without first the generous heart.—
CARLYLE.



It is true that as civilization advances our sensibility to pain increases. But so does our sensibility to pleasure.



May 6

- B. of Maximilien Robespierre, French revolutionist (1758)
- B. of Sigmund Freud, great Austrian psychologist, founder of psychoanalysis (1856)
- B. of Robert E. Peary, American explorer, discoverer of North Pole (1856)
- D. of Henry David Thoreau, American essayist and humanitarian (1862)

Remember that divided pain is half pain, but pleasure divided is pleasure doubled. Therefore share your pains and pleasures with others.



Above all, be kind. And do not delay your gifts and your kindnesses to your friends, your children, your relatives, until they are sick or dying. As Anthony Hope asks: Why should caresses be confined to the sick, and kindness bought only at the price of death?



Within limits you are the master of your fate!

May 7

B. of A. Claude Clairaut, French mathematician (1713)
B. of Robert Browning, British poet (1812)
B. of Johannes Brahms, German musician (1833)
British liner Lusitania sunk by German submarine with loss
of 1396 persons (1915)

In a transitional period such as we are living in now the pessimists may seem to have the best of the argument. But have patience. Mankind *is* coming into its own.



Kindness is the most precious of all jewels. It alone can make life worth while; without it all virtues and talents are dross.



May 8

D. of A. François Villemain, French author (1870)
D. of John Stuart Mill, English writer and philosopher
(1873)
D. of Gustave Flaubert, French novelist (1880)
Chartering of the Lutheran University of Heimstadt (1575)

It is hopeless to ask the purpose of humanity and its existence—as hopeless as to ask the purpose of Sirius, the Milky Way, or the Comets.—MAX NORDAU.



No, this is not the best of all possible worlds. Not even the near best. But such as it is we must live in it and make the best, and not the worst, of it.



Do not despair!

May 9

- B. of J. C. Leonard Sismondi, Swiss historian and economist (1773)
- B. of John Brown, American abolitionist (1800)
- D. of Friedrich von Schiller, German poet (1805)
- Columbus sailed from Spain on his fourth voyage (1502)

Thousands of men have been saved, alike in conduct and speculation, by *inconsistency*, and not shrinking from two mutually contradictory trains of thought.



If everybody should determine to leave this world a slightly better place than it was when he entered it how soon would this world be a really decent place to live in!



May 10

- B. of A. R. Jacques Turgot, French statesman and economist (1727)
- B. of Augustin Jean Fresnel, French physicist (1788)
- Amerigo Vespucci sailed on his first voyage (1497)
- Immediate abolition of slavery decreed by Brazil (1888)
- Meeting of First Duma (1906)

No one doubts that the body can be improved by proper exercise. Why not the mind?



What is easy ought to be undertaken as though it were difficult, and what is difficult as though it were easy.—GRACIAN.



Have you attended to yourself? Have you given your body and your mind the needful exercise?

May 11

- B. of Jean Léon Gérôme, French painter (1824)
- B. of Morgenthaler, inventor of the linotype machine (1854)
- D. of Sir G. F. William Herschel, British astronomer (1871)

I implore every human being to be a soldier in the army of progress.—INGERSOLL.



It is better to make a mistake in trying to tell the truth than never to tell the truth for fear of making a mistake.



May 12

- B. of Carl Linnaeus, great Swedish botanist (1707)
- B. of Justus von Liebig, German chemist (1803)
- B. of Jules Massenet, French composer (1842)

Every believer in the wise government of the world must have sometimes realized with a crushing or at least a staggering force the appalling injustices of life as shown in the enormous differences in the distribution of unmerited happiness and misery. But the disparity of moral circumstances is not less. It has shaken the faith of many.—LECKY.



Do not let the mistakes you have made worry you over-much. Only the dead and the unborn make no mistakes.



Be the captain of your soul.

May 13

- B. of Maximilian Hell, Austrian astronomer (1720)
- B. of Alphonse Daudet, French novelist (1840)

Always remember this: If you are to live at all we must *come to terms with life*.



What does the gain amount to, after all, when humanity has one more machine added to it? Does it kindle a single ray of dawn the more in a human soul?—JOHAN BOJER.



May 14

- B. of Robert Owen, English social reformer (1771)
- B. of Magnus Hirschfeld, German sexologist (1868)
- B. of Albert Einstein, German mathematician (1879)
- D. of Karl Marx, great German socialist (1883)
- Henry IV of France, assassinated by a Catholic fanatic (1610)—a great calamity for France
- Inoculation against smallpox of boy by Dr. Jenner (1796)

I will not invade the rights of others. You have no right to erect your tollgate upon the highways of thought. You have no right to leap from the hedges of superstition, and strike down the pioneers of the human race. You have no right to sacrifice the liberties of man upon the altars of ghosts. Believe what you may; preach what you desire; have all the forms and ceremonies you please; exercise your liberty in your own way, but extend to all others the same right.—INGERSOLL.



Gloomy brooding and weakening fear are not the attitudes with which to meet life. With a courageous countenance and uplifted head you are to enter the battle.

May 15

B. of Florence Nightingale, English nurse (1820)
B. of Elie Metchnikov, Russian-French biologist (1845)
B. of Pierre Curie, French chemist, discoverer of radium
(1859)

I can see a world free of fear, hatred or envy; without poverty, crime or disease; I can see a world filled with health, courage and joy. I can foresee a glorious future for humanity.



May 16

All that is good in our civilization is the result of commerce, climate, soil, geographical position, industry, invention, discovery, art and science. The church has been the enemy of progress, for the reason that it endeavored to prevent man from thinking for himself. To prevent thought is to prevent all advancement except in the direction of faith.—INGERSOLL.



A cheerful day to you! Have you done anything for yourself during the past half-month? Time is passing.



Be patient: Patience is bitter, but its fruit is sweet, said Rousseau.

May 17

B. of Dr. Edward Jenner, introducer of vaccination (1749)
B. of Henri Barbusse, French author and humanitarian
(1874)

You may have reasons for your disgust with life. But if you want to live at all and if you wish to live an efficient life, you must banish the feeling of disgust and *make believe* as if you had everything to live for.



It is in times of excessive darkness and lunacy when the few courageous people must hold up the torch of light and of sanity, regardless of consequences.



May 18

B. of Bertrand Russell, English mathematician, philosopher and humanitarian (1872)
First opening on Sunday of Metropolitan Museum of Art, New York City (1891)

Religion has not civilized man, man has civilized religion. God improves as man advances.—INGERSOLL.



In our passage through life it is permissible to *assume* a cheerfulness and a courage that we do not in reality feel, and there is this justification: assumed feelings may in time become real.



The first step necessary, and absolutely necessary, for the cure of insomnia is to cease worrying about its possible disastrous results.



To hope is always permissible!

May 19

B. of Johann Gottlieb Fichte, German philosopher (1762)
D. of W. E. Gladstone, English statesman, (1898)
Investigation on transmission of sound commenced by Prof.
Tyndall (1873)
Opening in Paris of International Exhibition (1889)

From a purely selfish standpoint it is best to be unselfish; for the unselfish person gains his objects sooner than the selfish one and the former is generally more happy than the latter.



May 20

B. of Albert Dürer, German painter and engraver (1471)
D. of Christopher Columbus, discoverer of America (1506)
B. of Honoré de Balzac, French novelist (1799)
B. of John Stuart Mill, English philosopher, economist and humanitarian (1806)
Laying of corner-stone of Leland Stanford University (1887)

When a fact can be demonstrated, force is unnecessary; when it cannot be demonstrated, an appeal to force is infamous. In the presence of the unknown, all have an equal right to think.—
INGERSOLL.



As civilization advances the problems of life become more complex. And if we wish to participate in the life of the times we must be equipped to meet and solve these problems.



Shake off your gloom and inertia!

May 21

D. of Tommaso Campanella, Italian philosopher (1639)

B. of Alexander Pope, English poet (1688)

Founding of Society of British Artists (1823)

If you know yourself to be a weak character, to lack will power, then do not set yourself heavy tasks. Start by giving yourself light tasks which you know you can accomplish.



May 22

B. of Richard Wagner, German composer (1813)

D. of Victor Hugo, great French writer and poet (1885)

D. of Edward Bellamy, American writer (1898)

Functions which are not exercised disappear; organs which are not used atrophy. Exercise your body and your brain.



We would save ourselves a good deal of anger, we would often be less harsh in our judgments, if we would look at human feelings—hatred, envy, ambition, avarice—the way the good and gentle Spinoza tried to look at them: not as vices of human nature, but as properties belonging to it, just as heat, cold, storm, thunder belong to the air and the sky.



Do not lose courage!

May 23

- D. of William Bradford, earliest American printer (1752)
- B. of Thomas Hood, English poet (1799)
- D. of Henrik Ibsen, Norwegian dramatist (1906)
- Agreement by English ministry to propose American independence (1781)
- Italy declares war on Austria (1915)

Our progress in the material world is wonderful; it makes us stand in awe before the potentialities of the human mind. If we could say the same thing of the human heart, of the improvement in the relations between men and between nations!



May 24

- D. of Nicolaus Copernicus, great astronomer (1543)
- Joan of Arc imprisoned (1430)
- Opening of Brooklyn Bridge (1883)

There is no question that in our present state of society self-control is one of the most necessary of virtues—necessary for the well-being of the individual.



Hunger, Love and Curiosity are the three great mainsprings of life.



And that too shall pass!

May 25

B. of Ralph Waldo Emerson, American writer and philosopher (1803)

It is either not to live at all, or to live actively, fruitfully, buoyantly. Joyously if you can, quietly and a bit sadly if you must, but courageously and hopefully to the end.



Many people who ambled with bowed heads in gloom and dejection are now walking with heads uplifted in joyful hope and confident self-assurance. Suggestions in this humble collection helped to bring about the change.



May 26

B. of Alexander Pushkin, Russian poet (1799)
B. of Heinrich Geissler, German physicist (1814)

Many of our illusions have been destroyed by the war. But it still remains true that Love will accomplish more than hate, Truth more than falsehood, Peace more than force.



Fear paralyzes the brain. Progress is born of courage. Fear believes, courage doubts. Fear falls upon the earth and prays, courage stands erect, and thinks. Fear retreats, courage advances. Fear is barbarism, courage is civilization. Fear believes in witchcraft, in devils and in ghosts. Fear is religion, courage is science.—
INGERSOLL.



Be not afraid!

May 27

- B. of Alighieri Dante, great Italian poet (1265)
- Burning of Servetus by Calvin for denying the divinity of Christ (1553)
- D. of John Calvin, religious reformer (1564)
- (Rather a strange coincidence that Calvin died the same day of the same month on which he burned Servetus)

Happiness is no easy matter; it is very hard to find it within ourselves, and impossible to find it anywhere else.—Chamfort.



Happiness, to be truly tasted and enjoyed, must be shared.



Occasional fasting and continence are good not only in themselves but are useful as discipline of the will.



May 28

- B. of William Pitt, English statesman (1759)
- B. of Thomas Moore, Irish poet (1779)
- B. of Jean Louis Agassiz, Swiss-American naturalist (1807)
- D. of Robert Koch, great German bacteriologist (1910)
- D. of Sir John Lubbock, English writer (1913)

How can you expect to live in peace with others if you are not in harmony with yourself? First of all you must come to terms with yourself.



Keep up your courage!

May 29

D. of Humphry Davy, British chemist (1829)
B. of Louise Michel, French revolutionist (1839)
D. of Anselm Feuerbach, German jurist (1833)
Incorporation of Chicago Academy of Fine Arts (1879)

Strength grows with exercise. This is true of exercise of the body, exercise of the mind, exercise of the memory, exercise of the will. Do not permit your body and your soul to stagnate.



May 30

Joan of Arc burned at the stake (1431)
D. of Pierre Paul Rubens, great Flemish painter (1640)
D. of Voltaire (1778)

Children understand more than you think they do; they feel as deeply as you do, and remember—they remember unto death. So take care of the children!



It is glorious to work for freedom, freedom for others, freedom for oneself. But those who fight for their own freedom, for freedom to live their own lives, should bear in mind the following fine words by Andreyev: It is not enough to have gained freedom *from* something; one must be strong enough to have achieved freedom *for* something.



Do not lose hope!

May 31

D. of Jacopo Tintoretto, Italian painter (1594)
B. of Pierre Vergniaud, French revolutionary (1753)
Chartering of the University of Florence in Italy (1349)
Passing of first copyright act of the United States (1790)

Until doubt began, progress was impossible, for the advance of civilization solely depends upon the acquisitions made by the human intellect, and on the extent of their diffusion. But people who are satisfied with their own knowledge will never attempt to increase it. People who are convinced of the accuracy of their opinions will never take the pains of examining the basis on which they are built. They look with wonder, and often with horror, on views contrary to those they have inherited; and while they are in this state of mind it is impossible that they should receive any new truth which interferes with their foregone conclusions.—
BUCKLE.



A good day to pass in the open; and to give yourself an account of what you have done during the five months of the present year. Time is passing.



Go out into the open!

JUNE

Sinning Against Mankind

It is wrong, always, everywhere, and for any one, to believe anything upon insufficient evidence. If a man, holding a belief which he was taught in childhood or persuaded of afterwards, keeps down and pushes away any doubts which arise about it in his mind, purposely avoids the reading of books and the company of men that call in question or discuss it, and regards as impious those questions which cannot easily be asked without disturbing it—the life of that man is one long sin against mankind.

W. K. CLIFFORD.

June 1

B. of Nicolas Sadi Carnot, French physicist (1796)
Discovery of Magnetic North Pole by James Clarke Ross
(1831)

The Earth is vibrant with life. Every living creature is palpitatingly alive. Are you in tune with Mother Earth and her living children—the plants and the animals?



Fear as a Hindrance to Progress

One of the greatest hindrances to progress is the fear that people have of expressing their thoughts in a plain, unvarnished manner. That fear may be the fear of offending an employer or superior, a friend, an enemy, an advertiser, a subscriber, a relative. In fact, the fear may even have a laudable motive behind it; but it is injurious to the cause of progress, to the cause of truth, all the same.



June 2

B. of Thomas Hardy, English novelist (1846)
D. of Giuseppe Garibaldi, Italian patriot (1882)

Although men are accused for not knowing their own weakness, yet, perhaps as few know their own strength. It is in men as in soils, where sometimes there is a vein of gold which the owner knows not of.—SWIFT.



Physical courage, particularly military or martial courage, is the lowest type of courage and becomes less and less necessary as civilization advances.

Believe in yourself!

June 3

- D. of William Harvey, discoverer of the circulation of the blood (1657)
- B. of Richard Cobden, English statesman (1804)
- D. of Samuel Plimsoll, author of the "Plimsoll line," who worked so valiantly to improve the condition of seamen (1898)

If you take temptations into account, who is to say that he is better than his neighbour? A comfortable career of prosperity, if it does not make people honest, at least keeps them so.—THACKERAY.



Conventions and traditions have their reasons for existence. They are not all foolish, useless or injurious. And it is not wise to disregard or to attempt to destroy them indiscriminately.



June 4

- B. of François Quesnay, French economist (1694)
- B. of François Rude, French sculptor (1784)
- Arrival in America of Peace Commissioners from Parliament (1778)

These bitter sorrows of childhood! when sorrow is all new and strange, when hope has not yet got wings to fly beyond the days and weeks, and the space from summer to summer seems measureless.—GEORGE ELIOT.



Let us try to live so that on our deathbed we can say with the dying Julian, "I die without remorse, as I have lived without sin."



Take care of the children; they are so helpless.

June 5

B. of Socrates, Greek philosopher (469 B.C.)
B. of Adam Smith, British economist (1723)
B. of John Maynard Keynes, British economist (1883)
Treaty of Vienna (1815)

Aims of a higher order, even though they be not fulfilled, are in themselves more valuable than lower ones entirely fulfilled.—
GOETHE.



Many a person has been helped by these and similar maxims. There is no reason why you should not be helped by them. You must not only read them, but digest and appropriate them.



June 6

B. of Pierre Corneille, French dramatist (1606)
Annexation of Alsace to Germany (1871)

Society, after all, does not mean merely the arena in which individuals are free to develop themselves. It ought to mean a community which makes the best of its common life, drawing out the best in its members and giving them the best that has been treasured in the records of human thought, achievement and experience. The fulfilment of this ideal depends on education.



Learn to stand on your own feet, but if you are weak it is quite permissible to use crutches temporarily. Maxims and good books are moral crutches.



Do not worry over much: That too shall pass.

June 7

- D. of Mahomet, Prophet of Islam (632)
- Demand by Congress of independence instead of constitutional liberty (1776)
- Agreement by the United States and Great Britain to suppress the slave trade (1862)

In this artificial life of ours, it is not often we see a human face with all a heart's agony in it, uncontrolled by self-consciousness; when we do see it, it startles us as if we had suddenly walked into the real world of which this every day one is but a puppet show copy.—GEORGE ELIOT.



So far the history of humanity has been the history of martyrdom. But it shall not always be so. The savior will be recognized as such in his lifetime.



June 8

- Nero commits suicide (68)
- B. of Robert Alexander Schumann, German composer (1810)
- B. of John Millais, English painter (1829)
- D. of George Sand, great French novelist (1876)

If a man wants to read good books, he must make a point of avoiding bad ones; for life is short, and time and energy limited.—SCHOPENHAUER.



Some of the sayings of the philosophers of three thousand years ago are as valid today as they were then. Some truths are eternal.



Do not lose courage!

June 9

B. of Amedeo Avogadro, Italian chemist and physicist
(1776)

B. of George Stephenson, English engineer (1781)

Opening in Edinburgh of Carnegie Library (1890)

I dream away my life in other's speculations. I love to lose myself in other men's minds. When I am not walking, I am reading; I cannot sit and think. Books think for me.—LAMB.



Old platitudes that are true are preferable to new epigrams that are false. A falsehood is not redeemed by cleverness.



June 10

D. of Luis Vaz de Camoëns, Portuguese poet (1580)

Assassination of G. Matteotti, Italian socialist, by Mussolini's fascists (1925)

Completion of a direct cable between New York and Ireland (1875)

"The inclination to evil is rooted in the nature of man." It is not true! The system under which we live forces some men to do evil things—not an inborn inclination to do evil for evil's sake.



He who does nothing, says nothing and is nothing, makes neither friends nor enemies. He who does, says and is something makes both.



Be patient:—Patience is bitter but its fruit is sweet.—ROUSSEAU.

June 11

D. of Roger Bacon, English philosopher (1294)
B. of Alexander Bain, British philosopher (1818)
Return of Columbus to Spain in great dejection (1496)

Where are your books? That light bequeathed
To beings else forlorn and blind!
Up! Up! and drink the spirit breathed
From dead men to their kind.—WORDSWORTH.



What is not right for an individual is not right for a nation.
Nay, a nation being stronger than an individual should be more
scrupulous, more moral.



June 12

Opening of first railway in Japan (1872)

Men cannot exist without authority, and yet it carries with it
as much of error as of truth. It perpetuates one by one things
which should pass away one by one; it rejects and allows to pass
away things which should be preserved; and it forms the prin-
cipal cause why mankind remains at the same stage instead of
advancing.—GOETHE.



It is a strange dogma that what is sinful and criminal if done
by one person becomes permissible and even commendable if done
by a whole nation.



Be up and doing

June 13

B. of Thomas Arnold, English educator (1795)
D. of Michael Bakunin, Russian revolutionary communist (1876)
Opening at Ottawa of first Canadian Parliament (1841)

Grief which disposes gentle natures to retirement, to inaction and to meditation, only makes restless spirits more restless.—MACAULAY.



Thank Heaven, I bear about with me no habits which I cannot lay aside as easily as my clothes.—SOUTHEY.



I deny that most people love war, fight and combat. Most people prefer to live in peace and want to be left alone to go their own way.



June 14

B. of Charles Augustin Coulomb, French scientist (1736)
D. of Mary Carpenter, English philanthropist (1877)
Rebellion of Wat Tyler in England (1381)

Good nature is that benevolent and amiable temper of mind which disposes us to feel the misfortunes and enjoy the happiness of others; and, consequently, pushes us on to promote the latter, and prevent the former; and that without any abstract contemplation of the beauty of virtue, and without the allurements or terrors of religion.—FIELDING.



A single man with deep faith in the justice of his cause will make more converts than the most eloquent orator without faith.



Be the captain of your soul!

June 15

Eclipse recorded by tablets at Nineveh (763 B.C.)
The Great Charter—The foundation of English liberty
(1215)
Montreal taken from Americans by British (1776)

It may not be necessary that we live, but if we do live it is necessary that we live decently, with dignity and self-respect.



June 16

D. of Elie Metchnikov, Russian-French biologist (1916)
Opening at Petrograd of All-Russian Congress of Work-
men's and Soldiers' Delegates (1917)

All knowledge is imperfect, we may almost say meaningless, unless it tends to give us sounder notions of our human and social interest. What we need are clear principles about the moral nature of man as a social being; about the elements of human society; about the nature and capacities of the understanding. We want landmarks to guide us in our search after worthy guides, or true principles for social or political action.—F. HARRISON.



Everybody has at least one person entrusted to his care—himself. Do not forget, do not overlook, do not neglect that one person.



Shake off your gloom and inertia.

June 17

B. of William Crookes, English scientist (1832)

Battle of Bunker Hill (1775)

In France, the Third Estate adopts the title of "National Assembly" (1789)

Human nature is unlike inorganic nature in this, that its varieties are greater, and that it shows continual change. The earth rolls round the sun in the same orbit now as in infinite ages past; but man moves forward in a variable line of progress. Age after age develops into new phases. It is a study of life, of growth, of variety.—F. HARRISON.



Have you attended to yourself? Have you been out? Have you given your body and your mind the needful exercise?



June 18

B. of Lester F. Ward, American sociologist (1841)

Opening of Sandy Hook lighthouse (1764)

Battle of Waterloo (1815)

True grief hath ever something holy in it; and when it visiteth a wise man, and a brave, is most holy.—LANDOR.



In nothing are we so skilful as in finding reasons for our actions. The reasons may appear to you valid, irrefutable, yet they may be neither. Suppose you give the other side a hearing?



Do not lose courage!

June 19

B. of Blaise Pascal, French philosopher (1623)
B. of Albert Neisser, German physician (1869)
Signing of Magna Charta at Runnymede (1215)
Statue of Liberty arrived from France (1885)

If you have to live among men, you must allow every one the right to exist in accordance with the character he has, whatever it turns out to be; and all you should strive to do is to make use of this character in such a way as its kind and nature permit, rather than to hope for any alteration in it or to condemn it offhand for what it is.—SCHOPENHAUER.



We cannot prevent the changes in the weather, but we can increase our resistance so that changes in the weather do not affect us.



June 20

Oath of the "Tennis Court" at Versailles (1789)
The flight of Louis XVI and his arrest at Varennes (1791)

The greatness of the human soul is shown by knowing how to keep within proper bounds. So far from greatness consisting in going beyond its limits, it really consists in keeping within them.—PASCAL.



We cannot always prevent the blows of fortune, but we can increase our moral resistance so that the blows may fall without deeply injuring us.

And that too shall pass!

June 21

B. of Anthony Collins, English author (1676)
Laying of submarine telegraph from Sicily to Algeria
(1865)

Lives of great men all remind us
We can make our lives sublime,
And, departing, leave behind us
Footprints on the sands of time.—LONGFELLOW.



Humanity may not be worth saving and it may be madness to try to save it; yet there will always be a group of noble madmen ready to throw their lives away in the mad attempt.



June 22

D. of N. Machiavelli, Italian politician and writer (1767)
B. of W. Humboldt, German scholar (1767)
B. of Giuseppe Mazzini, Italian patriot (1805)
Execution of Bishop Fisher for denying the king's religious
supremacy (1535)
Opening of South Kensington Museum in London (1857)

No sadder proof can be given by a man of his own littleness than disbelief in great men.—CARLYLE.



After all it is not the clever cynics, the witty epigram makers, the gloomy pessimists, but the idealists and the dreamers that will live immortal in mankind's affectionate memory.



Be not afraid!

June 23

- B. of Gottlieb Wilhelm Leibniz, German philosopher and mathematician (1646)
- D. of James Mill, English philosopher (1836)
- B. of Charles Maspero, French Egyptologist and historian (1846)
- Triumph of the Third Estate, and union of the orders at Versailles (1789)

By ill-will and hatred a man's observation is limited to the surface of things, even though those qualities be accompanied by a keen perception. But if the latter goes hand in hand with goodwill and love, it is able to penetrate into the heart of man and the world, and may even attain to the supreme goal.—GOETHE.



Again I say: Do not grieve too much over the mistakes you have made. What active man has not made mistakes?



June 24

- B. of Lazare Hoche, French general (1768)
- B. of Victor Adler, Austrian socialist leader (1852)
- Assassination of Walther Rathenau, German statesman and humanitarian, by vicious reactionaries (1922)
- Removal of all restrictions on trade between ports of the United States (1864)

Authors may be divided into falling stars, planets, and fixed stars: the first have a momentary effect; the second have a much longer duration; but the third are unchangeable, possess their own light, and work for all time.—SCHOPENHAUER.



I take my mistakes as a matter of course, as a part of the day's work. And I do not even promise myself not to make the same mistakes twice.



Keep up your courage!

June 25

Eight hours made a legal day's work by Congress (1868)

It may be old-fashioned advice, yet it is good advice to follow occasionally: In your dealings with others, and more particularly with yourself, recollect once in a while that after all you are not going to live forever. Who knows where you may be next year this day?



June 26

B. of William Thomson Kelvin, British physicist (1824)
Inauguration of Oliver Cromwell for second time as Lord
Protector (1657)
Laying of the Atlantic cable started (1858)

The unanimous consent of the whole human race was necessary before you could appropriate from the common funds more than was necessary for your own subsistence. You are rich! but we suffer. Your wealth is our poverty. In vain you appeal to laws. What are laws but the adroit selfishness of men, who framed maxims for the preservation of their possessions? Property is a spoliation; laws may secure, but they cannot justify it.—ROUSSEAU.



I have seen so many unhappy people turning a new leaf and living a sane, healthy contented life, that I do not despair about anybody, and I have hopes even of you. Shake off your gloom and inertia!



Do not lose hope!

June 27

Passing of first telegraph messages between New York and Boston (1847)

Many of our opinions and attitudes are but what we psychologists call "defense-mechanisms." But defense-mechanisms are perfectly legitimate weapons in the battle of life.



June 28

B. of Jean Jacques Rousseau, French philosopher (1712)
B. of Paul Broca, French anatomist and anthropologist (1824)
Submission to Congress of Jefferson's draft of the Declaration of Independence (1776)
Opening of International Court of Justice in Egypt (1875)
Assassination of Archduke Franz Ferdinand (1914)
Signing of the peace treaty at Versailles, the most unfair treaty in the world's history (1919)

As good almost kill a man as kill a good book; who kills a man kills a reasonable creature, God's image; but he who destroys a good book kills reason itself.—MILTON.



It is perfectly true that the wise man extracts some benefit even from his sojourn in purgatory. The weakling is destroyed, the strong man comes out with more strength than when he went in.



Do not neglect your body, nor your mind!

June 29

- B. of Peter Paul Rubens, Flemish painter (1577)
- B. of Thomas Paine, British-American writer and humanitarian (1737)
- B. of Frédéric Bastiat, French economist (1801)
- D. of Thomas Henry Huxley, British scientist (1895)
- Completion of High Bridge, over Harlem River, at New York (1848)

No magic *Rune* is stranger than a book. All that mankind has done, thought, gained or been; it is lying as in magic preservation in the pages of Books. They are the chosen possession of men. Do not Books still accomplish *miracles*, as *Runes* were fabled to do? They persuade men.—CARLYLE.



It is better to be deceived in being too trustful than to distrust everybody for fear of being deceived.



June 30

- D. of Johann Reuchlin, German scholar and reformer (1522)
- Four women condemned to death as witches by Massachusetts General Court (1692)
- Use of the pillory in the United Kingdom abolished by Act of Parliament (1837)

All honour and reverence to the divine beauty of form! Let us cultivate it to the utmost in men, women, and children, in our gardens and in our homes. But let us love that other beauty too, which lies in no secret of proportion, but in the secret of deep human sympathy.—GEORGE ELIOT.



Half of the year is gone. Have you done anything for yourself? Do you find yourself better off physically and mentally than you were on the 1st of January of this year? Make up your accounts, and if the result is not satisfactory, try to do better during the next six months.

JULY

The Noblest Ideal

Is there one out of all the ideals to which the noblest and ablest of men have aspired which can stand the cold examination of knowledge? asks Nordau. And his answer is: "Only one—the ideal of goodness and selfless love. To add no avoidable touch of cruelty to the inexorable evils with which nature scourges man, but within the limits of their power to lessen the sum of human suffering—this is the ideal towards which the most perfect men our species has known have aspired, which they have tried to realize, which they have felt to be noble and high enough to inspire and recompense them. It is an ideal that is still far from being realized. It may suffice us for a long time to come. It can yet make life worth living to many, and those the best among us."

July 1

B. of George Sand, French novelist (1804)
Columbus enters the Caribbean Sea (1503)

War, racial prejudice and poverty are three curses of mankind and to devote one's life to the removal of those curses is a task worthy of any man.



I believe that most of the meanness and wickedness in this world is due to ignorance and poverty, or rather fear of poverty.

I believe that religious dogma and religious prejudice have caused more misery, suffering, and hatred, and have hindered human progress more, than any other single factor.

I believe that the greatest enemy of mankind is he who stirs up religious strife and racial prejudice.



July 2

B. of C. W. Glück, German composer (1714)
D. of Jean Jacques Rousseau, French philosopher (1778)
Resolution of Independence adopted by Colonial Congress
(1776)

Considering the unforeseen events of this world, we should be taught that no human condition should inspire men with absolute despair.—Fielding.



Whoever presents a picture of a better and a happier world as he perceives it makes a distinct contribution to human progress.



The primary criterion of a man is not his religion or his race, but his humanitarianism.



Do not despair!

July 3

Champlain laid foundation of Quebec (1608)

No man can answer for his courage who has never been in danger.—LA ROCHEFOUCAULD.



It would be of great potential benefit to the human race if more people indulged in the pastime of telling what in their opinion the world should be like.



July 4

D. of Samuel Richardson, English novelist (1761)

B. of Giuseppe Garibaldi, Italian patriot (1807)

D. of Elisée Reclus, great French geographer and humanitarian (1905)

Signing of Declaration of Independence at Philadelphia (1776)

No man can justly censure or condemn another because indeed no man truly knows another. This perceive in myself; for I am in the dark to all the world, and my nearest friends behold me but in a cloud.—BROWNE.



All men are created free; and while not equal they should be given equal opportunities to live a full decent life.



To hope is always permissible!

July 5

- B. of Sarah Siddons, English actress (1755)
- B. of Georges Cabanis, French physiologist (1757)
- B. of Karl Vogt, German physiologist (1817)

There is a power in the direct glance of a sincere and loving human soul, which will do more to dissipate prejudice and kindle charity than the most elaborate arguments.—GEORGE ELIOT.



Whatever is—the germ of it existed a million years ago. Whatever we see, is but a development of something that, shadowy and vague, flitted across the brain of primitive man.



July 6

- D. of Johann Huss, Czech religious reformer, burned alive (1415)
- Colonial Congress justifies resistance to Great Britain (1775)

It is quite wrong to introduce into literature the same toleration as must necessarily prevail in society towards those stupid, brainless people who everywhere swarm in it. In literature such people are impudent intruders; and to disparage the bad is our duty towards the good; for he who thinks nothing bad will think nothing good either.—SCHOPENHAUER.



It is to the dreamers of Utopia that the race owes its best heritage. Sneer not at the dreamers.



Shake off your inertia!

July 7

B. of Jean de La Fontaine, French fabulist (1621)
D. of Georg Simon Ohm, German physicist (1854)
Opening of King's College (Columbia University) New
York (1754)
Annexation of Hawaii to the U. S. (1898)

Some persons bend to the world in all things, from an innocent belief that what so many people think must be right.



Dreams are necessary; they are necessary to humanity; and they are essential to the very life of the dreamer. He stifles if he can give no utterance to his dreams.



July 8

D. of Percy Bysshe Shelley by drowning (1822).
B. of John D. Rockefeller, American capitalist and philanthropist (1839)
Declaration of Independence read to the American Army (1776)

I am ashamed to think how easily we capitulate to badges and names, to large societies and dead institutions.—EMERSON.



A book that can lift you out of the slough of despond, give you cheer and courage, and make you ready to start anew is a good book. This is the kind of book *you* need.



Gloom and worry have never improved matters!

July 9

- B. of Henry Hallam, English historian (1777)
- B. of Elias Howe, inventor of the sewing-machine (1819)
- B. of Friedrich Adler, Austrian socialist leader (1879)

The division of human beings into good and bad is inadequate. A man may be good in some respects and bad in others; he may be good to some people and bad to others. A better classification is into prosocial and antisocial.



July 10

- B. of John Calvin, French religious reformer (1509)
- Assassination of William the Silent (1584)
- B. of J. A. McNeil Whistler, Anglo-American painter (1834)
- B. of E. D. Morel, English radical and humanitarian (1873)

We are all framed of flaps and patches, and of so shapeless and diverse a contexture that every piece and every moment playeth its part. And there is as much difference found between us and ourselves as there is between ourselves and others.—
MONTAIGNE.



Those who work for freedom, peace, joy, beauty and universal brotherhood are the prosocial. Those who wish to keep humanity in darkness and who glorify force and war are the antisocial.



Keep up your courage!

July 11

- B. of Joseph Jérôme Lalande, French astronomer (1732)
- B. of John Quincy Adams, sixth President of the United States (1767)

There are but three ways to revenge himself of the censure of the world; to despise it, to return the like, or to endeavor to live so as to avoid it; the first of these is usually pretended, the last is almost impossible, the universal practice is for the second.—
SWIFT.



The greatest indictment against our educational institutions is that they do not teach the students to think, and what is worse, they repress any tendency to independent thinking.



July 12

- B. of Julius Cæsar (100 B.C.)
- B. of Henry David Thoreau, American author and humanitarian (1817)
- B. of Claude Bernard, French physiologist (1818)
- D. of L. Jacques Daguerre, French discoverer of photography (1851)
- Dismissal of Necker by Louis XVI. Insurrection of Paris (1789)

A foolish consistency is the hobgoblin of little minds.—
EMERSON.



Intellect is invisible to the man who has none. In any attempt to criticize another's work, the range of knowledge possessed by the critic is as essential a part of his verdict as the claims of the work itself.—SCHOPENHAUER.



How few are the people who can always stand firmly on their feet and who are never in need of any extraneous support, particularly during a misfortune or crisis!

July 13

Landing of Sir Walter Raleigh's expedition in Virginia
(1584)
Chartering of College of Philadelphia (University of Penn-
sylvania, 1753)
Assassination of Marat by Charlotte Corday (1793)

At the present time when there is so much misery in the world,
I am an out-and-out utilitarian. Of everything and everybody I
ask: Of what use are you? Of what use are you to mankind, to
man, woman or child?



July 14

B. of Sir Robert Strange, English line-engraver (1721)
B. of Joseph Lakanal, French educationist (1762)
Fall of the Bastille (1789)
The federation fête, or "Feast of Pikes," in Paris (1790)

The mind of genius is among other minds what the carbuncle
is among precious stones; it sends forth light of its own, while
the others reflect only that which they have received.—SCHOPEN-
HAUER.



I want living things, living human beings to deal with. The
proper study of mankind is man, and to me man—and woman—is
the only thing worthy of interest and study. And the most inter-
esting study in mankind is mind.



Shake off your gloom and inertia!

July 15

B. of Rembrandt, great Dutch painter (1606 or 1607)
Jerusalem taken from Saracens by the Crusaders (1099)

The great men of the earth are but the marking-stones on the road to humanity: they are the priests of its religion.—MAZZINI.



It is a beautiful day today. Why not spend it outdoors? And have you done something for your body and mind? Brace up and be up and doing.



July 16

D. of Masaniello (Tommaso Aniello), Italian patriot (1647)
B. of Sir Joshua Reynolds, English painter (1723)
B. of Roald Amundsen, Norwegian explorer (1872)
Peary's expedition to North Pole sailed from New York (1905)

Life is not to be measured by years but by accomplishment.

Of all persecutions, that of calumny is the most intolerable. Any other kind of persecution can affect our outward circumstances only, our properties, our lives; but this may affect our characters for ever.—HAZLITT.



Do not lose courage!

July 17

King's College (Columbia University), New York, opened
with ten students (1754)
Massacre of the Champ de Mars, at Paris (1791)

Books are men of higher stature.

And the only men that speak aloud for future time to hear.—
ELIZABETH BARRETT BROWNING.



It is perfectly true that some men are very old at thirty and
others quite young at sixty.



July 18

D. of Petrarch, great Italian poet (1374)
B. of Robert Hooke, English physicist and mathematician
(1635)
D. of Jean Antoine Watteau, French painter (1721)
B. of William Makepeace Thackeray, English writer (1811)

People glorify all sorts of bravery except the bravery they
might show on behalf of their nearest neighbours.—GEORGE ELIOT.



A brave man in distress is the most touching object in the
world.—LE SAGE.



Whining, worrying and fretting are not criminal or sinful;
they are foolish and defeat the very object they are meant to
accomplish. They seldom give relief but often aggravate the
trouble.



And that too shall pass!

July 19

B. of Samuel Colt, American inventor (1814)
Holding of First Woman's Rights Convention in America
(1848)

It would be a good thing to buy books if one could also buy the time in which to read them; but generally the purchase of a book is mistaken for the acquisition of its contents.—SCHOPENHAUER.



A good cry is a good thing once in a while. It does afford relief. But it must not be abused, because if repeated too often, it will also defeat its object.



July 20

B. of Petrarch, great Italian poet (1304)

When a true genius appears in the world, you may know him by this sign, that the dunces are all in confederacy against him.—SWIFT.



I wish to call out: Come all ye humble and humiliated, ye suffering and brokenhearted, and pour out your heart and your troubles to me. I shall not weigh you on a fine scale and I shall be happy to help you.



Be not afraid!

July 21

D. of Robert Burns, Scottish poet (1796)

D. of Robert G. Ingersoll, American orator and freethinker (1899)

The "Invincible Armada" defeated and dispersed (1588)

The influence of an action, be it ever so noble, can last but a short time: but a work of genius is a living influence beneficial and ennobling throughout the ages.—SCHOPENHAUER.



A man should not shun company, but neither should he yearn for it. Independent and sufficient unto himself—that is the fundamental requirement of a free man.



July 22

D. of Xavier Bichat, French physiologist (1802)

D. of Piazzzi, Italian astronomer (1826)

Red or Bloody Sunday in St. Petersburg (1905)

On the choice of friends

Our good or evil name depends.—GAY.



Poverty of the soul is infinitely worse than poverty of the pocketbook. The latter may be temporary, an empty pocketbook may become bulging; but poverty of the soul is usually permanent.



Keep up your courage!

July 23

B. of Charlotte S. Cushman, American actress (1816)

D. of William Ramsay, great English chemist (1916)

Learning hath gained most by those books by which the printers have lost.—FULLER.



For, I dipt into the future, far as human eye could see,
Saw the vision of the world, and the wonders that should be.
TENNYSON.



Blessed be he who invented books. What would we, who lead practically no animal life at all, do without books? But do not let books monopolize the place of brooks. Do not permit reading to keep you indoors all your leisure time.



July 24

Completion of first iron railroad in England (1801)

Though by friendship we oft are deceived,
And find Love's sunshine soon o'ercast,
Yet friendship will still be believed,
And Love trusted on to the last.—MOORE.



With firm step, uplifted head and open eyes must you go out to meet the problems of life. By looking at them boldly you will see them shrink in all dimensions.



Do not lose hope!

July 25

D. of Thomas à Kempis, German monk, alleged author of
Imitation of Christ (1471)

If a man be gracious and courteous to strangers, it shows he is
a citizen of the world; and that his heart is joined to them.—
BACON.



Love is a tender plant and needs careful nursing. Unless vigi-
lantly protected it easily shrivels and withers. But the wounds
of love are mortal to the weakling only.



July 26

B. of George Bernard Shaw, British writer and dramatist
(1856)
First post-office opened in Paris (1470)

I detest the word "victory" as I do the word "defeat." Victory
is a nasty word, perhaps even worse than the word defeat. I be-
lieve in peace without victory and without defeat. Let us hope
that both these words will sometimes be eliminated from our
vocabulary.



Do not neglect your body, but do not make a fetish of it. The
mind as well as the body needs cultivating.



Go out into the open!

July 27

B. of John Bernouilli, Swiss mathematician (1667)
D. of Gilbert Stuart, American portrait painter (1828)
Fall of Robespierre (9 Thermidor 1794)

All honour and reverence to the divine beauty of form! Let us cultivate it to the utmost in men, women, and children—in our gardens and in our homes. But let us love that other beauty too, which lies in no secret of proportion, but in the secret of deep human sympathy.—GEORGE ELIOT.



Get the habit of jotting your thoughts down, of speaking to yourself in writing, or arguing with yourself on paper. Many of your thoughts will become clearer, you will perceive many errors in your reasoning—and you may learn to think straight.



July 28

D. of Sebastian Bach, great German composer (1750)
Execution of Robespierre (1794)
Assassination of Von Plehve, cruel Russian minister (1904)
Austria declares war on Serbia (1914)

We feel ourselves the most exempt from affliction when we relieve it, although we are then the most conscious that it may befall us.—LANDOR.



If a book come from the heart, it will contrive to reach other hearts; all art and authorcraft are of small amount to that.—CARLYLE.



Do not neglect your health!

July 29

B. of Max Nordau, Austrian-French physician, writer and humanitarian (1849)
Russia mobilizes a million and a quarter troops (1914)

It is a divine pleasure to admire! admiration seems in some measure to appropriate to ourselves the qualities it honours in others.—
LORD LYTTON.



If the man of sense is coarsely treated by the vulgar, let it not excite our wrath and indignation; if a piece of worthless stone can bruise a cup of gold, its worth is not increased, nor that of gold diminished.—SADI.



Idealism, liberalism, humanitarianism—these are sacred words and we should keep them holy. And they will soon come back into their own. Only during war and its aftermath are those words terms of reproach.



July 30

D. of Diderot, great French encyclopedist (1784)

The friends thou hast, and their adoption tried,
Grapple them to thy soul with hoops of steel.

—SHAKESPEARE.



As hospitals are for the sick in body and asylums for those sick in mind, so prisons should be for those sick in soul. Many a criminal is but a sick man.



It is futile to worry!

July 31

B. of Friedrich Wöhler, great German chemist (1800)
Assassination of Jean Jaurès, great French socialist and
pacifist (1914)
Russia proclaims general mobilization (1914)

Knowledge is not an inert and passive principle which comes to us whether we will or not; but it must be sought before it can be won; it is the product of great labour, and therefore of great sacrifice. And it is absurd to suppose people will incur the labour and make the sacrifice for subjects respecting which they are already perfectly content. They who do not feel the darkness will never look for the light. The doubt must intervene before the investigation can begin.—H. T. BUCKLE.



The whole human problem consists in establishing Unity, personal and social, by the constant subordination of Egoism to Altruism.—AUGUSTE COMTE.



Whatever fate befalls you, do not give way to great rejoicings or great lamentation; partly because all things are full of change, and your fortune may turn at any moment; partly because men are so apt to be deceived in their judgment as to what is good or bad for them.



Today should be one of your days off. Get out into the woods, or by the side of a brook or on the top of a mountain and commune with your soul.

AUGUST

Turn Away From Gloomy Thoughts and Barren Speculations

To turn away from useless and barren speculations; to persistently withdraw our thoughts from the unknowable, the inevitable, and the irreparable; to concentrate them on the immediate present and on the nearest duty; to waste no moral energy on excessive introspection or self-abasement or self-reproach, but to make the cultivation and the wise use of all our powers the supreme ideal and end of our lives; to oppose labor and study to affliction and regret; to keep at a distance gloomy thoughts and exaggerated anxieties; to see the individual in connection and cooperation with the whole, and to look upon effort and action as the main elements both of duty and happiness.

GOETHE.

August 1

B. of J. B. Lamarck, French zoologist (1744)
First landing of Columbus on continent (1502)
Germany declares war on Russia (1914)

Can you visualize a world without ugliness, without poverty, without crime, without cruelty, without hatred, without superstition, and even without disease? I can.



I believe in the greatest amount of liberty compatible with respect for the rights of others; in other words, everybody may do as he pleases, provided that he does not thereby infringe the equal rights of others.



I believe it is our duty to strive towards the highest physical and mental development.



August 2

B. of Joseph John Gurney, English philanthropist (1788)
B. of John Tyndall, British physicist (1820)
D. of Lazare Carnot, French revolutionist (1823)

Do not scorn the dreamer. Where would you, practical man, be now, if an impractical dreamer, Columbus, had not imagined that he could discover a shorter route to India?



Human beings are not machines, and the same causes do not produce the same effects. Human beings are so widely and multifariously different, that it is impossible to predict *a priori* how a certain thing will act on a certain man or woman.



Shake off your gloom and inertia!

August 3

Columbus sailed from Palos, Spain (1492)

B. of Etienne Dolet, French scholar-humanist, burnt as heretic (1509)

Germany declares war on France (1914)

The only failure a man ought to fear is failure in cleaving to the purpose he sees to be best.—GEORGE ELIOT.



Revolution is a twin-sister of War. Revolutions may be unavoidable but they are not desirable.



August 4

B. of Percy B. Shelley, English poet (1792)

Abolition of all privileged classes in France (1789)

England declares war on Germany (1914)

The old-fashioned virtues, loyalty, reliability, punctuality are still quite useful adjuncts in social intercourse as well as in all other relations.



The very curse of an evil deed is that it must always continue to engender evil.—SCHILLER.



He who can see truly in the midst of general infatuation is like a man whose watch keeps good time, when all the clocks in the town in which he lives are wrong. He alone knows the right time: but what use is that to him? For every one goes by the clocks which speak false, not even excepting those who know that his watch is the only one that is right.—SCHOPENHAUER.



Do not lose courage!

August 5

Celebration in the United States of Atlantic cable laying
(1858)

The philosopher, the saint or the hero, the wise, the good, or the great man, very often lie hid or concealed in a plebeian, which a proper education might have disinterred, and have brought it to light.—ADDISON.



Conventional morality is not to be thrown off like an outworn garment unless you are sure that your new morality is made of better and more serviceable cloth.



August 6

B. of François Fénelon, French writer (1651)
D. of D. Rodrigues Velasquez, Spanish painter (1660)
B. of Luc Vauvenargues, French writer (1715)
B. of Alfred, Lord Tennyson, English poet (1809)
Austria declares war on Russia (1914)

Of unbelievers (so called) as well as of believers, there are many species, including almost every variety of moral type. But the best among them, as no one who has opportunities of really knowing them will hesitate to affirm, are more genuinely religious, in the best sense of the word religion, than those who exclusively arrogate to themselves the title.—JOHN STUART MILL.



People's motives are often mixed, and they are not to be condemned if in doing prosocial work they happen to be personally benefited.



Be not afraid!

August 7

Poverty is *not* a necessary evil. It *could* be abolished if society determined to abolish it. Society must therefore be held responsible for poverty and for the evils flowing from it.



Were I to be angry at men for being fools, I could here find ample room for declamation; but, alas! I have been a fool myself; and why should I be angry with them for being something so natural to every child of humanity?—GOLDSMITH.



August 8

First locomotive in America tried at Honesdale, Pa. (1829)

And take my word for this, reader, and say a fool told it you, if you please, that he who hath not a gram of folly in his mixture, hath pounds of much worse matter in his composition.—LAMB.



Mingle a little folly with your wisdom; a little nonsense now and then is pleasant.—HORACE.



And that too shall pass!

August 9

B. of John Dryden, English poet (1631)

Genius stands to mere learning as the words to the music in a song. A man of learning is a man who has learned a great deal; a man of genius, one from whom we learn something which the genius has learned from nobody.—SCHOPENHAUER.



You cannot change the thoughts and the psychology of a people overnight. Only those changes are permanent which meet with the approval of a majority of the people.



August 10

Beginning of construction of Greenwich Observatory in England (1675)

In France, Insurrection and Sack of the Tuileries. "Suspension" of the King. Fall of the Monarchy (1792)

It is easy in the world to live after the world's opinion; it is easy in solitude to live after our own; but the great man is he who in the midst of the crowd keeps with perfect sweetness the independence of solitude.—EMERSON.



It may sound antiquated, but ballots still remain a better and more efficient weapon than bullets. Where is the sense in believing that a man who will not vote right will shoot right?



Do not lose hope!

August 11

B. of Ichabod Washburne, American inventor (1798)
B. of Robert G. Ingersoll, American orator and freethinker
(1833)

It is well there is no one without a fault; for he would not have a friend in the world. He would seem to belong to a different species.—HAZLITT.



Insomnia is an evil; but the fear that insomnia is injurious causes more injury than the insomnia itself. If you cannot sleep, rest, and don't worry.



August 12

B. of Robert Southey, English poet (1774)

Albeit failure in any cause produces a correspondent misery in the soul, yet it is, in a sense, the highway to success, inasmuch as every discovery of what is false leads us to seek earnestly after what is true, and every fresh experience points out some form of error which we shall afterward carefully eschew.—KEATS.



But for the great minds and the noble souls that mankind is sprinkled with this world would be a dreary desert.



Go out into the open!

August 13

B. of Félix Adler, Founder of Ethical culture movement (1851)

B. of Emma Eames, American singer (1867)

The French royal family imprisoned at the Temple (1792)

France declares war on Austria-Hungary (1914)

Ignorance of forms cannot properly be styled ill manners, because forms are subject to frequent changes and consequently not being founded upon reason, are beneath a wise man's regard.—SWIFT.



I know it sometimes requires a great effort to believe that we are making progress, that life is getting better and more humane, but the opposite conclusion is still more difficult to maintain.



August 14

B. of Walter Besant, English author (1836)

The first *printed* book makes its appearance (1457)

Columbus took possession of Honduras for Spain (1502)

Can any man be courageous who has the fear of death in him? . . . And can he be fearless of death who believes in the reality and the terror of the world below?—PLATO.



The wish may be father to the thought but I cannot help believing that we are merely living through a transitional period, that we are not over the after-effects of the war, and that in a decade from now things will have a much more cheerful aspect.



Do not neglect your health!

August 15

- B. of Napoleon Bonaparte at Ajaccio, Corsica (1769).
B. of Sir Walter Scott, English author (1771)

There is no sort of wrong deed of which a man can bear the punishment alone; you can't isolate yourself, and say that the evil which is in you shall not spread. Men's lives are as thoroughly blended with each other as the air they breathe: evil spreads as necessarily as disease.—GEORGE ELIOT.



Remember that if you do not keep yourself in a fit condition, you are not in a fit condition to do anything for others. Altruism demands that you be egotistic to the extent of taking care of yourself.



August 16

- B. of Jean de La Bruyère, French writer (1645)
B. of A. Laurent Lavoisier, French chemist (1743)
First cable message crossed Atlantic (1858)

Individuality is everywhere to be guarded and honoured as the root of all good.—RICHTER.



Better heresy of doctrine, than heresy of heart.—WHITTIER.



What are you doing for your mind and your body? An athletic body with a microscopic mind is a sad spectacle; but a fine mind in a weak and frail body is also undesirable. Take care of yourself, physically and mentally. It is both your duty and your privilege to do so.



It is futile to worry!

August 17

B. of Pierre Fermat, French mathematician (1601)
B. of Thomas Stothard, English artist (1755)

Call altruism enlightened egotism, the difference in name makes no difference in fact; and the fact is that there is such a thing as altruism and it differs materially from egoism or narrow un-enlightened selfishness.



The lower the nation, the greater its physical courage, the greater its contempt for death. The most savage tribes are the "bravest" in battle.



August 18

Founding of French National Theatre (1680)

In the early days Christianity joined with the state, bowed to necessity, became sponsor for war, blessing of war, cause of war, and fighter of war. Since then the Church has come down through history too often trying to carry the cross of Jesus in one hand and a dripping sword in the other. Now, when Christians look out upon the consequence of it all—this abysmal disgrace of Christendom making mockery of the gospel—the conviction rises that we would better go back to our first traditions, our early purity.—
REV. HARRY EMERSON FOSDICK.



It is much easier to write cynical and pessimistic maxims than it is brave and optimistic ones; but the latter are more helpful than the former, and it is helpfulness that is needed now.



Gloom and worry have never yet accomplished anything!

August 19

B. of Pierre Jean Béranger, French poet (1780)
D. of Blaise Pascal, French philosopher (1662)
The eruption of Vesuvius burying in its lava Pompeii and
Herculaneum (79)
Landing of first English colonist on coast of Maine (1605)

Many an irritating fault, many an unlovely oddity has come of a hard sorrow, which has crushed and maimed the nature just when it was expanding into plenteous beauty; and the trivial erring life which we visit with our harsh blame, may be but as the unsteady motion of a man whose best limb is withered.—
GEORGE ELIOT.



In making resolutions do not set yourself too heavy tasks; let your resolution be fairly easy of living up to. But having made such a resolution, do not swerve a hair's breadth.



August 20

B. of Valentine Mott, American surgeon (1785)
D. of Honoré de Balzac, great French novelist (1850)
D. of Paul Ehrlich, German biologist (1915)

He who can see truly in the midst of general infatuation is like a man whose watch keeps good time, when all the clocks in the town in which he lives are wrong. He alone knows the right time; but what use is that to him? for every one goes by the clocks which speak false, not even excepting those who know that his watch is the only one that is right.—SCHOPENHAUER.



Do not cut yourself off from the rest of the community because your ideas are different from or more advanced than theirs. You will feel lonesome. Only a transcendent genius can stand all alone.

August 21

B. of Jules Michelet, great French historian (1798)
Unveiling of statue of Abraham Lincoln in Edinburgh, Scotland (1893)

Blemishes grow either lesser or bigger according to the eminence and light of the place where they are set, and a mole or a wart in one's forehead is more apparently perceived than a scar in another place.—MONTAIGNE.



Self-praise is unpleasant, but false modesty is perhaps even more so.



August 22

B. of Denis Papin, French engineer (1647)
Opening of Peace Congress at Paris (1849)

The true historian—Janus of the art—wanders among the ruins of the past, with thoughts fixed on the future. His words determine the links of continuity between that which has been and that which is to be. His is a great and holy mission.—MAZZINI.



Humility is a virtue but do not be too humble. Your fellowmen will do their share not to let you raise your head too high.



Is it not just possible that your opponent is right and you wrong?

August 23

D. of Guillaume Budé, French scholar (1540)

B. of G. Cuvier, French anatomist (1769)

First printing done in New York (1693)

Electrocution of Sacco and Vanzetti by the State of Massachusetts (1927)

Who overcomes by force, hath overcome but half his foe.—
MILTON.



Ignorant persons raise questions which have been answered by
the wise thousands of years ago.—GOETHE.



If your opponent is stronger than you, you may insist upon
your rights; if he is weaker you can afford to be magnanimous.



August 24

The infamous blood-curdling St. Bartholomew massacres
(1572)

Civil marriages authorized by Parliament (1653)

I can promise to be sincere, but not to be impartial.—GOETHE.



As these maxims are free from cant I cannot advise you to
love your enemies; it is impossible. But you must try to under-
stand their point of view.



A world without war and without hate is not an illusion!

August 25

- B. of Johann Gottfried Herder, German critic and poet
(1744)
D. of David Hume, English philosopher (1776)
D. of Michael Faraday, English physicist (1867)
Opening of French National Theatre (1680)

The average man has no critical power of his own, and is absolutely incapable of appreciating the difficulty of a great work. People are always swayed by authority; and where fame is widespread, it means that ninety-nine out of a hundred take it on faith alone.—SCOPENHAUER.



From a purely selfish standpoint I advise you to overcome hate; for hate hurts more the hater than the hated.



August 26

- Julius Cæsar invaded Britain (55 B.C.)
Declaration of the Rights of Man (1789)

History is a mighty drama, enacted upon the theatre of time, with suns for lamps, and eternity for a background.—CARLYLE.



Will the most extreme cynic deny that love, aside from its being a noble sentiment, pays better? For love is salutary, hate is poisonous.



Self-confidence is not incompatible with modesty and humility.

August 27

D. of Titian, great Italian painter (1576)

B. of G. W. Friedrich Hegel, German philosopher (1770)

Burning in London of Milton's books by the common hangman (1660)

Italy declares war on Germany (1916)

Signing of the Kellogg-Briand "Peace Pact" in Paris (1928)

Why is knowledge of any kind useful? It is certainly not true that a knowledge of facts, merely as facts, is desirable. Facts are infinite, and it is not the millionth part of them that is worth knowing. What some people call the pure love of truth often means only a pure love of intellectual fussiness. A statement may be true, and yet wholly worthless.—FREDERIC HARRISON.



Remember those four simple words of the old philosopher: *That too shall pass*. Do not imagine that your present suffering or annoyance is eternal: it too shall pass.



August 28

D. of Ulrich von Hutten, German poet and satirist (1523)

B. of Johann Wolfgang von Goethe, Germany's greatest poet (1749)

English Parliament abolishes slavery in colonies (1833)

A man might learn by heart the Post-Office Directory and a very remarkable mental exercise it would be; but he would hardly venture to call himself a well-informed man. No; we want the facts only which add to our power, or will enable us to act. They only give us knowledge—they only are a part of education.—FREDERIC HARRISON.



One thing has been definitely established by the newer psychology: the apparent reasons for our actions are not always the true reasons. Those are often hidden from us in our subconscious.

August 29

- B. of John Locke, English philosopher (1632)
- B. of J. Jacob Berzelius, Swedish chemist (1779)
- B. of J. A. D. Ingres, French painter (1780)
- B. of Edward Carpenter, British author and social reformer (1844)

Have hope. Though clouds environ now,
And gladness hides her face in scorn
Put thou the shadow from thy brow—
No night but hath its morn.—SCHILLER.



It is unfortunately true that the simple man who has never heard the names of Plato, Aristotle, Spinoza and Kant may live more wisely than one who has studied all the philosophies of ancient and modern times.



August 30

- Cleopatra, Queen of Egypt, committed suicide (30 B.C.)
- B. of Jacques Louis David, French painter (1748)
- B. of Mary Wollstonecraft, British author and pioneer champion of Woman's rights (1787)

I want to do what little I can to make my country truly free, to broaden the intellectual horizon of our people, to destroy the prejudices born of ignorance and fear, to do away with the blind worship of the ignoble past, with the idea that all the great and good are dead, that the living are totally depraved, that all pleasures are sins, that sighs and groans are alone pleasing to God, that thought is dangerous, that intellectual courage is a crime, that cowardice is a virtue, that a certain belief is necessary to secure salvation, that to carry a cross in this world will give a palm in the next, and that we must allow some priest to be the pilot of our souls.—INGERSOLL.



To be too insistent on one's rights does not always indicate a strong and admirable nature. Fine natures often waive their rights.



Do not despair!

August 31

- D. of John Bunyan, author of *Pilgrim's Progress* (1688)
- B. of Michel Eugène Chevreul, French chemist (1786)
- D. of Ferdinand Lassalle, German socialist leader (1864)

Liberty to know, to utter and to argue freely according to our own conscience, is the highest form of liberty.—MILTON.



Two-thirds of the year have passed; but one-third remains. Are you giving any thought to yourself—to your body and your mind? Remember, two-thirds of the year are gone.



In considering the insanity of power, we may look at it in two ways, the madness of the tyrant in abusing it, and the madness of the people in submitting to it.—W. W. IRELAND.



To the question, what is the true object of human life, whether looked at collectively or individually, the simplest and most precise answer would be: The perfection of our own moral nature, since it has a more immediate and certain influence on our well-being than perfection of any other kind.—AUGUSTE COMTE.



Have you attended to yourself? Have you given your body and your mind the needful exercise?

SEPTEMBER

Make Your Life Sunshiny

Let your life be as happy and sunshiny as you can make it. Have the good sense to find a joy in work as well as in play. Hurt no man—especially no girl or child. Be sober. Do not invite headaches on the morrow. Resent injustice and lying for the good of all. Smite humbugs and sordid and selfish people joyfully, until the brood is extinct. Be honourable, truthful, and kind; for honour, truth, and kindness are basic conditions of a healthy and happy time for the human family. Cultivate refinement, for it doubles one's capacity for happiness. Cherish wisdom and dread illusion, for the paths of life are slippery with the blood and tears of the unwise. Beware of verbiage. Keep a strong and self-conscious personality, for there are too many people ready to exploit it. Fear neither God nor devil nor priest, but help to make your fellows such that you can walk cheerfully and helpfully with them to the end of the road. Do unto others as you would that they would do unto you.

JOSEPH McCABE.

September 1

The "Welcome" sailed for America with 100 Quakers
(1682)

Name of St. Petersburg changed to Petrograd.

The stoical system of supplying our wants by lopping off our desires, is like cutting off our feet when we want shoes.—SWIFT.



Very clever and yet it is a good thing to limit our desires.



No matter how bad world conditions may be that does not release you from the obligation to play the game square.



I believe that work—not drudgery—is an absolute essential to happiness, and the work must be both physical and mental.

I believe that competition is merely a stage in evolution, and that the final stage will be a cooperative commonwealth.



September 2

Cicero delivered his first philippic (44 B.C.)

The beginning of the September massacres (1792), in Paris.

Consequences would not be so important if they did not in turn become causes.—Deep words worth pondering.



The five men who did the most good in the world? It is hard to mention those that are preeminent, but the following deserve at least an honorable place: Aristotle, Spinoza, Columbus, Darwin, Tolstoy.



Shake off your gloom and inertia!

September 3

D. of Oliver Cromwell (1658)

B. of J. Joseph Sylvester, British mathematician (1814)

B. of Jean Jaurès, French socialist leader and orator (1869)

Signing of final treaty of peace between the United States and Great Britain, at Paris (1783)

Nowhere are good and evil more easily transmitted than in the family; nowhere is the power of example more effective, and retribution more sure to follow. What we receive from our parents we pay back to our children. Good training and bad training are both "hereditary."—PAULSEN.



In your own soul there is Heaven and Hell; endeavor to make Heaven gradually displace Hell. It can be done.



September 4

B. of Pindar, Lyric poet (522 B.C.)

D. of Ivan S. Turgenev, Russian novelist (1883)

Proclamation of the Third Republic in France (1870)

After the first temptation has been overcome, the danger of the second is only half as great. The first victory which we win over ourselves is the hardest, every ensuing struggle becomes easier, until at last we do the right without effort.—PAULSEN.



If you cannot pray to God, make your own prayer and pray to yourself. It will help.



Do not lose courage!

September 5

B. of C. Martin Wieland, German poet (1733)
Landing of Henry Hudson on shore of New Jersey (1609)

I know men of fifty who are much younger than some men at forty. And what is more, I know men who are *younger* now than they were when they were ten years younger. It can be done. Rejuvenation is possible.



Do not wrong yourself, and permit no wrong to be done. In other words, both respect and protect the right.



September 6

D. of Colbert, French statesman (1683)
B. of William H. Wollaston, British physicist (1766)
B. of John Dalton, English chemist (1766)
B. of Jane Addams, American sociologist (1860)
D. of Sully-Prudhomme, French poet (1907)

When a man makes open moan of his misfortunes, however real they may be, he often diminishes the esteem and affection of his dearest friends.—LEOPARDI.



Some prefer to be cheerfully optimistic and wrong to being glommily pessimistic and right. I don't know: perhaps they are right.



And that trouble too shall pass!

September 7

B. of G. Louis Buffon, French naturalist and philosopher
(1707)

Circumnavigation of the globe completed by Magellan's
ship (1522)

Great and formidable among men is the power of laughter—
no man is proof against its spell.—LEOPARDI.



A laugh is worth a hundred groans in any market.—LAMB.



One of the world's greatest genuises, Goethe, said that in all his
life he hardly had four weeks of happiness. So why should we,
little pigmies, expect a lifeful of happiness?



September 8

B. of August Schlegel, German critic and orientalist (1767)

B. of John Leyden, Scottish poet and physician (1775)

B. of Emilio Castelar, Spanish politician and writer (1832)

Light is the one thing wanted for the world. Put wisdom in the
head of the world, the world will fight its battles victoriously, and
be the best world man can make of it.—CARLYLE.



The most wasted of all days is that on which one has not
laughed.—CHAMFORT.



Again and again: No vain regrets, no ifs, no why did I or why
didn't I. What is past is past. Look ye to the future.



Be not afraid!

September 9

B. of Luigi Galvani, Italian physiologist (Galvanism)
(1737)

B. of Leo Tolstoy, greatest Russian writer and social reformer (1828)

Founding of University of Leipzig (1409)

Treaty of Peace with Austria signed at St. Germain (1919)

Limitation always makes for happiness. We are happy in proportion as our range of vision, our sphere of work, our points of contact with the world are restricted and circumscribed.—SCHOPENHAUER.



With Elizabeth Browning, lose your little cares that fret you,
among the fields above the sea, and cast away your foolish fears
among the clover-scented grass, among the new-mown hay.



September 10

B. of Thomas Sydenham, English physician (1624)

B. of Mungo Park, African explorer (1771)

Man is the only animal that laughs and weeps; for he is the only animal that is struck with the difference between what things are and what they ought to be.—HAZLITT.



Disorder in work, in business, is bad. But too meticulous a system is not very good either. The second may make you lose as much time as the first.



Keep up your courage!

September 11

- B. of Pierre Ronsard, French poet (1524)
- B. of Arthur Young, English traveller and writer (1741)
- D. of David Ricardo, English political economist (1823)

Jealousy is the greatest of misfortunes, and the least pitied by those who cause it.—LA ROCHEFOUCAULT.



There is not any inherent, unalterable reason why this world cannot all be a world of joy, beauty, tenderness and love. Only the strong, intelligent will is lacking.



September 12

- B. of Richard M. Hoe, American inventor of improved printing presses (1812)

Judge not! the working of his brain
And of his heart thou canst not see;
What looks to thy dim eye a stain,
In God's pure light may only be
A scar brought from some well-won field,
Where thou wouldst only faint and yield.

—ADELAIDE PROCTER.



It is not a platitude to say that some people surrounded by handicaps on all sides, from their very birth, have by sheer determination reached a higher plane than many others who were born with a silver spoon in their mouth.



Do not lose hope!

September 13

D. of Michel Montaigne, French philosopher (1592)
B. of Caspar Wistar, American physician (1761)
Preparation of the first photograph (1836)

When we judge of a particular action, we must first consider many circumstances, and thoroughly observe the man that hath produced the same before we name and censure it.—MONTAIGNE.



Suppose you have been hit, hurt or wounded. Do you suppose you are the only one who has ever been hit, hurt or wounded? It will pass. It may leave a scar, but the pain will pass. Be Brave!



September 14

D. of Alighieri Dante (1321)
B. of Alexander Humboldt, German scientist (1769)

For who would lose,
Though full of pain, this intellectual being,
Those thoughts that wander through eternity,
To perish rather, swallow'd up and lost
In the wide womb of uncreated night?—MILTON.



If you like to delay things, nobody shall say you: Nay. But don't you think you yourself will feel better if you have the feeling that you are through with your task?



Go out into the open!

September 15

B. of François de La Rochefoucauld, French author (1613)
Opening at Vienna of International Exhibition of Graphic
Art (1883)

The amount of intellect necessary to please us is a most accurate measure of the amount of intellect we have ourselves.—HELVETIUS.



An idler is a watch that wants both hands;
As useless if it goes as when it stands.—COWPER.



No happiness is possible without self-respect and no self-respect is possible without the feeling that within your limitations you have done absolutely the best that could be done under the circumstances.



September 16

B. of Francis Parkman, American historian (1823)
D. of Grace Aguilar, English writer and humanitarian
(1847)

In every country there is a satisfied class—too satisfied to care. They are like the angels in heaven who are never disturbed by the miseries of the earth. They are too happy to be generous. This satisfied class asks no questions, and answers none. They believe the world is as it should be. All reformers are simply disturbers of the peace. When they talk low they should not be listened to; when they talk loud they should be suppressed.—INGERSOLL.



Once more the reminder comes around: Have you done anything for yourself? Not financially—but physically and mentally? Never too late to start.



Do not neglect your health!

September 17

B. of Condorcet, French revolutionist, philosopher and mathematician (1743)

B. of Bernhard Riemann, German mathematician (1826)

Convention signed Constitution of the United States (1787)

Honesty is the best policy: but he who is governed by that maxim is not an honest man.—W^HATELY.



Let the croaking cynics say what they please: there are lovable natures in this world, there are noble men and dear women who could make this world a paradise . . .



September 18

B. of Léon Foucault, French physicist (1819)

Birds first seen by Columbus and crew (1492)

Every great idea which is ushered into the world as a gospel, becomes an offence to the immovable and pedantic multitude, and a folly to those who possess much learning but no depth.—G^OETHE.



It took us millenniums to reach the stage we have reached, and we are not going to lose it all in spite even of the cruel war. Have hope.



It is futile to worry!

September 19

B. of Joseph Delambre, French astronomer (1749)
B. of Henry Charles Lea, American historian (1825)

He only judges who weighs, compares,
And, in the sternest sentence which his voice
Pronounces, never abandons charity.—WORDSWORTH.



They are never alone that are accompanied with noble thoughts.
—SIDNEY.



Aside from duty, enlightened selfishness alone will show you
that it will *pay* you to be decent, obliging, truthful, generous and
cheerful.



September 20

B. of Upton Sinclair, American author and humanitarian
(1878)

Kings have not so serious an account to render as they who
exercise an intellectual influence over the minds of men.—SOUTHEY.



Do not fear to be accused of inconsistency. If your opinions
today are different from what they were yesterday or a year ago,
do not hesitate to proclaim them. It is more important to be true
than to be consistent.



Gloom and worry have never yet accomplished anything!

September 21

B. of Girolamo Savonarola, Italian reformer (1452)
B. of H. G. Wells, English author and humanitarian (1866)
First Meeting of the Convention in France (1792)
Establishment of first public school at Baltimore, Md.
(1829)

The man who is inquisitive into the secrets of your affairs, with which he has no concern, should be an object of your caution. Men no more desire another's secrets to conceal them, than they would another's purse for the pleasure only of carrying it.—FIELDING.



September 22

B. of Michael Faraday, British physicist (1791)
Proclamation of the Republic in France (1792)
Laying of telegraph cable from England to Brazil (1873)
Beginning of New Calendar in France (1792) : First Vendémiaire, Year I.

As the births of living creatures at first are ill-shapen; so are all innovations, which are the births of time.—BACON.



Z. Pike who discovered the Pike Mountain tried to reach its summit but failed; and he then announced that the peak could never be scaled by any human being. Even infants can reach the summit now—in an auto. And because somebody could not do a certain thing is no proof that you will not be able to do it.



Is it not just possible that your opponent is right and you wrong?

September 23

B. of Euripides, great Greek dramatist (480 B.C.)

B. of William Archer, British author (1856)

D. of Urbain John Joseph Leverrier, French astronomer (1877)

Revolution in Belgium (1830) lasting till Sept. 27.

How poor are they that have not patience! What wound did ever heal but by degrees?—SHAKESPEARE.



Impartiality neither excludes earnestness of conviction, nor choice between two adverse camps.—MAZZINI.



No act is per se moral or immoral but its effects make it so. Bear this in mind.



September 24

B. of Sharon Turner, English historian (1768)

Treaty of Separation between Norway and Sweden (1905)

He makes no friend who never made a foe.—TENNYSON.



Running away is often an act not only of the utmost wisdom but *of courage* as well.



Only by trying to understand your opponent's or enemy's point of view can you do him and yourself justice. And in the process of trying to understand, you may sometimes even become converted to his point of view.



A world without war and without hate is not an illusion!

September 25

D. of Johann Strauss, Austrian composer (1849)
Discovery of the Pacific Ocean by Balboa (1513)

The progress of knowledge is very much retarded by the fact that people so often devote their attention either to things which are not worth knowing, or to such as are not knowable.—GOETHE.



An honest man is always a child.—MARTIAL.



The movies could be really made to move humanity. They could become a powerful factor in promoting peace, in spreading kindness and decency, in establishing international good-will. Instead. . . .



September 26

B. of Charles Bradlaugh, English freethinker and birth control pioneer (1833)
Icelandic manuscripts destroyed by fire at Copenhagen (1847)
Conclusion of the "Holy" alliance (1815)

The little ills of life are the hardest to bear.—THACKERAY.
But the knowledge that they *are* little and probably temporary will help you to bear them.



In bringing up children do not insist on making them an exact copy of yourself. Remember Emerson's warning: "You are trying to make that man another you. One's enough."



The highest and most profitable lesson is the knowledge of ourselves.

September 27

First meeting of British Association for the Advancement of Science (1831)

We are sons of the earth and sea, and the touch of our parents will communicate to us fresh strength and vigor to renew the contest.—FRANKLIN.



To some people self-expression is almost as necessary as self-preservation and certainly more necessary than self-perpetuation.



September 28

B. of Richard Bright, British physician (1789)
D. of Louis Pasteur, great French bacteriologist (1895)
Foundation of the International at a meeting in London (1864)
Opening of Horace Mann School for deaf-mutes (1869)

A habit of reading idly debilitates and corrupts the mind for all wholesome reading; the habit of reading wisely is one of the most difficult habits to acquire, needing strong resolution and infinite pains; and reading for mere reading's sake, instead of for the sake of the good we gain from reading, is one of the worst and commonest and most unwholesome habits we have.—FREDERIC HARRISON.



We must face the fact that some men are more fit to be the fathers of books or movements than fathers of children.



Stick it out! Keep up your courage.

September 29

- B. of Thomas Chubb, English freethinker (1679)
- B. of Walther Rathenau, German statesman and humanitarian (1867)
- D. of Emile Zola, great French writer and humanitarian (1902)

Have hope. Though clouds environ now,
And gladness hides her face in scorn
Put thou the shadow from thy brow—
No night but hath its morn.—SCHILLER.



Do not attempt to solve the world's problems all at once. Try one at a time. And perhaps you would first try to solve some of your own personal problems.



September 30

- B. of Etienne Condillac, French philosopher (1715)
- B. of William Hutton, English writer (1723)
- End of the Constituent Assembly in France (1791)

An irritable man lies like a hedgehog rolled up the wrong way, tormenting himself with his own prickles.—HOOD.



Ingratitude is always a form of weakness, I have never known a man of real ability to be ungrateful.—GOETHE.



Yes, how about yourself? Have you done anything for your body, and more important still, for your temper? Only three months more and the year will be gone.



Within limits you are the master of your fate!

OCTOBER

Man's Goal on Earth

There is enough for all if love is the motive power; and human nature is now so well understood that that power can be put to work for more human ends. Civilization is no goal; humanity, peace on earth, is. That goal has been dreamed of—and called a “dream,” and its apostles have been vilified or crucified by the pillars of society who find in human nature what they put into it and cry: “Human nature cannot be changed—it is God’s will!” That cry led to human slavery, human sacrifice, human warfare, and all Man’s inhumanity to Man; it should be known for what it is; the retort of the bully and the coward and the armor of the ignorant, the destroyer of humanity and of human happiness. Nothing is known of “God’s will”; enough is known of Nature to point the way Man must travel if he is to survive and the goal he must desire if he is to make the most of his nature.

GEORGE A. DORSEY.

October 1

D. of Pierre Corneille, French dramatist (1684)
B. of Annie Besant, English birth control pioneer (1847)
Meeting of the Legislative assembly in France (1791)
All public schools made free by New York Legislature
(1867)

If a man is honest because honesty is the best policy he is perhaps not truly honest, but it is better he should be honest from policy than dishonest from no policy.



I believe it is our duty to work for the welfare—physical, moral, and mental—of our fellow-men, so that this world may be just a little bit better when we leave it than it was when we entered it.



Within limits, we can be what we want to be, and feel the way we want to feel.



October 2

D. of Aristotle (322 B.C.)
B. of William Ramsay, English physicist and chemist (1852)

When all things lasted so short a time and nothing mattered very much, it seemed pitiful that men, attaching an absurd importance to trivial objects, should make themselves and one another so unhappy. . . . Author's name lost.



Our motives are mixed. Suppose it is true that "Virtue would not go so far if Vanity did not keep her company," what of it? It is better a man should be virtuous and vain than villainous and free from vanity.



Do not despair!

October 3

- B. of George Bancroft, American historian (1800)
- B. of J. Garnier, French economist and birth controller (1813)
- D. of William Morris, English writer and humanitarian (1896)
- Site of Montreal reached by Jacques Cartier (1535)

Speaking of vanity, do not be downcast if on self-analysis you find yourself not entirely free from that foible. *Nobody is*. I knew a good and noble man of ninety who was very vain. But he was a very good man in spite of it.



October 4

- B. of Michael J. Pupin, American physicist (1828)

It is impossible for the most sagacious and experienced persons to make any accurate estimate of the future consequence of particular actions so as to determine justly which action would contribute most to augment happiness and lessen misery.—DAVID HARTLEY. And therefore be ye not too elated nor too downcast by any event in your own life.



The autumn of the year more than any other season is apt to lead to introspection and to melancholy. The trees are beautifully golden: get out into the country and commune with nature.



Have you attended to yourself? Have you given your body and your mind the needful exercise?

October 5

B. of Denis Diderot, French philosopher and encyclopedist (1713)

B. of Jakob Meyerbeer, German composer (1791)

Columbus discovered Costa Rica (1502)

Gregorian calendar adopted: the 5th of October was made the 15th (1582)

You do not get into ecstasies because your teeth do not ache; but you do suffer agony when you have a toothache. This is one of the tragedies of life. But we must make the best of it.



October 6

B. of Guillaume Dupuytren, French surgeon (1717)

B. of Nevil Maskelyne, English astronomer (1732)

B. of Jesse Ramsden, English optician-inventor (1735)

B. of Alfred Naquet, French author and humanitarian legislator (1834)

Louis XVI forced by the people to move from Versailles to Paris (1789)

Germany and Austria address pleas for armistice to President Wilson (1918)

The life of the mind is not only a protection against boredom, it also wards off the pernicious effects of boredom; it keeps us from bad company, from the many dangers, misfortunes, losses and extravagances which the man who places his happiness entirely in the objective world is sure to encounter.—SCHOPENHAUER.



You will appreciate your good health all right as soon as you lose it. Why not acquire the habit of consciously enjoying it while you have it? Think it over.



Do not lose courage!

October 7

Kerensky forms coalition government in Petrograd (1917)

Is it so bad to be misunderstood? Pythagoras was misunderstood, and Socrates, and Jesus and Luther, and Copernicus, and Galileo, and Newton, and every pure and wise spirit that ever took flesh. To be great is to be misunderstood.—EMERSON.



To grieve vociferously was the custom of the savage; to grieve silently is the habit of the civilized man; not to grieve uselessly at all is the endeavor of the philosopher.



October 8

D. of Rembrandt, great Dutch painter (1669)

B. of Edmund Clarence Stedman, American poet (1833)

Even in friendship it is rare to expose one's failings to one's friends. Nay, one should conceal them from oneself if one can. But here one can help with that other great rule of life; learn to forget.—BALTHASAR GRACIAN.



He who has learned to be calm and resigned in the face of the absolutely inevitable has reached the gate of wisdom.



And that too shall pass!

October 9

- B. of Cervantes, great Spanish writer, author of Don Quixote (1547)
- D. of Gabriello Fallopius, Italian anatomist and physicist (1562)
- B. of Henry Cavendish, English chemist (1731)
- B. of Giuseppe Verdi, Italian composer (1813)
- B. of Alfred Dreyfus, French martyr, victim of army conspiracy (1859)
- B. of Fridtjof Nansen, great Norwegian explorer and humanitarian (1861)

The safest way of not being very miserable, is not to expect to be very happy.—SCHOPENHAUER.



High intellect is not the prime, not even a necessary factor in happiness. Very commonplace people often possess all the requirements for happiness, which the highly intellectual lack.



October 10

Pulmotor made available for public service (1912)

Perhaps the greatest charm of books is, that we see in them that other men have suffered what we have.



Platitudinous as it may sound, to him who believes in duty there is no greater satisfaction than the consciousness of having done his full duty.



Be not afraid!

October 11

B. of Reinhold, German astronomer (1511)
D. of James Prescott Joule, English physicist (1889)

He is all fault, who hath no fault at all.—TENNYSON.



"I have done my best; I could do no more; I could do no less"—
if you can say that, you will sleep peacefully.



Happiness consists in activity; such is the constitution of our
nature; it is a running stream and not a stagnant pool.



October 12

D. of Anatole France, French writer (1924)
Columbus discovered land at 2 A.M. (1492)

Great minds, of which there is scarcely one in a hundred millions, are thus the lighthouses of humanity; and without them mankind would lose itself in the boundless sea of monstrous error and bewilderment.—SCHOPENHAUER.



May we all be blessed with the courage and the faith of the man who on this date in 1492 gave the white race a new continent.



Our greatest good and what we least can spare is hope; the last of our evils, fear.—ARMSTRONG.



Keep up your courage!

October 13

- B. of William Brockedon, English painter and inventor (1787)
- B. of Rudolf Virchow, great German pathologist (1821)
- D. of C. A. Sainte-Beuve, French critic (1869)

Wherever he be, a man need only cast a look around, to revive the sense of human misery; there before his eyes he can see mankind struggling and floundering in torment,—all for the sake of a wretched existence, barren and unprofitable.—SCHOPENHAUER.



Whatever happens, do not grieve overmuch. You only weaken your power to meet the conditions brought about by the loss or the accident.



October 14

- B. of William Penn, World humanitarian (1644)
- Battle of Hastings at which William conquered England (1066)
- Celebration of 500th anniversary of New College, Oxford (1879)

Everybody does, or ought to feel unhappy till he finds out what to do.—CARLYLE.



You will say, it is impossible not to grieve in the face of misfortune. Perhaps. But let not that grief paralyze you, take you away from your work. In work lies your salvation.



Do not lose hope!

October 15

B. of Evangelista Torricelli, Italian scientist, inventor of the barometer (1608)

B. of Edward Fitzgerald, English author, translator of Omar Khayyam (1763)

B. of Friedrich Nietzsche, German philosopher and writer (1844)

Human longings are perversely obstinate; and to the man whose mouth is watering for a peach, it is of no use to offer the largest vegetable marrow.—GEORGE ELIOT. But if we try hard we *can* overcome our perverse or perversely obstinate longings.



Of course, you are not neglecting your body, your mind, and above all your character—your temper. That is the most important maxim for you.



October 16

B. of Albrecht von Haller, Swiss physiologist and physician (1708)

Execution of Marie Antoinette, Queen of France (1793)

A drop of ink may make a million think.—BYRON.



If they tell you you are still a child, that you will never grow up, they can pay you no greater compliment.



Go out into the open!

October 17

B. of John Wilkes, English demagogue who however accomplished a great deal for liberty!

B. of C. H. Saint-Simon, French sociologist and economist (1760)

B. of Alexander Agassiz, Swiss-American scientist (1835)
Origin of the Swiss Republic (1308)

I love such mirth as does not make friends ashamed to look upon one another next morning.—WALTON.



Humanity is not very admirable. But it is the only kind we have, and we have to do the best we can with it such as it is. If we had a superior race than the human to choose, we might all try to join it.



October 18

B. of Heinrich von Kleist, German dramatist (1777)

Friendship is a disinterested commerce between equals; love an abject intercourse between tyrants and slaves.—GOLDSMITH.



We must entirely rid ourselves of the idea that the pleasurable, the joyful, is wrong. We may not be Puritans, but the idea still lurks in some corner of most of us.



Do not neglect your health!

October 19

D. of Jonathan Swift, English writer and satirist (1745)
First general court in America held at Boston (1630)

A lie which is half a truth is ever the blackest of lies;
A lie which is all a lie may be met and fought with outright;
But a lie which is part a truth is a harder matter to fight.
—TENNYSON.



If we could only learn this: *to enjoy as much when we have it
as we suffer when we have lost it.*



October 20

B. of Christopher Wren, great English architect (1632)

The great question is not so much what money you have in
your pocket, as what you will buy with it.—RUSKIN.



If there were no happy people on this earth it would be foolish
to strive for happiness. But there *are* supremely happy people,
which means that happiness is not unattainable. We only have
to learn the conditions for its attainment.



It is futile to worry!

October 21

B. of Samuel Taylor Coleridge, English poet (1772)

B. of Alphonse de Lamartine, French poet (1790)

D. of J. C. Scaliger, French-Italian scholar (1558)

One of the greatest mysteries to me has always been this!
How some fine, noble-minded and clear-thinking people could say
that there is something good and noble and beneficial in war!



October 22

D. of Sir Walter Raleigh, English navigator and author
(1618)

B. of Franz Liszt, Austrian composer and pianist (1811)

Opening of the Metropolitan Opera House in New York
City (1883)

I know a man: a year ago today he was one of the wretchedest
of mortals; he thought of suicide as his only release. Today he
is one of the most contented of men. May not the same be the case
with you?



Every new opinion, at its starting, is precisely in a *minority* of
one. In one man's head alone, there it dwells as yet. One man
alone of the whole world believes it; there is one man against
all men.—CARLYLE.



Gloom and worry have never yet accomplished anything!

October 23

University of Heidelberg chartered (1385)

The motives of the best actions will not bear too strict an inquiry; it is allowed that the cause of most actions, good or bad, may be resolved in the love of ourselves; but the self-love of some men inclines them to please others, and the self-love of others is wholly employed in pleasing themselves; this makes the great distinction between virtue and vice.—SWIFT.



All the energy you possess, all the efforts you are capable of to avert an evil; but calm and resignation after it has happened.



October 24

D. of Tycho Brahe, Danish astronomer (1601)
B. of Anthony van Leeuwenhoek, who first saw the spermatozoa and blood corpuscles under the microscope (1632)
D. of Henry Charles Lea, American historian (1909)
Peace of Westphalia closing the Thirty Years' War (1648)
Independence of the Netherlands recognized by Europe (1648)

Since you cannot speak of national character without referring to large masses of people, it is impossible to be loud in your praises and at the same time honest.—SCHOPENHAUER.



The great and good Spinoza said: The proper study of mankind is not how to die but how to live. Bear this in mind. And bear also this in mind: It often requires greater heroism to live than to die.



Is it not just possible that your opponent is right and you wrong?

October 25

- B. of Geoffroy Chaucer, English author (1400)
- D. of E. Torricelli, Italian physicist (1647)
- B. of Franklin Bache, American chemist (1792)
- B. of Thomas Macaulay, English historian and essayist (1800)

Absence of occupation is not rest.—COWPER.



If it is any consolation to you, the finest souls, they who moved the world forward and upward, have generally been the greatest sufferers.



October 26

- B. of Georges Jacques Danton, French revolutionary leader (1759)
- B. of Vassily Vereschagin, great Russian painter (1842)
- Founding of Yorkshire College of Science at Leeds (1874)

He who would tax an author with obscurity should first of all examine his own mind, to see if it is perfectly clear. In the twilight even the clearest writing is rendered illegible.—GOETHE.



A cheery, heartening, encouraging letter from a friend is often of incalculable value in raising one's spirits, in changing one's mood from the bluest blue to the rosiest pink. Cultivate such friends.



Cultivate courage!

October 27

B. of Michael Servetus, great anatomist and thinker, burned by Calvin (1553)
Turkey declared a Republic by National Assembly at Angora (1923)

The most foolish error of all is made by clever young men in thinking that they forfeit their originality if they recognize a truth which has already been recognized by others.—GOETHE.



Why should other people weep because of your gloomy mood? Why should you let out on others your spleen, your disappointments? Be fair.



October 28

B. of Desiderius Erasmus, Dutch liberal theologian (1466)
B. of James Cook, English navigator (1728)
D. of John Locke, English philosopher (1704)
D. of Max Müller, German-English philologist (1904)
Bessarabia assigned—most unjustly—to Rumania, by Great Britain, France, Italy and Japan (1920)
France recognizes Soviet Government (1924)

The illiberality of parents in allowance towards their children is a harmful error; makes them base; acquaints them with shifts, makes them sort with mean company; and makes them surfeit more when they come to plenty; and therefore, the proof is best when men keep their authority towards their children, but not their purse.—BACON.



Some adages three thousand years old are as true today as they were when first uttered; for instance, the adage: He who has mastered his own temper has achieved a greater victory than he who has conquered a city.



Try not to be afraid!

October 29

- D. of Jean d'Alembert, French encyclopedist (1783)
- B. of Robert Hoe, American printing-press manufacturer (1784)
- B. of Louis Blanc, French historian and revolutionist (1811)
- B. of Marcelin Berthelot, French chemist (1827)

The love of praise, howe'er concealed by art,
Reigns more or less, and glows, in every heart.

—YOUNG.



It is not how long you live, but how *fully*, and particularly how *usefully* you live that counts.



October 30

- B. of Jacques Amyot, French writer (1513)
- B. of Baronius, Italian historical writer (1538)
- B. of Richard B. B. Sheridan, English dramatist (1751)
- B. of Feodor Dostoievsky, great Russian author (1821)
- Mussolini becomes premier and dictator (1922)

There is no outward sign of politeness which has not some profound moral reason for its basis. A proper system of education should teach us the sign and the reason at the same time.—GOETHE.



Of course you should have pleasures. We should all have pleasures. But a wise man counts the cost. And, more important, you must be sure that your pleasure is not of the sort that may have as a consequence displeasure and pain and suffering.



A world without war and without hate is not an illusion!

October 31

Luther nails his 95 theses to church of Wittenberg (1517)
The Dutch forces evacuated New York (1674)
Execution of the Girondins in France (1793)

One must be exceptionally strong to be able to stand alone, to walk alone with his thoughts and his feelings. There are such strong men, but they are few. As Vernon Lee says: "It is tiring, tiring like a low temperature, to know oneself alone in a way of thinking or feeling, and to muster up the energy requisite to go on with that thought or that feeling unaccompanied . . ."



By iteration only can alien conceptions be forced upon reluctant minds.—HERBERT SPENCER.



Do not be too harsh in judging. Do you know the culprit's temptation, do you know his weak will, do you know the environment in which he was brought up? And are you sure that under exactly similar circumstances you would not have done the same thing?

NOVEMBER

A Task for Any Man

To be honest; to be kind; to earn a little, and to spend a little less; to make upon the whole a family happier for his presence; to renounce when that shall be necessary, and not be embittered; to keep a few friends, but these without capitulation; above all, on the same grim condition, to keep friends with himself: Here is a task for all that a man has of fortitude and delicacy.

ROBERT LOUIS STEVENSON.

November 1

B. of Nicolas Boileau, French author (1636)

B. of Antonio Canova, Italian sculptor (1757)

Opening of the University of Rochester, N. Y. (1850)

Politeness is to human nature what warmth is to wax.—
SCHOPENHAUER.



Whatever tends to bring about happiness is moral; whatever tends to bring about unhappiness is immoral. We can never go wrong, if we apply this standard to every action as to the ethical propriety of which we are in doubt.



Make a resolution that from today to the end of the year you will daily devote an hour or two *to yourself*, outside of your work; that you will do something daily for your body and your soul!



November 2

Farewell address to the army issued by Washington (1783)

Sacred Peace!
O visit me but once, and pitying shed
One drop of balm upon my withered soul.—SHELLEY.



Passion is the drunkenness of the mind.—SPENCER.



Oh, the lifelong struggle for a bare existence that millions of people have to undergo! Do not blame too severely unless you know all the circumstances.



Do not despair!

November 3

B. of Francis Place, English pioneer of birth control (1771)
Thirty Years' War ended (1648)

Many are destined to reason wrongly; others not to reason at all, and others to persecute those who do reason.



Shun people who see nothing good in humanity, who foresee only calamity and destruction and general misery. They may be right—but they are wrong companions for you. Especially when you are depressed—they will depress you still deeper.



November 4

Colonial Congress made a declaration of rights (1774)
Austria-Hungary withdraws from the War (1918)

But every miserable fool who has nothing at all of which he can be proud, adopts as a last resource, pride in the nation to which he belongs; he is ready and glad to defend all its faults and follies tooth and nail, thus reimbursing himself for his own inferiority.—SCHOPENHAUER.



It pleases me to think that the last war *was* the last war; that as soon as the war's aftermath is over, humanity will gird up her loins in a united effort to repair the damage done—and to turn a new leaf.



Have you attended to yourself? Have you given your body and your mind the needful exercise?

November 5

D. of Jesse Ramsden, optical and mathematical instrument maker (1800)

B. of Eugene V. Debs, American labor leader (1855)

My love of man does not take the form of being willing to put up with and welcome anything in the shape of a human being, from Caliban to Shakespeare, that happens to arrive on the planet, no matter how many of them are Calibans and how few Shakespeares.—L. P. JACKS.



Whether life is good or life is evil—let the philosophers wrangle. The question is: What are you going to make of it? . . .



November 6

B. of Julian, Roman emperor and religious reformer (331)

B. of James Gregory, English inventor of reflecting telescope (1638)

B. of Aloys Senefelder, inventor of lithography (1771)

There is no use for any man's taking up his abode in a house built of glass. A man always is to be himself the judge how much of his mind he will show to other men; even to those he would have work along with him.—CARLYLE.



If you have a mad dog you do not let him loose, but keep him on a chain. If you have a devil of a temper—why not chain him too?



Shake off your gloom and inertia!

November 7

D. of Maecenas, Roman patron of literature and art (8 B.C.)

We have just enough religion to make us hate, but not enough to make us love one another.—SWIFT.



You can get the most out of life only by putting the most into it.



November 8

D. of Duns Scotus, Medieval schoolman (1301)

B. of Edmund Halley, English astronomer (1656)

D. of John Milton, English poet (1674)

D. of Mme. Roland, French revolutionist (guillotined; 1793)

If the few men of true worth who seek fame only knew separately and individually all those persons who compose that public whose esteem they court with such infinite pains, it is pretty certain that the ardour of their pursuit would be greatly cooled, if indeed they did not entirely abandon it.—LEOPARDI.



I have a right to write these maxims because I have lived much, have suffered much, and have been father confessor to many others who have lived and suffered.



Do not lose courage!

November 9

Cape Cod first sighted by the "Mayflower's" pilgrims (1620)
The Kaiser and the Crown Prince abdicate (1918)

The slander of some people is as great a recommendation as the praise of others.—FIELDING.



They who have suffered and conquered their suffering, they who have been wounded and have survived their wounds, they who have gone through purgatory and have come out whole, are more fit to teach how to strive for happiness than those who have never suffered and have never wept.



November 10

B. of Mahomet, the founder of Islam (570)
B. of Martin Luther (1483)
B. of William Hogarth, English painter and moralist (1697)
B. of Oliver Goldsmith, English author (1728)
B. of Friedrich von Schiller, German poet (1759)
Kaiser Wilhelm and the Crown Prince flee to Holland (1918)

I hold it a crime to expose a man's sin unless I'm clear it must be done to save the innocent.—GEORGE ELIOT.



Why not make a new start today, why not start a new year? It is not the first of January, nor the first of May? What of it? Every day begins a new year.



And that too shall pass!

November 11

B. of Johann Albert Fabricius, German scholar and editor (1668)

B. of L. Antoine Bougainville, French navigator (1729)

B. of M. F. Xavier Bichat, French anatomist and physiologist (1771)

Hanging of the Chicago anarchists, whose perfect innocence is now universally recognized (1887)

Signing of the armistice ending the Great War at 5 A.M. at Senlis (1918)

Simplicity has always been held to be a mark of truth; it is also a mark of genius.—SCHOPENHAUER.



Nobody will be any the better for your self-abasement, for your abject humility. Wake up, revive your self-respect and stand up like a man.



November 12

B. of Alexander P. Borodin, Russian composer (1834)

A charitable organization founded by Adolphus, count of Cleves (1381)

Opening of Conference on Disarmament at Washington (1921; lasted to Feb. 6, 1922)

We have all our secret sins, and if we knew ourselves, we should not judge each other harshly.—GEORGE ELIOT.



I once heard a rich man say: No beggar in the United States is as poor as I. And he was right. For he had lost courage, love, self-respect and had nothing left but the poorest thing—money.



Be not afraid!

November 13

B. of James C. Maxwell, British physicist (1831)
B. of Edwin Booth, American tragedian (1833)
B. of Helene Stöcker, German sexologist and pacifist (1869)
Proclamation of Esthonian Republic (1919)

Silence is frequently a duty when suffering is only personal;
but it is an error and a fault when the suffering is that of millions.
—MAZZINI.



If you think you can do nothing for yourself, try to do something for others. You will be quite amazed at the satisfaction you will derive from it.



November 14

D. of Gottfried Wilhelm Leibniz, German philosopher (1716)
B. of Sir Charles Lyell, British geologist (1797)
D. of G. W. F. Hegel, German philosopher (1831)

In a misunderstanding with your wife, husband, child or friend do not be afraid to be the first to make an approach at reconciliation. It does not humiliate you—it elevates you.



Keep up your courage!

November 15

- D. of Johann Kepler, great German astronomer (1630)
- B. of Sir William Herschel, English astronomer (1738)
- B. of Johann Kaspar Lavater, Swiss physiognomist (1741)
- D. of C. W. Glück, German composer (1787)
- First meeting of Assembly of League of Nations (1920)

Solitude is as needful to the imagination as society is wholesome for the character.—LOWELL.



As we progress in civilization physical courage becomes less and less, moral courage more and more necessary.



November 16

- B. of Jean d'Alembert, French philosopher and mathematician (1717)
- B. of John Bright, English statesman (1811)
- First publication of The New York Evening Post, once a liberal, now a reactionary newspaper (1801)

May blessings light on him who first invented sleep!—CERVANTES.



Be sure to attend to yourself, to do something for yourself; and do not neglect those who depend upon you.



Do not lose hope!

November 17

First meeting of Congress in Washington, D. C. (1800)

Disguise thyself as thou wilt, still, slavery, said I, still thou art a bitter draught; and though thousands in all ages have been made to drink thee, thou art no less bitter on that account.—
STERNE.



It is hard, very hard to have to be dependent upon anybody, so do not make the lot of those dependent upon you harder than it is.



November 18

B. of Pierre Bayle, French philosopher and critic (1647)
Dedication of St. Peter's at Rome (1626)
Proclamation of Latvian Republic (1919)

The more a man has in himself, the less he will want, from other people, the less, indeed, other people can be to him. That is why a high degree of intellect tends to make a man unsocial.—
SCHOPENHAUER.



When everything seems dark and hopeless and you are sure that life is not worth while, you must say to yourself: I will just wait and see. And, oh, how often in a few days, a few weeks everything is changed!



Go out into the open!

November 19

D. of Emma Lazarus, Jewish American poetess (1887)

Against the superiority of another there is no remedy but love.
—GOETHE.



The worst injury that prison does to a man is that it destroys his self-respect. Where the person's self-respect is not affected, the damage, aside from the physical injury, is slight. Prisoners for ideas often leave prison better and stronger men.



November 20

B. of Thomas Chatterton, English poet (1752)

D. of Leo Tolstoy, great Russian writer and humanitarian
(1910)

The Cape of Good Hope doubled by Vasco da Gama (1497)

Suffer in silence, do you say? No, cry aloud upon the housetops, sound the tocsin, raise the alarm at all risks, for it is not alone your house that is on fire; but that of your neighbours, that of every one.—MAZZINI.



Books and maxims that inspire courage, that bid us hope, *are* useful. A paragraph, a sentence, has more than once raised a man from paralyzing despair and stimulated him to vitalizing activity.



Do not neglect your health!

November 21

B. of Voltaire, great French writer and humanitarian (1694)
B. of Friedrich Schleiermacher, German theologian and philosopher (1768)
Invention of a practical phonograph announced by Edison (1887)

Excessive anger against human stupidity is itself one of the most provoking of all forms of stupidity.—VON RADOWITZ.



You cannot be efficient if you are dominated by fear: and therefore, above everything and before everything, eliminate fear. And it can be done—take my word for it.



November 22

B. of George Eliot, English writer and humanitarian (1819)
Meeting of first triennial Parliament in England (1695)

For solitude is sometimes best society,
And short retirement urges sweet return.—MILTON.



Do not get the idea that you must always, incessantly, uninterruptedly, do something. Resting on your oars for a while, taking an inventory of your mental and moral capital, is also working.



It is futile to worry!

November 23

B. of François Noël Babeuf, French social revolutionist (1760)

Locomotives given public test at Baldwin Works, Philadelphia (1832)

Some tears belong to us because we are unfortunate; others because we are human; many because we are mortal. But most are caused by our being unwise. It is these last only that of necessity produce more.—LEIGH HUNT.



Now and then we must all rest; rest, watch and wait. Rest is not a waste of time; it helps us to gather energy for more efficient work.



November 24

D. of John Knox, Scotch religious reformer (1572)

B. of Baruch de Spinoza, Dutch philosopher (1632)

B. of Laurence Sterne, British novelist and humorist (1713)

B. of Henry Thomas Buckle, British historian (1821)

Venus' first transit across face of sun observed in England (1639)

The Bolshevik government begins the publication of the Tsar's secret treaties with other powers thus exposing the hypocrisy of the Allies (1917)

Against stupidity the very gods
Themselves contend in vain.—SCHILLER.



I know that sometimes greater courage is required to go on with life than to go out of it; but it is that sort of courage that you want to cultivate.



Gloom and worry have never yet accomplished anything!

November 25

- D. of Jacques Coeur, Founder of the trade between France and the Levant (1456)
- B. of Charles Michel abbé de l'Epée, celebrated for his labors in behalf of the deaf and dumb (1712)
- B. of Andrew Carnegie, philanthropist (1837)

Once to every man and nation comes the moment to decide,
In the strife of Truth with falsehood, for the good or evil side.
—LOWELL.



He who has never had fear is not courageous; he is courageous
who has experienced fear and has conquered it.



November 26

- B. of Charles Adolphe Wurtz, French chemist (1817)
- B. of Israel Abrahams, Anglo-Jewish author (1858)
- Announcement by Andrew Carnegie that he had placed all his fortune in the Carnegie Corporation of New York, except \$25,000,000.

Truth is a good dog; but beware of barking too close to the heels of error, lest you get your brains kicked out.—COLERIDGE.



With all its difficulties, obstacles, pains, anguish and misery there is still enough in life to make it worth while to go on. Go on and conquer!



Is it not just possible that your opponent is right and you wrong?

November 27

D. of Sir John Eliot, English statesman (1632)
Balboa discovers the Pacific Ocean (1513)
Magellan enters the Pacific Ocean (1520)

Men are vexed at finding that the truth is so simple. They should bear in mind that they have quite enough to do in applying it to their needs in practice.—GOETHE.



If you really have no aim in life, no person you care for, no cause you are interested in, then I fear I can do but little for you. But you can create an aim in life if you so desire.



November 28

B. of Victor Cousin, French writer and philosopher (1792)
D. of Cesare Beccaria, Italian jurist (1794)
B. of Anton Rubinstein, Russian pianist and composer (1829)

To the mean eye all things are trivial, as certainly as to the jaundiced they are yellow.—CARLYLE.



Do not bear injustice, do not permit your rights to be trampled upon wantonly, do not turn the other cheek.



A world without war and without hate is not an illusion!

November 29

First printing by steam-power of The London Times (1814)

Truth is most beautiful undraped; and the impression it makes is deep in proportion as its expression has been simple.—SCHOPENHAUER.



Do not look too far ahead. The road may seem too long, but if you do a little day by day you will be astonished how much ground you have covered. And even if you have not reached the final goal, there was satisfaction in the work itself.



November 30

B. of Jonathan Swift, British author (1667)
B. of Theodor Mommsen, great German historian and scholar (1817)

Men are a thousand times more intent on becoming rich than on acquiring culture, though it is quite certain that what a man is contributes much more to his happiness than what he *has*.—SCHOPENHAUER.



One to destroy is murder by the law;
And gibbets keep the lifted hand in awe;
To murder thousands takes a specious name,
War's glorious art, and gives immortal fame.—YOUNG.



The eleventh month of this year closes today. There is but one month left—use it to your best advantage physically and spiritually.



Self-confidence is not incompatible with modesty and humility!

DECEMBER

When Misfortune Comes

When misfortune comes, as it is sure to come to most of us, bear in mind these maxims which have proved useful to many a suffering soul.

1.—You are not unique, not the only one. You are but sharing the fate of millions of fellow-sufferers.

2.—The pain will *not* last forever, the wound *will* heal. You may not think so at the time, you may feel sure that the pain will never abate and that the wound will bleed forever, but the experience of ages and of millions of victims has shown that Time does heal all wounds, though not always without scars.

3.—We are not to lose faith in humanity on account of the treachery or duplicity of one man or woman. Humanity abounds in gentle and noble souls.

4.—Do not mistake a baffled ego, a wounded *amour-propre*, or green-eyed jealousy, for love.

5.—Nobody is beaten until he admits he is beaten, and it is unpardonably foolish to hug *vain regrets* and to be constantly thinking in *ifs*. Eliminate *If* from your vocabulary.

December 1

First patent for a typewriter issued (1866)

The subject on which I feel more deeply than on any other is—war. For I consider it humanity's unalloyed curse. It is the one thing that is all evil, without any good in it whatsoever.



It lies well within our power by exposing the falsehoods of war, by explaining its meanness, sordidness and futility, by describing its diabolical barbarity and by steadfastly resisting participation in it to save the world from this unnecessary curse, and at the same time to promote social justice which will eliminate all reason for revolution.



December 2

D. of Edmond Rostand, French dramatist (1918)
Opening of first Mechanic's Institute at London (1824)
Louis Bonaparte's infamous *coup d'état* (1851)
Louis Bonaparte becomes Emperor Napoleon III (1852)

There are in the capacities of men three varieties: one man will understand a thing by himself; another so far as it is explained to him; a third neither of himself nor when it is put clearly before him.—MACHIAVELLI.



Eliminate war and *all the factors leading to war* and humanity will progress uninterruptedly to physical perfection, to spiritual grandeur, to supreme happiness.



Do not despair!

December 3

B. of Gilbert Stuart, American portrait painter (1755)

It is war that has prevented humanity from reaching that Utopia which for ages has been the dearest dream of all noble thinkers, of all lovers of humanity.



The world is a comedy to those who think, a tragedy to those who feel.—HORACE WALPOLE.



December 4

D. of Thomas Hobbes, British philosopher (1679)

B. of Thomas Carlyle, great British writer (1795)

B. of Samuel Butler, British author (1835)

The "Peace Ship." Henry Ford and peace party sail for Europe in hope to bring about an early peace (1915)

Do not begin to quarrel with the world too soon: for, bad as it may be, it is the best we have to live in here.—HAZLITT.



You have missed your train or your steamer? And it was of vital importance? How sad! But in time to come you may consider it the luckiest stroke of fortune that you missed that train or steamer.



Have you attended to yourself? Have you given your body and your mind the needful exercise?

December 5

B. of Faustus Socinius, Italian reformer (1539)

D. of Mozart, great Austrian composer (1791)

There is a perennial nobleness, and even sacredness in work. Were he never so benighted, forgetful of his high calling, there is always hope in a man that actually and earnestly works; in idleness alone is there perpetual despair.—CARLYLE.



The smallest thing in our life, the smallest gift that nature or chance bestowed upon us may turn out our greatest joy.



December 6

B. of Louis Joseph Gay-Lussac, French chemist (1778)

B. of Friedrich Max Müller, Anglo-German philologist (1823)

Abraham Lincoln entered Congress (1847)

A man should never be ashamed to own he has been in the wrong, which is but saying, in other words, that he is wiser to-day than he was yesterday.—POPE.



You have memories that burn and sear your brain? Gaping wounds that will not heal? We have all had them. But the memories will be dimmed and the wounds will heal though perhaps not without scars.



Shake off your gloom and inertia!

December 7

Opening of first railroad in Germany (1835)

Men, my brothers, men the workers, ever reaping something new; That which they have done but earnest of the things that they shall do.—TENNYSON.



Know then whatever cheerful and serene supports the mind, supports the body too; hence, the most vital movement mortals feel is hope, the balm and lifeblood of the soul.—ARMSTRONG.



Have portraits of the good and the great, of men and women who are your ideals, on your walls. Have good books and helpful maxims within easy reach. I tell you, it all helps.



December 8

B. of Björnstjerne Björnson, Norwegian poet and dramatist (1832)
D. of Herbert Spencer, great English philosopher (1903)

I lay very little stress either upon asking or giving advice. Generally speaking, they who ask advice know what they wish to do, and remain firm to their intentions. A man may allow himself to be enlightened on various points, even upon matters of expediency and duty, but after all, he must determine his course of action for himself.—W. VON HUMBOLDT.



I lived to write, and wrote to live.—ROGERS.



No true happiness is possible without a true love. But we are not all so fortunate as to be blessed with this, the greatest gift of the gods. If true and great happiness cannot be ours, let us at least try to be contented, serene, peaceful, active and efficient.

December 9

- B. of Gustavus Adolphus, Swedish King (1594)
- B. of John Milton, English poet (1608)
- D. of Van Dyck, Flemish painter (1641)
- B. of Cl. Louis Berthollet, French chemist (1748)
- Passing of law of separation of Church and State, in France (1905)

He who would reproach an author for obscurity should look into his own mind to see whether it is quite clear there. In the dusk the plainest writing is illegible.—GOETHE.



Do not smile or sneer at those who advise you to radiate joy. It is certainly better at least to try to radiate joy than to be continually casting gloom. Gloom is not a helpful thing.



December 10

- B. of William Lloyd Garrison, American slavery abolitionist (1805)

There is hardly a greater advantage for a man to acquire than that of discussing the merits of his opponents; it gives him a decided ascendancy over them.—GOETHE.



You are envying Mr. X his great success. Do you know the price he paid? And are you sure that he is as happy as he appears to be?



Do not lose courage!

December 11

B. of David Brewster, English scientist (1781)
B. of Hector Berlioz, French composer (1803)
B. of Robert Koch, German bacteriologist (1843)
Beginning of trial of Louis XVI of France (1792)

No one writes anything that is worth writing, unless he writes entirely for the sake of his subject.—SCHOPENHAUER.



Evidently we all fated to have a fly in our ointment. But would you rather not have the ointment at all than to have one with a fly in it? The fly, you know, can be removed.



December 12

B. of Gustave Flaubert, great French novelist (1821)
B. of Byron A. Brooks, typewriter inventor (1845)

If any person given to reading were honestly to keep a register of all the printed stuff that he or she consumes in a year—all the idle tales of which the very names and story are forgotten in a week, the bookmaker's prattle about nothing at so much a sheet, the fugitive trifling about silly things and empty people, the memoirs of the unmemorable, and lives of those who never really lived at all—of what a mountain of rubbish would it be the catalogue!—FREDERIC HARRISON.



It is sheer folly to weep and grieve because you committed a folly. The proper way to expiate a folly is to do a wise thing, to expiate a wrong is to do right.



And that too shall pass!

December 13

- D. of Donatello, Italian sculptor (1466)
B. of Heinrich Heine, great German poet (1797)

In the true literary man there is thus ever, acknowledged or not by the world, a sacredness; he is the light of the world; the world's Priest; guarding it, like a sacred Pillar of Fire, in its dark pilgrimage through the waste of time.—CARLYLE.



There is no substitute for love. Nothing can fully take its place, and particularly, nothing can fill the void left by love that has departed. Congenial work and interest in the welfare of others are so far the best near-substitutes that have been discovered.



December 14

- B. of Tycho Brahe, Danish astronomer (1546)
B. of Henri IV, King of France (1553)
D. of Carl Ph. Bach, Austrian composer (1788)

Of all the animals which fly in the air, walk on the ground, or swim in the sea, from Paris to Peru, from Japan to Rome, the most foolish animal in my opinion is man.—BOILEAU.



I can discern very plainly a world without poverty, without war, without crime, without prisons, without hate and without disease. Can you?



Be not afraid!

December 15

B. of David Teniers, Flemish painter (1610)
First ten amendments of the Constitution of the United States came into force (1791)

The first sigh of love is the last of wisdom.—BRET.



If everybody believed that paradise on earth is possible, paradise would be here, right now.



December 16

B. of Ludwig von Beethoven, great German composer (1770)
B. of Jane Austen, English author (1775)
Occurrence of the "Boston tea party" (1773)

If you choose to represent the various parts in life by holes upon a table, of different shapes, some circular, some triangular, some square, some oblong; and the persons acting those parts by bits of wood of similar shapes, we shall generally find that the triangular person has got into the square hole, the oblong into the triangular, and a square person has squeezed himself into a round hole.—SYDNEY SMITH.



This world would indeed be a wild jungle if it did not contain some people who believe in the ideals of truth, light, justice and beauty, and who are convinced of the feasibility of perfect happiness on earth.



Keep up your courage!

December 17

B. of Victor Broussais, French physician (1772)
B. of Humphry Davy, English chemist (1778)

The loneliness of some souls is only next in terribleness to the pangs of actual hunger. And there is no more excuse for the one than for the other. There is enough bread to go all around and there is no reason why a single soul should be lonely.



December 18

B. of Ernst Weber, German composer (1786)
Washington buried at Mount Vernon (1799)

Happy the man who, unknown to the world, lives content with himself in some retired nook; whom the love of this nothing called Fame has never intoxicated with its vain smoke: who makes all his pleasure dependent on his liberty of action, and gives an account of his leisure to no one but himself.—BOILEAU.



Far from denying that external circumstances have an important, sometimes a deciding, influence on our happiness, it is yet true that in many, many cases we can make of our life what we will. Will you make it a contented and efficient life!



Do not lose hope!

December 19

B. of Karl Wilhelm Scheele, great Swedish chemist (1742)
B. of Captain Parry, British Arctic explorer (1790)

Men are too much occupied with themselves to have leisure to know others thoroughly, or to discern their real characters; hence it happens that with a great merit and a greater modesty, one may be a long time lost sight of.—LA BRUYÈRE.



Face life's problems unflinchingly, and watch them shrink in size and importance. Life maxims are not just words, they are concentrated crystals of the wisdom of the ages.



December 20

Opening of cantilever bridge over the Niagara river (1883)

Martyr and prosecutor are usually cut from the same piece, somebody has said, which is not true. Torquemada and Thomas More were not cut from the same piece. They belonged to different species.



Do not regret the past too much, and do not expect too much from the future. Live as you go along. After all *it is only in the present* that you can live.



Go out into the open!

December 21

- B. of Thomas à Becket, Archbishop of Canterbury (1117)
- D. of Giovanni Boccaccio, Italian author (1375)
- B. of Jean Henri Fabre, French entomologist (1823)

Commonplace people may be very interesting, and uncommon people may be terrible bores. The possession of the commonplace virtues and the lack of the commonplace vices should not exclude people from good society.



Do not waste too much of your time on reading trash. Not all reading should be done for amusement's sake.



Truth will make you free. No, truth per se will not make you free. There must be the *will* to be free. And one's freedom is not of much worth unless it is used to give freedom to others.



December 22

- B. of Jean Racine, French dramatist (1639)
- Opening of first building of American Museum of Natural History in New York City (1877)

Humanity has gone through as great catastrophes as the World War and has survived. It will survive this calamity too, and will, I believe, proceed in its march of progress and civilization without further interference by the crime of War.



It may be platitudinous, but it is important to bear in mind that it is essential to our character and to our happiness to be able to say NO! when necessary.



It is futile to worry!

December 23

- B. of J. François Champollion, French Egyptologist (1790)
- B. of Charles Sainte-Beuve, French critic (1804)
- B. of Matthew Arnold, British poet and educationist (1822)

The greater part of mankind, in aiming at a certain end, are more capable of one great effort than of continued perseverance. Their sloth or unsteadiness causes them to lose the fruit of the best beginnings. They often allow themselves to be passed by those who have started on their journey long after them, and who advance slowly but steadily.—LA BRUYÈRE.



Indeed I am not unaware of the cruelties, injustices and insanities of life. But with all that I insist that if we are to live at all, we must, what I call, come to terms with life, make the best of it, establish a *modus vivendi*. Otherwise—how are you going to live?



December 24

- B. of Benjamin Rush, American physician (1745)
- B. of James Prescott Joule, English physicist (1818)
- B. of John Morley, English statesman and writer (1838)

I am told so much evil of that man, and I see so little of it in him, that I begin to suspect that he possesses some inconvenient merit which extinguishes that of others.—LA BRUYÈRE.



It surely is absurd in our attempt to create a Utopia for future generations, to neglect the present one, to neglect one's own children, to neglect one's self utterly. Only he has a right to throw his life away who has nobody dependent on him.



Gloom and worry have never yet accomplished anything!

December 25

- The alleged date of the birth of Jesus Christ (0)
- D. of Samuel Champlain, French explorer (1635)
- B. of Isaac Newton, great English mathematician (1642)
- B. of Rosa Luxemburg, German socialist (1870)

I always say: Work! work, work! Of course I take it for granted that the work you are doing is useful pro-social or at least harmless work. If the work you are doing is harmful, anti-social work, for instance work which sows strife and prejudice and prepares the soil for war, it would be better if your brain and hands were paralyzed.



December 26

- B. of Thomas Gray, English poet (1716)
- B. of Friedrich M. Grimm, French author (1723)
- D. of Claude Adrien Helvetius, French philosopher (1771)
- B. of Norman Angel, English author and pacifist (1874)

There is no road too long to the man who advances deliberately and without undue haste: there are no honours too distant to the man who prepares himself for them with patience.—LA BRUYÈRE.



Is it not just possible that your opponent is right and you wrong?

December 27

- B. of Johann Kepler, great German astronomer (1571)
- B. of James Bernouilli, Swiss mathematician (1654)
- B. of Louis Pasteur, great French bacteriologist (1822)

Age in itself is not a calamity, and the yearning for the youth that is gone is a foolish delusion. Many, many middle-aged and old people are more contented, yes, and happier, than they were as young men and women.



We live in deeds, not years; in thoughts, not breaths;
In feelings, not in figures on a dial.
We should count time by the heart throbs. He most lives
Who thinks most, feels the noblest, acts the best.
—P. J. BAILEY.



December 28

- D. of Pierre Bayle, liberal French writer (1706)
- B. of Woodrow Wilson, American statesman, president of United States (1856)
- D. of Thomas Macaulay, English writer and historian (1859)

Liberty is not idleness, it is an unconstrained use of time; it is the choice of work and of exercise. To be free, in a word, is not to be doing nothing, it is to be one's own master as to what one ought to do or not to do. What a blessing in this sense is liberty!—
LA BRUYÈRE.



Man's greatest loss, perhaps his only real loss, is the loss of his ideals, his vision, his dreams.



A world without war and without hate is not an illusion!

December 29

- D. of Sebastien Castellion, French reformer and rationalist (1563)
- B. of William Ewart Gladstone, Liberal English statesman (1809)
- D. of Thomas R. Malthus, English political economist (1834)
- B. of G. August Schweinfurth, German explorer (1836)
- The Jameson Raid (1895)

If we are understood, it is a proof that we speak well, and all your learned gabble is mere nonsense.—MOLIÈRE.



Not always, but in a very large percentage of instances, it is not what happens to us that matters, but the attitude we take toward it. Our reaction determines our satisfaction, dissatisfaction or indifference. The same thing that will prostrate A will leave B unmoved.



December 30

- B. of Joel T. Headley, American author (1813)
- B. of Rudyard Kipling, English author (1865)

There are secret ties, there are sympathies, by the sweet relationship of which souls that are well matched attach themselves to each other, and are affected by I know not what, which cannot be explained.—CORNEILLE.



Never be discouraged by the magnitude of a task. Do a little at a time and do not look too far ahead. The work will be done. Do your work calmly; the end will take care of itself. And there is fun in working whether you ever reach the end or not.



Self-confidence is not incompatible with modesty and humility.

December 31

D. of John Wyclif, English reformer (1384)

B. of Hermann Boerhaave, Dutch physician (1668)

The world is my country; to do good is my religion.—THOMAS PAINE.



I cannot believe that any falsehood whatever is necessary to morality. It cannot be true of my race and yours that to keep ourselves from becoming scoundrels we must needs believe a lie. The sense of right grew up among healthy men, and was fixed by the practice of comradeship. It has never had help from phantoms and falsehoods, and it never can want any. By faith in man and piety towards men we have taught each other the right hitherto; with faith in man and piety towards men, we shall nevermore depart from it.—W. K. CLIFFORD.



I wish you a Happy New Year. May the three great blessings—Peace of Mind, Independence and Health be yours in the fullest measure.

May I hope that the daily perusal of these maxims and your occasional acting upon them has been of some benefit to you during the year that is just closing!



Do not despair! Face the world with hope and courage!

Wouldst thou fashion for thyself a seemly life?
Then fret not over what is past and gone;
And spite of all thou mayst have lost behind,
Yet act as if thy life were just begun:
What each day wills, enough for thee to know,
What each day wills, the day itself will tell;
Do thine own task, and be therewith content.



