

sense-enjoyments. An average man has an endless thirst and an insatiable

hunger for sense indulgence. To remain in self-control without endless sense-hunger is meant by the term non-covetousness.

GENTLENESS AND MODESTY --- These are not so much the particular disciplines of the individual, as the resultant beauty and harmony which an individual brings forth as the fragrance of his culture, in his contacts with the world outside. These two qualities are best seen in one who has established himself in all the above-mentioned noble qualities. The conduct of such a disciplined man will be both gentle and modest.

ABSENCE OF FICKLE-NESS --- NOT UNNECESSARILY MOVING THE LIMBS (*Achaapalam*) --- Restlessness of mind and unsteadiness of character are reflected in the physical movement of a person. The body shadows the condition of the mind. A constant restlessness, a sudden outburst of activity, an immodest shaking of the body and voluptuous tossings of the limbs are all noticed only in individuals who have not yet cultivated a steady character and a purposeful personality. These can be seen in a child and there they are even considered as enhancing its beauty. But as an individual grows, the beauty in him is his mastery over himself as declared by his movements.