

reflections upon the theme of the scriptures. The vital energy so economised in daily life through a policy of "speaking only that which is beneficial, agreeable and truthful," is invested in chanting, in reflecting upon, and in meditating over the *mantras* of the *Upanishads* and other scriptures.

This stanza is complete in its explanation of the technique. The first line indicates the channels of economy possible in the daily expenditure of energy. The second line shows the avenues of investment wherein the seeker can expect to gain for himself a greater dividend of a fuller joy. Both the schemes so suggested completely indicate the "AUSTERITY IN SPEECH."

TAPAS OF THE MIND IS NOW TAKEN UP FOR DISCUSSION:

*16. Serenity of mind, good-heartedness, silence, self-control, purity of nature --- these together are called the "mental austerity. "*

If the five noble values-of-life enumerated herein are lived, they, in their aggregate, effectively produce the "*tapas* of the mind." SERENITY OF MIND can be gained only when our relationship with the world at large is put on a healthier basis of understanding, tolerance, and love. One who is an uncontrolled sensualist can have little