

**SELF AND SELF-  
MANAGEMENT: ESSAYS  
ABOUT EXISTING, PP. 9-93**

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Self and Self-management: Essays about Existing, pp. 9-93 by Arnold Bennett

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**ARNOLD BENNETT**

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# SELF AND SELF MANAGEMENT

*Essays About Existing*

By

**ARNOLD BENNETT**

Author of "How to Live on Twenty-Four Hours a Day,"  
"The Human Machine," etc.

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## **RUNNING AWAY FROM LIFE**



# SELF AND SELF-MANAGEMENT

## RUNNING AWAY FROM LIFE

### I

I WILL take the extreme case of the social butterfly, because it has the great advantage of simplicity. This favourite variety of the lepidopteral insects is always spoken of as female. But as the variety persists from generation to generation obviously it cannot be of one sex only. And, as a fact, there are indubitably male social butterflies, though the differences between the male and the female may be slight. I shall, however, confine myself to the case of the female social butterfly—again for the sake of simplicity.

This beautiful creature combines the habits of the butterfly with the habits of the moth. For whereas the moth flies only by night and the butterfly flies only by day, the social butterfly flies both by day and by night. She is universally despised and condemned, and almost universally