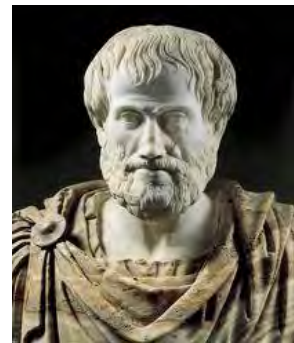


On Self-control



"I count him braver
who overcomes his
desires than him who
overcomes his enemies;
for the hardest victory
is victory over
self."



Aristotle