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## GRATIFICATION

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Gratification moulds the character and gradually prints its nature in living letters on the countenance. The thoughts of a man write his history. Unconsciously we partake of the nature of the thoughts that are feeding us. If our thoughts are noble, we are exalted; if sordid or sensual, we degenerate. Continuous gratification gradually transforms a man into a different being, with a nature resembling the thing that gives him pleasure.

When greed for money is fed, the desire increases; and with every gratification the man undergoes a change. His soul shrivels; his nature hardens. The trend of his thoughts is downward and not upward, his nobler and higher impulses die, and he moves toward the material and sensual.

If the indulgence consists of feeding the appetite to excess with viands, or liquors, or both, the individual becomes coarse and blear-eyed.

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*The Cost of Something for Nothing*

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If this free indulgence is sensual, he becomes vulgar in mind and thought, and his eyes and his countenance tell the story to the whole world.

The hunger for fashion and dilettanteism, when gratified to excess, makes a life that is as superficial and as empty as the twaddle of the average drawing-room. It means a life wasted and an opportunity thrown away.

But if the gratification is of an intellectual or spiritual order, if it comes from studying Nature and listening to the birds sing, from contemplating the stars and gazing at the sun, from seeking the welfare of man and helping the weak, from doing duty and being just, and striving for all that is noble and uplifting, then will the countenance radiate with the glow of immortality.