

May 28, 1935

Here is something

Dear Mr. Mills:

I want to thank you for this sensible pamphlet on Training and Practice in Mental Longevity. ~~There is a vein~~ I am convinced possible for each of us if we will set ourselves at it. I am in my seventy eighth year and much interested in keeping up my physical, mental and spiritual book-keeping. I am rather inclined to think that it is in the third ~~phase~~ ^{phase} that the largest gains come after seventy, but that is debatable. At all events you have written a stimulating pamphlet for which I thank you.

Very truly yours

E

Alfred R. Mills

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