

# Discontented Wives

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the sickly look of women who are given to fretting. Moreover, the woman who is determined to cram as much "pleasure" into her life as possible—whether her husband can afford it or not—suffers from the mental depression which is the inevitable reaction, and thus a vicious circle is created. More pleasure, more excitement is sought in order to throw off the depression, accompanied by cigarettes to soothe the

jects, are overpowered. A large proportion of those whose lives I have been able to influence and prolong exercised their strong will in carrying out the precepts which I gave them, though they at first appeared tedious and difficult. . . . And not only is a strong will a great aid in attaining longevity, by maintaining health and preventing disease, but it is also a powerful agent in overcoming disease, especially chronic



Mrs. Eulalie Roberts, daughter of Sir John Roberts, Dunedin, representing "Britannia," at the Pageant of Empire, held at the close of the N.Z. and South Seas Exhibition  
Pattillo, photo, Dunedin

jangled nerves, and cocktails and whisky-and-soda or champagne to "huck one up." The end is often mental and physical breakdown.

THIS state of things can be combated by the use of what will-power one may possess. A well-known authority on the prolongation of life says:

"A strong will is a powerful agent, preventive as well as curative, with regard to neurasthenia and many forms of neurosis. Amongst a number of persons exposed to the same injurious influences, such as intense cold, draught, want of food, vitiated air, some by a strong will escape disease, while others, especially feeble-minded sub-

disease. I have seen many, and amongst them some marvellous cases. The will is, indeed, a great power in disease as well as in other conditions of life."

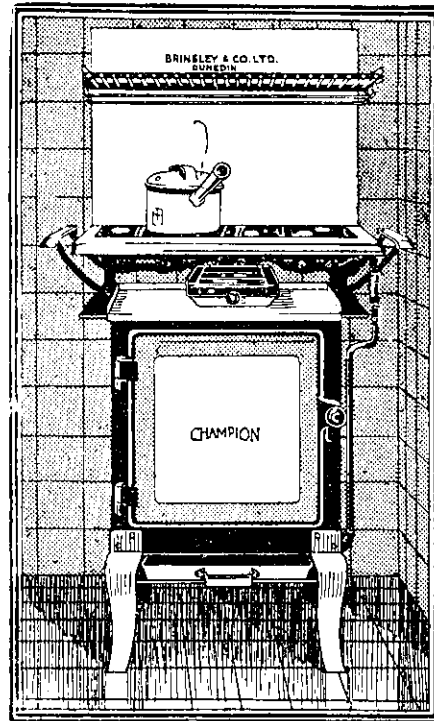
IT goes without saying, however, that a worrying fretting, discontented woman is liable to lose her will-power, which nothing saps like lack of cheerfulness and a happy outlook on life. We should endeavour to cultivate habits of serenity and equanimity. A great help towards this is doing everything to draw out and encourage the sense of beauty. Better than garish luxury is that beauty which can be enjoyed by everybody, rich or poor.

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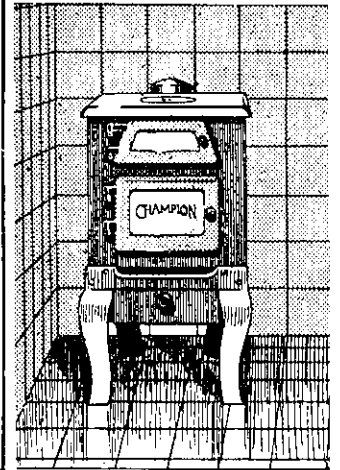
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