

High points of a lecture by a doctor of psychology in California on the subject of

## "MATURITY"

1. Each person requires "ego" food as he does physical food. A mature person is not ashamed of the fact that he does require "ego" food.
2. A mature person has the ability to achieve guiltless satisfaction of his desires.
3. A mature person has the ability to demand.
4. A mature person should accept power, enjoy it, use it right, learn how to use it constructively, not be ashamed of it.

People get sick because they work too hard at trying to keep down the expression of their feelings.