

THE PERFECT ROUND

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The Perfect Round by Frances Allen Ross

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FRANCES ALLEN ROSS

**THE
PERFECT ROUND**

TO

CHARLES AMOS JACQUES

TEACHER AND FRIEND

THIS LITTLE BOOK IS GRATEFULLY DEDICATED

INTRODUCTION.

Human power is the outcome of knowledge and persistent effort in the application of one's knowledge to self-expression. Each person is the incarnation of forces which make for righteousness, health, and success ; but owing to ignorance concerning his own nature, and a lack of understanding as to how to direct his life, man is tossed hither and thither, and fails to develop the power that these same inner forces prompt him to conceive of and to desire.

Emerson says : " Hitch your wagon to a star." Many see the glittering goal, and all possess the means of reaching it ; but only a few are able to hitch up. The ability to adjust means to end, so as to realize the ideal in experience and form and the perfect round of life denotes power of the highest order, and that of which the world stands most in need ; for this is the purpose and apotheosis of being.

Feeling the need of some kind of training which should enable me to body forth a larger, healthier, and sweeter life, I began about seven years ago a course of mental culture, which has resulted in a measure of health, happiness, and success such as I dared not then expect.

The teaching received and the thoughts inspired by it I wrote down from time to time, and now publish for my pupils and friends, hoping that they may find in them suggestions for their own development, and truths which shall direct them along the pathway to the star.

F. A. R.

Honeoye Falls, New York,
April, 1904.

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I.

THE NATURE OF MAN.

What is man that thou art mindful of him? and the son of man that thou visitest him?

For thou hast made him a little lower than the angels, and hast crowned him with glory and honour.

Thou madest him to have dominion over the works of thy hands; thou hast put all things under his feet.

Ps. 8: 4, 5, 6.

Knowledge of the nature of a thing is the prerequisite of its use and highest development. For example, we must know the nature of explosive substances before we can handle them with impunity; we must know the nature of a country before we can develop its resources; we must know the nature of plants before we can cultivate them with any degree of success; and in like manner we must know the nature of man, and adapt our methods of education to his