

## INTRODUCTION

This Practical Piggy Handbook is one from which every young adult can benefit. *THINK!* is especially important, coming, as it does, at a time when commonsense thinking, good health, good cheer, optimism and rational methods of living are more necessary than ever before.

In this clear volume, the authors have given much golden advice to the young man or woman who is facing the big problems of today in a wavering or hopeless spirit. Correct your thinking. Get a grip on yourself. Improve your life. This book tells you how.

## THINK

### 1.

We all enter the world with an abundance of nerve energy, and by conserving that energy we can adapt and adjust our nerve equipment to keep pace with the progress and evolution of our times.

The way to preserve and conserve nerve equilibrium and power is to rest and relax the nerves each day.

You may rest them by a change of the thought habit each day, by relaxation, by sleep, and by the suggestions made in this book.

There are but few advance danger signals shown by the nervous system, and in this there is a marked difference between the nerves and the organic system.

If you abuse your stomach, head, heart, lungs, liver, kidneys eyes, or any other part of your body, you have distress and pain.

The nervous energy is like a barrel of water—you can draw water from the faucet at the bottom until you have almost exhausted the contents.

Nature mends ordinary nerve waste each day, like the rains replenish the cistern.

Conserve Your Energy. Use it wisely.

A reasonable use of your nerve force, like a reasonable use of the rainwater, means you can maintain a permanent supply. But you must be reasonable; you must give the cistern a chance to refill and replace that which you have drawn out.

You, who have shattered and tattered your nerves, are not hopeless. You can come back, but it must be done by complete change of the acts that brought on the condition.

Get more sleep. Eliminate the useless, harmful fads, fancies and functions which disturbed and prevented you from living a sane, rational life.

Avoid extremes, cultivate rhythm and regularity in your work and your home life. Keep away from over-excitement. Read really good books. Walk more, talk less. Pray.

Eat less “fake” foods and more apples. Follow proper diet, exercise and thought rules.

Maybe these lines are being read by a discouraged one who is "all nerves," which means lost nerve force. To you I say there is hope and cheer and strength and courage if, right here, now, you resolve to cut the actions, habits and stunts that knocked you out and follow my suggestions.

I know, my friend, for I've trotted the heat, danced the measure, and been through the mill.

Now I am fearless, calm and prepared. I can stand any calamity, meet any issue, endure any sorrow.

I can do prodigious work in an emergency, go without rest or eating when required, because I have poise, efficiency—peace.

Steer a Middle Course.

I realize nothing is as bad as it is painted. Nothing is as good as its boosters claim. I go in the middle of the road, avoiding extremes. I have confidence in my heart. Courage, hope, happiness, and content attend me on my way.

I've buried envy in a deep pit and covered it with dirt, then thrown away the shovel so that I can't dig it back up.

I am keeping worry out by keeping faith, hope and cheer thoughts in my brain-room, and these are antiseptics against the ravages of the worry microbe.

I have my petty troubles and little worries, just enough of them to make me realize I have victory over them, and to remind me I must not let up on my mastery of them.

Worry growls once in a while just to make me grab tighter the handle of my whip.

And you may enjoy this serene state, too. There is no secret about it. I will gladly give you the rules of the game in this book. Just prepare to receive some practical, helpful suggestions.

## 2.

### How to Use Your Assets.

You are a busy person, so am I. Busy persons are the ones who do things. The architect is a busy man, but he has learned that the effort spent in preparing his plans is the most important part of his work. The plans enable him to do his work systematically and lay down rules and methods to get the highest efficiency and accomplishment from those who do the work of erecting the building.

If the architect would order lumber, stone and hardware, without system, and start to erect the building without carefully prepared plans, the building would lack symmetry and strength, and it would be most expensive.

The planning time therefor was time well spent.

Few persons have the ability to control and conserve their talents so as to produce the highest efficiency. Men rush along thinking their busyness means business. Really, it means double energy and extra moves to produce a given effect.

### Unnecessary Moves.

The elimination of unnecessary moves means operating along lines of least resistance, and any plan or method that will help to do away with unnecessary moves and make the necessary moves more potential will be received with welcome, I am sure.

With the object of conserving energy and strengthening your force, this book is written. It shall not be a book of ultimate definiteness or a book of exact science. There are no definite or exact rules that will apply, without exception, to any science except mathematics.

But we shall learn many helpful truths, nevertheless, and if I err, or disagree with your conclusions, just eliminate those lines and take the helps you find.

I particularly emphasize the importance of taking a few minutes each evening and using the time for sizing up things, by inventory, analysis, speculation, comparison and hypothesis. Many of the great captains of industry who are noted for their energy in accomplishing things worth while, have learned the value of this daily habit.

### Know Thyself.

I want to help YOU to form the habit of thinking over each day's activities in the quiet, relaxed, uncolored, unprejudiced, secluded environment of your home. When the day's work is over, spend fifteen or twenty minutes each evening in seclusion, and with closed eyes, size yourself up. Think over your daily habits and how you spent your time and energy. Are you getting the best out of yourself? Or are you plodding along aimlessly, scattering your energy in a haphazard, hit-or-miss fashion that benefits nobody? Are you growing, or are you standing still? In these fifteen-minute sizing-up sessions, you will

come to grips with yourself. You will see yourself as you really are, and will discover your weaknesses, your strength, your real worth.

I have chosen the evening as the time for our little talks. In the evening we can be cozy, comfy and communicative. The bank is closed. We got through the day. We are alive and well; we can open our hearts. We can be alone and tranquilly let down the tension, lower the speed and with normal heartbeats play the low tones, the soft strains, the quieting music, and soothe our nerves.

All day we've heard the band with its drums and trombones. The day with its busy whirl kept our analyzing mental think-tank occupied with thoughts of gain and game and fame. In the evening we have time to study logic and to reason, to analyze and to take inventory, to thresh out problems.

So let us relax and reflect in the evening quiet.

### 3.

Man's nature makes it imperative for him to be interested in something.

That interest is to his help or hurt, according as he directs it.

There is much worry and misery in the world because so many are astatic, like a compass that has lost its loadstone.

Man is definitely the result of the materials the body, the spirit and the mind feed upon.

Character is the result of a determined purpose to be and to do right—to one's self and to one's fellows.

The man of character focuses his attention on truth, and on fact.

He uses theories with fact, to aid his progress, but he recognizes that theorizing, without fact as a safety ballast, is a useless expenditure. Theories without fact leave man in a rudderless boat; he gets nowhere, he merely drifts.

Theory often helps to get at fact, but the better way is to get at fact by proven experience, of which there is an inexhaustible abundance in the world.

Facts are based on natural laws. The study of natural laws is beneficial. We shall strive in our studies to keep close to fact with just enough speculation to enliven the interest in facts.

Living the artificial life makes for worry, illness and failure.

Living in harmony with the great natural laws is the helpful way to live.

To abide by the law is safety; to violate the law brings punishment.

The loafing mind will fall into morbid tendencies.

The employed, truth-seeking, idealistic, hopeful mind is never dependent on people or things for its pleasure.

The acquiring of helpful knowledge, the seeking of worthwhile truth, are ever profitable employments, paying present and future dividends, and meanwhile those acts positively divert the thought from morbid tendencies.

I shall strive to bring helpful knowledge, good cheer and interesting facts for your present occupation and benefit.

If I succeed in accomplishing my purpose, even in part, my time has been well spent.

Thought Never Stops.

We have an unchallenged fact to rest our feet on, a fact that shall follow us through all the pages of this book, and that is: Our thoughts never stop, our brains never sleep.

The motive power is turned on, and we must grasp the helm if we sail the sea of life successfully, baffling storms and avoiding rocks.

Scientific books are usually dry, uninviting reading; they lack the human interest. They are generally bloodless skeletons.

We shall try to weave science into new patterns and paint interesting pictures, so that science will attract and not repel.

This book is different in its suggestions, in its prescriptions, in its language, but it is universal with all scientific books, in that its aim is helpful truth. We go by different routes, but our objective point is the same.

We will avoid technical names and symbols, and will speak the common language.

We shall deal with problems and aspirations that come to us all in this busy world.

We shall try to cut the underbrush in the swamp and blaze a plain trail out on to the big high road.

We shall keep in step to the drum-beats of truth, we will rest and recreate in cool shady places, and then up and on to our purpose with smiles on our faces, courage in our hearts, and song on our lips.

Every moment of our journey will be worthwhile and helpful if we take the trip with conscientious application and continuity of purpose.

Our path is strewn with roses and thorns; we must enjoy the roses and escape the thorns.