

forward to bring ourselves to accomplish what the Lord wants us to accomplish. There are many other aspects ~~ft-~~ of this matter but I think that it is vital if the Lord is going to use our lives that we ask the ~~w~~ question ~~now~~ not merely are we getting ~~x~~ certain credits but are ~~x~~ we ~~x~~ improving <sup>in</sup> in our ability to use the mental capacity that is given us to the utmost for the accomplishment of His purposes. And there is the matter of physical, of course. I think that this needs thought. Are you better able now to have good habits that will make your body effective for years to come than you were a year ago. ~~When~~ Can you relax. It's worth ~~thinkin~~ thinking about, ~~w~~ to learn how to ~~relz~~ relax because the person who can relax is able to turn out many times the work ~~that-~~ of a person who can't. Dr. Latham used to come to us every year and give us a talk ~~of~~ on the origin of the Summer Bible Schools that he had founded. I ~~su-~~ used to love to hear that talk though I heard it almost word for word almost twelve times. He was a very interesting man and I loved to hear him but I was impressed with Dr. Latham. One time he was ~~x~~ at our house for ~~lung~~ lunch ~~an~~ after he had given a talk and he was getting along in years then and I said Dr. Latham you must be getting pretty ~~tie~~ tired with this talk of nearly two hours that you gave. I said, Dr. Latham don't you think you ought to take a nap before lunch. Oh, he said I think that ten minutes will probably ~~x~~ do me good. I said, Oh, I can give you a couch over here. He ~~sia~~ said that's not ~~necessary~~ necessary, he said, I'll sleep right here. He put his head back and shut his eyes inside of 20 seconds he was fast asleep and ten minutes later on the dot he woke up. He could go to ~~sleep-sel~~ sleep for five minutes, ten minutes, whatever he wanted. And I think that is one reason why well over 80 Dr. Lathan was full of energy and able to carry on in a way that a man 20 years younger are not able to carry on. He was able to ~~relz-~~ relax when he ~~x~~ needed to. I don't think that many