

In telling a lie, a lot of energy is wasted and this waste is avoidable if one adopts the policy of truthfulness in his expression. Words that harmoniously bring forth the exact shade of ideas in the intellect are "truthful" expressions, and those that deliberately distort the intentions and meanings of the intellect are called falsehood. In the name of truthfulness one can become a disagreeable creature in society. This is not allowed in a seeker. The Geeta accepts only that speech as truthful WHICH IS ALSO AGREEABLE. By unsaid words the Lord's Song seems to say that when a truth is disagreeable to others, the speaker is required to maintain a discreet silence!

It is not sufficient that the words in the speech should be honest and agreeable, but they should also be beneficial. Speech should not be wasted. Unprofitable talking is a great drain upon man's energies. Talk only when you want to express agreeable ideas of permanent values, which will be useful to the listeners. Those who are respecting these qualities in their day-to-day vocal activities can be considered as men performing "AUSTERITY IN SPEECH."

REGULAR STUDY OF THE SCRIPTURES --- Control of speech certainly does not mean entering into a state of inert and lifeless silence of the grave. Investing the energies of speech in self-profiting and self-creative channels of endeavour is considered by Krishna as "*tapas* in speech." *Swadhyaya* is a technical term used in our sacred literature to indicate the careful study of and deep