

PSYCHOLOGY

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LIFE AND THE MODERN WORLD

JAN 15 1918

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College Changed My Religious
Views

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Climbers and Dodgers

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Don't Fear Hypnotism

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Why Didn't I Land that Job?

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The Coming of the Superman

February

25c

To a Five Thousand Dollar Man who would like to be making \$10,000



MEN who are satisfied with routine salary raises will not be interested in this advertisement. There are many sources from which they can get the sort of training that will satisfy their modest ambitions.

Men, on the other hand, who are interested in doubling their earnings will find in this page much food for thought—and for action.

The training of the Alexander Hamilton Institute was designed for men who feel instinctively that their proper place is among those who *pay* wages instead of receive them—whose biggest earnings come out of the *profits* of the businesses in which they are engaged. Its mission is to fit them for these more profitable positions in a *shorter* time. And the results of its training are measured not in slowly rising salaries, but in incomes doubled and tripled in a few years.

Heads of businesses all over the country are sympathetic with the Institute's work, because it helps to develop the executives they so sorely need. Here are just a few of the cases of increased income that our subscribers have told us about in the last few months. Their names are all on file at Institute headquarters:

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Here's further proof that
this training pays

Some of the presidents of corporations who are enrolled are H. W. Hoover, President, The Hoover Company; Thomas H. Beck, President, P. F. Collier & Son Company; Francis A. Countway, President, Lever Brothers Company (Manufacturers of Lux and Lifebuoy Soap); Edwin A. Fuller, President, Fuller Construction Company; Roy Howard, Chairman of the Board, Scripps-Howard Newspapers; Charles E. Hires, President, Hires Root Beer Company.

The judgment of such men is an argument stronger than anything we could write.

Are you in business for
your health?

Money isn't everything. But we will all admit that income is after all a pretty accurate measure of success in business.

There is many a man of real ability who is kidding himself into contentment with his progress simply because he is making more money than some of his friends. He is satis-

fied with a five or ten thousand dollar salary when with a little added *knowledge* he could easily be making ten or twenty thousand.

Superior knowledge is behind every business success. And the absurd part of it is that you have to know only a *little* bit more than your competitor to make a *lot* more money.

How to get the facts

Where can you get this extra knowledge that can make such a tremendous difference in your business life? We invite you to send for a book that tells where, and how. It is a book of facts—facts about the Institute's training. It is called "What an Executive Should Know."

This book costs nothing because it is worth only what you *make* it worth. It is a book that should be read by every man who expects to win a secure place for himself in the next five years.

Will you send for it? The coupon below will bring it to your desk.

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Office of Supreme Headquarters
432 Music Arts Studio Building
Los Angeles, California

December 21, 1929

Dear Mr. Haanel:

Having studied several Yoga Courses, I am in a position to state that this is one of the best I have ever read. In fact, I did not know that it was permissible to put some of these things in writing.

I was bound to the strictest secrecy when I was taught some of the things therein contained.

The Yogi teachers would not allow it to be printed, the lessons being given only by word of mouth.

It is a most valuable work and worth many, many times the price to any one wishing to acquire unusual power.

Very sincerely yours,
E. E. THOMAS, Master.

Universal Order of Occult Science.

Chicago, December 18, 1929.

My dear Mr. Haanel:

Stupendous! At last we have an accurate, understandable, workable translation of the hidden mysteries of the East written in the language of the West.

"The Amazing Secrets of the Yogi" is almost beyond belief—containing as it does all the wealth and essence of the accumulated knowledge of the Yogi—4000 years of sifting the wheat from the chaff—the true from the untrue—the essential from the non-essential.

Reaching for its foundation beyond the consciousness of man to the Divine Source Itself—this system of philosophy teaches the basic and fundamental facts of physical and spiritual life.

A student of this course will travel the path of progressive superiority, arriving at last to a place where he will know—more of chemistry than the chemist—more of Physics, Medicine and Telepathy than many of our scientists.

A study of The Amazing Secrets of the Yogi will lift one to the very heights of power.

Sincerely,

J. AUSTEN CAMPBELL.

These secrets tell of a strange discovery made by the Hindu Scientists—how and why many attract to themselves evils and misfortunes—others happiness and fortune, still others long life or the reverse. This has in all probability never been heretofore revealed.

They also tell of the many mighty wonder workers in India and the methods by which they levitate their astral bodies or transport them at will to any desired location. Another amazing secret!

They tell of the power to create, preserve and destroy.

They tell of that force, which in Symbolical Language is called "The Garden of Eden, the Tree of Life and the Tree of Knowledge," and how the force sometimes leads downward to unrestrained lust and death and how it may be forced upward to supernal heights of power and spirituality. This is another of the Amazing Secrets of the Yogi!

They tell how the ancient Yogis of India have acquired the wisdom by which they can manipulate the invisible forces of Nature and thus seem to work miracles. How they use the mind as an aerial to receive the unspoken thoughts of others.

They tell of an attractive force which draws power from the Universal storehouse of Power and you may develop power from the Universal storehouse of Power and you may develop miraculous power and become a center of radiant magnetism.

They tell how the Yogis retain buoyant health, rugged strength and charm of personality and postpone old age, decay and death. This is another of the Amazing Secrets of the Yogi and worth hundreds of times the price of the entire course.

They tell of a wonderful secret which was wrested from the Japanese by a Jiu Jitsu champion. The secret is a method of resuscitation, or restoring life to persons who are apparently dead from drowning or sudden concussions due to any stage of collapse or unconsciousness.

They tell of an "inner light." When you are enabled to make use of this "inner light," you not only know, but you know that you know. You are no longer an experimenter, you no longer speculate or guess, you are in touch with the storehouse of power, and can replenish at will. Thus you may turn the tide of failure into success, thus you become a Master!

They tell of a higher plane of existence; on this plane all is perfect. On this plane the harsh lines of the face disappear, the voice becomes soft and beautiful. It is the Ideal state. On this plane the Ideal has become the Reality, the seeker and the sought are one.

These facts have been preserved only in the memory of certain living Yogis, who are the last descendants of a grand array of disciples, who have kept burning the torch of wisdom, kindled by the earliest and greatest ADEPTS OF INDIA.

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CHARLES F. HAANEL, 705 N. Ninth St., St. Louis, Mo.

Send me a copy of Part One of the AMAZING SECRETS OF THE YOGI without cost or obligation. I will read it carefully; then, if you do not hear from me in two weeks, send the rest of the lessons, for which I will pay \$2.00 per month for three months.

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PSYCHOLOGY

Life and the Modern World

VOL. XVI. No. 2

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IN MARCH

The Man in the Parade

Can you march alone? It takes a nice balance—not to be either a coward, keeping step because one dares not break with the "parade", nor a fool, marching nowhere and gaining nothing. An irresistible call to the Heights. By Ouisse Vaupel.

Who Is This Man Lindsey?

The world believed it pretty well understood Ben Lindsey, the Denver judge who outgrew the walls of his court-room. His recent tilt with Bishop Manning showed him in a new light. He tells what are the things he cares most about and what his dreams are for the happiness of the human race—in an interview with Gladys Baker.

Why Do I Feel That Way?

A scientific analysis of the human instincts and emotions, by a wide-awake New Englander, who, while teaching at staid old Harvard, kept his eyes on humanity en masse and now brings a satisfying interpretation to some puzzling riddles of behavior. By Karl Bowman.

Ten Ways to Overcome Failure!

If you are tired of failure, suppose you try success for a while. A straightforward message that will set you on the right path and show you how to keep on till you have won your mind's objective. By W. A. Mansur.

I'm Not Hysterical!

Of course not, but you may be clinging childishly to habits of thought and action by the same methods that hysterical persons use to dodge responsibility and secure undeserved attention. A thought-provoking study. By David H. Keller, M.D.

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Are You a Prisoner of self?



HAVEN'T you often felt the urge to do certain things . . . the longing of the heart for things you haven't . . . the yearning to rise to the heights you've dreamed about . . . to have the happiness for which every soul hungers?

You no doubt desire these things earnestly but probably tell yourself that it is useless to think of the impossible. You feel your own limitations—that you are held back by invisible bonds, a prisoner! You are—but a prisoner self-jailed!

You have only to free yourself to be the ideal individual you want to be—the man or woman you can be—the real you! That person of marvelous talents, of boundless possibilities, capable of finding independence, abundance, achievement, happiness and life's richest gifts—that person is the self you have limited—refused to acknowledge! Your higher self, released from its shackles, will bring you any rightful desire of your heart! A new freedom from the old imaginary limitations, a freedom of your own powers, can be yours—through the liberating truth of Christian Psychology!

Releases Natural Powers

Wouldn't you like to have:

Business or professional success? Romance, adventure, happiness, domestic bliss? The personality which is an asset in any atmosphere? Health which imparts a verve and joy to living? The tangible things you

want such as bank accounts, travel, the home of your dreams, the car of your choice, the luxuries and comforts of life?

These things and many more have been obtained easily through Christian Psychology, because it releases the natural powers imprisoned within one. It solves the individual problem—makes the personal dream come true!

What It Is

Christian Psychology is not a religion nor a creed, but a remarkably simple course in advanced practical psychology. It is called "Christian Psychology" because it was the world's greatest Teacher who first discovered and gave to suffering humanity those wonderful promises on which its principles are based. Did He not say: "What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them"?

Christian Psychology differs from ordinary psychology courses in that it contains scientific, definite and thoroughly tested methods for applying its teachings. It is soundly practical and quickly profitable to use.

International Scope

Numbered among the students of Christian Psychology are people from all parts of the United States and Canada, four United States possessions and sixteen foreign countries. These students are from every walk of life: unskilled laborers, those in practically all classes of skilled trades, merchants and high executives and the higher professions such as doctors, lawyers, ministers, writers, educators, en-

gineers, etc. Almost half the students are women—housewives, secretaries, artists, professional women.

Judge Daniel A. Simmons

Christian Psychology is the crowning work of the eminent psychologist, author, lecturer and jurist, Judge Daniel A. Simmons. It is the result of years of study, teaching and application of psychological principles. As a psychologist Judge Simmons is internationally known. He is the author of many books, magazine articles and courses on practical psychology. For more than fifteen years he has enjoyed the distinction of serving as a judge of the highest trial court of his state.

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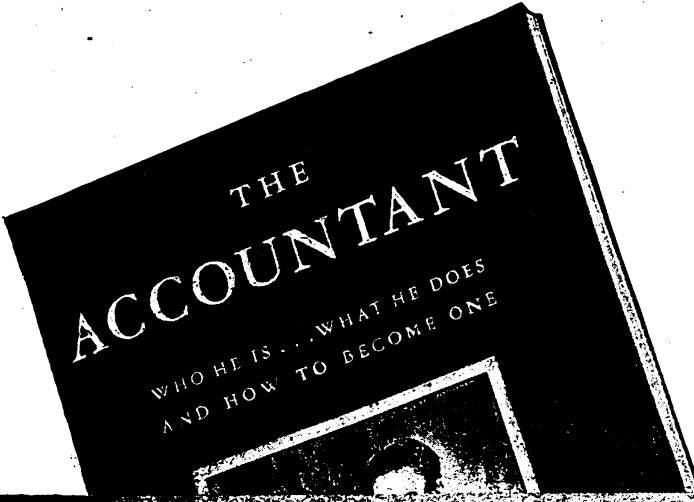
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The Point of View

Messenger—Who's the swell you was talkin' to, Jimmie?

Newsboy—Ah, him an' me's workin' togedder fer years. He's the editor of one o' my papers.

—*The Kablegram.*

* * *

Two-Thirds for the Lord

"Thanks very much," said the vicar, as little Tommy handed up his offering for the harvest festival; "I must call round this afternoon and thank your mother for these eight beautiful apples."

"P-please, sir," stammered Tommy, "would you m-mind thanking her for t-twelve apples?"

—*Bystander.*

* * *

A colored employee of an express company approached his superior with the query:

"Boss, what we gwine do 'bout dat billy goat? He done ate up where he gwine."

—*Exchange.*

* * *

When you have a good motive take your foot off the brake and save human energy.

—*The Catalina Islander.*

* * *

Probably the month's best is the British schoolboy's definition of "etc".: "Something to make people think you know more than you do."

—*Terre Haute Tribune.*

* * *

Page the Author!

A teacher asked her class to write an essay on London. She was surprised to read the following in one attempt: "The people of London are noted for their stupidity."

The young author was asked where she got her information. "Please, miss," she replied. "It says in the text books that the population of London is very dense."

—*The Catalina Islander.*

Meekness

"Who was the first man?" asked the visiting minister.

"Adam," the children answered in chorus.

"Who was the first woman?"

"Eve," they all shouted.

"Who was the meekest man?"

"Moses."

"Who was the meekest woman?"

Everyone was silent. The children looked blankly at one another, but none could answer. Finally a little hand went up, and the preacher said: "Well, my boy, who was she?"

"There wasn't any."

—*The Kablegram.*

* * *

Dream

This is a holdover from the Coolidge régime and shows traces of that economy of words which did not seriously handicap our president until he began to earn his living by the word.

Characters: Boy, Girl, Automobile.

Boy: Good morning.

Girl: Good morning.

Boy: Good driving.

Girl: Good boy?

Boy: Good girl?

Girl: Yes.

Boy: Good-by.

(Editor—Good Lord!)

—*Brown Jug.*

* * *

Inquiring Motorist (in remote section of Ozarks)—How far is it to the next village?

Native—Wa-al, I don't rightly know, but I'll call Eph. Eph'll know. He's traveled all over. He's got shoes.

—*Life.*

* * *

Mother—Who taught you that wicked word?

Small Son—Santa Claus.

Mother—Santa Claus?

Small Son—Yes, when he stumbled over my bed on Christmas morning.

—*National Real Estate Review.*

Easily Misconstrued

"Willie, come here!" called the geography teacher. "What do you mean by writing this—'Iceland is about as large as teacher?'"

"That's what you said, teacher."

Teacher had explained that Iceland was about the same size as Siam!

—*National Real Estate Review.*

* * *

In taking steps to protect himself the pedestrian should always take them as quickly as possible.

—*Louisville Times.*

* * *

Agreeable

Musical Host (approaching piano)—What do you say to a little Grieg before dinner?

Unmusical Guest—Ah, now you're talking! Just a very small glass for me!

* * *

Social Item

Suburbanite—Oh, here's a paragraph about us in the paper.

His Wife—Is there really? What does it say?

Surbanite—In the month of January, 15,972,364 persons traveled in buses.

—*Scissors.*

* * *

Sentiment

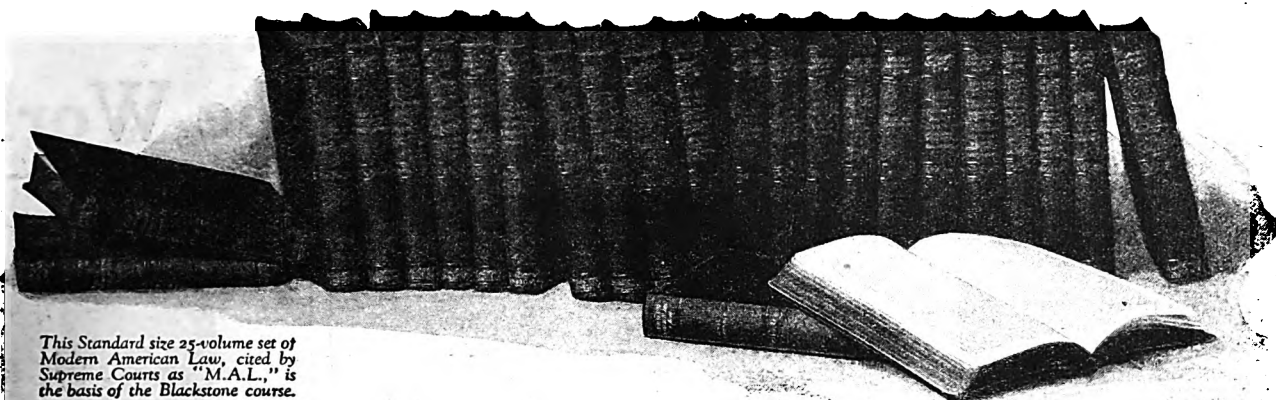
The burglar had entered the house as quietly as possible, but his shoes made a certain amount of noise. Suddenly he stiffened. He heard a woman's voice.

"If you don't take off your shoes when you come into this house there's going to be trouble. It's been raining for three hours, and you've dared to tramp on my carpet. Go downstairs and take off your shoes at once!"

The burglar crept downstairs and out of the house without a word. His confederate who kept watch outside noticed a tear in his eye.

"I haven't the heart to rob that place, Tom," murmured the burglar. "It's so like home!"

—*The Kablegram.*



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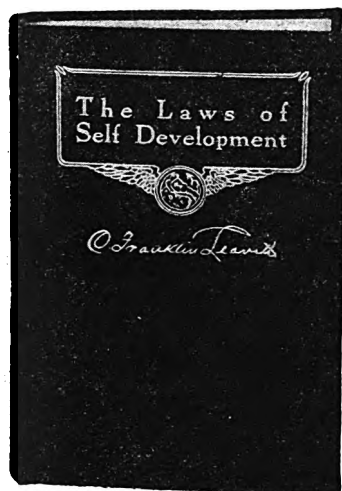
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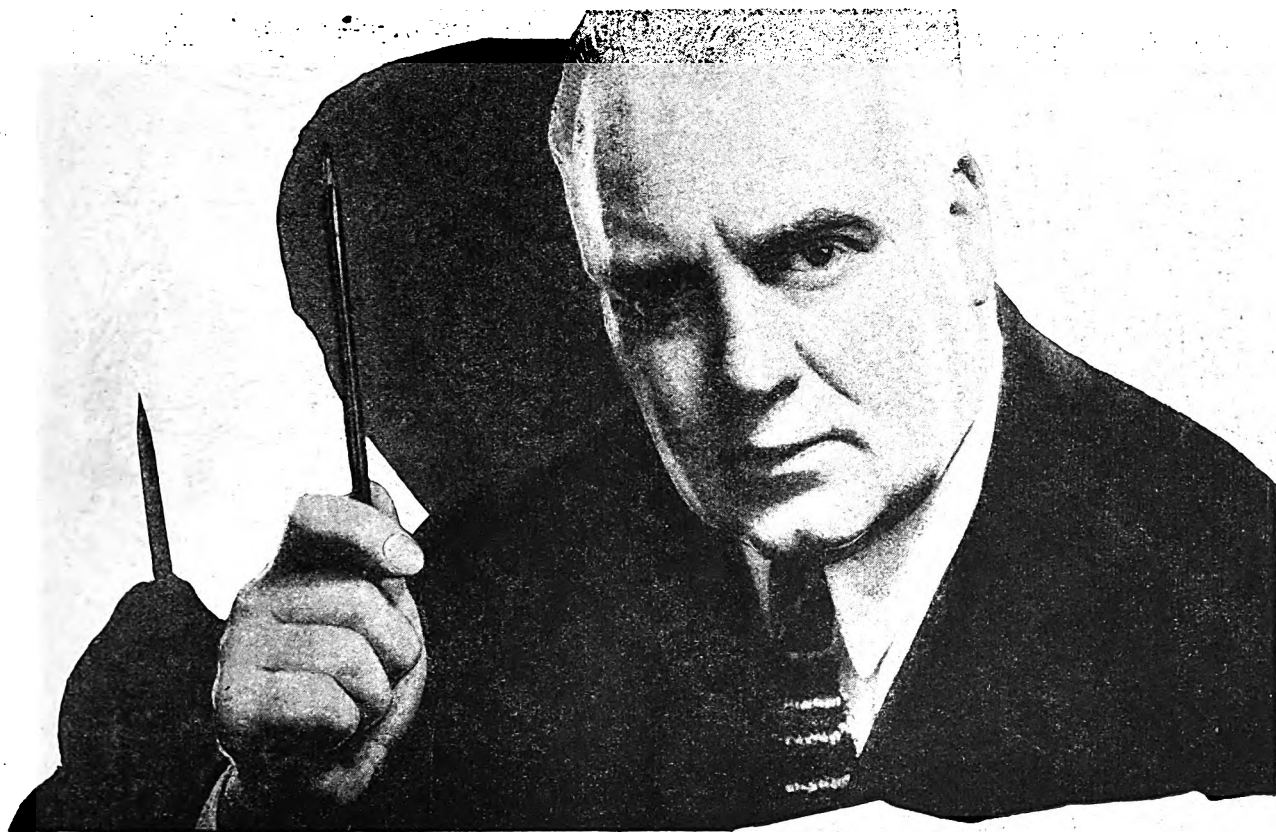
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The *Fragrant* Moment

By William R. Harrison

Picture by J. L. Blummer

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So the petty quarrels of men, nations and disputing empires sound in space as but nothing in the infinite nothingness. Even the tumultuous roar of a thousand cities progressing within a great Progression sounds in the same only as the vague noise of a faint sea, beating on the shores of oblivion. So even the thunderous fury of the cannon in a thousand and one sieges re-echoes its reality in the annals of history only as the soft music of an ebbing tide in a far distant and almost forgotten world.

To the all-encompassing eye of Nature the rise of a struggling empire to glory and greatness, the crushing of a dynasty and the downfall of a monarchy are but three acts on the stage of life with three gestures of quietude for a curtain.

The boundaries may change with changing years and the cunning devices of men speak havoc on the field

of battle, the serenity of Nature in her self-sufficiency remains unaltered and indestructible. Her stupendous, universal entity stands as a mockery to those who conquer for

conquest's sake, seek the perpetuation of their glory and greatness from the throne of despotism. To her they stand a defiant insolence to civilization and Christianity, bowing their heads to a common god, when with her all-seeing eye she recalls how even the mighty have fallen. Yet to the besieged and besiegers alike Nature sets up an exemplary standard of Life, in yielding her bountiful harvest for all sorts and conditions of men. She is to serve, not to be served. To give, not to be given. Impartiality is her law, a bountiful harvest her creed, while to live and let live is her custom. Thru all the complexities of her devious designs there seems to be woven a purpose in her conduct—a conduct that both to man and nation alike may some day serve as a tutelage for a greater and more noble ministration—a day, which at first sight, seems so strangely and so long delayed.

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HOW would you like to possess the Complete Key to Life's Supreme Prizes? Possess an actual key, *no idle theories*, but sound, practical, invincible laws of life whereby thousands have climbed to superb heights of joyous and exuberant being? To have unfolded to you the principles whereby you may rise to complete self-mastery — throw off fear, self-consciousness, inferiority, worry, disease, failure? *In a word, to "cash in" on your unrealized abilities?*

You Who Earnestly Want—Independence—Freedom from fear, limitation and lack; a rugged sense of self-reliance; the power to direct big affairs; the joy of being your own boss—*creating, directing and profiting thru the exercise of your own organizing and directive genius.*

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Leadership—The zest of guiding the action of others, the realization of mastery over self and others; admiration by others who look up to you and await your advice or command; *the thrilling personality of the winner that attracts others to you unerringly as the sun draws the water of summer rains.*

Health—The joy of vibrant, perfect health, blood surging thru the veins carrying tingling life, zest, and power to every cell; *freedom from the tragedy of body limitation, pain and lack of strength to stand every test; and power to lead on to victory thru rugged, all-conquering health.*

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Perfect Memory — Improve Power of Imagination — Work the Law of Attraction — Make Your Dreams Come True — Use the Subconscious Mind — *Break Undesirable Habits* — Overcome Depression — Use Your Mystic Powers — Cure Yourself and Others — *Use Suggestion and Auto-Suggestion* — Use the Psychological Moment — Profit through Visualization — Use the Silence — *Outgrow Limitations* — Rise to Heights of Power — Use the Principles of Psycho-analysis — *Locate Complexes* — Restore Inner Harmony — *Attain Success* — Be Always Happy — *Overcome All Negative Emotion* — Banish Fear, Worry, Hate — *Cure Jealousy* — Use the

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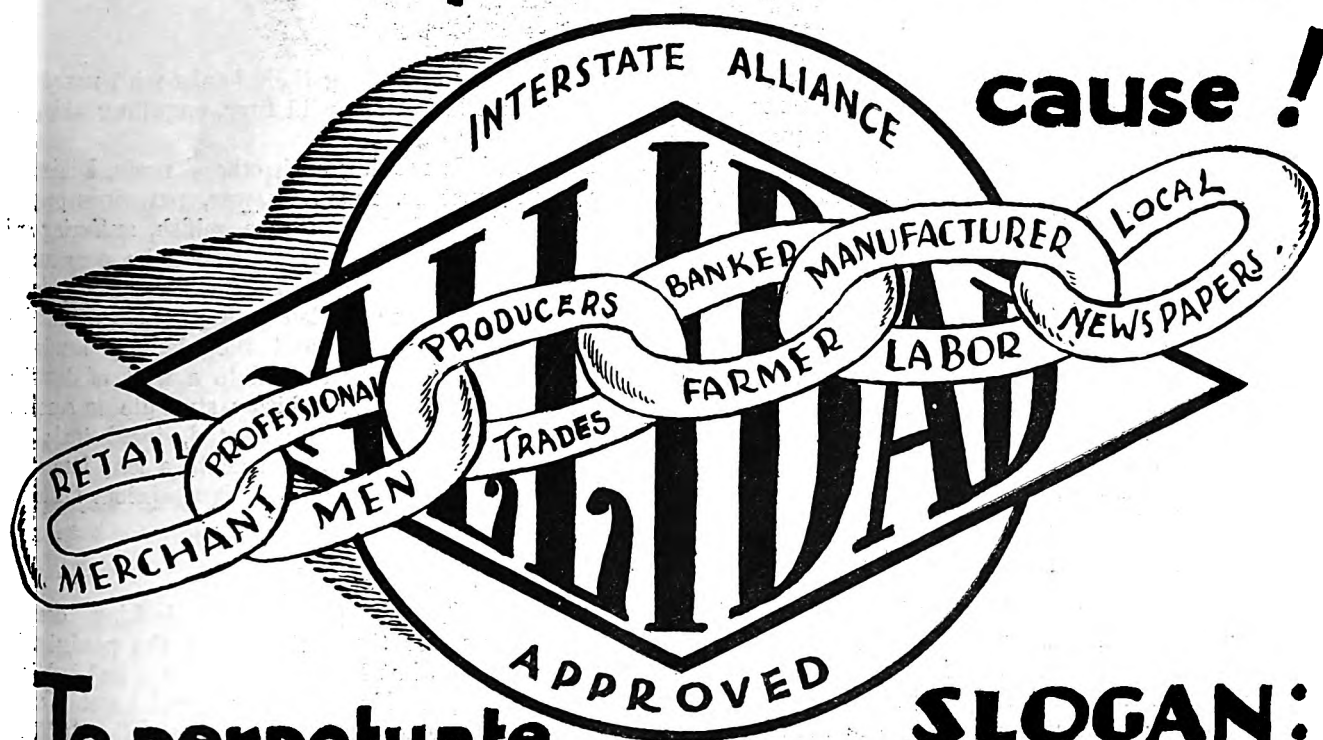
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Tho Dark the Way

By Henry Knight Miller

THE optimist sees one side of life; the pessimist another. To the optimist all life is serene. He exults in the beauties of nature, the purple and golden dawn, crimson sunsets, the solemn silvery splendor of the evening sky, the majestic glory of rugged mountains, with placid lakes, laughing streamlets and unbroken forests of evergreen, undulating plains and prairies, rivers winding their way lazily to the blue-green expanse of endless, unfathomed sea.

He inhales the fragrance of exquisite flowers of never-ending variety of form, color and fragrance. The sweet songs of the birds, instinct with the note of gladness, stir him with ecstasy. The animals are his friends, glorious with natural grace, fleet of foot, courageous, kind. Man is the expression of God's loving kindness—the crowning achievement of creative wisdom and love.

Our optimists toast the epochs of life: babyhood, innocent, helpless, but potential with infinite possibilities. In the infant he beholds a mighty philosopher, a scientist who will discover new and important facts, an inventor who will enrich the unborn years; a poet singing immortal verse; a painter enriching life with inspired brush; a musician, dramatist, prince of business, philanthropist, statesman; or else, perhaps, a noble woman of queenly grace and madonna-like purity, a mother of strong men and virtuous women.

Adolescence is life's beauteous spring-tide. The optimist thrills at the romantic love just beginning to manifest in all of its tender and uncalculating sweetness, surging hope, many-colored dreams, unselfish altruism, heroism.

The mature years are kissed with ripened experience, enchanted mystery of parenthood, achievement of distinction in arts and crafts, acquirement of culture from the rich treasure house of the past.

Old age, life's clear and crystal winter, is crowned with silver hair, deepened vision, understanding, patience, kindness, love and the thrilling memories of long years held lovingly in the holy of holies.

Death is a voyage of luminous promise, a lifting up of the soul to the source of all being, the return of the traveler home, an ecstasy of transfiguration, a symphony of new-born life. "Tho he were dead yet shall he live." And that life of future hope looms inviting and infinitely triumphant.

TO the pessimist this whole picture is distorted and unreal. He sees forests devastated by scorching flames, mountains trembling in earthquakes or belching forth molten lava, skies overcast with angry

clouds, rivers overflowing their banks with murderous floods, oceans lashing in wild fury, engulfing ships and men.

He sees birds robbing each others' nests, billions of insects in constant, relentless war, parasites preying upon parasites. Animals, fierce, selfish, suffering and inflicting pain and death. Babyhood he sees cursed with sickness, prophetic of the weakness and pain of later years; adolescence filled with pathetic conflict between instinctive desire and the clammy hands of tradition, its brief song turned to a wail of despair; maturity enmeshed in the bitter struggle to survive, suffering, disillusioned, maladjusted, ineffectual; old age bitter, remorseful, envious; death a leap into eternal darkness and extinction, an ignominious finale to a wretched existence.

THE philosopher looking deeper knows that neither the optimist nor the pessimist is right. Each sees but half of the picture and is blind to the other half. Each is an extremist seeing only what he wants to see and blind to facts distasteful to his own peculiar temperament and point of view. Life is neither all beautiful nor all ugly, all good nor all bad, all kind nor all hateful, all sweet nor all bitter.

There is night and day, springtide and winter, calm and storm. The flowers wither and die, but are born again. Men fight hideous wars and fill the world with hate, but they also die for each other with almost god-like self-sacrifice.

Each epoch of life has its note of weakness, sorrow and pain, but it also has its evangel of hope, its epic of achievement, its benediction of love. The harvests may be ruined by drought one year but the same ground will return golden bundles into the farmer's arms another harvest season. The rivers may overflow, but the flood brings only temporary disaster and enriches the soil for years to come. There may be periods of depression in industry but there are corresponding periods of prosperity. Life is in certain aspects hard, the struggle relentless, the path rough and the battle uneven, but "tho dark the way," the dawn is just ahead. The struggle is needed to make us strong. Discipline brings self-control. Pain yields a background which heightens the pleasures that must follow as surely as day follows the night. It takes the hottest fire to refine the purest gold. It requires the heaviest pressure to turn rough iron into steel. Out of turmoil and struggle come serenity, rest and triumph. And at length the deepening shadows of death are touched with the bright rays of eternal hope.

A Chat with the Editor

We are in the midst of a world depression. Millions are out of work. Some are hungry. Many are sick. Hundreds of thousands are on the brink of ruin. It is hard to be cheerful. It is difficult to be hopeful. Cynicism and sullen despair are everywhere.

Perhaps in these strained times it may prove helpful if the editor tears open his breast and asks the reader to live with him for a while thru a succession of discouragements that might have caused a mere pessimist to "curse God and die". I just want to show how out of defeat comes victory and that when we think the world has turned against us we are on the threshold of triumph—if we fight on and do not lose faith in ourselves and the eternal rightness of things.

By nature I am a hard worker, but I do not enjoy working at just one job, content to draw a wage and call it a day. I am rather by nature an organizer, promoter, a creator. When only ten, I organized a little regiment of boys with wooden guns and constituted myself captain. All went well until a bigger and stronger boy proclaimed himself the general—then the war began. At thirteen I organized a Sunday school orchestra and built it up until it had thirty pieces and played creditable music. In college I organized a fraternity and promoted the society to the point where it gained recognition and a charter from an old and honored fraternal body. Upon graduation I went to an almost deserted slum church as pastor. I organized a free employment bureau and got jobs for 3,000 men and women in a year. I created a free nursery, day school, gymnasium, mission, music settlement and other features of helpful service. Upon leaving the ministry I engaged in commercial activities trying to promote a remarkable automobile accessory but I was not happy without some form of altruistic activity, so I founded *PSYCHOLOGY Magazine* in order to help men and women to a larger degree of self mastery, emotional control, understanding of life, health, happiness and achievement.

THE story of my struggles have been related in the pages of this magazine. I sold my home to keep it going. My wife pawned her jewels to help in an hour of need. I worked as many as eighteen and twenty hours a day. The way was hard. Again and again we tottered on the verge of bankruptcy. Doing the greatest work of human helpfulness on earth, helping people to help themselves, I could find no man or woman of means to help me in spreading my gospel of hope. There were hundreds of millions of dollars for colleges, foreign missions, hospitals, feeble-minded,



DR. MILLER

hoboes, dogs and cats, but not one dollar to aid my great work. I finally appealed to my readers and out of their limited means they flooded their money to carry on my work. Something over a hundred thousand dollars was invested. But it was inadequate. We needed a million. We have made great progress but it has been a relentless struggle.

I managed to save from my lectures, writings and industrial activities a small competence. I figured that if I could swell this to a big fortune I could endow *PSYCHOLOGY Magazine* so that its work of human helpfulness would carry on thru the years. So I started a persistent campaign in the creation of new enterprises.

IHAD been an ardent student of philosophy and psychology. I believe in the absolute supremacy of mind. As a man thinketh so is he—not today or tomorrow but ultimately. Mind is superior to either heredity or environment. By sheer force of right thinking, complete control of negative emotions and rightly directed force of will, unfavorable influences of both heredity and environment can be overcome. Man is what he is and where he is because of the character of his accumulated consciousness. If you do not like where you are change what you are and the new *you* will build for your enlarging selfhood a new and more favorable environment. The character of life is not determined by one single success or failure or by a series of triumphs or defeats but by persistently building the success consciousness. Man cannot succeed as some New Thought teachers would seem to indicate by just visualizing success, but by alertness, persistency, courage, faith and intelligently (Continued on page 58)

This Shrinking Planet

*How Man's Conquest over Nature
Is Setting His Spirit Free*

By

Ivy Lee

THE past twenty years have witnessed the profoundest changes in human thinking in the history of the world. Consider what has taken place. You who are at least twenty-one years of age have seen the greatest war in human history. You have seen thrones totter and fall. You have seen this planet of ours grow smaller and smaller, and the inter-relations of men and nations grow more intimate and inter-dependent. Above all things else you have lived during a revolution in science, when men have begun to review and re-examine all their old knowledge, the lessons of their old experience, and to test the true and the false from a new standpoint.

Someone has figured it out mathematically that if you take the length of time required only fifty years ago to travel any given distance on either land or sea and compare it with the time it takes today to make the same journey, it means that during the last half century our planet has shrunk in size from that of a football to that of an English walnut.

Recently in New York, Curtiss celebrated only the twentieth anniversary of the day he had first flown in an airplane down the Hudson

River. When you were born no Bleriot had crossed the English Channel; no Lindbergh had spanned the Atlantic Ocean; no Zeppelin had circumnavigated the globe; there was no radio broadcasting; no wireless telephone.

In 1910 I personally assisted in opening stock exchange branch offices in London and Paris. At that time the cable and telephone service with New York and Paris was so poor that it was extremely difficult to do business in a manner satisfactory to those who depended upon prompt knowledge of changing market values. It sometimes took hours to learn in Paris of a movement on the Stock Exchange in New York.

But last year I went into branch offices of New York Stock Exchange firms in London, Paris, Monte Carlo and Berlin, and found them in almost instantaneous communication with New York. Business men thruout



Wide World

Niagara Falls—supplies the power to turn wheels in thousands of factories.

The wireless station at Rugby, England, can communicate with almost every corner of the globe!



Wide World

Europe telephone to different parts of the United States and hear as perfectly as between two village telephones.

We all know the thrill with which we listened in upon the King of England's speech as he opened the Naval Conference in London last January, his words being heard literally all around the world. Every few days thereafter we listened to news of the progress of the conference from Prime Minister MacDonald sitting in his country home in England or from Mr. Stimson at his hotel, giving us a consciousness that we were actually participating in the Conference itself.

In April of this year wireless telephone communication was opened up between London and Australia, 11,000 miles away. The prime minister of Great Britain may now pick up his telephone in Downing Street and confer intimately with the prime ministers of the self-governing dominions.

In Paris only the other day I sat in a room with the finance minister of Chile as he talked by wireless for a half hour with his prime minister at his office in Santiago. When you recall the feverish effort of the chancelleries of Europe to get messages back and forth in those perilous days just before the outbreak of the Great War in 1914, and realize what is happening now, you will see something of the change which has come about in bringing human beings thruout the world into intimate touch with each other.

Last summer the great liner *America* sailed from New York equipped with a radio installation enabling her to pick up anywhere at sea facsimile reproductions of letters, pictures, checks and other printed material.

A World Power Conference was held recently in Berlin simultaneously with the National Electric Light Association meeting in San Francisco. At a certain moment each of these meetings was tuned in with the other, and both were addressed by Thomas A. Edison—speaking from Llewellyn Park, New Jersey, and by Signor Marconi from London. Not only were these speeches heard by the two conventions assembled, but the whole world listened in on the radio broadcasting of this event.

Science is revolutionizing our home life. We sit quietly by the fireside and listen to music produced thousands of miles away from us. It will not be many years until with television we shall be able to see with



Keystone View

A giant trans-continental airplane making a night landing.

our own eyes and hear with our own ears plays, operas, and speakers entertaining us or instructing us from different parts of the earth. The woodsman in the wilds of Tennessee will be able to hear and see the whole panorama of human activities as it passes before him.

The day is indeed past for thinking of the world in terms of continents. Note within the last ten years the growth of inter-continental trade. Everywhere this has been the rule.

The Atlantic Ocean, from an economic and commercial standpoint, is today no wider than the Mississippi River. We ourselves are entangled with the whole world. When Gandhi calls upon his followers to boycott English goods in India, it means that the cotton mills of Yorkshire, England, are idle and the farmers of Alabama and Georgia cannot sell their cotton at so good a price. The present economic destitution in Russia has resulted in Russian purchases of tea in Ceylon, heretofore so extensive, having absolutely stopped.

Such developments are giving rise to international efforts to deal with them. During your lifetime there has come into being the International Chamber of Commerce, where business men of all nations meet to consider common economic problems. You have seen the birth of the League of Nations, envisaging that "Parliament of Man, the Federation of the world", of which Tennyson sang. Last year saw the establishment of the Bank for International Settlements at Basle, designed not merely to coordinate the financial effect of reparation payments, but to bring into harmonious cooperative effort the financial resources of the world. The Permanent Court of Justice at The Hague has been created to bring about the settlement of all international disputes by process of law rather than by force. The Institute of Pacific Relations is examining the problems of the Pacific area with a view to antici-

pating possible crises among the nations bordering thereon and seeking to avert them by removing their causes.

Thru conference, thru consideration of facts and their interrelations, men are finding the way toward permanent peace. Prior to eighty years ago there had been no international conferences except to settle wars. In 1907 there were seventy such conferences, in 1917 one hundred and forty, and in 1927 there were 367.

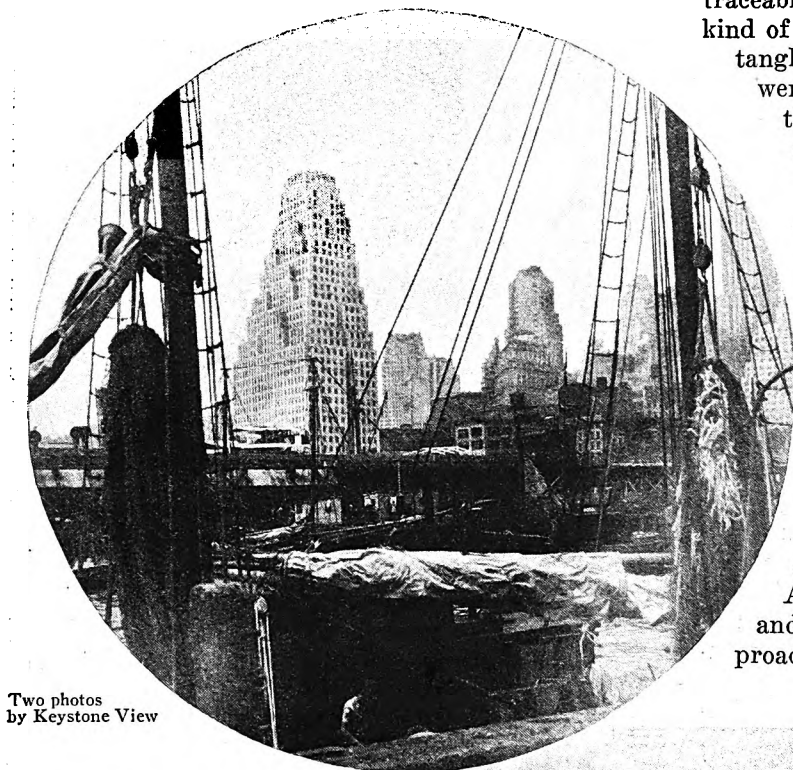
But the supreme difficulty in all such efforts is the

changes in conditions have taken place since it was enunciated, but he would surely cast his vote against any candidate for congressional office whose literal loyalty to that sacred Doctrine should be questioned. The Monroe Doctrine is a political absolute.

Everybody knows that when President Wilson sailed for Europe in 1918 the sentiment of this country was unanimously favorable to an association of nations to make forever impossible the outbreak of another war. The defeat of that idea and the present chaos into which our foreign relations have become involved is traceable originally to no other cause than the pettiest kind of partisan politics. The phrase, "Beware of entangling alliances" stirred political emotions which were fanned, unfortunately, into aggressive assertion chiefly because of the tactlessness of President Wilson—his statesmanship was ignored. Our emotions swept away our minds entirely.

For some time after the war we refused even to attend conferences or sit in with committees of the League of Nations. It was said that "America has never lost a war and never won a conference". We are still fearful of becoming responsible members of the League itself. We proposed and signed the Kellogg Pact renouncing war as an instrument of national policy, but we declined to insert in the London Treaty the doctrine that if the peace of Europe should be threatened we would be willing to sit in on even a conference to prevent war.

At the London Conference President Hoover and Mr. MacDonald sought to make a new approach toward assurance of peace. And yet we see

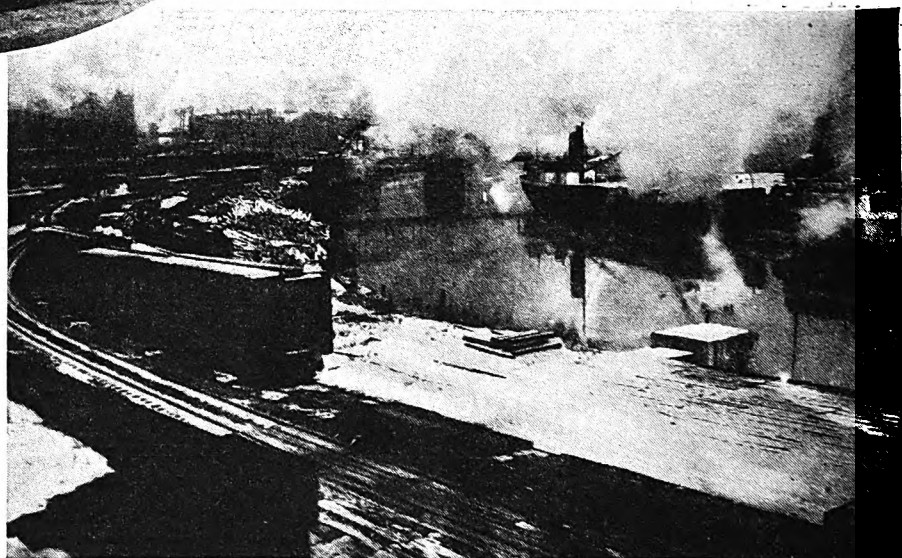


Two photos
by Keystone View

The great city of contrasts—New York—with the picturesque sailboats anchored in the very shadow of the skyscrapers and where every nation in the world is represented.

fact that statesmen and rulers are still trying to solve problems that are in their very nature economic and international by means and with mental approaches that are political and national. What Raymond Fosdick calls "the old Savage in the New Civilization" still ensnarls us. Hence the resistance encountered by the League of Nations, the World Court and efforts at disarmament. See the manner in which the primary purpose of the London Conference—to effect actual reduction of naval armament—was defeated by the chauvinism of France and Italy.

In spite of all their intelligence and their knowledge, human beings are still enslaved by phrases. The average American citizen could probably not explain what the implications of the Monroe Doctrine are, and what



Pittsburgh—the heart of the steel industry—yet steel production requires at least forty different commodities brought from fifty-seven different countries.

the spectacle in Washington of a host of admirals and a group of senators protesting against the Treaty of London because we made concessions to the English and Japanese. And on the other side we find Winston Churchill protesting because the English made concessions to us.

The chief obstacles in the way of our achieving a

really civilized world lie in our mental outlook, our habits of thinking and feeling—old conceptions, old formulas and methods, stereotypes, as Walter Lippmann calls them, the legacy of a bygone age. We have not yet been willing fully to apply the scientific method to the study of our inter-relations as men and nations.

But let us see now something of our new background. The world into which you were born was molded into form in its political prepossessions largely by Cardinal Richelieu, father of modern nationalism and chauvinism. Patriotism was to him something exclusive and selfish. It was a political absolute.

And just as Cardinal Richelieu fixed our absolutes in international thinking three hundred years ago, so Galileo, who lived at the same time, and Sir Isaac Newton, a little later, established standards of scientific thinking which have been controlling nearly ever since.

When you were born there were a number of principles of science considered more fixed than even the stars, such as the principles of the conservation of

cosmic absolutes as absolute time, absolute matter, etc., are gone. Nothing in our material universe is fixed; nothing is final. Indeed, Professor Millikan has shown us thru his discovery of cosmic rays that the very process of creation itself is still going on. "Certainty is indeed an illusion, and repose is not the destiny of man."

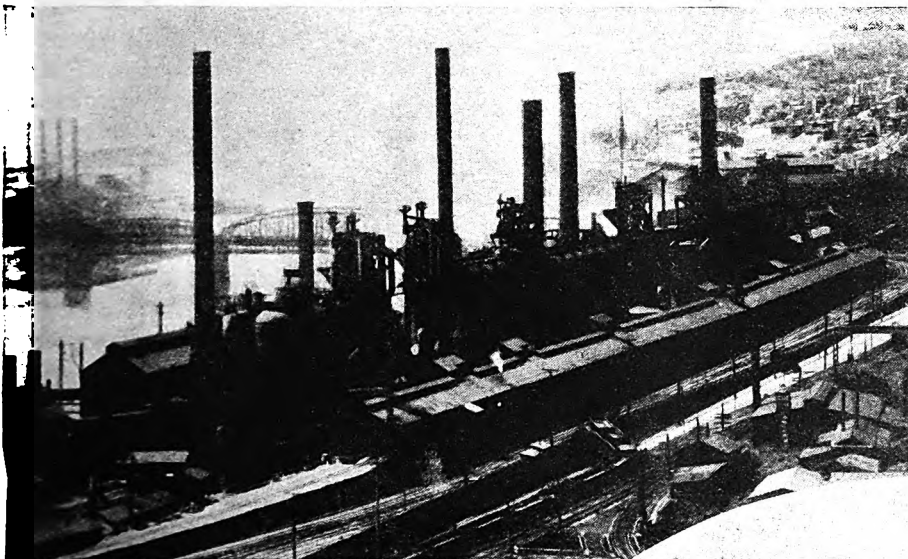
Just as in your own time the absolutes of science have been shaken, so thru the changes in our modes of thought which the method of science has revealed to us we are now groping toward a philosophy which may rid us of the fetters which have bound our political and social thinking.

It remains true, however, that not the least startling fact of our modern life is that our best authenticated knowledge is still limited to things aloof from man. We know more about the stars than we do about human society. The most significant phase of physical science, its method, is still largely unapplied in social relations. We have not applied to them the method of experimen-

tation, of minute examination of facts and scientific determination of their relations.

Take a simple illustration in another field: Before we entered the Great War it was an accepted absolute in military discipline that a soldier who inflicted a wound upon himself was *ipso facto* guilty of cowardice. It was assumed that he was afraid to go into battle and had injured himself so as to be forced into a hospital. The British Army shot hundreds of men for this reason alone. But our own army appointed a psychiatrist,

Dr. T. W. Salmon,
to ac-



Keystone View
The smokestacks in the heart of the foundry district—Pittsburgh.

chemical elements, the conservation of mass, the conservation of energy. But these principles have gone. The principle of conservation of chemical elements went with the discovery of radio-activity. During your lifetime the electron has been isolated; the properties of X-rays have been determined; the definite fixing of the total number of possible elements has been established; the significance of the "excited atom" has been made known to us; and the principle of relativity has been definitely formulated and experimentally verified. These and many other discoveries have revolutionized our conception of the whole universe about us.

The meaning of these discoveries is represented not merely in their application thru modern invention, but in the fact that they require us to take an absolutely new view of life, to regard nothing as static, to adopt a new method in our study of everything. Such old

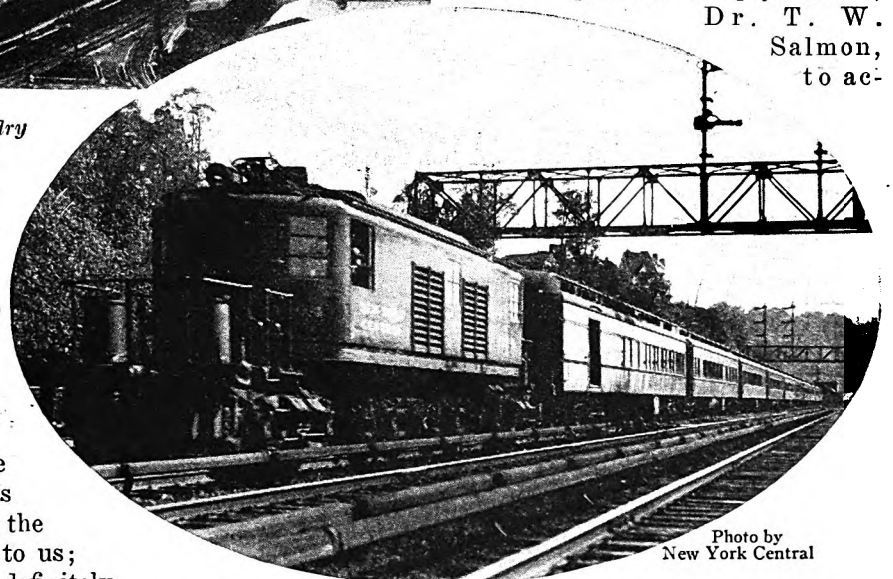


Photo by
New York Central

The electrification of railways is an important development in land travel.

company the A. E. F. to France. Dr. Salmon was not satisfied with the old procedure. Upon his advice men guilty of inflicting wounds upon themselves were detached from service before being court-martialed and a careful inquiry was made into their home surroundings and their antecedent (Continued on page 69)

By
Patrick
MacKinnon

"Menu of
Love"

By
Jean-
Aubert

*How
the*



Courtesy The Metropolitan Museum of Art

Dynamite of Sex

May Be Used for High and Beautiful Achievement

EMERSON expresses well the force of love when he speaks of it as "the enchantment of human life, which like a certain divine rage and enthusiasm seizes on a man at one period and works a revolution in his mind and body, unites him to his race, enhances the power of the senses, opens the imagination, adds to his character heroic and sacred attributes, establishes marriage and gives permanence to human society".

The sex instinct, along with the ego and the social instincts, plays the dominating part in our life. It provides the greatest motive for achievement that we know and when spiritualized it acts as the basis for the most noble and unselfish acts.

Love continually rebuilds the world, and breathes

new life into all things. The quest of a man for a maid makes the stripling first take himself seriously, and have a pride in his appearance and achievements.

It is his desire for a certain woman which makes him strain every nerve to better his social position. Later the inspiration of his mate reinforces the onward drive during the middle part of his life.

Ninety per cent of the great makers of the world's history have been spurred on by love for a woman. The power of the mating instinct is colossal. Many a man who has been unable to bestir himself for his own advancement has found that his sweetheart called out the energy and capacity that otherwise would have lain dormant.

Solomon, famed for his sound philosophy said, "Love

is strong as death: many waters cannot quench it, neither can the floods drown it." And so has it been since the world began. To win a lady's love, gallants have braved the angry ocean, discovered new lands, overcome almost insurmountable barriers, endured intolerable hardships, and performed feats the valor and skill of which seem superhuman.

When knights of yore maintained the superiority of their ladies' charms against the amorous chivalry of the tournament, the force which wielded the lance was the stimulus of love. From the time of Sir Lancelot, who carried into the forefront of the battle his lady's favor on his helmet, till now, when the Rugby star looks for the encouraging smile of his sweetheart among the crowd, the tender adoration coming from a woman's heart has supplied the incentive for almost miraculous effort.

There is no fear in love. If the most abject coward could but have this spark ignited it would infuse in him a courage and a heart to defy the world.

But as Dr. Burton says in his *Anatomy of Melancholy*: "To enlarge upon or illustrate this power and effect of love is to set a candle in the sun. No cord nor cable can so forcibly draw or hold so fast as love can do with a twined thread."

History and literature give us excellent examples of what love has enabled men to do. In the long, gruelling siege of Troy it was his burning love for Andromache that steeled Hector's arm and put the fire of valor in his heart.

When Perseus fought the horrible monster sent from the sea by Neptune it was the beauty of his beloved Andromeda which gave him courage and strength to kill it.

Intense desire to possess Rachel led Jacob to slave for fourteen years. During this long time the love of Rachel inspired him to use his latent powers to build up great wealth.

Marconi, the inventor of wireless, has admitted that the motive for his epoch-making discovery was his desire to find a means of communicating with a young woman whose parents disapproved of the courtship. In this case not only did love find a way but incidentally it produced an invention which has revolutionized modern life.

The world of romance is full of stories of prowess performed for love. In *A Tale of Two*

Cities we find the high-water mark of heroism motivated by love. Some people cannot understand the depth of the passion which impelled Sydney Carton to take upon himself the doom of his death-sentenced rival so that the girl he loved might have the man of her choice.

This emotion has produced our finest poems and our best music. Truly the power of love may be likened to dynamite. It is up to us, knowing that such a powerful force is lying within us, to see that we make the best possible use of it. We shall discuss three possible ways in which we may deal with this dynamite.

Perhaps the most obvious misuse that may be made of material dynamite is to set fire to it and blow it up for some other use than that for which it was intended. So with our emotional explosive the most common error is to burn it up regardless of the dictates of economy for the future. No man can help himself or others who is in want.

It is not only in distant countries and in ancient times that men wasted their substance in riotous living. Profligacy is as rife today as it ever was, and all the more dangerous because it is hidden beneath the cloak of respectability.

Sexual excess only in a more marked degree than in some other emotions saps our energy and deteriorates our efficiency and moral integrity. The habit of waste spreads thru every part of life. The waster dawdles with his time, then with his money. He draws bills upon the future and anticipates his earnings.

Almost one hundred per cent of human wrecks and "down-and-outs" have commenced their downward career by sliding into this insidious vice. Sex is an honorable and glorious thing, but when stained by the traces of the snake of excess it becomes readily debased.

To avoid the error of excess or to make up for a course of dissipation, the diametrically opposite course is sometimes pursued—repression. An innocent youthful exploit in romance will occasionally bring the bitter experience of unrequited, disappointed love. Illustrating the principle of "burnt child dreads the fire", the unlucky tyro either becomes cynical or represses his love longings altogether. He begins to distrust all love experience, and says like Byron:



Courtesy The Metropolitan Museum of Art

"The Storm"—by P. A. Cot

Oh, love! what is it in this world of ours,
Which makes it fatal to be loved! Ah, why
With cypress branches hast thou wreathed thy flowers,
And made thy best interpreter a sigh?

Our system of sex education is much at fault, or rather our lack of system. Most children have to grope their way blindly in the world of sex. Those who could guide them remain silent and allow the youngsters to be misinformed by perverts. Hence the association is generally formed early in youth between sex-knowledge and secret shame.

In modern life sex instinct comes into conflict with almost all the sentiments representing civilization. Each one has to go thru the fight between his primitive appetites and the social conventions. Only in many unfortunate people the ratio between appetite and environment forces them into the discard from the start.

There is a deplorable lack of candor on the subject of sex. So much so that when we come to discuss the question we can scarcely find a suitable vocabulary. "Men generally," says Freud, "are not candid in sexual matters. They do not show their sexuality freely but they wear a thick overcoat to conceal it as tho it were bad weather in the world of sex."

The conflict of the major instincts has long been a favorite theme with novelist and dramatist. The most common clash is when the sex instinct turns to bay against a combination of the self-regarding and herd instincts. This combination is known as conscience or, in psycho-analysis, the censor.

Repression is not control: it is lack of control. If the conflict is not acute it may be settled by repression. On the other hand in a major conflict, for example, conflict of an intense love with the moral sense repression can never succeed. The desire may appear to be repressed but in reality it is but driven deeper into the subconscious mind, or dissociated from consciousness. The snake is scotched, not killed.

The history of religion throws light upon the causes and results of repression. In the early centuries of the Christian era the practice of asceticism had a considerable vogue.

The object of the ascetics was to save the soul by starving and killing the bodily appetites. This fashion can be traced to four sources, oriental contemplation, Socrates' view of purification by temperance, the influence of Roman discipline and a mistaken idea about Christ's teaching.

The founders of asceticism as a rule of life were Paul the Ascetic, who is said to have lived one hundred and thirteen years, and St. Anthony, who lived to be one hundred and five. The latter won renown as one of the earliest mental healers. Perhaps the most in-

teresting ascetic was Simeon Stylites, who spent almost half of the fifth century on the top of a pillar sixty feet high. From this exalted position he is credited with having converted thousands of nomadic Saracen tribes to Christianity.

These cases seem almost to contradict our views on repression, but they do not really. The ascetics owed their undoubted power to intense religious faith, not to the practice of repression.

Religion, as we shall show, powerfully counteracts the effects of repression. Without such a force, repression is disastrous. Jung thinks that sex resistance is stronger to-day than formerly "because the function of religion as a balancing factor in sexual suppression is breaking down". Instead of religion resolving the conflict it is too frequently itself repressed and an object of conflict.

Apart from a small body of ascetics whose case we have fairly stated, the confessions of the great majority prove the impossibility of killing the passions. A damned-up force is always dangerous.

Total repression of powerful desires creates a conflict which more than uses up the energy saved. Thus the repression defeats its own object.

If the most dynamic and explosive instinct is repressed we put a damper upon one of the greatest sources of our energy. As Coué has proved, the attempt to suppress a powerful desire leads to a more powerful realization of the force, and finally to abnormal symptoms.

The results of suppression make a formidable array of evil and negative conditions. We must not evade them but we will deal with them briefly before passing on to positive correction.

In the first place, the dissociation of the repressed idea from consciousness leads to the

formation of a repressed complex. All ideas even remotely suggestive of sex are banned. The sex instinct is so pervasive in our life that this may result in complete loss of memory.

Then we have hysteria, which is a symbolic fulfilment of a repressed desire. This may or may not be accompanied by symbolic compulsive actions such as Lady Macbeth's constant washing of her hands, an action symbolic of cleansing her soul. Sometimes the symbolic fulfilment of a censored wish takes the form of paralysis or some other functional deformity. Drink and drug habits are frequently accompanying symptoms of an attempt to down a desire too strong to be **downed**.

Most extraordinary of all, the repressed desire may become a fear in the subconscious. This when understood is not so strange after all. The motive for the repression is a fear that a perfectly good and healthy instinct will obtain illegitimate or undersirable satisfaction. This desire banished (*Continued on page 63*)

You'll Understand

Sometime you'll understand, I know,

This strange, refining fire in me
Is something new, as you shall see,
And far above mere passion's glow.

The new awakening in my soul,
In every part, myself reborn—
The mind's new resurrection morn—
Has turned me toward a new-found goal.

Oh, let your heart call back to mine,
And let your spirit rise on wings,
While love its heavenly anthem sings,
Come drink with me this cup divine.

William A. McKeever

A Scream *that Was* Never Heard

Another Case-Record from the Healing Ministry of the Rev. Thomas Parker Boyd



As Told
to
Merrick
Ford

AN UNUSUAL case came to my office not long ago which will interest the world of readers. I am accustomed to all sorts of comers with all sorts of troubles disguised in all sorts of ways. But this woman took a prize.

I was particularly busy getting some notes in shape for a lecture when this lady appeared. Her appearance was striking. She looked half-starved, emaciated and the skin was drawn tight over the bones of her face. Her expression was woebegone.

I was prepared for a recital of conjugal brutality, long-drawn-out sickness, general financial desperation and despair. After several dry gulps she confessed her trouble.

"Dr. Boyd, I wonder if you can help me. I am unable to swallow."

She looked as if she had one foot in the grave.

"When did you get a square meal last?" I inquired.

"I have had this difficulty for more than two years. It has gradually increased."

"What increases?" I asked, adjusting my mind to this new problem.

"The difficulty of swallowing."

"Tell me how this started."

"It seemed to develop from a sore throat. There was a feeling that I couldn't swallow. When I tried to force something down, the muscles of the throat underwent a contraction which made it impossible to swallow for the moment. I would wait a little and then try again. I kept hoping it would wear off. It has steadily but slowly grown worse."

"You have obtained the best medical advice?"

"I have been to doctor after doctor. I have been to various specialists. No one has found any throat complaint. The tension, they say, is due to some nervous condition. I went to a nerve specialist. He looked me over, gave me a tonic of some sort and urged me not to worry."

"Have you sought relief along metaphysical lines?"

"I have tried various phases of new thought teaching

and I have felt better for the treatments given—and happier and quieter in my own mind. Their ideas are beautiful and powerful and true. Perhaps I have not gained strong enough hold of their principles. But I have grown no better—and I need immediate help."

"There must be a hidden complex of some sort which we must unearth. Is there anything you know of that brings relief?"

"If I gargle for a few minutes I can manage to eat a little."

"Where do you have your meals?"

"I have a little place of my own now. I found a restaurant or cafeteria impossible."

I smiled inwardly over the attempt to gargle between swallows while the orchestra rendered a selection energetically.

"You have undergone some shock?"

"That is a question I have often answered in the negative."

"Are you a married woman?"

"Yes."

"Happily so?"

"Until about three years ago. My husband died. I nursed him thru the whole course of his illness."

"You were near the breaking point by the time the crisis passed?"

"I did break down."

"It was then that this effort to swallow first appeared?"

"Yes, I suppose it dated back to my collapse altho it was not noticeable till later."

"You have always been nervously high-strung?"

"Yes, emotional—but well."

"You have children?"

"No."

"Can you recall any curious dreams lately?"

She had nothing to report whatever.

I began to question her about her birth, the condition her mother was in and age at the time. I asked her whether or not she had met (Continued on page 66)

Hill Difficulty

*It's Easier to be a Climber
than a Dodger*

By ARTHUR PORTER, D.D.

EVERY great victory is attained at the price of effort. Biologically, mentally and spiritually the athletic attitude is the price of achievement. Unimpeded movements in life limit, rather than expand, the mind and soul of man. There are certain lessons and gifts which are peculiar to the environment of "Hill Difficulty". There are certain mental and moral muscles which are never brought into vital expression save thru the challenge of sustained effort.

Difficulties in environment have frequently created new powers in plant, animal and man. Fundamentally there must be a "Hill Difficulty" on every pioneer and upward path of life.

There are two kinds of difficulty which every organism inevitably creates for its own purpose of growth and development, and there are difficulties which are pathological and costly to every organism.

Both the athletic and the invalid attitudes of life create difficulties. The difficulties due to the invalid attitude to environment cause decay and death; the difficulties which are created thru the athletic front to environment bring growth and achievement.

All our difficulties in life are symbols and have a long and definite history behind them. They are photographs of what we really are. Both the invalid and the athlete project their own "Hill Difficulty". Yes, even the invalid. A policy of physical and mental ease on the part of the invalid type will create difficulties out of what should be an easy and normal response to environment. A sustained attitude of retrenchment creates its own barriers and makes of even normal physical activity craggy and insurmountable boulders. The invalid attitude to life defeats life itself. The policy of going round the foot of the hill fails to level the hill to the plain. A refusal to climb increases the size of the hill by deepening the valley below.

Our physical organism is the result of æons of incessant onslaughts on environment. We are biologically organized for conquest; the perpendicular pathway of life is both normal and highly satisfactory. Invalidism whether expressed physically, mentally or spiritually is a flat refusal to face life in its normal aspects. Paradoxical as it may sound, the life of ease and retrenchment is the most difficult of all mental attitudes to maintain.

We see around us daily the effects of the invalid at-

titude to life in its physical aspects. A little normal exercise involving but a few minutes each day will often save half a lifetime of suffering and perhaps a costly and painful operation. That much neglected makes even normal response to physical environment difficult. Such people in time are not privileged to enjoy a single meal without the help of the most elaborate precautions. We make our difficulties by seeking ease, and retrenchment is far more costly than progress. The mental and spiritual invalid lives daily in a fog of confusion and must spend long periods of time trying to right past errors of judgment. Problems evaded increase in proportion the amount of energy required to live a free and spontaneous life. The boy who "pony's" his way thru Latin finds that his difficulties in translation increase with each evasion and he both sweats and fails at the final examination. When the first declension is evaded, the second declension becomes increasingly difficult. The economy of life is effort. Retreat is costly.

On the other hand, the athletic response to life is the normal and easy ascent of life. It was Christ's viewpoint of man's spiritual potentialities which led him to say, "My yoke is easy and my burden is light." It is much easier to carry one's yoke on one's shoulder than on one's back. We may choose to stand up straight under the yoke of life, or bend under it, but assume one or the other attitude we must.

The athletic attitude is the most economical because it not only increases one's power to rise above the irksomeness of difficulty, but it achieves the thrill of increasing both purpose and power in the higher and more zestful challenges of life. It daily conquers the barriers it sets up for its own purpose of growth. To the mental and spiritual athlete "every mountain and hill shall be brought low; and the crooked shall be made straight, and the rough ways shall be made smooth." This is the true economy of life. Conquest is easier than retrenchment.

There is a form of mental invalidism which creates difficulties out of its own self-created illusions. Refusing to face the normal realities of life it reasons itself into believing illusions are less disturbing and challenging than realities. In time such a response to environment introduces an "unknown element" into all conduct. Then the real causes of what we do are

To the mental and spiritual athlete "every mountain and hill shall be brought low; and the rough ways shall be made smooth".

hidden from us and we dwell in a world of mental and spiritual confusion. Heroism and self-protection become hopelessly confused. Greater sacrifices are then made for self-protection than are involved in altruism. Under these self-created illusions we really risk mental and spiritual integrity in trying to preserve

life. The physical invalid becomes sicker and sicker day by day in every way in the attempt to conserve life. The spiritual invalid makes increasingly difficult the attainment of mental and spiritual freedom and ease. The road to ease lies up the steep ascent of "Hill Difficulty". Ease and conquest are synonymous terms. The moment of conquest and attainment is the moment of exhilaration and ease. The irk of life is summoning the will, not in the expression of the will. The mental and spiritual invalid is robbed of the thrill of will expression and has cultivated the hardship of being challenged but unable to evoke the will to express. In time such invalids build up before themselves an insurmountable "Hill Difficulty" by constantly taking the by-paths of ease.

If we desire to level down the pathological hills of life we must look life squarely in the face. We must keep a short account between purpose and action. The new psychology of the will makes will and habit close allies. Children who are indulged in selfishness find social obligations insurmountable "Hill Difficulties". Trained in self-ease, the call to courage becomes a "Hill Difficulty". Trained for immediacy, they find delay a "Hill Difficulty". Right training, a little daily exercise in personal service and sacrifice, will make climbing the "Hill Difficulties" of life exhilarating and healthful exercises.

The one "Hill Difficulty" which we can never attempt to evade without serious loss to personality is the



Picture

by

Fred

Reinert

challenge to constant effort. For the sake of physical, mental and spiritual growth every achievement must be regarded not as a goal but as a finger-post. The reward of life must be seen in its growing purpose and increased capacities. The end of life is the life more abundant. Athletes swing clubs for

the sake of developing the power to swing larger and heavier objects. When five-pound clubs become easy, he introduces his muscles to ten-pound clubs. For every pound of muscle power he develops, he sets up a resistance of an extra pound. He creates a difficulty and then builds the muscle fibre to meet it. This is a true parable of mental and spiritual growth. Life at its best must be "one increasing purpose". We must enjoy climbing if we are to benefit by it. Exercise is much more profitable when set to music, and when we enjoy conquest we set our difficulties to music, and then the conquests of life become rhythmic. Sustained effort adds rhythm to the conquest of life. Sustained effort increases the power to accomplish in geometrical ratio. Skill is only another name for the pleasure of sustained effort.

The spasmodic method of attack on "Hill Difficulty" loses ground as fast as it gains a foothold. The hill of life can never be surmounted by spurts. The sprinter is good only for short runs. Life is weighted for the marathon athlete. Eternal life is eternal effort and achievement. "The mark of our high calling" is an ideal which is forever just beyond the horizon. The athletic attitude to life robs life of the pathological condition of monotony and ennui. People who suffer from monotony and ennui must return to the place where they first experienced monotony on the journey of life, meet again the difficulty evaded and become victor.

How COLLEGE Changed

By Pearl Brown

UNQUESTIONABLY, college changed my religious beliefs. There are no two ways about it. For when I entered college my religious convictions were absolutely firm and settled. They underwent serious modifications during my four years there because of the many doubts and shocks which I experienced.

But it was only natural that I change my beliefs as I learned more and more about the Universe. I was undergoing changes not only mentally and physically but spiritually as well. And if I had *not* been exposed to new religious ideas, I would think that college had failed to do for me what it should have, because college should help students adjust themselves to all phases of living.

When I entered college four years ago I firmly believed that God was omnipotent and omnipresent; that Jesus Christ, his son, was the most nearly perfect man that ever lived; and that the Virgin Birth was not to be questioned. Furthermore, I was sure, as I had been so taught, that it was an unpardonable sin to question anything Biblical. I knew, too, that religion was an intangible something which a person either had or did not have, according to whether or not he was a member of a church. That is, church membership was a sort of unwritten guarantee to heaven, and no one was religious who did *not* attend Bible school and church services, even tho he might sleep after he got there. In addition, I believed in the Golden Rule; in a "heaven-hell" existence after death; in miracles; and in the creation of the world as given in the book of Genesis.

Thus, when I got to college there were several big surprises in store for me. In a strange environment, meeting different people, studying new subjects, I was exposed to religious views which were different from my own. Other people, I soon discovered, were not as uncritical of things religious as I had been taught to be.

The first jolt I received during my freshman year in college was when an English literature professor informed his class that there was no God. Never before had it even occurred to me that there was a possibility of the non-existence of such a power. I began wondering about it. And altho this idea did not seriously disturb my belief, yet I felt that if a teacher in a university could dare to make such a statement, perhaps I could dare to *think* about it.

After taking a psychology course, which was intended to teach us how to think, I was more sure than ever that I could think about things religious. For in that course I noticed the emphasis on questioning

things, on knowing values, on being sure of facts before drawing conclusions, on being careful not to accept everything. And when my English composition professor told the members of our class we were never to discuss religious problems because we did not know enough about them, I began to wonder why we did not know more.

My wonderings were intensified, too, when I took a course, during the second semester of my freshman year, in which we studied the Book of Job. I got a big awakening. We discussed the Book of Job, and what was more, we read it in different versions. Before this time I had supposed that everyone's Bible was exactly alike—there simply could not be any two ways about God's word. But after reading these different translations and getting a glimpse of the many different interpretations in Job, I began to wonder why the other books of the Bible might not be similar. Perhaps the Bible was not all exact, infallible or even divinely inspired, I found myself questioning. And that was a discovery which almost took my faith, because I had been most effectively exposed to the belief that anything Biblical was unquestionable. My experiences started me to thinking all right, because I concluded I would find out, at least to my own satisfaction, the real significance of the Bible, who wrote it, when and why.

I WAS not the only one, either, I discovered, who was wondering about religious questions. Five of us girls would meet in our rooms to voice our doubts and disbeliefs. "Are we machines or do we have the will to determine our own destinies?" we argued. Divine revelations and the infallibility of the Bible, we questioned. "Suppose there is no God, no Christ, no life after death?" we asked. And, finally, "If one thing is not true, then why is anything else?"

It was so easy after doubting a few things to doubt more, and soon everything. Once I was looking for things to question, I found I had no difficulty in finding them. I doubted if there was a God. I could not believe everything in the Bible. I felt sure there was no life after death. I quit going to Sunday school and church. I thought life was no longer worth living. In fact, I became cynical toward almost everything during my second year in college.

Certainly I was a most unhappy and unhelpful creature, but before the end of the year I had read two books which gave me new thoughts: Albert Palmer's *Drift Toward Religion* and Bruce Barton's *The Book Nobody Knows*. I saw that I was not getting anywhere believing—or disbelieving—as I did. "Suppose there

My Religious Views

is no God?" I thought. "But, on the other hand, suppose there is?" I argued with myself. Furthermore, I concluded that if Christianity had for centuries inspired people and made them happy, surely I could find *something* that would give me a new start.

I wanted something tangible which I could call "religion". And that is why I liked this suggestion of Mr. Palmer: "But you do believe in the Golden Rule, the Lord's Prayer and the Sermon on the Mount. Then make these your religion." And, reading further in the book, I realized for the first time the possibility of having a system of belief that would fit the individual's personal needs. For, he said: "Christianity is a matter of personal devotion and loyalty to Christ and his interpretation of life and duty."

I was a little more hopeful when I re-entered college as a junior, for I was beginning to view religious matters in a broader way. Moreover, I read my Bible and many books pertaining to it; I attended church services regularly; I talked with friends about religious questions. My faith was easily shattered again, however, for biology and psychology had their effects. While studying zoology I naturally wondered why human beings, like animals, could not have evolved thru successive stages. "Why must there have been necessarily a special creation for man?" I asked. "Why isn't the Genesis story of creation merely a legend?" I wondered, too, about immortality of the soul, for I asked myself, "Where in the scheme of things did man come to have a soul, which other forms of life do not have, if man evolved from these lower forms?"

A course in psychology also increased my doubts, because the professor explained so many of the miracles in purely physical terms. Then, too, I thought

seriously about my English literature teacher's startling statement that "the Bible is all right for us to read, but of course none of us would think of believing it!"

That summer I lost some of my admiration for ministers and what they say. The young pastor in our church at home was forced to resign because, seemingly, he did not practise what he preached. "Just which of the things that ministers say am I to believe?" I questioned. "If they haven't enough faith in the things they preach to follow them, then maybe, after all, they aren't worth anything."

I felt even worse about the situation after a minister from the West visited in our home, because he seemed so narrow-minded in religious matters. Interested in the college student's beliefs, he asked me if I believed everything in the Bible. Frankly, I told him: "No. Some things seem to me inconsistent." This minister insisted, however, that *everything* Biblical was ex-



MISS BROWN

actly true—there could be no inconsistency because it was God's word. And, shaking his head, he as much as said that I was headed straight for eternal damnation. "Another example of what college does for the student," he told my mother.

"But," I replied, defensively, "Miracles, Special Creation, Immaculate Conception, the Virgin Birth, the Resurrection and controversial matters have little to do with my religious faith. I could believe all of those, yet it would not necessarily make my life any better. If, however, I live in accordance with my belief in the Fatherhood of God and the Brotherhood of Man, my life will be far more serviceable."

He could not see my point of view, tho, and said he did not want to send his son to college for fear that his religious beliefs, like mine, (Continued on page 68)

By
Naomi
Swett-
Sommers



Are You
the ONE Man
in Forty Who
Can Stand the Acid Test?

YOU WERE experienced in selling similar lines. You were well-dressed and freshly groomed. Yet after a few minutes' interview, the sales manager shuffled the papers on his desk and told you blandly he'd "let you know".

Just *why* didn't you land that opening? *Why* did you feel so warm under the collar upon leaving, since you were quite at your ease when you entered?

Come behind the scenes with me, and listen to my confidential chat with the sales manager of a nationally-known corporation specializing in articles of high-unit price sold direct to the housewife.

"We're always looking for someone to fill the position of the man at the *bottom* of the ladder," said this sales manager, who admits candidly that he is not always speaking frankly when he says, "We have no openings now. When we do, I'll get in touch with you."

This man, who but a few short years ago was himself a salesman for the very firm where he is now an important executive, gave me an inside picture of his problems in finding men capable of attaining success in this particular field.

"After many unfortunate experiences in engaging the wrong types of men," he said, "I came eventually to develop my 5-Point Acid Test, which after intensive analysis I have found that only *one man in forty* can stand.

"You see," he went on, "when I first came into the

responsibilities of sales manager, I was unconsciously using the same measuring stick over and over again, in the selection of salesmen. The result was that I was not *only* employing men unfit for our work, but often refusing men that we actually needed." And it was *thus* that he came to determine this now famous 5-Point Acid Test:

1. HE MUST SELL HIMSELF "TO ME."
2. HE MUST BE THE RIGHT "TYPE" OF MAN FOR THE JOB.
3. HE MUST BE INDIFFERENT TO DISCOURAGEMENT.
4. HE MUST BE ABLE TO "CONTROL" HIS TEMPER.
5. HE MUST BE AMBITIOUS FOR ADVANCEMENT.

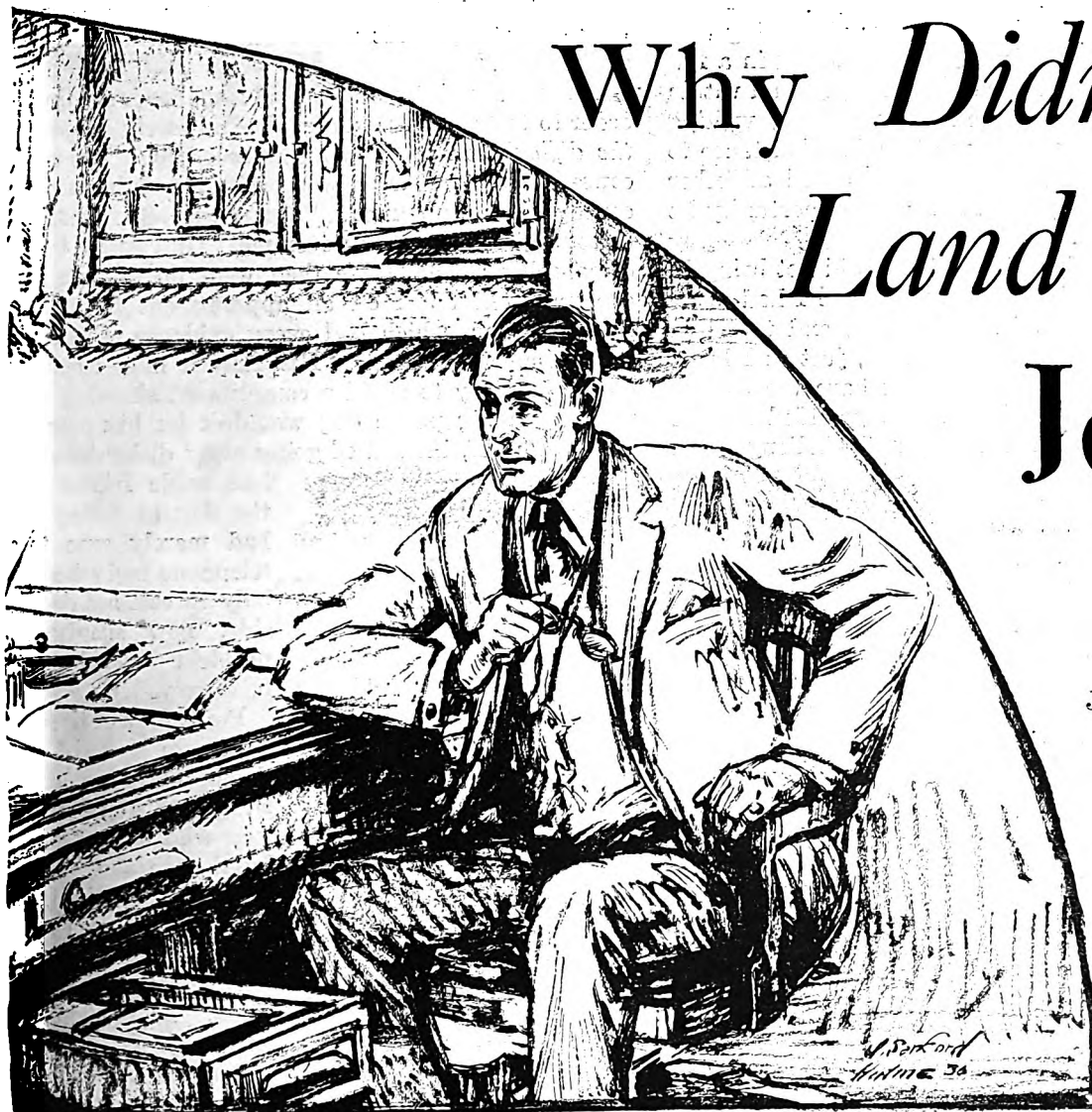
"Unless a man can pass *all* of these five points," he explained, "we cannot take him on. For experience has proven that tho four points may be won with flying colors, failure on any single *one* denotes that the man is unsuited for this work.

"Point *one*," he continued, "usually determines itself during the first minute of the interview. If a man makes himself obnoxious to me, of a certainty he is *not* going to be very successful in the field of direct selling, particularly with a high-priced product like ours.

"In this respect, *bad breath* has caused more down-falls than anything else I can think of. I sincerely advise men who smoke heavily to chew fragrant gum,

Why Didn't I Land that Job?

Picture by
J. Sanford Hulme



Bob Jones pounded his fist down on my desk and challenged me: "I'll prove to you that I will make good!"

and all others to use a mouthwash, whether they think they need it or not.

"The outstretched hand, too, is another bad stickler, and in my opinion is more or less of an imposition, at least until some satisfactory arrangement has been reached. Oh, I, too, used to be a handshaker," he confessed frankly. "But I was lucky enough to get a good bawling out some years ago that completely cured me of this offensive habit. I was then a green salesman, and walking into the office of a big business man in order to try to sell him something, held out my hand amiably. 'Young man,' said my prospect severely, ignoring my outstretched hand, 'I'm going to give you some good honest advice. Don't volunteer to shake hands with everybody you are trying to sell, unless you are being introduced by a third party. The average man in an office gets tired of shaking the clammy mitts of every person who comes into his office during the day.'

"I have never forgotten that advice," the sales manager said then, "and never again offered my hand unless the occasion actually justified the act. In engaging other men, or interviewing applicants for positions, I frequently lose an already formed good opinion of a man at the point of the handshake. For if I don't like his handshake, it strikes me that maybe others won't

like it either. After a man is already engaged, a handshake is not unwarranted, particularly if accompanied by a good-natured smile.

"Another factor affecting a man's personal appearance is the vigorous glow of clean health . . . and I advise any man who has been turned down frequently to check up at this point, take regular physical exercise and follow such habits of living as will keep his circulation in good condition.

"Sometimes," he added, probing still deeper into the subject, "I will take an unexplainable personal prejudice against a man, but if he can succeed in overcoming this obstacle, then I am convinced that he will be able to overcome whatever dislike he might arouse in the prospect for our product."

This point the sales manager proceeded to illustrate by telling the actual story of Bob Jones.

"Jones was as homely a fellow as ever walked into my office," he said, "and almost without listening to his story, I gave him a point blank refusal. To my great astonishment, however, Jones told me quietly and courteously that he had expected a refusal, and ignoring my objection went on to tell me that he was certain we always had room in our organization for a man who can produce results.

"I was stubborn, however," the sales manager ad-

mitted, "and gave him no encouragement, for I couldn't fathom a man with a face like his getting very far with the average housewife. He returned in a few days. Still I gave him no encouragement. And within the next few weeks he called several times, waiting patiently for as long as an hour to gain admittance to my office. Eventually, since he had passed all other points of the acid test, I gave him the opportunity he sought.

"Five weeks passed, and Bob Jones did not bring in a single order. Convinced that once more I had made a mistake, I called him into my office, and told him flatly that he had failed to make good, just as I knew he would. However, I still did not have the correct measure of my man, for Bob Jones pounded his fist down on my desk with a crash, and challenged me thru clenched teeth:

"*'By God, I'll prove to you that I will make good!'*

"My cold reply, informing him that if he stayed with us any longer it would have to be without the usual flat guarantee, did not discourage him. He stayed, and a week later came his first order. From then on other orders came in, slowly but surely, and always at a little better rate than previously. Five months later Bob Jones was promoted. Then came a second promotion. He is with us still, and is about to be promoted once more!"

And from a personal investigation, the sales manager revealed, he learned that when Bob Jones went out into the direct field, he was so tactful, patient, courteous and determined, that it was almost impossible for the prospect for our article to resist buying from him. Slow, to be certain, but sure as the sun!

"As for point two," he went on to explain, "it's a question of a man seeing himself as others see him, and if he is a round peg, better not try to fit himself into a square hole. In other words, the man who would meet with success in selling direct to the housewife must be that *type* that will appeal to women. It is our experience that women favor men of the medium build, and that the heavy-built, stout man will do much better to direct his efforts to merchandise purchased by men than to try to engage the attention of the average housewife. There are exceptions, I know, but men

seeking positions will save a great deal of heartache if they do not try fields where chances are against them at the start."

Coming to point three, the sales manager said that in order to test a man's courage, he *purposely exaggerates the difficulties in selling his commodity*. "This is because I want to discover how easily a man becomes discouraged," he explained. "For unless he is immune to discouragement he will never meet with success in the direct-selling field." He then went on to relate how one man fell down on an appointment for a home demonstration, which had every evidence of resulting in an immediate sale. "His failure hinged entirely on his inability to avoid a complicated situation, inasmuch as a big police dog wouldn't let him near the house. But if, instead of going away disheartened, he

had made friends with the dog or failing that had merely gone to a telephone and asked the lady to call her dog inside, how simply the problem would have been solved!"

Point four of the sales manager's acid test should clear up a puzzling condition for many men who have been refused positions. "Tho I may have practically decided in my own mind that the man will rate satisfactorily for the position," he confided. "I *purposely flatly contradict* many of his statements, even tho convinced that he is telling the truth. If he can pass it off with a smile or a joke and come out of it unruffled, then I know he is the man for us, but if he gets all upset and loses his temper or composure, or both, then we do not want him."

He illustrated the point with the incident of Ned Brown who, tho sent out with little to do but make the closing

of a promised sale, bungled the thing wretchedly. "I had to go out there myself, in order to save the prospect," he explained, "and learned that when the housewife happened to mention the name of a competitive make of merchandise, he got so excited that he began to condemn the other make bitterly, and from then on forgot to say another word about our own product! It was that incident," he declared, "that induced me to add this sure-fire test of a man's ability to our requirements. And what better test than to deny almost everything he says?" (Continued on page 73)

Habit—Monster or Miracle?

By Robert Engler

HABIT is a monster. Not one monster but many monsters. The monster of drugs. The monster of drink. The monster of dissipation and riotous living. The monster of deceit and defalcation. Habit has to its credit most of the human shipwrecks upon the strands of time.

Sit in Carnegie Hall. Listen to the inimitable playing of Paderewski. You are more than half sure that Habit is a miracle. For it was only thru years of habit at practising for eight hours a day that made Paderewski the most renowned pianist of the age. Even while president of Poland he spent hours at his piano each day. So Habit, too, has to its credit every meteoric success which has swung thru the vault of succeeding centuries.

Habit is the father of felicity.

Habit is the sister of sorrows.

Habit is the friend of man.

Habit is the foe of man.

Habit is the founder of fortunes.

Habit is the director of dissipation.

Habit is an altruistic angel.

Habit is a demon of destruction.

Habit is the constructor of character.

Habit is the instrument of ruin.

Habit is a maker of miracles.

Habit is a monster of misfortunes.

Than Habit there is no greater force in the world. The slave of Habit is in the way of danger that may lead to destruction. The master of Habit may bring the marveling world to his feet.

Back to Freedom

By

Ellen M.

Ramsey



Drawings by
Helen Craig

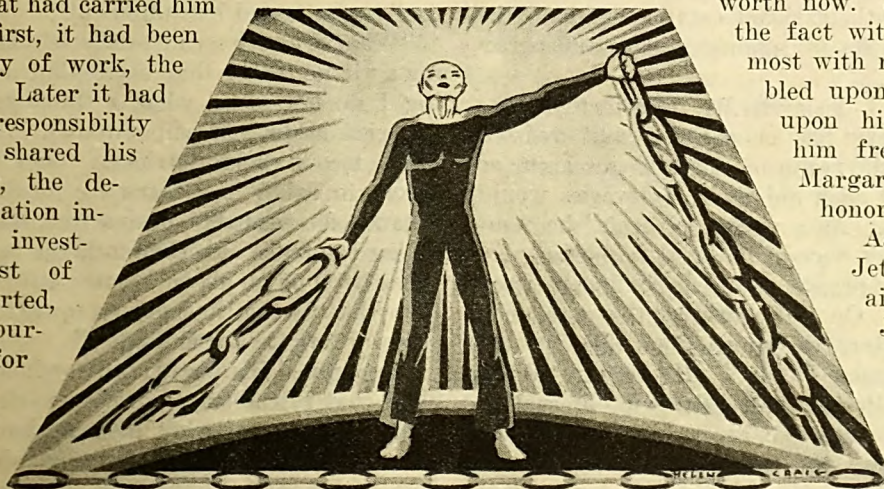
"FREE! free! free!"
the great motors of
his plane chanted

the word which had become
Jethro's over-mastering ob-
session in a paean of dron-
ing, whirring, magnificent
sound. "Free! free! free!"
Jethro was free—with all
the world before him—be-
neath him rather! Free to
answer the call of the blue
sky, which had for him the
ever-beckoning allure that
the sea holds for other men.
Free! as the clouds, his only
companions! Free! as the birds, whose small flights he
had out-soared. Free! to wend the paths of the sky on
wide adventure sped!

Yes! he was free now, altho only a few weeks ago
he had been bound by a chain of strong-forged links.
Gradually, one by one, he had broken those links of
bondage.

There was the golden link that was his wealth. He
had worked long and strenuously to forge that link.
He had not known that wealth meant bondage when at
twenty-five he had resolved on the
business career that had carried him
to the top. At first, it had been
adventure, the joy of work, the
thrill of success! Later it had
turned into care, responsibility
for others who shared his
business interests, the de-
tail and discrimination in-
volved in large invest-
ments. The zest of
conquest had departed,
leaving only the bur-
den of caring for
the spoils.

There was the
smoothly pol-
ished link that



was his social position. It
had come with wealth and
with Margaret's diplomatic
social strategy. This, too,
he had enjoyed at first. To
be one of those who counted
among men and women
was satisfying to a boy who
had come from a small
town. But this, also, had
gradually become bondage.
Always he must do this, be
here, be there, see this one
or that one, keep appoint-
ments. His busy hours left
no time for life of his own.

There was the human link in his chain—Margaret.
She had been the first link in the chain really, for she
had been the moving force that brought about the
forging of the other links. His conquests had been for
her.

In the beginning he had loved her very much. And
while he had loved her, there had been no bondage.
But time had worn this love threadbare. Margaret
was superficial, like the other factors which made his
chain so wearying. They had grown apart.

Margaret was in love with Ash-
worth now. Jethro had accepted
the fact without resentment, al-
most with relief, when he stum-
bled upon it. It set the seal
upon his desire and made
him free. He could leave
Margaret decently and with
honor.

Ashworth had come to
Jethro with a great
air-motor invention.

Jethro had taken the
man in as partner.

One by one Jethro
had turned over
to (Continued on
page 60)

An Old-fashioned Thinker

Gilbert K. Chesterton is a staunch champion of orthodoxy, but only in the theological sense of the word. As a man of letters he is Great Britain's arch-heretic whose pen is a flaming sword drawn against popular conventionalities and prevailing systems of thought.

If a person bidding for favor by fawning pretense and insincere agreement can legitimately earn the epithet of "yes-man", then the London essayist is consistently and strikingly his opposite.

G. K. C. is a "no-man".

He has said "no" to woman suffrage, Bolshevism, trial marriage, divorce; to prohibition, realistic literature—and a series of vehement "noes" to Bernard Shaw, his friendly-enemy, with whom the satirist practically disagrees about everything.

Interviewing him for *PSYCHOLOGY* readers, he even dared say "no" to Prof. Einstein; offering fervent denial to the great mathematician's statement that "the churches have always fought against science and persecuted its supporters".

"On the contrary," declared Mr. Chesterton, "the church thruout history has encouraged and assisted earnest explorers in the realm of scientific research; so much so that without such aid their discoveries would have been impossible. As a matter of fact," he went on, "even in astronomy some of the most important discoveries were made by priests. I see no conflict between science and religion. On the contrary, the more men delve into such matters the more they come to the realization of a Supreme Being." He illustrated his remark by quoting Pasteur's well-known observation that his scientific research had given him the faith of a simple Breton peasant and the possibility, as he continued his investigations, of acquiring the even more



MR. CHESTERTON

certain faith of the wife of the Breton peasant.

I had gone to interview the visiting celebrity at a late afternoon hour. He was alone in his hotel sitting-room, his gigantic bulk ensconced in a large but still incommodious armchair, facing a window. He had been contemplating a miniature lake in Central Park which at the moment flamed with the gold and crimson of a winter sunset. It was a particularly fortunate interlude in a day crowded with lectures, callers, reporters, artists and a debate scheduled for the evening. His mood was relaxed and jovial.

"Prohibition?" he chuckled. "It has long been recognized that America was an asylum but it is only since prohibition that it has resembled a lunatic asylum," falling into his usual habit of making paradoxes. Because, however, he is genuinely fond of America and because he despises paradoxes unless reared on firm foundations he hurriedly augmented his statement.

"What I really mean to say is that I consider drinking a virtue rather than a vice, but mind you, by drinking I do not mean what I think you people here in America mean. When a woman here," he explained, "tells me in horror-stricken tones that her son has 'taken to drink' her fears are no doubt well-founded, because she probably means that the boy is indulging in hard spirits. In England, the same remark would cause little or no alarm because it would mean no more than that the lad had grown up to the point where he enjoyed light wines and beer."

He mopped his broad, red forehead with a handkerchief that resembled a junior-size circus tent, chuckled in anticipation of what he was about to say and continued: "I know people have the idea that I go about with both hands outstretched, one reaching for a Seidel

Keeps Step with the *Modern World*

An Interview

with

G. K. Chesterton

By Gladys Baker

of beer, the other for a glass of Burgundy—however that may be” (a very jovial chuckle which was more an affirmation than a denial), “I still insist that drinking in moderation contributes to a man’s sociability and also, I am inclined to think, to his efficiency. Take, for instance,” he explained, “the young clerk who slaves all day over a dull lot of figures. He is able to do his job much better, I believe, if he can look forward to an occasional gathering where conviviality is assisted by a moderate intake of wine or beer. In this use drink becomes a virtue because it contributes, in a harmless way, to the human need for a certain amount of festivity.”

Briefly we touched on India’s unsettled condition. Mr. Chesterton, unlike most of his countrymen, is not unsympathetic towards India’s desire for independence. Without pausing a moment he summed up the tumultuous situation: “England should try to understand the peoples of India, but unfortunately this has never been our policy in settling difficulties in our colonies. We have been interested primarily from the point of view of traders.” He is not convinced, however, that India is ready to be united as a self-governing nation, due to internal differences of its various and conflicting castes and religions.

The enfranchisement of women he dismissed with a simple statement: “It is impracticable for the obvious reason that there are three things women can never understand: liberty, equality and fraternity.”

America has bewitched the author, who is one of the “Big Four” of Great Britain’s literary geniuses, much more securely than on his previous visit. This is largely due to the fact that he has come to know us on more intimate terms of relationship. Before he arrived in New York he had passed six weeks as a “boarder” with a typical middle-class family in South Bend, Indiana, where students at Notre Dame heard him lecture on Victorian literature.

“It was an experience,” he said, “which makes me

think that the finest thing in America is your democracy which really functions as more than a theory. The people I met were my kind of people. I admire them for their sincerity, simplicity and unfailing kindness.”

He ransacked his pockets in a fruitless and helpless search for a match to light his cigar which constantly requires rekindling because the smoker is more absorbed in the very earnest task of making his ideas articulate. Before he could get started on disengaging his avoirdupois from the closely-fitted armchair I had crossed the room and offered a box of matches, which in turn disappeared in the vast expanse of vest and proved as elusive as its companion boxes, which one has the feeling repose in large quantities all over his bulging figure.

The matter of divorce is one which has swayed the visitor from across the Atlantic so violently that he was willing to engage in public debate on the subject with Cosmo Hamilton, taking the negative side of the query: “Is Divorce A Social Asset?”

Following his long established custom Mr. Chesterton espoused marital fidelity and its binding vow of “until death do us part” without equivocation or compromise. “If we are to take divorce as a social asset,” he declared, “a young man, puffing out his chest, will tell his prospective employer who inquires what assets he has, ‘I have been divorced by six wives!’ The fact that six different women found it impossible to live with him should be tremendously in his favor.”

Mr. Hamilton had blamed the machine age for contributing to the high tension of our nervous instability, declaring it to be one of the chief reasons that one marriage out of every seven in America lands in the divorce mill.

To which Mr. Chesterton replied: “If we have become so neurotic that all kinds of trivialities excite us to suffering it will be difficult to establish any kind of rule for human conduct. If we have no more self-control, no more patience, than that two people cannot endure each other except for brief and unruffled periods, then we should go about getting cured of our neuroses. We do not want to live under a system,” he concluded, “which is applicable to people bordering on the state of lunacy.”

It was the brilliant essayist’s expressed belief that we have made divorce too respectable and have come to consider faithlessness to marriage vows the very backbone of society. The divorce habit he thinks largely responsible for “the complete chaos into which modern society has fallen”. (Continued on page 77)

By
Mae Johnson
Corwin



Cry, Baby, CRY!

Pictures by
Morgan Dennis

BECAUSE nature forces a baby to begin life with a lusty cry, babies and crying are associated together in the minds of most people. A well-cared for baby, properly fed and not handled too much, is not a crying baby. A healthy baby is a laughing baby.

A baby that is not spoiled cries because of only a few things. He will cry if he is hungry, hurt or uncomfortable. Before he learns to use words, crying is his only language. His hunger cry is readily recognized by anyone who is associated with babies. The inexperienced are often able to recognize this cry also because they have heard the same quality of crying among young birds and young animals. Parents of all species of mammals instinctively react to this hunger cry and attempt to supply the demand. At the end of the brooding season the young are plump and healthy and the parents are thin, worn out and shabby. It seems to be the way of nature.

A baby on regular feeding schedule does not have a very long period in which to indulge in the exercise of expanding his lungs to the discomfort and annoyance of his family and neighbors. If the baby's food is proportioned to meet his growing needs, he will forget to cry after his feeding time unless he is hurt or uncomfortable.

A baby has a right to cry when he is hungry and when he is uncomfortable. A cry of discomfort has a certain distinct quality which summons the anxious parent imperatively. The cause of the discomfort can usually be removed quickly. Crying because of discomfort should occupy only a very small part of the baby's time. The natural parent is humane and will disregard other tasks to make the baby comfortable by removing any cause that might hurt him. Babies are not nuisances when they cry only because of hunger, discomfort or pain.

A baby has a right to demand food and comfort in his newly-found surroundings, but here his rights end. He has no right to cry because he is spoiled. He has

no right to demand the absolute attention and full-time services of any adult. Just because an adult in his affection and desire to cuddle picks up the baby and walks with him, rocks him or entertains him in some baby-approved manner, is no sign that a baby has a right to demand a continuance of such attentions. One good turn does not always deserve another from the same source.

No adult can submit to bondage, however loving, and like it. Why should any baby be trained to demand such servitude when as an adult it will lead only to bitter disappointment? Instead, he should be trained in giving cooperation from his earliest moments.

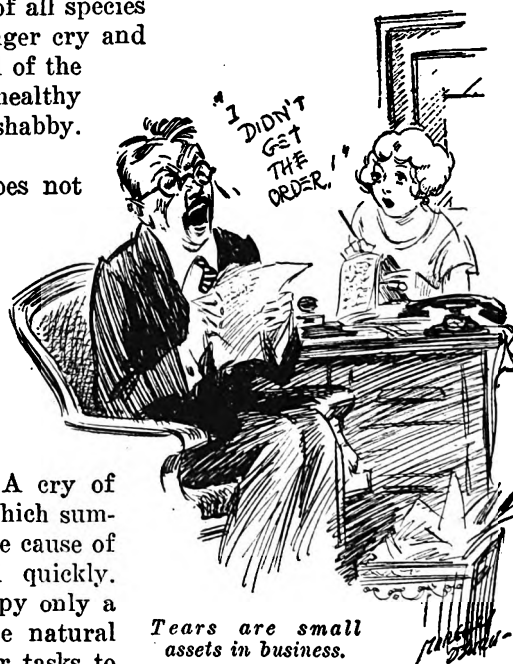
All parents have the lawful right to live their own lives, uncontrolled by squalling, spoiled babies. Fathers and mothers should not be deprived of each other's companionship. They marry because they desire this companionship. They have interests to follow and

enjoy. They have aims to accomplish. They have been educated to accomplish something in life. Why should the arrival of babies spoil their entire scheme of living? Babies should be only incidents. They in turn will have their lives to live and their aims to accomplish.

Examples of lives ruined by babies are numerous. Mothers give up careers, beauty, social standing and education. Fathers give up educational advancement and financial improvement because of the necessity of supplying hungry mouths. All of this is

a great waste in living. Many parents have been giving babies too much.

Only thoughtless and cowardly parents allow babies to get the upper hand and squander the happiness of the home. A baby cries to be taken up because once



*Tears are small
assets in business.*

A Study of your Baby—and a Warning

Against Allowing Him to Be Either Tyrant or Slave

he was taken up and danced upon his daddy's knee. As the up-to-this-time fond parent appears, the baby holds out his chubby hands in smiling invitation. Fond parent has been working hard all day and he desires to rest a while and read the evening newspaper. He consequently ignores the smiling invitation. The baby is amazed at such behavior and refuses to be ignored and discarded in favor of such an uninteresting thing as a newspaper. He opens his mouth as wide as he can, forces large tears out of his eyes, twists up his face in inconceivable wrinkles and cries lustily. His fond parent looks up in surprise. He is somewhat pleased that the baby regards his company so highly but he wants to finish what he has been reading. He turns again to his newspaper. He has always, up to this time in his life, been permitted the enjoyment of the evening paper. He is simply taking his natural right.

The baby realizes that his first appeal is insufficient. He realizes that this is to be a decisive battle and the victor will obtain worth-while spoils. He is still in his crib. He desires to be riding on his father's knee. He begins a new and stronger attack. This time he uses more lung power, more tears and adds sobbing and kicking to his attack. He extends the attack for longer duration. He uses many variations, succeeding in great rapidity, always watching their effect upon the countenance of the parent. If left alone, it is probable that even with this great display, the baby would lose the battle. But he has strong reinforcements in the kitchen. No doubt they will arrive if he continues.

The reinforcements arrive. A soft, sweet voice is heard from the door of the kitchen: "John". (The John is long drawn out, showing a distinct tinge of reproach.) Accompanied by the single word is a disappointed

look in the pretty eyes. John cannot stand such a look from such eyes. Poor John is being bombarded both

from the front and the rear. His rights are being disregarded. He is forced to surrender his independence. He has lost the battle. The baby is undisputed victor and he remembers exactly how he became such, as he crows exultantly over his victory. Henceforth he has a distinct advantage which he



Parents instinctively react to the hunger cry and rush to supply the demand.

will use for all that it is worth. Lest he forget, he must reenact the scene at his first opportunity. His parents do not yet realize the absoluteness of his success. He must show them again and again.

After dinner a wonderful opportunity presents itself. Fresh from one victory, the baby is eager to grasp another. A guest arrives. The fond parents are greeting the guest and forgetting about the baby. The baby wants to be the complete center of attention. The guest must be of some importance. The parents seem to desire to make a good impression. That gives the advantage to the baby. He must use every advantage, no matter how trivial it appears. In order to make a good impression on the guest, a smiling baby is necessary. If they desire a smiling baby, they must pay the price. Baby begins to "do his stuff" and with the experience he has formerly acquired he is able to break his first record in naughtiness. His plan works.

The dismayed parents are flouted. They apologize hastily for the baby's bad behavior, placing it upon

some impossible cause. One of the parents takes the baby out of the room and
(Continued on page 62)

The baby wants to be the complete center of attention.



Making *the* Best of It

By Herbert Cerwin

EXACTLY what part obstacles and handicaps take in rounding out a career is difficult to determine. This much is apparent, however, that no man has risen to greatness without being forced to hurdle over some obstacle.

These things that at first seem to be bad luck or catastrophes might later become the impetus to success. Obstacles may take any form. It might be illness. It might be a club foot, blindness, a lost arm, ugliness or even tuberculosis. No one knows when to expect them and how they will come.

Psychologists have offered us the law of compensation as the reason. If we go blind, our hearing and feeling will be much keener. If we grow deaf, our eyesight will improve. If one lung goes bad, the other will do double the work. It is nature's way of

In the field of authorship, a glance over the leading writers of the country will disclose that a number of them suffer from tuberculosis. One famous biographer whose books are invariably best sellers is so bed-ridden that he can write but two or three hours a day except on rare occasions.

I do not mean to imply that obstacles and suffering and misfortune are necessary to achieve fame. What I do mean, however, is that men who have suffered these handicaps, instead of lying down and waiting for the count, have stood up and fought back—fought back until they have turned their disadvantages into advantages.

Undoubtedly, obstacles provide most people with a certain stimulus. A man whose infirmities are laughed at wants to move the world to be successful in order to inspire respect from his fellowmen. The jilted man wants to show the other that he can find an equally desirable mate in a short time who will really appreciate him.

The child who is reprimanded by the teacher and must stand in the corner in view of the whole class grits his teeth and hopes for the time when he can return to face the teacher as a hero. The man who loses his job dreams of the day when he will be a successful man and be able to laugh at his employer.

The late Luther Burbank was rejected by the woman he loved in his younger days. This disheartening love affair was instrumental in turning him into the famous naturalist that he became. Without this rejection he might have gone into the field he did, but it would have been years later, perhaps. Or, on the other hand, the impetus to achieve fame would not have resulted in long study and hours of toil. He might have been satisfied to have won a reputation as an excellent naturalist rather than as a genius.

If there is one thing we are certain that an obstacle will do, it is the tremendous urge that it gives a man or woman to succeed in some particular line. A person who is handicapped in some way wants to work harder, sacrifice pleasures and things heretofore necessary to win success.

No man who is physically handicapped has the right to be-



Metro-Goldwyn-Mayer

LAURENCE STALLINGS
author of *"The Big Parade"*.

paying for what she takes.

The part obstacles and handicaps play in creating successful men never struck me until the last few years when I was engaged in writing a series of interviews with some 200 world-famous celebrities in all fields. It was not a coincidence that a study of these men's and women's lives showed that everyone of them suffered some great misfortune. It was not until after a period of reverses that they pushed on to success.



EUGENE O'NEILL

Wide World

Stories of Gallant Souls

Who Turned Great Losses to Great Gains

come a cynic and blame the world for his defect. Neither should he depend on others for help, merely asking another because he has an arm missing or a leg gone.

There used to be a wealthy business man in the East who reached the heights in his career despite the fact that he was a cripple. He made a story of handicaps and people who were suffering from some physical defect. Each day, dozens of crippled persons would come to his home and request his aid and money. The little millionaire would bring down a book from his library. It contained short biographies of the world's greatest men who had won their way thru without worrying about their defects.

There's a girl spending her vacation a few blocks from where this is written who since her tenth year has been armless. She went thru high school and made her way thru college. She learned to use her feet better than the average person can use his hands. Today, still in her twenties, she holds an important position in a research laboratory.

Perhaps she might have been happier if she had not been armless. Yet she has not worried about it. She goes quite cheerfully into an unknown restaurant and, despite the curious eyes watching her, eats her dinner with her feet.

From years of practice, her feet are as nimble and useful as her hands would have been. She can sew, typewrite, draw and telephone with her feet. She is a brilliant conversationist. Many of her friends are famous artists, writers and scientists. From long talks with her, she appears more happy than the average human being.

Why success often comes after handicaps and obstacles might be



Keystone View

CHARLES FRANCIS COE



The New York World
ST. JOHN ERVINE



Keystone View
MME. SCHUMANN-HEINK

question: Is the law of compensation, as offered by psychologists, true to nature? If it is, the reason for handicaps and obstacles is self-explanatory. We must pay for whatever we get.

We go to the concert. On the stage appears a woman in her seventies, beautifully gowned, a

golden voice that has brought her fame as the greatest contralto in the world.

Can anyone think of Mme. Ernestine Schumann-Heink as a little girl eating dry black bread for supper and sleeping on a mattress stuffed with straw? Let's see what obstacles she had to overcome in order to "make good". She married Heink, her first husband, when she was 18 years old, and had already been given a part in the opera.

Shortly after the marriage she lost her position and Heink, who was also connected with the same opera, was fired. She managed to obtain another place in the opera singing a few small parts. She had a few hundred marks from her salary, no clothes, barely enough food to eat and was about to become a mother. She sang until the last moment before her son, Hans, was born.

Other children came. They were almost penniless. Many times the sheriff came to take the furniture and everything away, because she had to pay the debts of her husband. The German law makes it mandatory for the wife to pay her spouse's debts.

She vividly told me of how desperate she became after Heink had left her. She made up her mind to kill herself and the children. It was a cold dark day when she started out with the children. She had de-

cided to throw them and then herself in front of the train. She knew the time the train would pass—the tracks were already in sight. She looked at the children and then ran off.

Twice, during her career, she lost her voice. What greater misfortune could come to a famed singer? She went into retirement, went to Europe. In a year her voice came back, higher and clearer than before!

The deafness of Beethoven is a matter of record. Everyone knows that Bach's eyes were so bad that he eventually went blind—his eyesight being restored only ten days before his death. Yet few know that one of America's greatest playwrights, Eugene O'Neill, who wrote *Strange Interlude*, suffers from tuberculosis.

Two men who are widely known for their stories of the wild west and the great open spaces, Harold Bell Wright and William MacLeod Raine, have had lung trouble. Raine has to live a great part of his time in the dry climate of Denver while Wright lives in Arizona.

Raine is certain that he would not have started writing had he been healthy. He had a good position on a newspaper in the east when he was stricken. He went to Denver and tried to work on the paper there, but the work in the editorial rooms was signing his death warrant. He quit and began to write. He has been at it ever since and is the author of more than forty novels and countless short stories.

Gamaliel Bradford has won fame thru his many biographies written while ill in bed. Bradford is so ill that only on occasions can he write over three hours a day. Yet he has a large output of work which does not include all the time he must devote to research before writing a biography.

Two men whose standing as playwrights is high, Laurence Stallings, the author of *What Price Glory* and St. John Ervine, the English writer, have each lost a leg. Stallings never wrote anything really worth while until he returned from the World War, a cripple. *The Big Parade* and *What Price Glory* soon followed.

Orrick Johns, the poet, has also only one leg. Yet nothing held him back. The last time I saw him he was building a house for himself. A few months before, Johns, who is an expert woodcarver, had made a mahogany crutch for Laurence Stallings and sold it to him for \$250.

The story of the success of William Huntington Wright, better known as S. S. Van Dyne, is almost too well known to mention here. Wright, sick in bed, took up reading detective stories to keep his mind off his illness. He wrote his first detective

novel and he became famous overnight. Charles Francis Coe, whose gangster stories are nationally read, also won in his race against bad luck. Coe, at the age of 17, joined the navy and in due time became the welterweight boxing champion in the navy.

Coe remained some ten years as a sailor and then went to Boston where he became connected with an automobile firm as a salesman. One day, however, Coe suddenly collapsed at the country club. A doctor, quickly summoned, got the patient to the hospital. At the first opportune moment he told him:

"I am sorry, Mr. Coe, but you might as well know the truth. You have an athletic heart. Let me urge you to arrange your affairs without delay. You have not more than ten days to live. In the meantime you must not make the slightest exertion—get up, bend over, walk up one step—any of these might be fatal!"

Coe took up typewriting as a mild exertion. Ten days passed and he didn't die. That was some eight years ago. Since then he has written, *Me, Gangster*, *River Pirates*, and several other best selling novels all of which have been produced in moving pictures.

James Swinnerton, the cartoonist and creator of "Little Jimmy", began the cartoon strip when he was forced by consumption to quit the paper he was working on in the East.



Success is apparently in the blood. There are some men whom Fate can never keep down—they march forward and take by divine right the best of everything the earth affords. But success after all is nothing more than courage—the will to fight and to keep on when everything seems the darkest.

If some of the world's leading men and women have been held behind, we wonder what they would have accomplished if they had been allowed to forge ahead unpimped. Perhaps nothing. . . . It appears to me that obstacles test the strength of a man and determine whether or not he is fit to face the task.

Courage is the greatest power we can hope for. If we have it, success cannot be far away. A lost position in these days when jobs are not numerous is enough to worry any man. Yet it should not be taken too seriously. Many a man has been discharged from one position only to find something else in which he fits better and where he can better capitalize his own resources.

Life is a matter of continuous adjustment. We are constantly being called upon to adapt ourselves to changes. Every part of the (Continued on page 64)



Two photos by Keystone View PASTEUR

The Coming of the Superman

By

Edward
Earle
Purinton

A GIANT has come to town. The people are all excited over his presence. He is 8 feet tall and weighs nearly 300 pounds. Never before has such a mammoth of a man visited the community, and his arrival was the signal for general applause. Children of all ages eagerly watched for his approach and ran away from school or work to get a sight of him.

Placards in store windows contain a vivid portrait of the giant. Stupendous advertisements of his colossal size and strength are in the newspapers. A gorgeous and eloquent parade to honor him and make him known, held by his theatrical managers, fills the main street with crowds of spectators looking in amazement for this monumental person.

Behold, there he is! On a high platform festooned with gay colors and pulled by an automobile, the giant stands proudly aloft, receiving the homage of the public. A brass band plays a lively march tune, leading the parade of other entertainment features and the vast concourse of people who loudly cheer the spectacle. Soon the destination is reached—a popular theater where the giant will perform his notable and unrivaled feats of strength. Passing thru the entrance, he is followed by a surging throng of admirers who look up to him as to a conquering hero. Now the giant holds the center of the stage!

We are more interested, however, in the relation of a concurrent event. A thoughtful character analyst of wide renown happens to be in the neighborhood, thus witnessing the commotion. He makes a quiet observation. "That giant looks to me like a dwarf. The shape of his head proves how small he really is. He has a tiny personality. Can a mountain of mere bone and muscle make a *man*? A physical giant is almost nothing compared with a mental and spiritual giant. When will people have sense enough to know a giant if they see one? Why could not the human race develop real giants to serve as exemplars of greatness and goodness?"

We are impelled to utter a prophecy along this line of reasoning. A science of supernal eugenics will evolve hereafter, leading the human race to heights of large attainment hitherto unimagined. The doctors and ministers of the future will teach parents how to beget and train children of celestial character and power. Earth and sky will meet in the potentialities of human birth. So the giant of the race to come will be the superman. Would that he were here today!

Prophets of our generation have glimpsed partially the advent of the superman. He is forecast in the writings of philosophers such as Wells, Shaw, Nietzsche

and Swedenborg; also in the researches and inventions of scientists such as Wright, Carrel, Steinmetz, Curie and Marconi. The superman will evolve by the predestined law of cosmic growth, and will be as far ahead of the ordinary man as the man is ahead of a brute. Most of the habits of human life will be changed when the superman is in control. He may not reach maturity

for thousands of years; but the contemplation of his perfected growth should be a fine exercise for the imagination which is the forerunner of human progress. We venture to outline some of the main features of the superman bound to arrive on this planet for the ultimate good of the race:

He will be a superb animal.

He will be a faultless, powerful, human machine.

He will be a radiant, beautiful, heavenly spirit.

He will combine the choice traits and qualities of the savage, the child, the man, the woman, the angel.

He will know why he is here.

He will come to earth endowed with a compelling consciousness of a divine mission, purpose and destiny.

He will work because he loves to, not because he has to.

He will blend the highest spirituality with the hardest practicality.

He will keep well by advance instructions from physicians who will then serve as teachers rather than as doctors.

He will live in a country place equipped like a city place, and will thus enjoy the advantages of both city and country.

He will dress not for style but for health, comfort, individuality, harmony and efficiency, paying no heed to current change in fashions.

He will subscribe to no one theological creed, but will respect all creeds.

He will command a large income, yet value money as a moral and spiritual force.

He will have so perfected his mental control that every organ and function of the body will obey his command.

He will have a psychic sense to warn him of danger and protect him from injury and loss.

He will regard himself primarily a citizen of Cosmos and Eternity, thus remaining calm in spite of anything happening on earth.

He will esteem internationalism above patriotism, finding and encouraging the good in the people of all countries.

He will talk with his neighbors on other planets quite as readily as we talk with our (Continued on page 61)

ANDREW GALAHAD JONES stepped out from a one-story, rambling, log bunk-house that stood across a dusty road from the ranch home, a white, frame building with green shutters. He saw his grandfather sitting on the porch and walked softly trying to get away, down to the green pasture, without being seen.

"Hey there, Andy!" his grandfather whooped, "Where yuh goin'?"

"Goin' to see about that bunch o' lambs down the crick, Grandad!" yelled the boy.

"Well, yuh better leave that book in the bunk-house I see stickin' out o' your pocket! Ain't no d'rections in it 'bout how to take keer o' lambs in a storm, 'n' I can see by them clouds in the North they's a spring blizzard hatchin' that's li'ble to hit us before mornin'!"

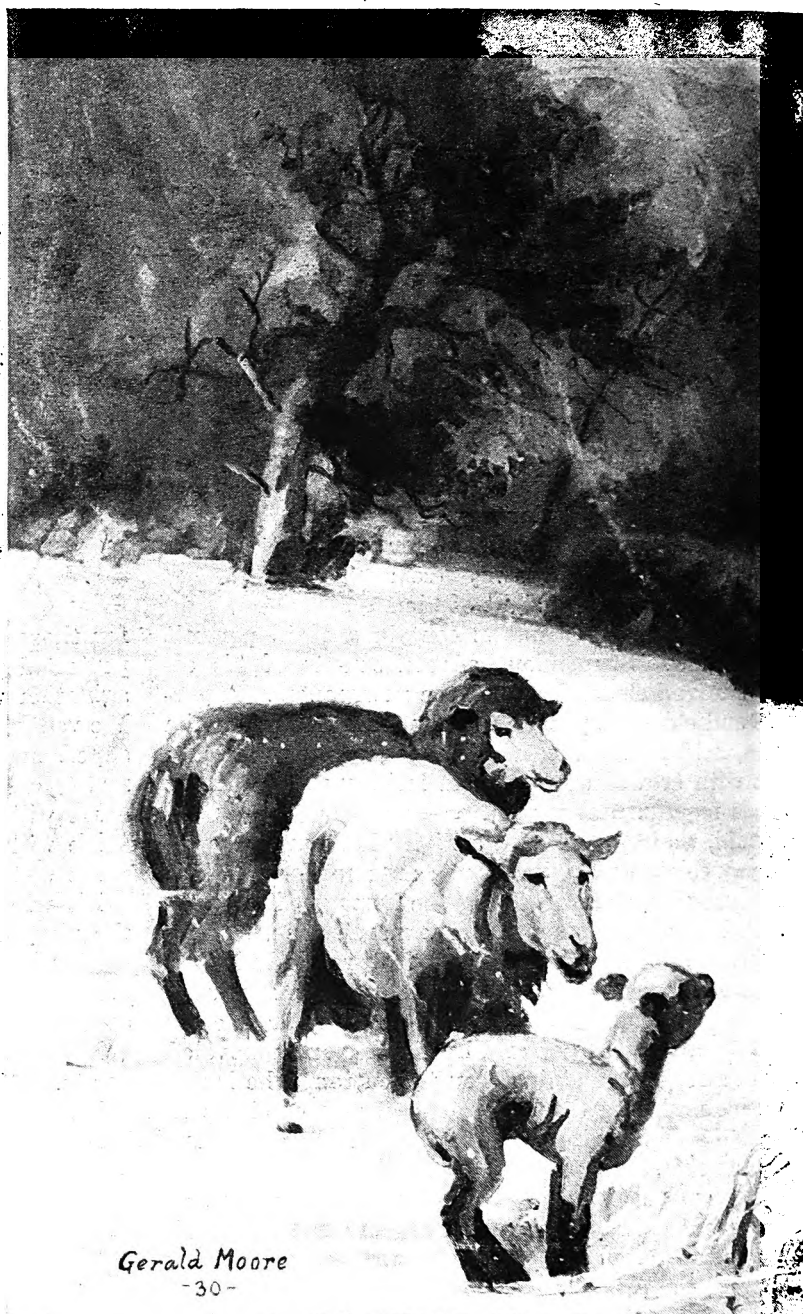
The little old man's keen eyes beneath shaggy eyebrows looked gloomily after the slender, frail boy who went whistling down the valley with his collar open at the throat and his hands thrust into the pockets of his blue overalls. Sixteen years old—and he looked scarcely twelve!

When he came in sight of the sheep, the lambs were romping away in a body, dashing madly down the green pasture with a few solicitous young mothers following in their wake. Andy laughed. They did look ridiculous with their long legs and long tails, pinkish white bodies and angelic eyes. The lambs ran as far as the creek, turned and raced back to the anxious mothers who went about seeking their own, sniffing their soft little woolly backs.

He sat down near-by to watch and leaned comfortably against a big rock that the sun had warmed. He thought of the old man on the porch with the short black pipe between his teeth who didn't believe in fairy tales.

"Don't even want me to read," he sighed. But beneath all the bluster and scoffing Andy knew someway that his grandfather loved him. He had taken care of him and given him everything he had ever really wanted since the death of his father and mother when he was a small boy.

Andy opened his book with a half guilty conscience and his eyes lit on the title: *The Holy Grail*. He had read it many times. It was his favorite book. With his head against the rock he half closed his eyes and imagined himself wandering with Sir Galahad. He followed the white-armored knight across black marshes and up hoary hills scarred with wintry water courses. Always following, always seeing the white prince on the white horse. And then somehow, in his dream, when the prince rode down from dizzy heights to the soft green plain where he was watching his sheep, the



Gerald Moore
-30-

The lambs, drawn into little knots, were crying

Dreams of

By A. G. Cooper

prince was spirited away from whence he had come and in his place the little old grandfather sat on his shaggy, commonplace, gray pony and rode about among the sheep. Andy sat up wide awake, rubbed his eyes and looked around for his frisky lambs. They had stamped again, were just vanishing over a distant ridge.

A cold wind was blowing up from the North, chilling him, and before Andy reached the top of the hill the storm his grandfather had foretold broke in fury about him. Muddy clouds seemed to tumble from the sky and fall in the foot-hills. The tender green of spring was



weakly in chorus with the helpless mothers.

A. Galahad Jones

Picture by Gerald Moore

covered with snow. With all his might Andy ran facing the storm. It was a cold that pierced to the bone. Snow stung to the quick, like tiny particles of glass, and packed against his clothes. In going down the hill he fell and the snow covered him warmly. He wanted to lie still and sleep. The silly sheep had no business running away. They deserved to die. But thru the roar of the storm he heard their piteous bleating. He struggled up from the snow and went on down the hill. In the coulee he found them. The pinkish white lambs that had gaily skipped over the green

were now miserably wet, drawn into sickening little knots of dirty yellow, and crying weakly in chorus with the helpless mothers.

A shed loomed dimly thru the wall of snow. By a great deal of shouting, pushing and pounding he managed to get the band inside. Some of the weaker lambs had to be carried.

A door broken from its hinges had been thrown up on the roof and the snow beat into the shed. Andy knew he must get that door down and the only way was to climb a board that leaned against the inadequate building. He was not dressed for a storm and the wind swayed his slender body as he grasped the plank with bare, half-frozen hands. Snow beat down his back and stung him blindly in the face; stole the

very breath out of his throat. But he reached the door, gave it a shove—and went down with it.

When he came to his senses he was quite sure that his leg was fastened in a post hole. He could not extricate himself, and finally realized that there was no post hole. His leg was broken.

He dragged himself in among the sheep and huddled against their woolly bodies. Wind whined up thru the coulee, snow padded against the shed like ghostly footsteps. He was no longer conscious of his suffering. He had not been a quitter. Grandad hated a quitter. He had stayed with his sheep.

He was sure that between *(Continued on page 58)*

NEW *Minds* for Old

Emily T. Burr, Ph. D.,

*Consulting Psychologist of the Vocational Adjustment Bureau,
Explains the Process*

DO YOU want a new mind? And what are you willing to give for one? After all, life is pretty much of a barter, and you get what you are willing to pay for. The price of a new mind, in the theory of a psychologist who is putting new heads on old shoulders, is, first of all, the desire. Those who need a fresh grasp on life and its problems, new thoughts, new aspirations—perhaps a new job—must first be willing to pay the price.

Dr. Emily T. Burr, psychologist-adviser and vocational expert, is doing remarkable work in building new minds. As consulting psychologist of the Vocational Adjustment Bureau for Girls, a rare employment office for unstable or "maladjusted" young people, she has demonstrated the therapeutic value of work.

Social workers and college students go to the Bureau on East Eighty-eighth Street, New York, to learn what is being done to put new minds into heads that need them.

And who doesn't? Was there ever a human being that didn't at some time consider himself a failure—in today's phrase, a *washout*? It was this problem of the average man and woman that we laid before the psychologist one afternoon at her apartment in East Fifty-sixth Street.

A graduate of Columbia University, holding a Ph.D. degree, Dr. Burr is the constructive psychologist, helping young people build for themselves new heavens and a new earth.

Today she realizes that something is of far greater importance than scholarship—the subtle something termed *personality*.

"Do you agree with Prof. Walter Pitkin that one can take a dub of a fellow and transform him into an agreeable, back-slapping personality?" we queried.

"If he is awake to his own weaknesses," was the reply, "if the personality is fluidic, open-minded, willing to take advice, one can do wonders with him."

But frequently the difficulty with adults, according to the psychologist, is that they are antagonistic to criticism; they are immediately on the defensive when any change is suggested. The habit patterns are so fixed that building a new mind is extremely difficult.

The important factor is the individual's recognition of the fact that he must change.

"Some persons can be changed," she concluded. "With others it is impossible. It depends on fluidity.

No change is lasting without converting the individual to the value of that change."

But when one is convinced that he is not scoring one hundred per cent and that improvement won't hurt him a bit, or when he feels that he is not as effective as he should be, the first obstacle overcome and the mental beauty specialist being on the job, what happens? Is there a mind lifting that thru some necromancy accomplishes results?

There is. This vocational expert can prove it.

You have perhaps guessed that it begins—and ends—with an intelligence test. Wrong again. Probably instead of asking you to name the seven hills of Rome, the psychologist will begin the mental uplift by commenting on your hat. She has a penchant for hats! Indeed, she thinks that hats are a peculiarly important factor in determining one's future, if one is looking for a job. Many a time, at the Vocational Bureau, she has taken one hat off a girl's head and put another on—before the young woman has been allowed to fare forth in quest of employment.

Yes, clothes, she agrees, are important not only for their æsthetic effect and for their appeal to the other fellow who is sizing you up; they have a perceptible psychological effect on you; they raise your feeling about yourself. They are the mental tonic which women are supposed to need, and they are highly important to men also.

Then don't be surprised if Dr. Burr's mental surgery begins by cutting to pieces your old hat! She finds in clothes the most effective and probably the most immediate response.

In the case of one girl whose sense of inferiority was overwhelming, the psychologist said, "We tried to emphasize confidence thru dress. We let her go to a department store and choose the clothes she wanted. She was rehabilitated by her clothing. There is a very definite reaction to looking and appearing well."

As another illustration, which proves that the clothes philosophy may be applied as well to men as to women, she cited the case of a man long out of employment.

"I let him have forty dollars," she said "to buy a new suit and a new hat. And he got a job in no time.

"Being well-dressed changes the mental attitude. A man not only looks better; he is actually better. It raises his self-esteem; he is on top of the wave.

In an Interview

with

Lillian Sabine

Sketch

by

Samuel

Wainwright



"During unemployment," she added, "it would help tremendously to clothe people properly. Without money you can't put it over."

Another element intimately related to one's mental well-being is the voice. In increasing one's effectiveness, from the personality standpoint, few factors are more important or more readily respond to training than the human voice. Much of one's personal charm is hidden there.

"This is one of the personality traits it is important to attack," said the psychologist. "Persons are attracted or repelled by the voice. Then, too, it is indicative of so many mental characteristics. The voice all in one key is wearying—not vibrant but dull and colorless, a monotone. One reason for the tremendous appeal of the actor and actress to all classes of people is the vibrant quality of the voice, with its emotional reaches.

"One can discover certain difficulties by the way a person talks. A nerve strain is easily perceptible in the pinched, strained voice. One girl, whose sense of inferiority was great, had a voice that was small and weak. We began trying to build up her self-confidence thru having her teach and show others. We had her do a great deal of our telephoning.

"Another point, an argumentative tone or a tendency to take the other side often awakens the wrong attitude. Putting a person at his ease, starting on a pleasing note, is very important."

No matter what class of intelligence is being dealt with, the psychologist never tells a person he "doesn't know" or assumes the tone of superiority.

This, again, she feels, arouses the wrong attitude or "set" in the person addressed.

Too often when one woman says to another, "You don't know how I feel," the mental reservation of the other will be, "And I don't care."

In the training of sales people the right tone of voice is highly important. A deal may be made—or lost—thru the mental suggestion that reaches the customer in a voice.

Happiness is the great element in mental upbuilding, the doctor will tell you, and she gives as the two sources

of happiness love and work. Everyone with a sincere sense of life's values knows that love is the power which keeps one's interests fresh and one's mind healthy.

Even tho a person may feel that he is a failure in other ways, if he is married to the Right One, she will always be near

DR. BURR

to encourage his poor little best—perhaps to sing, "I think you're wonderful" in some key peculiarly hers. So no can be a failure in his own eyes, for any protracted period, if he has attained the goal in love and marriage.

"But for the many who are disappointed in love," she said, "work is often one of the keenest satisfactions. One repulsed in love often turns to work and accomplishes more."

Again, as she pointed out, work holds an important place in the life of the lover. "One with love in his life sometimes doubles his capacity to work because of the greater incentive," she believes.

Since work plays so important a part in this scheme of mental upbuilding, being necessary to keep the mind at its best, she strongly advocates helping each person become skilled in his line.

She has made an intensive study of occupations, in their relation to mental traits and capacity, and is performing valuable service in placing the right person in the right job, since psychologists today recognize the harm done to the nerves of one who works at tasks too difficult or too easy or in other ways unsuited to the individual's power.

There are certain questions in choosing a vocation which are simple to state and easy to answer. Every boy and girl before he leaves high school, every man and woman holding a job, can tell, broadly speaking, whether he is in one of the three large classes for which he is fitted.

"We usually ask, in beginning our analysis," she said, "whether the person likes to deal with people, with ideas or with things. Those interested in people like a selling job or social work—or the profession of a lawyer or a doctor.

"A college professor," (Continued on page 65)

Don't Fear Hypnotism

An Explanation of the Wrong and Right Uses of Hypnotic Suggestion

By

Kerry Allen



Drawings by A. E. Carmen

HYPNOTISM still frightens us. We still think that the frock-coated gentleman with the piercing eyes is performing a feat closely related to a miracle when he waves his long fingers down over the face of a volunteer stage subject, causing an apparently sane person to whoop and yell and frantically swat at bees that are not at all visible to the rest. But he is performing nothing of the sort. At least, not any more of a miracle than the more pleasant duty of a happy mother crooning her little one to sleep.

Strange as it may seem, hypnotist and mother are both working with the same material. The whole of the secret lies wrapped up in the one word, suggestion. Nothing more than that, except a strong confidence and superb belief in oneself. The mother, of course, is hypnotizing unconsciously, while the frock-coated gentleman is thoroly acquainted with his business.

In one way, that business is successful because of continued ignorance and fear of hypnotism. For example, we will suppose that you have been beguiled by friends and circumstances to take a chair on the hypnotist's platform. There you sit, rather confused over the publicity of the situation, and rather more than a little in dread of the very convincing-toned Professor Magi. You force a smile to hide this dread, and mentally brace yourself by repeating to yourself that if you put your will against his strongly enough he will be

powerless. So your jaw sticks out, and you are prepared to disagree with anything he should say to you.

All this time Professor Magi has been telling the rest of the audience what a wonderful art hypnotism is, and what a powerful exponent of that art he is himself. He now glances sharply in your direction. You glare back.

"Ah, here is a person who has a very strong will!" the professor announces, and steps close. "A very strong will, indeed. Seldom do I meet with one so strong in will power."

You are flattered, your vanity touched. And thus made less watchful and less antagonistic.

"Now, I always find that these strong-willed people are my best subjects," the professor continues. "For this very will power they have so strongly developed helps me. Because people who have strong wills can easily concentrate, and people who can make themselves concentrate are much more easily hypnotized than those scatter-brained persons who cannot keep one thought in their heads ten seconds."

He has you won over, tho you may not appreciate his cleverness in doing it. You are on his side, now. You have been told that you have a strong will, and you agree with that. You have been told that you should be easily hypnotized, by reason of that strong will. You have been told that you should be able to concentrate on his words. So you are concentrating, without perhaps realizing it, to hear his next words of flattery. And subtle flattery it is.

"I always ask my subjects if they are willing to be hypnotized before I go farther," Professor Magi says

then, stepping back. "I want them to feel, you see, that it is entirely up to them. If they want to be hypnotized, and want to help me hypnotize them, well and good. But if not, then they can step down into the audience again, and that is that. Now, sir, do you want me to hypnotize you?"

What else can you say but "yes"? And by saying that "yes" another barrier of reserve crumbles.

"So? Good." The professor smiles. "And, of course, you will endeavor to assist me? Thank you. All I ask is that you pay the closest attention to what I say. Pay attention to me, alone. Forget about the rest. They do not exist, for you. Forget everything but me! Look at my eyes. That's it. Do not waver. Do not look away. Keep your eyes on mine, always. Fine! You are a wonderful subject, sir. You can concentrate marvelously. Now, then, listen closely and keep your eyes fixed on mine. You will soon begin to feel a slight coolness on your forehead. In one moment. Right now! You can feel it now. Do you not? Yes! I knew it. Now that coolness is extending. Your whole head begins to feel cold. It is almost numb with cold. Almost numb. You have to strain yourself to hear me. I can see that. Your head is growing heavy. You are sleepy. You can scarcely hold up your head. You are tired, exhausted. Relax. Let yourself sag comfortably in that chair. Let yourself go. Close your eyes. Rest. Breathe deeply. Sleep. Go to sleep. Go to sleep. To sleep. Sleep."

The professor, seeing that you have complied nicely with his instructions, suddenly raises his hands, makes a bewildering pass over your head, and then smiles triumphantly at the audience. This last, of course, is lost on you; you are asleep.

Now how does a mother put her child to sleep? Not by a continued repetition of the word "sleep", because a baby cannot understand words. So she croons softly, soothingly and rocks it gently. And soon the lulling, monotonous, sleepy refrain obtains the same result—when the child pays attention to it. It is hypnotized as surely as an adult subject of Professor Magi.

How is it accomplished? By suggestion. By suggesting and by believing. The confident manner of the professor half convinces you at the outset that he can do wonders. And when he gets under your guard and gets you on his side, hanging onto his words, your eyes fixed on his to hold your attention to him and to tire you, and your mind agreeing with every step that he develops for you, then you are making yourself believe all that he tells you and making his task very easy. When he tells you that there is a cool feeling about your head: Lo! you think about it, and you bring yourself to feel a coolness! It would have been the same had he said a heat wave was burning you. Next he tells you that your head is becoming numb. Why! so it is! It feels peculiar, anyway, because of the continual staring of those searching eyes, keeping your own open too long and paying such close attention to the one thing for such a length of time. It feels strange, and that strangeness you interpret as numbness—because he tells you that is what it is.

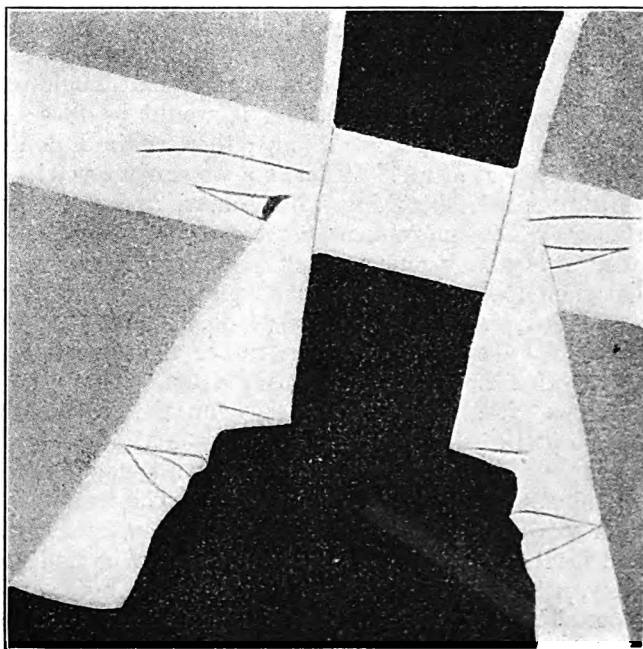
And so it goes on until he tells you that you are tired and sleepy. And right away you feel sleepy. You have been believing him so steadily that you can't doubt him now. You feel very sleepy. And the more he tells you

about it, the more sleepy you become. Then your eyes flutter closed, you breathe deeply, listening only to him and feeling very comfortable about it. It is only a moment more and you are sound asleep.

All brought about by suggestion. By suggesting ideas and sensations to you, in a gradual sequence, and having you believe those suggestions. Truly, it sounds almost silly, yet that is all hypnotism is.

The more simple hypnotic feats are accomplished by the same means. Professor Magi asks you to clasp your hands together, then looks into your eyes—he really looks at the base of your nose so that he gives you the impression of staring steadily into both eyes—puts his own hands over yours and presses firmly, and then suddenly informs you that when he withdraws his hands you will be unable to free yours. He tells you that you can try all you want to unclasp them but it won't do you a bit of good. All this time he has been staring into your eyes, impressing you, and when he finally steps back, making complicated passes with his lithe fingers, and confidently repeats that you can't pull your hands apart, you are done. He makes you believe him so much, he sounds so sure about it all, that you are already convinced that you won't be able to pull your hands away from each other, and you are not too surprised to find this so. As he has said over and over, the life appears to have gone out of them. But the moment he snaps his fingers, touches your hands and says they are all right again, then feeling returns with a rush, and you draw them apart ogling at them foolishly, and very mystified over the wonder.

The other feats are worked along the same principles: strong suggestion and confidence. Thus you are made to see bees that are not there, thus you ride an imaginary bicycle, thus you pay court to a broom that has been described to you as the beautiful Miss Brown, and a thousand other impossible stunts that those in the audience find so hilariously funny to watch. Sometimes the professor works the sleep condition first and then tells you what you are to do when he awakens you; other times he knows that *(Continued on page 68)*



A Great Little Actress



LIFE FOR Nancy Carroll has no pattern. It never has had. From the very beginning of her career, she has gone swinging along on the crest of the

tion were quickly and effectively quashed by her mother, to whom the stage and all it stood for was anathema. Nancy stood it just as long as she could, always straining at the leash of boredom, never quite achieving a clean break.

Then came escape—in the form of a local contest staged at one of the Loew Theatres on the East Side of New York. Disregarding the fact that she was ineligible (her home was on the West Side), Nancy gave up her job and entered the contest. Not because she thought it would lead to anything. Not because it was the thing she wanted to do more than anything else. Simply because it was change—and color and movement.

"Mother was dead set against it, so I dragged my sister along," Nancy reminisced across the luncheon table. And, with the suggestion of a twinkle in her eyes, she added:

"Having my sister along seemed to reconcile mother a bit—I told her it was much better having two black sheep in the family than just one!"

The Loew contest resulted in a chorus job in *The Passing Show of 1923* for both sisters, and on the strength of a dance specialty, Nancy was given the leading feminine rôle inside of three weeks. Subsequently she appeared in similar New York shows, not,

however, without the usual ups and downs that led her off the main road.

There was the time she walked the streets for weeks on end, trying to crash the gates of the big theatrical producers. One after another they turned her down. Was Nancy daunted? Not a bit. She just kept on her way and took the first job that presented itself, perfectly content to accept what came along, just as long as she was "up and doing".

Her sense of humor probably had a lot to do with this attitude. Nancy has a keen funnybone that won't allow her to take herself—much less anyone else—too seriously. It's always popping up and showing her the ridiculous side of things. Making her laugh, where others would cry. Forcing her to honesty, where others would alibi. To this day she can look back to the rebuffs of producers and analyze them with frankness and humor.

"I was terribly fat. And my nose was like this (pushing that member skyward)—from sleeping on it! And I had freckles. Really, I was a perfect mess. No wonder they didn't want me."

The next detour was marriage and Nancy didn't shy at it. Not even tho it meant giving up her work for a time. There were occasional quarrels and frequent necessary absences from her husband when she did go



wave, enjoying the present, asking nothing of the future. And when the tide of life has swept her back off the main road, she has not cared greatly. Always there have been the detours; fascinating little side roads that have usually led right back to the very center of things.

Unlike many of the professional world, she has no great and unswerving ambition. She loves her work, she has an intelligent understanding of its demands, but she is quite satisfied to continue in the musical comedy and comedy-drama rôles she is now portraying. There is no yen to be a Duse or Bernhardt keeping her awake at nights.

"As a matter of fact," said Nancy, half-laughing, half-serious, "sometimes I think it would be nice to stay at home and play the lady; then again I don't think I'd like it at all!" There's a woman for you!

The present's the thing with Nancy, and she asks only that it have movement and color and gaiety. Happiness to her is synonymous with activity. To be constantly on the move; to go places, see things and do things—just for the sheer joy of doing them—is her credo. The desire for activity, rather than for fame, is the motive force behind her climb from stenographer to chorus girl; from leading lady on the legitimate stage to idol of the silver screen.

Seven years ago Nancy was pounding a typewriter in a humdrum, New York business office. The monotony of her work, the commonplaceness of her environment, irked her. But what else was she to do? She had no money, neither did she have any special training or ambition. There were times when the glamor of the stage beckoned. Vaguely. And any leanings in that direc-

Who Has No "Yen" for Greatness

An Interview with

Nancy Carroll

By

Sybil Lee



back on the job. But Nancy went skimming over the hurdles of marriage, riding friction as a canoe takes the waves. Easily, smoothly and without rupture.

The side roads led her to California where she went from supporting rôles in two revues to the dramatic lead of *Chicago*. The locality of her work brought her in contact with the motion picture world. A new world for Nancy, and again change and the promise of a new activity intrigued her. Several different times she had screen tests taken for leading rôles. Always the verdict was "face too round"—in those days, feminine leads had to have a perfect camera face, oval and perfectly proportioned. She was undoubtedly beautiful—but—

Friends told Nancy it was useless to think any more about picture work and she was ready to agree with them. If the movies didn't want her, well then there was always the stage.

But the movies did want her. On the basis of her most recent screen test, she was offered the second lead in *Ladies Must Dress*, starring Virginia Valli. Nancy had been looking for the lead, but she took what was offered without fuss. Who could tell what was just around the corner? And if there was nothing around that particular corner, there was always another road leading to Rome.

As it happened, Nancy didn't have to detour. The main road to movie fame presented her with a long term Paramount contract three weeks after she had been cast for the rôle of "Rosemary" in the film version of *Abie's Irish Rose*—her second picture. The contract was the beginning of numerous leading rôles and *Dangerous Paradise* saw her starred in her own right.

Today Nancy Carroll is one of the brightest stars in the Hollywood firmament—and one of the busiest. The microphone has been kind to her and she has been kind to the "mike". The talkies have given her an opportunity to demonstrate dramatic, as well as comedy, ability, most marked in *The Dance of Life*, *The Shop Worn Angel* and *Laughter*.

Fame and acclaim are hers, and the activity she adores. But if her star falls; if the applause that has boosted her to the top rung of the movie ladder dies down as quickly as it has risen, she

won't be terribly grieved. New interests and new activities will claim her, just as they always have. She'll go marching down the main road and take the first detour along the way. Life will never hurt Nancy beyond repair; never mold her to its pattern. Always she will disentangle herself from its threads and make a pattern all her own.

Only it won't be a pattern, really. Just a delightful jumble of color and movement and gaiety. Some threads going this way, others going that way. Running into each other, getting tangled into one glorious knot, then miraculously straightening out.

Whatever happens, there's always the playwright husband with whom she is supremely happy and the five-year-old daughter she adores. Combined with the work she keenly enjoys, they make a NOW that Nancy doesn't care to probe too deeply. The present is too thrilling to think about the future. At least, until

(Continued on page 71)



Get Acquainted *with your* Muscles

And Learn HOW to Develop Their Beauty and Strength

By

Galen Gough

As the director of the Health Service Bureau of PSYCHOLOGY Magazine, Mr. Gough, the world's strongest man, will give personal attention to your own health problem and personal advice to you for building an efficient and powerful constitution. He is eager to share with all his readers his new inheritance of glorious strength. Address your inquiry to Galen Gough, PSYCHOLOGY Magazine, 101 West 31st Street, New York City.

BUILD a body with no weak links! First learn the muscles of the anatomy and their coordination with the nerves and mental action. It is surprising to know the amount of weight the muscles can actually lift and especially the endurance each muscle can stand. The fact remains that every bone and muscle in the body can stand twice the strain one ordinarily believes. I intend to outline all the important muscles of the body, giving the exercises, the weights each muscle can lift, bar-bell or dumb-bell, all standard, easy "lifts," and other activities. This will be an interesting study and particularly suitable for enthusiasts who doubt the possibility of proper mental control for muscular action. We usually perform our exercises without mentally appreciating the reaction. If the exercises are taken with concentration, there would be almost no limit to building a strong masterful physique.

The most commonly known muscle is the biceps. It extends along the front of the upper part of the arm, tracing from the deltoid, anterior, lateral and posterior. It connects with the fore-arm to the *brachialis anticus*. The biceps is often termed the "two-headed flexor". Its most strenuous duty comes in lifting weights up to the shoulder, where the triceps takes a more active part for the lift farther overhead.

You will notice that chinning a bar will bring the biceps to real action and that wrestling will give it the most action. Rope-climbing is especially beneficial to its development. I would suggest two five-pound weights, made so that one could take the exercise in a sitting position, placing the weights on a table and slowly curling the weight up and down in the "arm curl". This exercise can be accomplished without strain and also will give the biceps a beautiful appearance. The "two-hands clean and jerk", which is a standard lift used by every professional strong man, is a real test of strength. Sigmund Klein, our famous bar-bell lifter, has astounded the world by his ability to jerk more weight than any man in the world in proportion to his weight and build.

The triceps brachii, the "three-headed flexor and extensor of the forearm", is very easy to develop, in fact

the easiest of all, for nature has given it a wonderful start, and it can perform twice the feats of its neighbor, the biceps. The "wrestler's bridge" comes into a test which gives the triceps more action than any other lift. The two-hands press from behind the neck and the two-hands military press will prove to be interesting exercises for its development. I have never seen a more beneficial exercise than the "two-hands press" while lying on the back. This is a very simple exercise and can be accomplished with almost any kind of weight. Push the weight back and forth from the chest, up and down.

The deltoid, which rounds the shoulder to a graceful curve, is the most attractive of all muscles. It supports the triceps and biceps leading in three directions with the anterior, lateral and posterior. The deltoid is taken from the Greek word. Delta, which means triangular. It raises the arm to horizontal position and then throws the duty on the trapezius. All weight when "muscle out" brings this muscle to real action and especially when lowering weight while the body is erect. All overhead lifts bring the deltoid into action which brings out its power without strain on the other muscles. Its co-ordination with the connecting muscles enables it to assume a lot of responsibility without strain. The deltoid seldom becomes tired, even when the most difficult lifts are performed.

The trapezius is a table-shaped muscle lying between the neck and the deltoid. It rotates the scapula and controls the motion of the head when drawn back and forth, or to one side. All teeth lifts perfected by strong men brings the trapezius into its test. It takes most of the strain from the sternocleido-mastoid, which draws the head forward. The one-hand snatch, which most professional men boast of, is perfected by the power of the trapezius. Hand-to-hand balancing is also perfected by the muscular control of the trapezius. You will notice the strain of this powerful muscle on every athlete while in action. Exercises such as the "one-arm push-up", the "one-arm rope pull", or the "teeth pull" will develop it to a wonderful proportion, giving grace to posture and head position.

The sternocleidus muscle which connects with the

mastoid will be influenced by almost every strain of the trapezius. Balancing weights on the chin will give it full play. Boxing will give it still more action, and wrestling will give it its best development.

The *extensor-carpi, radialis longus* and *brevis*, together with the *extensor digitorum communis*, are a lot of small muscles combined. They work in perfect harmony. These muscles are the easiest to become tired, and unless one exercises them even the holding of a pen will tire them, or writing on a typewriter. Extending the fingers back and forth will bring each into play. The *ulnaris* which connects with the *flexor carpi ulnaris* extends the hand, thereby supporting the wrist. I will omit further description, for after all—the importance lies in the wrist power. The most important of the wrist muscles in the *posterior annular*, which is commonly known as the ligament of the wrist. A handshake gives it real exercise. I would suggest trying a Chinaman's grip, wringing the hands until you are thoroly convinced that they are tired of each other.

Altho learning the secrets of the muscles does not give you every advantage over life or death, it may assist greatly in giving you more confidence when a crucial test comes which may mean life or death!

The nerves of the body which connect with the muscles are so designed that a thought will be transmitted thru its channel of action, causing the flexion and contraction of every muscle. It is astonishing to consider the increased power of muscles when under fear or in any emergency. Determination is the mental influence which prompts activity and encourages effort. Confidence in one's ability to accomplish anything arouses force of mind and body.

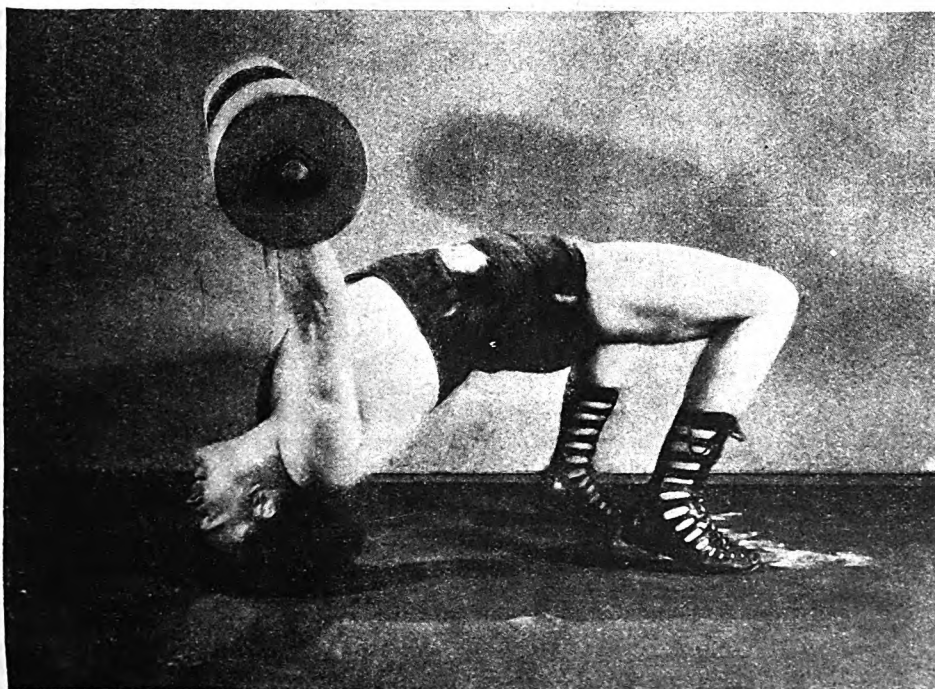
The mind has a direct challenge for any physical weakness. If the body is constitutionally inferior, the mind is usually inferior, yet in many cases the subconscious mind has directed a straight command to the nerves for physical action and thereby physical efforts which were thought to be impossible. The endurance of a mother outlasts that of the male in some tests. She carries her child on her arm for hours and thinks nothing of it. Give the same child to a strong,

husky man and before he has traveled far, he will switch the child from one arm to the other and complain that he is tired. The mother has proved the theory of mental and physical co-ordination. If her child was in a burning house she would overcome the flames and perhaps brush aside a husky fireman in attempt to save her child. Or, if the child was under a weight, wedged there by accident, either its father or mother would lift twice the amount of weight the parent would have thought possible to even tilt. Within the body are many hidden secrets, and once the mind has gained knowledge of its power, any man or woman may be an individual tower of strength, possessing force like that of a lion. Building a body with no weak links will bring the physique to such perfection as our Creator intended.

The beauty of a smooth, rounded body of muscles, which curve to the beauty nature designed, will strengthen your confidence in yourself. You will feel encouraged to meet anyone, knowing that you have no physical defects that could be criticized. We must of course understand the few unfortunate and rare exceptions where facial beauty is concerned. Little do we appreciate the force of personality which health gives. The most hideous man can become attractive thru a pleasant mental attitude.

Even tho the war tore out the complete left mastoid and paralyzed the left side of my face, I have been able to smile my way thru life, demanding interest and respect wherever I go. It doesn't take a facial expression which displays a set of pearly teeth and a pretended charm to interest real people, for within the physical make-up of everyone lies a dominant personality which can be awakened and developed thru perfect co-ordination. We can prove ourselves by the inner self and bring out the personality which radiates

health, happiness and success, even without a perfect facial expression. This can be done thru our air of confidence and an attitude of kindness. Smile within your heart and the good cheer will radiate on your facial expression without a muscular movement. The brain will telegraph the thought and its influence
(Continued on page 79)



Mr. Gough lifting 300 pounds on a "wrestler's bridge" while on the eighteenth day of an absolute fast. The position assumed in the "wrestler's bridge" is not strenuous to any part of the body. One would think that the actual strain comes on the neck muscles. The trapezius supports the strain, and the broad of the back carries the actual pressure. The neck serves as a pivot. It is surprising to know that as much weight can be lifted in the "wrestler's bridge" as overhead.

What Can We Do for You?

Conducted by C. Franklin Leavitt, M.D.

Dr. Leavitt has won thousands of friends thruout the United States and Canada by the skilful and sympathetic help he has given them in times of illness and anxiety.

He has the rare faculty of *Understanding Human Nature*. He understands people far better than they understand themselves. He understands the secret, hidden motives that drive them—motives they themselves are not aware of.

It is in these clashing motives that he finds the roots of their diseases and terrors, their disappointments and failures.

And by *locating* and showing them how to remove these "complexes" he guides them to the paths that lead to mental and physical health.

He has the advantage over non-medical psychologists of being a thoroly trained Doctor of Medicine, with many years of successful experience.

In this department Dr. Leavitt will continue to deal with the perplexing personal problems presented to him by direct correspondence, and give you just the help you need.

In his books you will find further helpful information and instruction by which you will be guided, step by step, on the pathway toward YOUR GOAL!

THE EDITORS.

QUESTION:—B. L. O. writes:—

Is it possible to go on a seven to ten day fast, drinking water, of course, and continue working? I am a young man of twenty-five, slightly below average height and weight, but to all appearances in very good health. I am at present employed as an attendant in a gasoline filling station, working a straight shift of fourteen hours a day, seven days a week. I have a severe infection, also catarrh, and believe I can rid myself of both after a brief fast and diet. Would a fast be a handicap to me in my work?

ANSWER:—

You would be foolish to undertake such a fast and continue working long hours. It would be too great a strain on you and might be very harmful.

QUESTION:—V. C. G. writes:—

Is there any logical explanation as to why in so many instances great mental achievements seemed to be paid for by physical debility. In reading the biographies of those who have achieved distinction in art, literature and music, I have been particularly impressed by the fact that there are few rated as robust physically, and many have been in the grip of those seemingly incurable maladies. Can the intense concentration which seems to be a part of these achievements be counted as the cause? I have often wondered about this as our daughter has set her heart upon becoming a concert violinist and has been greatly encouraged by her teachers and the critics to concentrate her efforts in this direction, but when studying the lives of the great, I am more inclined to encourage her to get married and wash dishes and enjoy good health than to pay the heavy price in physical suffering which seems to have been demanded in the lives of so many who have won renown.

ANSWER:—

There are several things which enter into the fact that great artists may not

possess strong bodies. To begin with, a great artist, one who becomes great enough to be read about in a biography, is a genius in his particular field of work. Such people are more mental than physical right from the start. They are sensitive, temperamental, artistic in nature, which means that they are more impressionable, often self-conscious, and their tendencies do not lead them into physical lines of development. Unless one gives proper consideration to the physical system it is almost sure in time to show signs of degeneration and weakness. Again, a genius will devote practically all his time to his particular gift, devoting to it too long hours, with just the one thought in mind—achievement in that which he so loves. Thus he neglects the physical, oftentimes even to the extent of forgetting to take proper food at mealtimes.

In summing it up—the genius is not likely to have as strong a body in the beginning as those who are not, and a genius is quite sure to neglect the physical as far as care and development of the body are concerned. Your child may be talented and yet not a genius. If she is given proper direction so that she finds time for physical development and play, becoming a concert violinist would not harm her. We see many opera stars who are physically healthy and strong.

QUESTION:—M. A. writes:—

I am always nauseated when riding in a street car or automobile, and experience seasickness on a boat even when the water isn't rough. This has limited my life materially and I want to know if there is any way to get rid of this very uncomfortable state.

ANSWER:—

Carsickness is usually due to one of

two things. Either your eyes need care or you have formed a habit of expecting this condition. Have your eyes examined first. If a headache is developed when you ride it is quite likely your eyes are causing the difficulty. If you find your eyes are healthy, then give yourself suggestions that you will not be sick at such times, and when you get on a car or into an automobile, try to forget yourself just as much as possible and concentrate on the objects you are passing. If you can keep your mind off the thought of being sick, you are not likely to be sick. Seasickness, too, is largely psychological, for on trips across the ocean I have witnessed many people cured thru some foolish remedy given with the right kind of suggestion. One I remember. A woman on the boat had some heavy brown paper, such as meats used to be wrapped in, and she would give a sufferer a piece of this with some lard rubbed on it and tell her to place it over her abdomen. And with it would go the suggestion, "I never saw it fail." It did work in several cases I knew about. But it was just suggestion.

QUESTION:—"A sufferer" writes:—

For several years I have had a black spot in my left eye. It travels with the eye and is not a floating speck such as I have had at times from biliousness. It has a black center and from it appears a few hair-like processes, so that it resembles a spider slightly. I see it more plainly in certain lights. Is this anything dangerous? Am I likely to have many of these spots and perhaps go blind? I have worried a lot over this and have been very unhappy in consequence. Any information you can give me will be gratefully received.

ANSWER:—

This spot is caused by toxins. It is
(Continued on page 74)

**Thousands
May Be Satisfied With
Mere Existence—
But—To Those Looking Ahead**



I'll Unfold a New Life For You!"

— H. Spencer Lewis, Ph.D.

Your life may NOW be one of drudgery, limited, monotonous, but it need not continue to be so. Have you vision? Can you imagine a future of REAL HAPPINESS, of REASONABLE LUXURY, PEACE OF MIND, RADIANT HEALTH, FRIENDS, and PERSONAL POWER? If you can form such a mental picture, but are not able to materialize it, then I have a message for you of utmost importance.

I will unfold a new life for you by demonstrating how the thought processes of your mind are but the creative forces of your inner self, and by the use of a simple dependable method you can command each mental image you form to become an actuality. Therefore, no matter what you dream of for tomorrow, IF YOU TODAY are DETERMINED to accomplish it, I will show you how to bring it about.

Fascinating, FREE Book Tells How

As one of the Supreme Staff of the Rosicrucian Brotherhood, I have observed how this brotherhood of men and women, studying the higher laws of life and nature, by conscientious application of simple rules, change the course of their lives to one of fulfillment of their desires.

They have prepared a free fascinating book entitled "The Light of Egypt" which I assure you if you are sincere and carefully read, will unfold a new life for you. You spent many years living your present life. Is it not worth one hour a week of study to unfold a *better form of living* and to *raise yourself above the ordinary humdrum existence*? Send in the coupon at the right for this most important book.

LIBRARIAN H. X. J.

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(AMORC)

(Perpetuating the original and only Rosicrucian Fraternity)

Here is the Way

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Rosicrucian Brotherhood (AMORC)
San Jose, Calif., U. S. A.

Please send me, without obligation, a free copy of "The Light of Egypt," and sample lesson. I am really sincere.

Name.....

Address.....

You, Too, Can Make Money!

Says Pauline Cleaver

Mrs. Cleaver's weekly radio talks over the National Broadcasting Company system, from its New York station, WJZ, are rousing the women of America to still more buoyant faith in themselves. In the midst of financial and economic uncertainties, she keeps insisting—"You, Too, Can Make Money," and showing how it is to be done. Her ideas and advice are fruitful because they are fundamentally sound. Talent, expressed in Service, means Income! That is her message.

Let Mrs. Cleaver solve your problem. She answers personally all inquiries sent to her in care of this department. Address Pauline Cleaver, PSYCHOLOGY Magazine, 101 West 31st Street, New York City.

WHAT is money?

What makes money move?

What gives life to money?

Could money do anything without thought behind it?

Money represents something, doesn't it?

If every dollar were thoughtfully used what would be the result?

If every dollar was honestly spent, constructively spent, how soon would times be changed?

Money of itself is soulless. It depends on man's will to direct the use of money. Thought, correct thought, constructive, honest thought is first necessary in order to have and properly use more money.

Man has power. Every dollar represents man-power. Power precedes the dollar; so it is more power we must think first of acquiring. If we know our power, properly use and direct this power, as surely as night follows day the dollars will follow.

It is right for each individual to have and desire enough, and more than merely enough. All is for man. The sun, the earth, the waters, flowers, grain, are for man. None of these things would be useful if man did not know how to use them.

CHURCH BAZAAR SPECIALIST

ONE woman recently sent out one hundred cards to churches and religious organizations. The cards read:

MRS. TIMOTHY FRANCE

is now at your service to organize, arrange and take full charge of fairs, parties, teas and bazaars for church benefits. She will study new ways of increasing the treasurer's funds. An appointment will permit her to explain. No charge for consultations.

Charges based on percentage of profits.

345 6th Street,
Tel. 753.

In this way the fee was in proportion to the success of Mrs. France's work. The church women welcomed this new service. This is something many women will find new and beneficial.

REST AND STUDY ROOMS

A WOMAN recently widowed was sent to consult me about her affairs. This woman had a large home and no children. She was lonely. She was not in any particular need of money but wished she could have children about her. After considering many plans this is what she decided to do.

Three rooms on the ground floor were refurnished so that persons might sit in booth-like compartments, each provided with a strong table, light, pen, ink, blotters and a dictionary conveniently placed. Thirty of these little booth-table-effects were built in against the walls.

Then Mrs. Lovelace personally called on teachers, ministers, mothers and tutors and explained how she had made an attractive place for children to study in quiet. Many children find it difficult to study in small apartments with a rollicking baby playing about. Many families have no dictionaries or encyclopædias for reference. Here, for a small weekly sum, one could use this reading room. Also, one would find books and the latest magazines to read. On Saturday afternoons Mrs. Lovelace gives a party to her guests. In fact, she helps them in many ways. This also brought company, companionship and cheerfulness in the lonely house of Lovelace.

WOODEN CIGAR BOXES

DOES your husband, son, or friend buy cigars in box lots? If so, get the boxes. Hammer designs with keys over the outer part of these wooden boxes. This disguises the names of dealers that may be indented on the boxes. Now gild the entire outside of each box. Here and there fill in the little dents, made with the key and hammer, with black paint. Then add touches of red, green, blue and yellow paint. Behold! you now have a lovely, antique-looking cigarette or card box.

Many put colorful pictures on the top, and shellac the entire box. These are good-looking, too. And—they sell.

After a little experience in painting and making these boxes you will have become sufficiently expert to work on

large boxes and chests and make many more salable articles. But—you will know none of these things until you actually do them yourself. Believing these ideas to be workable is not enough; you must put such ideas to work.

NEW BED COVERS

THE natural, tan-colored Chinese silk can be bought for as low as fifty cents a yard. This raw silk can be beautifully dyed with the new simple powder dyes in your own home. The newly-colored silk compares with similar material that sells for two dollars or more a yard, and it is stronger and more durable.

At the ten-cent stores you will find heavy white laces often two inches wide. Dye this lace the same color as the silk.

Cut the silk in twelve-inch squares and put these together with this lace. Edge the cover with lace. These new covers are now used over bed quilts to add charm in even the finest homes. I've seen them and was told that they sold for twenty-five dollars each. Figure this up and note the immense profit.

Other things, many other things, can be made of this same material. Try it.

WOOD-CARRIERS

BEFORE Christmas one of our readers made a large sum of money from an idea I sent her. Have you seen the canvas wood-carriers? The plain ones are made of one square yard of canvas with two strong handles. I bought one and gaily painted the outside of the canvas a brilliant red. I left the leather handles as they were. Many have plain rope handles. They must be strong enough to carry logs to the fireplace, of course. The red bag, or carrier, was so appropriate for the Christmas logs that this woman could barely supply the demands. These red carriers are new and many of you should try this idea.

HEAVY CARDBOARD SIGNS

A YOUNG man in a small western town was quite artistic. When the jobless days hit his business he

turned to his talent. He had traveled a bit and realized that his home town was a bit slow to awaken to new publicity ideas.

While in New York City he paid special attention to signs. The colors attracted him. He made up a few with art boards. These were designed to suit definite needs, of course. For example: This young man interested a shoe repair man in his new publicity idea. The man ordered a ten-dollar sign. The young man made a cut-out sign showing two feet in old shoes and also showed these same shoes after they had been repaired and polished. The colors were snappy. The sign was varnished so as to stand the weather. It was hung so the passers-by could easily see it. This sign paid for itself in a short time and my young man is kept busy with all kinds of posters and window decorations.

MOCCASIN BEDROOM SLIPPERS

An elderly woman whose home is near the Indians in the West has modernized an idea from the Indian moccasin. This clever woman buys scraps of fur and leather, uses the Indian pattern of moccasin, and makes one's monogram in colored beads. She is so busy that she is engaging the services of two young girls. We are now designing a special box for these and an announcement of different designs which may be used for sending orders. These are placed on commission in many of the eastern shops. It is a simple idea, but usually the simple things make the greatest appeal.

HAT ORNAMENTS

HAVE you seen the doll-like designs made of wool and wired that women and college girls wear on their hats? Now here come the new ones of enamel and painted clays. They add quite a touch of color to the plain, sporting-type *chapeaux*. They are designed to resemble skis, yachts, polo clubs, golf clubs, tennis rackets, etc. One young woman makes these hat ornaments of colored feathers and painted tins combined. These are placed on a stick pin and placed in the hat where desired. These boxed make nice presents. They sell for about two dollars and fifty cents.

BACKGAMMON TABLES AND BOARDS

ONE of my young men is now making clever backgammon tables for the shops. He buys plain bridge tables wholesale. Over the top he lays a cork pad. Some are made of linoleum. These he cuts and dyes in the proper designs. He also colors the dice cups and buys fancy dice to match. The table I saw was done in red and black. The young artist first went to his customer's room, in order to study the colors.

How do you *know* you can't WRITE?



"I want you to rejoice with me. I have sold my first manuscript—a crime story—and the check is \$180. It's the real thrill that comes once in a life time. All this I owe to N. I. A. training—and I consider myself a beginner of rawest type. I got back far more than the N. I. A. tuition fee in my first sale."—Mrs. C. E. Scott, 660 N. Market St., Shawnee, Okla.



"My first big thrill came last month. An acceptance slip! The check that followed was not large, but I got a real kick out of it just the same, for it proved that I can write printable stuff."—L. A. Emerton, Jackson Street, Hanover, Pa.



"I have enjoyed the course very much indeed and wish to report that I just sold a feature article for \$40.00 to the Hearst Newspapers' Sunday Supplement—the American Weekly Magazine."—Mrs. Cherry Bomer Smith, 2315 Cherry St., Vicksburg, Miss.

"You can imagine how thrilled your over-fifty-year-old cub was when she opened her mail early this week to find a fifty-dollar check for a description of a trip which she took last August."—Mrs. Drusilla Crankshaw, 28 Irving St., Cambridge, Mass.

Have you ever tried?

Have you ever attempted even the least bit of training, under competent guidance?

Or have you been sitting back, as it is so easy to do, waiting for the day to come some time when you will awaken, all of a sudden, to the discovery, "I am a writer"?

If the latter course is the one of your choosing, you probably *never will write*. Lawyers must be law clerks. Doctors must be internes. Engineers must be draftsmen. We all know that, in our times, the egg does come before the chicken.

It is seldom that anyone becomes a writer until he (or she) has been writing for some time. That is why so many authors and writers spring up out of the newspaper business. The day-to-day necessity of writing—of gathering material about which to write—develops their talent, their insight, their background and their confidence as nothing else could.

That is why the Newspaper Institute of America bases its writing instruction on journalism—continuous writing—the training that has produced so many successful authors.

Learn to write by writing

NEWSPAPER Institute training is based on the New York Copy-Desk Method. It starts and keeps you writing in your own home, on your own time. Week by week you receive actual assignments, just as if you were right at work on a great metropolitan daily. Your writing is *individually* corrected and constructively criticized. A group of men with 182 years of newspaper experience behind them are responsible for this instruction. Under such sympathetic guidance, you will find that (instead of vainly trying to copy some one else's writing tricks) you are rapidly developing your own distinctive, self-flavored style—undergoing an experience that has a thrill to it and which at the same time develops in you the power to make your feelings articulate.

Many people who *should* be writing become awestruck by fabulous stories about millionaire authors and therefore give little thought to the \$25, \$50 and \$100 or more that can often be earned for material that takes little time to write—stories, articles on business, fads, travels, sports, recipes, etc.—things that can easily be turned out in leisure hours, and often on the impulse of the moment.

How you start

We have prepared a unique Writing Aptitude Test. This tells you whether you possess the fundamental qualities necessary to successful writing—acute observation, dramatic instinct, creative imagination, etc. You'll enjoy taking this test. The coupon will bring it, without obligation.

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Send me your free *Writing Aptitude Test* and further information on writing for profit as promised in *Psychology*—February.

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27B361

"I think!"



I ALSO, want to pay my compliments to you and the others responsible for **PSYCHOLOGY** Magazine. Wise educators and school teachers would do well to present this magazine in the classrooms of every school in America. I am a traveling salesman and assure you your publication has been a constant road companion, and a very helpful one.

Harry Stienberg,
Cheyenne, Wyo.

I WONDER if you know what your magazine is doing for so many struggling, bewildered souls? How many times you have pulled me out of a veritable mire of discouragement and restored my morale! Please believe that I am stating a literal truth—not merely stringing together empty words to form a compliment. You have *actually helped me*.

Kathleen Short,
Mexia, Texas.

IN response to your request for the subscribers' views on the liquor traffic and the Eighteenth Amendment, I am glad you have taken the stand you have.

First. Because you have been in position to know and present facts and figures from both sides.

Second. Because you are in position to call the facts to the attention of many thinking men and women.

Third. Not because I am a "wine-bibber" or because I love the atmosphere of the old-time saloon, but because of the conditions which it has created. When Abraham Lincoln put the revenue on liquor it was not intended for a means of increasing the national treasury. But he said, "The revenue will be used to pay for the evil which liquor creates. Under the reign of the Eighteenth Amendment we have had no revenue to pay for the evils, therefore the Anti-Saloon League has been a parasite, not only asking millions for propaganda and fat salaries, but they have also filled our prisons and charitable institutions.

I sometimes wonder how our church-going people can pray for the betterment and ennobling of our young men and women, and at the same time lay a more grievous stumbling-block in

their way. Certainly they will soon wake up to the truth and come out of that frozen, dense condition.

I am thoroly convinced that the Eighteenth Amendment is not only a failure, but a menace to society. In my opinion it has produced a worse degradation than that of the old-time saloon. I pledge my whole-souled support in favor of repeal.

P. B. Decker,
418 Eben Avenue,
Findlay, Ohio.

IT was with deep regret that I read Dr. Henry Knight Miller's editorial in the current issue of the **PSYCHOLOGY** Magazine, in which he so scathingly denounces the Eighteenth Amendment to our Constitution, and convincingly perpetuates the educational campaign which the bootleggers started ten years ago, when it would have been so easy for him to have written just as convincing an argument, and a much more humane editorial, on the poisonous and degrading influences of alcohol, opium and narcotics to the human body. He, above all men, is in such an enviable position to influence public thought and expound the true economic solution of the liquor problem, especially, with enlightened America waiting and daily appealing for one with so vast an influence as he to come forth with the true economic solution.

Editorial education was the absolute cause of the Eighteenth Amendment becoming the law.

Educate our people to **FEAR** and **HATE** the deadly effects of alcohol on their body and we have the psychological, economical, political and legal control of alcohol and its distribution solved.

Twelve years of editorials against personal liberties, law and the Eighteenth Amendment have educated our people to the present debauched state.

Only one year of editorials, which would build fear in the minds of our people against alcoholic destruction, together with only three months of national radio broadcasting, of the truth about alcohol and its depraving mental and physical influence would do more to bring about a state of respect for the law and build an unprecedented true economic condition than fifty

years of editorials such as Dr. Henry Knight Miller's latest one.

Would to God this letter could receive the prominence given Dr. Henry Knight Miller's editorial, or that one written about **FEAR** and **HATE** for **ALCOHOL** written by someone who knew how to write a good editorial would receive such prominence.

Only one subscriber,

B. H. Werner,
Altoona, Pa.

THE November and December issues of **PSYCHOLOGY** are just fine. It is pleasing to note the steady improvement in your format. Your two practical editorials on prohibition are the best I have ever read. I am quite active in the Crusaders or anti-prohibition organization of young people of whom you no doubt have heard.

I read both of your fine editorials at one of our recent meetings. I wish you could have been here to have received personally the many compliments tendered you. I am sure **PSYCHOLOGY** has made many friends thru your fine stand on this very important question.

The secretary of our local chapter is writing the National Headquarters in Cleveland citing your editorials.

Stanley W. Kierstead,
Y. M. C. A.
Kansas City, Mo.

I CANNOT refrain from expressing my great appreciation of, interest in and profit by the three editorials in the August, September and October issues of **PSYCHOLOGY**. Wife and I have been deeply interested for many years in what your magazine stands for. We get it monthly as I do only Sunday supply work and my income varies. If the Christian ministry were only more keenly alive to the principles which your writers deal with the Kingdom of God on earth would the sooner be established.

Rev. Fletcher Clark,
825 N. 63rd Street,
Phila., Pa.

I AM a subscriber to **PSYCHOLOGY** and like the articles contained therein, especially Dr. Miller's articles on the liquor problem. I believe if such a proposition of taking the profit

cut of liquor was proposed practically all the wet and dry persons connected with the enforcing and breaking our present law would combine to defeat it and I doubt if five per cent of the senators and congressmen would dare to vote for such a law. Practically all lawyers would be against it.

Of the billions of dollars profits made each year out of liquor I think the enforcement officers and their allies get their share of the spoils with the bootlegger, moonshiner, etc., and if such a law is proposed, a large per cent of the wet and dry forces would combine to defeat it.

M. L. Gibson,
U. S. Customs Agent,
Richford, Vt.

I WAS much surprised at your article on the failure of prohibition.

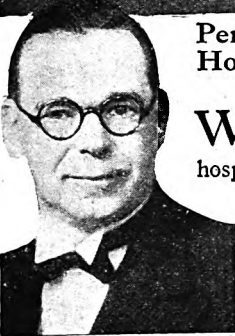
In the wet state of Massachusetts the annual average of assault cases from 1912 to 1918 were 10,527; from 1920—1929 there were 7,748, an annual average decrease of 2,779, or 27 per cent. An average annual decrease of 81 per 100,000 of population. In 1909, the jail population of the state was 32,228; in 1929 it was 18,880, a decrease of 13,338, or over 41 per cent. And all this in the face of an actual increase in state population of 900,000.

The Morgan Memorial located in the south end of Boston reports in pre-prohibition days, according to official statistics, nearly 90 per cent of the men who came to this institution for help were either intoxicated or carried the aroma of drink; last year this was true of only 8 per cent. In 1916 in all the cases aided by the Boston Provident Association 17.8 per cent had intemperance as a factor; in 1929 this was true of only 8 per cent.

Mr. James T. Ramsay, chief probation officer for Middlesex County and active in the work since 1897, says, "As a probation officer close to conditions in our courts before and after prohibition I say advisedly there is no increase of crime in this state. I have made to the police in Lowell a statement which they have agreed is conservative. This is the statement: In the old days of license more intoxicating beverages were sold in one saloon on a Saturday afternoon than all the bootleggers, smugglers and home-brewers could get together and dispose of today in two weeks. The police have confirmed this statement." Is prohibition a failure?

Rev. Herbert S. Magney, a foreign missionary out of the United States for five years, had read and believed all the wet propaganda and on his return expected to find terrible conditions. He says: "I have travelled from New York City to Salt Lake City taking in Chicago, Cleveland, St. Paul, Minneapolis, Duluth, Des Moines, Omaha, Rockford, (Continued on page 75)

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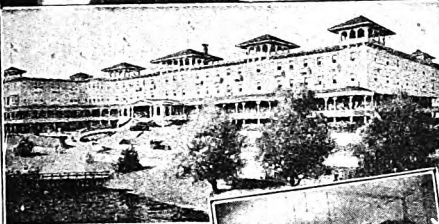


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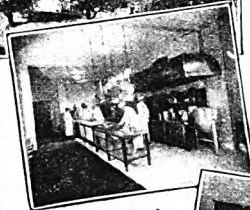
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Dreams of A. Galahad Jones

(Continued from page 43)

the cracks of the old shed he saw the gleaming spears of the pagan hordes with whom Sir Galahad had fought. Thru a hole in the wall a silver beam stole softly and in a trembling mist the Holy Grail shone faintly pink, then detached into a flaming cup, blood red. He heard the silver horn from off the hills and the white-plumed knight rode out across his own little green plain that he loved so well, and where he tended the sheep.

Andy struggled to climb out from among the sheep, for at last, at last, his beloved knight had come. In spite of his struggle to be brave the pain of his broken leg was more than mortal boy could stand. He fell back among the sheep. Frightened by some noise they moved away and Andy saw again as in his dream the white knight fade slowly out and a little old man on a shaggy gray pony plod slowly toward him thru the snow. No, it was not his Prince of Dreams who dismounted stiffly and hobbled thru the open door. It was not his Prince of Dreams who fell on his knees and lifted him tenderly with the tears streaming down his kind

old face. It was just grandad!

"Andy, oh Andy, boy," he murmured, "to think I was ever afeered you'd be a quitter."

When the men who had come from the ranch lifted Andy up onto the broken door they were using as a stretcher, his book fell to the ground. Grandad picked it up without his grandson seeing him and read on the fly-leaf:

"To my beloved son, A. Galahad, from his father, John Jones."

"Humph!" said the old man. "Your father was a scholar, and always called you 'Galahad', but me, I'm a plain man. I *understand* the name of Andy. Humph!"

With the elasticity of youth, Andy was soon ready to try his crutches. He made his way out to the porch where his grandfather loved to sit and smoke his short black pipe. He was reading and did not hear the boy at all. Reading! Grandfather reading! Reading a book that was frayed and worn.

Andy rubbed his eyes. He doubted his sight, for the book held so closely before the old man's eyes was his own

precious book he had mourned as lost, *The Holy Grail*.

"Grandad! Grandad!" he cried. "My book that father left me. I thought I lost it in the storm. Oh, Grandad!"

The old man raised his head with a dreamy look in his eyes.

"Andy boy," he mused. "Andy boy, I never had no idee what fine readin' there is in this book. I can see the makin' of a mighty fine business man in this Sir Galahad. He didn't know the meanin' of the word 'quit' did he! I tell yuh boy, a feller that'd wade thru miry, black swamps; thru woods afire with lightnin'; up mountins no man had ever clumb before; why, boy, he even fit whole armies o' savages single handed! An' all fur an old *red cup*! Wouldn't that feller a made things hum in the lambin' season here?"

"But shucks! Andy," he looked proudly at the thin boy who leaned on his crutches, "he couldn't a done a bit better'n you done with them sheep. That feller, he always had his armor, an' a horse an' . . . an' . . . his leg wasn't broke neither! Andy, yuh got any more o' these books round here?"

Tho Dark the Way

(Continued from page 17)

directed effort. Man must laugh in the face of defeat and climb over his reverses and discouragements to ultimate and aspiring triumph. If a man will keep on, have faith in himself and in life, refusing to be deterred by reverses, he will sooner or later reap the reward of those who overcome. God is within and God is in everything. If a man will contact this hidden divinity and use the inexhaustible energy and power of the great God within, draw lavishly upon the cosmic powers to aid his own self-directed efforts, he will taste the fruits of triumph, however multitudinous the discouragements along the troublesome way.

When the curtain rises you will find me armed with this philosophy of life, a little capital and a growing business that needed much more capital. I want you to glance over my efforts to gain this added capital.

Scene 1. I had long grieved at the prevalence of social injustice, graft, maladjustment, class hate, poverty, unemployment, needless illness, marital disharmony, sex ignorance, intolerance, bigotry and other forces that rob life of its lustre. I published a magazine to discuss ways and means of human betterment. It was an admirable and much-needed publication. It might

have done much to benefit society. But the masses whom I was seeking to help were more interested in reading cheap periodicals of alleged true stories of crimes, murder, mystery, western or war fiction. They would not buy this publication. I lost thousands of dollars but never any sleep, nor did I lose my philosophy of good cheer and faith in ultimate triumph.

Scene 2. I started another magazine on a subject of universal interest wherein the public gravely needed instruction and information because ignorance of the laws of life in respect to the subject discussed was causing more human wreckage and unhappiness than any other single factor. But the magazine was too clean for the morbid, who sought only sensation and too frank for the orthodox, who hate to have their idols broken even when they behold their feet of clay. The publication failed and cost me thousands more of my little fortune. It was a hard blow, but I took it with a smile.

Scene 3. For years my best friends had been cleaning up on the market. Thru three years of the persistent bull market when almost any stock purchased was bound to go up, I refused to join the speculation-inflamed crowd. Finally, however, I was given a tip by

a trusted friend on Pullman that sounded so plausible that against my own ideals and better judgment, hoping to get rich quick, so I could keep **PSYCHOLOGY**, I bought several hundred shares of Pullman at 90. The dope was that the dividends were to be increased and the stock would go to 120. But day by day the stock dropped until it reached 80. Then it would laboriously move over a period of weeks to 85 only to drop back a half point a day to 80. It kept up this senseless seesaw for six months. My money was tied up and I was disgusted with this fling on the market. I wanted to get out, even, and sought the advice of experienced traders. They told me next time the stock reached 85 to sell double the amount of stock I was holding. This is called "selling short." Then, when the stock repeated its movement down to 80, I could buy the extra shares at this level and would be out even. The next time the stock reached 85, I sold short. The next day the stock reached 93. My losses totaled thousands.

Scene 4. A very dear friend, president of an oil company listed on the curb, told me his company was going to consolidate with six other companies and that the stock would advance from

two dollars a share to at least twelve. If ever there was an "inside tip" this was one. I bought 2,500 shares. The consolidation failed of consummation after days of conference in which the various factors failed to work out a plan acceptable to all and I lost several thousand dollars. These two experiences convinced me of the folly of trying to "play the market" and I resolved to let others waste their money in this colossal stupidity and form of organized plunder, but never again to buy a share of any stock on margin. Still I was undaunted, tho by this time my capital was looking pretty small.

Scene 5. There seemed to be a good opportunity to build a profitable business in a certain field of wholesale distribution. I organized a company and after a long, desperate struggle placed it on a plane where it was earning between \$3,000 and \$4,000 net a month. Then came the stock market crash of November, 1929. Evidently most of my 800 agents scattered thruout every state in the union had been gambling on the market and lost their money. At any rate, they would not pay their bills. I couldn't collect my accounts in order to pay my principals. I could not borrow at the banks. All of the banking funds were being conserved for market gamblers. My business disintegrated and I lost \$30,000, due to no fault of my own, which left me about \$5,000 in debt. It was a severe shock to my philosophy of success. I seemed to be a failure, but while my smile was less broad and more grim I did not admit defeat, but resolved to keep on fighting.

Scene 6. While on official duty for **PSYCHOLOGY Magazine**, I had occasion to meet the officers of a company in the process of organization, with prospects that seemed unusually bright. I was requested by New York brokers to effect an introduction. The brokers signed a contract to raise \$2,000,000 for the young company and I had a contract as "agent" in effecting the introduction, for the usual five per cent. agent's commission. The officers of the company were jubilant. This amount of capital, they believed, would make success certain. The brokers were happy. They said they had never had a more promising deal. I was happy. I felt that I had by this single activity gained back all I had lost. I had unlimited faith in the integrity of the officers and the success of their enterprise. Two days later the officers were arrested for using the mails to defraud, and while the case has never yet been tried to prove whether the officers were guilty or the government's action ill-advised, my vision was shattered of sharing in a profitable and, I believed, legitimate business transaction and having at last the money with which to boost **PSYCHOLOGY**. I was now several

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We find that many **Psychology** readers are misinformed regarding Dr. Leavitt's work, being under the impression that he devotes his entire time to writing books, articles, and his answers to questions in the "What Can We Do For You?" department of this magazine. This is an error, for practically all of his time is given to helping those in trouble.

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thousand in debt, and had not only received never a dollar for my interest in this ill-fated enterprise but suffered from unfavorable newspaper publicity in connection with the matter. It was hard to smile after this tragic reverse but my faith in the ultimate outcome of things never wavered.

Scene 7. I had occasion to befriend a man from Kentucky who was caught in the meshes of the great metropolis and greatly needed a friend. The Kentuckian was grateful for the help rendered and sent me a group of rich oil and gas leases, some of which were surrounded by production, in fields where there were practically no dry holes, where nearly every drilling produced a well. I investigated and expert oil and gas men approved the leases for highly profitable operation. I spent six harrowing weeks in New York trying to raise a few thousand dollars to drill some wells. I who had lost tens of thousands without wincing, who had lavishly entertained hundreds of "friends," who had devoted most of my energies in life to helping others, with a fabulous fortune in my grasp, could not raise a few thousand dollars! I lost one of the best leases because it provided that drilling should start in ninety days and I could not raise the needed funds. The biggest gas company in the world grabbed it on the

expiration date and will doubtless make millions on it. It surely looked like the midnight hour. I tried to put a second mortgage on my home. I offered to pay a bonus of 40 per cent. There was no money available. I tried to borrow about ten per cent. of what my personal stock in PSYCHOLOGY is worth, placing my controlling interest up as collateral, and was turned down.

Another valuable lease was hanging in the balance. It had a ninety-day drilling clause. On the eighty-eighth day I still did not have a dollar. In desperation I wired my driller: "Move apparatus on Falls lease. Start drilling. Will wire funds." The next day I sold some of my personal possessions for a few hundred dollars, drew several weeks of back salary and sent twelve hundred dollars to the drillers. It was my final, desperate venture on faith.

Scene 8. The well came in at a depth of 475 feet, just where I knew it would, for an estimated 3,000,000 cubic feet of gas. The pipe lines are surveying to run a line over to the well. It will yield \$25,000 a year net income (on an investment of \$1,200). And it is all mine! Apparent failure spelt triumphant success. If I had raised a few thousand dollars and drilled the well it would have belonged to the company I was trying to form. Because my friends would not help me, I drilled it with my own

money, and it is all mine. I am now drilling a second well and have locations to drill several more. In six months time I should be a wealthy man. I have secured thru a contract of purchase several thousand acres with sixteen producing oil and gas wells on them which should produce millions of wealth.

Dear reader, the future now appears secure, but if any unforeseen circumstance should mitigate against the success which now seems certain, I shall press on undaunted "for other fields to conquer." The moral of the story—and oh, how many of my readers need this message just now—is not to permit failure, discouragement and disaster to overwhelm you. Everyone has to face and solve serious problems. None is immune. Keep fighting. Keep your faith in yourself and in your ultimate triumph thru rightly directed thought, emotional control and volitional direction of life. There is happiness, health and wealth for all if we refuse to concede defeat. "Tho dark the way"—fight on. Keep the altar fires of faith in your soul alive. Darkness precedes the dawn. Pain may endure thru the night but "joy cometh in the morning." The way will turn. Your day will come. "Give to the world the best you have, and the best will come back to you."

Back to Freedom

(Continued from page 33)

Ashworth the duties of his own position. So had begun the process of breaking the links. Now Ashworth was trained so that he might run Jethro's business.

Tomorrow Margaret would receive Jethro's note telling her that a controlling third of the business was hers. She was to get a divorce and marry Ashworth. The other man would fill Jethro's place. Jethro would be free to carry out a long-cherished plan.

He had built a plane that was as perfect as science could make it. The flying which he had done in France during the war needed but the retouching of two months' daily practice. Other men had taken ships, covered wagons, trains, automobiles and set forth to explore the world. He would wing his great bird of the air and visit far corners of the globe.

Ashworth's motor invention had made the most appalling speed possible. It would be easy even for an amateur to cross the ocean with this speed. He would fly over the jungles of Africa, the deserts of Asia, perhaps over the snows of the Poles.

He looked down. Below him was water, a lake. Suppose his motor should miss and he should fall. No one would know. No one would care.

He was one man alone in eternity. The thought did not appall him. It startled him, however, for an instant. But it proved that he was free—gloriously free.

And so, on and on, flying in exultant freedom, he went.

He was thinking about Ashworth. Odd! he had never liked the fellow. A brilliant man—yes! but there was something about him? However, Margaret loved the man.

Below the flying plane now was desert. Should the motor fail here, there would be better landing. Why did his mind go back to that possibility? It was because—yes! the motor was missing! had been missing! Ashworth's motor! Like the man whom Jethro had never quite trusted, it, too, was not to be trusted.

He would take no chance but would land. The desert, level as looked at from above, was broken by gullies. Landing, his plane turned, was thrown and lay with a broken wing.

To the West there had been two twisting silver ribbons, he remembered. He was unhurt and a walk of a few minutes brought him to the steel bands over which trains passed. He flagged a slow-going freight train. His adven-

ture into freedom must needs be delayed until the broken plane could be repaired.

There were mechanics in a garage at the small desert town to which the train came presently. Yes, they would bring in the plane while he wired the next city for experts to repair the broken wing. A passing train from the city dropped mail and papers. Randall bought a paper from a ragged station boy.

Head-lines caught his attention:

JETHRO AIR MOTORS COMPANY IN HANDS OF RECEIVERS

Trusted Junior Partner Absconds with Thousands

Ah, Ashworth, untrustworthy Ashworth! Margaret's farewell letter from Jethro had not come in time. Ashworth had stolen the money that might have been his legally, with Margaret as wife. There was an immense irony about it.

Jethro would have laughed, but before his eyes came the picture of a tear-stained face. Margaret always cried. Margaret would now have cause for tears. Margaret with nothing.

Husband, lover, fortune—all gone. Jethro forgot that he, too, was without fortune now as he pictured her misery.

There was something Jethro must do. He bought a ticket at the station. It would take him back to Margaret, to work that would rebuild his wealth, to

business cares, to social position—the links of his chain.

Jethro, however, did not think of these things. He was thinking of Margaret. Jethro was free. He was free from his maddening obsession for freedom!

The Coming of the Superman

(Continued from page 41)

neighbors in other cities, and will hear news of celestial events broadcast thru space.

He will live a hundred and fifty years on this globe, perhaps longer if his great work is not then finished.

He will smile at so-called death, looking gladly forward to the better life beyond.

He will bless the world, leaving as a noble monument a record of enduring service to mankind.

Do you agree with the analysis of the superman? How, if at all, would you prophetically change any of the points? The act of looking ahead with realism and optimism encourages all progress.

Now let us regard the actual benefits to come. What will the superman do for the world when he has arrived in sufficient numbers to have a dominating influence? He will proceed to civilize the world, including America. Some one may interpose objection, remarking that America is already civilized. Oh, no. The speaker is evidently misinformed. Our civilization has been started, but is nowhere near completion. The building process awaits the arrival of the superman, who will erect the superstructure on the foundation we have laid. America will seem like a different country when our civilization has reached the apex. We shall dwell no longer in a basement of confinement, but rather in a tower of promise. Uplift and outlook will animate all our best people.

The superman will be primarily a combination of mystic and executive. The rule of life under his direction will be for everybody to see just the right thing to do always, then go ahead and do it. The universal adoption of this beatific and scientific rule would make a heaven on earth. Misery always follows a mistake by somebody. The superman will specialize in seeing and preventing mistakes. We note a few results that may be expected to follow, indicating how everybody will be taught to do the right thing, for the right purpose, in the right way. Reasons fully and fairly applied always get results.

Work will be made attractive, congenial, distinctive. Drones will be out of date. Misfits will be abolished. Every young person will know how to

find what he or she can do best, with modern methods, tools and facilities readily available. Personal achievement will typify enjoyment. The faculty of every college, the staff of every great industrial corporation, will include a vocational expert and an efficiency engineer.

Poverty will be outgrown. Everybody of mature age will be able to turn out such a rich abundance of good work and to market it so well that nobody need complain of an empty purse.

Education will consist primarily of a demonstration of how to think, how to work and how to live. Text books will serve not as repositories of facts to be memorized but as depositories of ideals to be actualized. The best grades will go not to prize bookworms but to those whose talent, industry and character bring forth the most nearly perfect products.

Longevity will form a popular national study. Community organization of hygienic, social, therapeutic, psychotherapeutic and prophylactic science will have mostly banished epidemics, accidents, infections, hereditary taints and weaknesses, unwholesome habits of living. Man will be conscious master of his own machine, protecting it wisely from needless damage. Perfect health will be the rule, and the style.

Industrial homes will serve to inform and reform criminals by means of psychological, technical and moral training departments under scientific management. There will be no criminal confinement of criminals, but rational study of their psycho-pathology. Punishment will yield to betterment. Jails, prisons, reformatories and penitentiaries will have been outlawed.

Citizenship will call for a new standard of merit, and citizens will be judged by the quantity and quality of their progressive public service.

Marriage will blend true science and true romance. All candidates for marriage will be tested to make sure they love each other and ought to marry; then they will be taught the fundamentals of conjugal ideals and relationships. No marriage ceremony will be held justifiable or legal without such preliminary courses of testing and teaching. Only the real marriage of real mates will be allowed. Sex will convey soul, as it should.

“I wish I was going to Thornton's dance, but I will be out of town. Who is he going to invite? If all are as busy as me, he will only have a small party.”



He thinks he is speaking Correct English!
Can you find his FIVE mistakes?

IF YOU were introduced to an attractive, prosperous-looking man or woman who constantly made crude mistakes in grammar and pronunciation, what would you think? You could not help thinking that this person was sadly lacking in education; you would feel that he, or she belonged on a lower social level.

And yet, unless you have made the correctness of your own speech a habit, you never can be sure that you are not unconsciously making errors which may cause others to lower their estimates of your education and refinement.

You may not make such glaring errors as *I aint*, *you was*, and *between you and I*, but perhaps you commit other mistakes which offend the ears of those who know, and cause them to judge you unfairly.

Perhaps you sometimes use *who* for *whom*, or *would* for *should*. Are you always sure whether to spell words with one or two "c's" or "m's" or "r's" or with "ei" or "ie"? Do you ever say, "I did it already" or, "He don't mean what he says"?

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All children will be love children, and lovable in consequence. Birth will follow the guidance of spiritualized eugenics. The race will then become vastly superior, in health, genius, power, character.

The foremost scientists will champion the cause of religion, while eminent preachers advocate the use of science in the church. Theology will

mostly vanish, and religion come to take its place. Religion will be viewed as life, not as mere doctrine, and will so be made practical, vital, essential. A great universal church will supplant the many denominations, sects and cults now existing. Each denomination will function as a department of the church, but the whole church will direct and conduct all charitable, ethical

and evangelistic projects. Morals and ideals will supplant dogmas. Goodness and greatness will be synonymous. Heavenly forces will become proven facts. Divinity will be considered not as remote from humanity but as radiating from humanity. Earth life then will bring the charms and blessings of a glorious experience.

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Cry, Baby, Cry!

(Continued from page 37)

makes frantic attempts to get it interested in something so it will stop crying. He walks with it. He shows it a pretty picture. He gives it a choice possession that up to this time has been denied. He places a sweet in its mouth. The baby has been rewarded for its naughtiness over and over. It is a paying proposition, worth repeating. It makes no difference if the evening is spoiled for both guest and parents. Another battle has been won. The whole campaign will probably be a success.

And so the bondage tightens. Day is too short to exact all of the tyranny. Night is used as well. Tired parents are dragged out of their refreshing sleep to walk the floor with the baby. Altho cartoonists use the picture of the tired father pacing backward and forward across the room in his night apparel carrying a crying baby, there is no real humor in it. Instead, it should be considered a tragic picture and should be posted as a warning to all weak-minded parents. It is the ultimate note of bondage.

In time, the baby becomes complete master. He becomes a tyrant in the home. The daily schedule of the mother, the recreation time of the entire family, the family circle of acquaintances and the family income, all come under his absolute control. The neighborhood suffers from disquietude. Landlords put up the sign "Adults Only".

Parents strain on their bonds. They decide that one baby in the family is too many. They attempt to dodge their responsibility and shift it on to each other. They quarrel. They forget to enjoy each other's society. If civilization did not compel them to do otherwise, they would desert their offspring. They become tired out mentally and physically and look like a mother robin that has just brought her second brood off the nest. They are splendid examples of the kind of parents not to be.

A good baby requires good parents, not parents who are sentimental and weak. A good parent must have a correct sense of proportion.

A baby who is trained to believe that

desirables are obtained by exhibitions of naughtiness is getting an entirely wrong impression of life. A baby is being badly treated when he is allowed to become spoiled. It is no kindness to yield to his crying.

A baby should be rewarded for being good rather than for being naughty. All of his small naughtinesses should be dealt with in such a way that he realizes that they do not pay. When a spoiled baby gets what he cries for, he is being rewarded for misbehavior. When babies are disregarded and unrewarded for being good they learn that being good does not pay. Too often a busy mother permits a good baby to sit for hours in an uncomfortable high-chair or allows him to go for hours without a change of wet clothing.

The ordinary bumps that children obtain in their early attempts at crawling and walking are not legitimate excuses for crying for a long time. Young children cannot seriously hurt themselves in this way because they can not move rapidly enough to get great momentum. They are not tall enough to fall very far to the ground when walking and they do not have enough weight to hurt themselves much. A baby cries when he falls because of sudden change of position rather than because of any great pain he receives. He is usually more frightened than hurt.

When a baby falls, the mother imagines herself in the same situation. If she fell under the same circumstances the fall might be really serious because of her stiffer muscles, more brittle bones, greater height and weight. The mother runs to her fallen child and anxiously gathers it in her arms, soothing and petting it in a manner pleasing to the baby. The baby becomes the center of attention and enjoys it admirably, as is quite natural. He continues to cry, extending the period of petting and soothing as long as the parent will endure it. He cries much longer than his pain continues or his fright endures. He has been encouraged in being a cry baby.

After an experience of this kind the baby expects to be picked up and petted when he falls. Often he makes no at-

tempt to help himself but lies in his fallen position crying for help. He is becoming an annoyance, for anyone becomes an annoyance if he requires constant assistance. He is receiving training that in later years will cause him to stay down when he is licked. He becomes a weakling.

Unless a baby is severely injured, he should be encouraged to disregard small bruises and hurts. When he falls, he should be allowed to gather himself up, laugh about his mishap and resume his playing. Such a baby will grow into an adult who is able to take reverses smilingly and try again.

A baby who is trained to pity himself learns to view life from the wrong angle. Self-pity is an undemocratic emotion. A person inflicted with this disease blames his condition, his position in life, his location, his friends, anybody or anything for his delinquencies and misfortunes. He fails to improve by his mistakes. He fails to learn the lessons of life that will make a man of him.

An adult inflicted with self-pity may become a law breaker. He can see no reason why he is to blame for being poor and unsuccessful. He attempts to get what he wants by using unfair means. As a cry baby he has always played unfairly and he has learned nothing in life to make him change his methods.

Self-pity, in its milder forms, prevents the cry baby from attempting to accomplish and achieve. It makes a mental coward and blocks all of his hopes and aspirations. It forces him into a morbid condition of mind that in time may culminate in one type of insanity. A baby who is encouraged to cry in self-pity is being ruined. Parents in their kind intentions and loving indulgence excuse faulty behavior in their children and the faults grow abnormally. In the desire to give children what they want, parents shut the children out of the chance to get things for themselves. They permit the child to bind himself so strongly with bad habits that he can never free himself. A cry baby becomes a bluffer.

A spoiled baby grows into a spoiled

child and then into a spoiled young person who is very difficult to manage at a time when he needs wise direction. He grows in his wants and demands. His requirements become enormous. His parents and relatives are unable to supply them. He stimulates his parents to greater endeavor by using his "tantrum and tear" policy. They give him more than they can afford, keeping only necessities for themselves. The spoiled child indulges himself in pleasures that he has not earned, depriving his parents of many comforts they should have. He never releases his strangle hold.

At school, he uses his same bluffing methods, which sometimes work because the over-burdened teachers cannot take time to call his bluff. When his bluffing fails at school he forces his parents to back him up in his demands. Rather than go thru a long battle of words, teachers submit and the spoiled child passes to another grade to react the same program. He has demanded the unreasonable, "the royal road" to learning and he gets no education from his

schooling. If he graduates, which is improbable, he has learned little that will help him to make a living or enable him to make necessary adjustments.

Outside of school he continues to bluff. It is difficult to bluff a business firm into giving wages without service. He is released from one job after another. He storms at the foreman and tells him many things, but loses his job. Tears are small assets in business. He is forced to learn obedience at an age when all of his habits of disobedience have become strongly fixed in every nerve fiber of his being. Only a miracle can change him now, and a miracle of this kind seldom occurs. His policy of "getting something for nothing" usually remains with him until the end of his life. If he ever learns that his methods are faulty it will probably be too late to reverse them completely, and still give him time to accomplish much in life. He is most certainly doomed to failure. His long cry-baby training is too much for him and he settles down to mediocrity.

Dynamite of Sex

(Continued from page 24)

in fear is apt to take on the quality of fear. The fear is transferred and spread in the subconscious. Since we are seldom fully conscious of the stages of our conflict, the first we know is the cropping up of unreasonable nervous fears which the psychologist calls neurasthenia, if general, or phobia, if a special fear.

Our dynamite becomes damp in the cold storage of repression. Repression is a well-intentioned but misguided effort. There is a truth contained in asceticism. The creative energies of sex can be controlled and directed into useful channels. Repression, however, is not restraint, not control: it is the harmful negative of excess.

The correct way to solve a conflict is to endure it until ways and means can be found by which each of the opposing forces can find a social and harmonious expression. This brings us to sublimation.

Sublimation is the redirection of the nervous energy belonging to a primitive instinct from an unwholesome injurious outlet to a new, healthy and socially useful activity. This object could be incorporated in our educational system and practised in the early years. A wrong tendency if observed in youth can be checked and the emotion sublimated or expressed along a more useful line.

In the prevention and cure of mental and nervous disorders, sublimation or the freeing of part of the sex energy for socially useful ends is the best remedy yet. Just how do we do it?

A certain amount of our available energy is attached to each of the primitive instincts. The sex instinct has a share of this energy which belongs to it and is great or small according to the strength or weakness of our sex. The most obvious way of sublimating part of this energy if necessary is to spiritualize our love. We have all had experience of the intense satisfaction that can be enjoyed in romance by purely psychic reciprocations. An intense love for a person of pure and noble ideals has often sublimated perverted sexual cravings. The substitution of mental for excessive physical responses tends actually to increase love.

A variation of this method of sublimating is in doing things for the sake of the loved one. The energy which has been excessively used in exaggerated displays of physical affection will now be partly expended in a more useful and constructive way, and in addition will yield a deeper and more permanent satisfaction. It is to be noted that neither of these methods aims at a revolutionary change in the sex attitude. What is given is a counsel of control with a substitute response to take the place of a previously excessive physical response.

We can now deal with that part of our emotional energy which is not the private property of the various instincts, but rather an independent floating stock of energy which may be enlisted in the service of any dominating instinct. If this surplus has been

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wrongly directed in unsatisfactory sex, or if it has been excessively expended on sex to the neglect of other activities, sublimation is called for. This floating energy may be drafted into the service of ambition, construction, curiosity or social instincts.

There is a close connection between the creative character of sex and of construction. Scientific curiosity also can readily take the place of morbid sex interest. Primitive man used his surplus energy largely in war. We can rouse our pugnacious instinct to solve problems, to tame nature or in mastering science. Women naturally and intuitively take to social work when they feel the need to sublimate.

Work or lose the power to will,
Serve or lose the power to love.

Work and play, dress, art, music, dancing and religion have ever been

and still are the great activities in which men find a constructive or refreshing outlet for emotions that have been jaded by over-indulgence.

We placed religion last but it is far from being least. Religion forms an ideal means of sublimation. The only cases of successful repression we can find are in intensely religious men. Religion and romantic love have much in common. The nun who heartbroken and shattered by unfortunate sexual experiences not only shows that her ideals are essentially intact but also an excellent example of successful sublimation. Religion holds forth the most sublime ideal for its love and the most potent dynamic for the sublimation of misdirected love.

Control is the lock of the doorway to success, but common-sense is the key. Remember, first, that to a certain extent each individual is a law

unto himself; second, that spiritualized love if carried too far leads to sentimentality; third, that sublimation cannot be carried beyond the point of desperate resistance without danger.

There are various taps leading from the sex energy reservoir. The dissipation tap leads to the drain. The repression tap is blocked by conflict, and introduces the danger of an explosion. The sublimation tap is connected to an evaporator and condenser. The energy used is replaced and is never exhausted but rather grows. Sublimation with controlled exercise of all our functions is the ideal. Human love must sublimate part of its force to harmonize itself with the purposes of creation and to reach its full height. In the life of the truly successful man his sex love and his service to humanity are harmonized, and each receives the proper share of his energy.

Making the Best of It

(Continued from page 40)

human mechanism is continually adjusting itself. Some of these changes are so simple that they are made automatically, such as the adjustment the body makes when we climb a steep hill: the faster breathing and the increased pulse rate. When it's cold outside, we do not go into long meditations on what to wear. We mechanically put on heavier clothing. When it's warm, we know we should wear lighter clothes.

We cannot go thru a day without experiencing some change. Consequently, we must meet these adjustments and handle them as adequately as the body does. If we do not try to adjust ourselves, failure stares us in the face.

Finding oneself is probably the only and the most important secret to success. All men are fitted best for some particular branch of work. Many of them are misfits. Sometimes an obstacle, such as an illness or a lost job, might turn one in the right direction.

The most valuable lessons of life are often defeats. The question is how are they to be taken. When Pasteur failed as a portrait painter he became a great scientist. If he had said: "I can't paint, what's the use of trying?" his name today would be unknown to us.

But then obstacles don't exactly come in forms that are obvious. For example, depressions are nothing more than a different kind of handicap. Some of the world's greatest men have suffered from such fits of depressions that they have come near to ending their own lives.

One of these men was Abraham Lincoln who during those days of the Civil

War was fighting against the defeat that seemed to be ringing in his heart.

Those sad and disheartening days at the White House led to terrible depressions. Several times he was on the verge of committing suicide. At one period it was thought necessary to watch him every hour of the day and night. It was even considered advisable to remove all knives, scissors and other instruments with which he might take his life. He believed that he had failed and one day he said:

"If what I feel were equally distributed to the whole human family, there would not be one cheerful face on earth. Whether or not I shall ever be better I cannot tell. I awfully forbode that I shall not live. I have done nothing to make a single human being remember that I have lived."

But such a case of depression is not unusual. It is frequently found among great men with nervous and sensitive systems. Practically all of the leading painters and writers suffer a period when they think their work is fruitless.

Harry Leon Wilson, author of *Merton of the Movies* and *Ruggles of Red Gap*, told me once that every time he finished a novel he was certain that he was written out. He knew he could never write another. This same condition attacks people in all professions. It is, again, another of the obstacles we have to overcome.

As has been pointed out on many occasions, there is enough strength in our systems to counter-attack any disease, mental or physical, that may attack us. Immanuel Kant, the German philosopher, whose bony little form was often full of pain during his early

years forms a good illustration.

Physicians had given Kant no chance ever to be healthy. In other words, he was given up as a hopeless case. Kant had an idea that correct breathing was the way to health. Near his house ran a narrow street half a mile long. He walked to the end of this street and back with closed mouth, breathing deeply, waving a cane to ward away talkative neighbors and keep up the circulation in his arms.

Once and back he went—in a month he had increased it to twice and back. At the end of a year, he had decided that to go the length of the street eight times was the correct amount of exercise—four miles in all.

At exactly half past three he came out of his lodging wearing his cocked hat and long snuff-colored coat, and walked. The neighbors used to set their clocks by him. No one dared accost him or walk with him. It was his sacred hour—his time of breathing.

Sir James Barrie wrote his well-known play, *Mary Rose*, with his left hand during an attack of neuritis. When asked the reason for the success of the play, he explained: "I wrote the play with my left hand and things come down your left arm that would never come down your right."

Genius, so it seems, can triumph over almost any defeat. However, we are not all geniuses, and we must go on our narrow paths fighting the obstacles and handicaps in our own way. As Dr. Morris Fishbein has declared, if a defect is incurable a man can often win by making a careful study of the situation and adapting his mode of living and his occupation to his limitations.

If we were to make up a list of the men and women who have reached fame despite their handicaps, we would have a volume on our hands. Hurdling handicaps means courage and will power. The man who because he has

lost an arm or a leg is constantly offering excuses for his defect is not trying to win over his handicap. He wants sympathy, not success. We must turn physical defects into assets and use them as a *challenge* to success.

New Minds for Old

(Continued from page 45)

however, is one devoted to ideas. He illustrates that class."

For persons interested in things there is a wide range. This may vary from making a hat to the invention of a radio.

Not long ago a young woman, who cared not a whit for figures but who by some chance was serving time as a bookkeeper, came to the Bureau to discuss maladjustments. She was bored by bookkeeping. Being well set-up, well-dressed, fond of charming colors, she was tested and finally sent on her way as a stylist. Clothes would always interest her—but figures and office work were perennially distasteful.

Reasonable guidance in the early days of training would save many a girl and boy from mistakes like this. Natural aptitude should always be treated with respect. Too many ill-adapted job hunters are today battling at doors they can never open. The vocational expert is lending a helping hand in such instances.

Dr. Burr believes that to be at one's best mentally there must be a goal.

"The goal idea," she said, "is to be emphasized, and some philosophy of life. Trying to be a sport," she explained, in the vernacular of the day.

"Do you mean a day-by-day goal?" we asked.

"Sometimes it's a day-by-day goal—something to overcome and something that is possible of attainment. Adolescents often have impossible goals," she explained.

"Owners of hotels have sometimes begun as bell-hops. If one could know the stages, just how the man got to the head of the hotel, or how the girl who began as a seamstress came, step by step, to be the head of a millinery establishment of her own, many cases might be interesting.

"College gives you a definite goal. After graduation, people slump frequently. It may be due to bad personality traits; it may be that one is not in the right kind of work. It may be that he sees no goal ahead. There is need in some cases of a specific training after college."

"What proportion of people use the maximum brain power?" we asked, for it is notable that in an age of measuring efficiency so little account is taken of the brains going to waste.

"A very small proportion—perhaps

two per cent," was the reply.

"Does using the brain improve it, enable one to accomplish more?"

"What we do is to develop concentration and attention. I doubt whether it is a good plan to read during breakfast," she added, referring to a habit by which many of us think we are saving time. "Chatting is better for our digestion. Breakfast is a poor time to improve ourselves mentally.

"Auditory memory," she explained, returning to the original question, "that power to hold and sustain, doesn't increase after the sixteenth year.

"A person can become scatter-brained, diffused, unable to make a sustained effort over a period. One of the most alarming things in present-day education is allowing ourselves to be scattered.

"If the six-hour day comes about, we are going to have a tremendous amount of leisure for avocations. We should think in school of training people for recreation, for leisure, for happiness, for, after all, happiness is our goal."

What, then, are we going to do for ourselves and our minds? Go to high school or college, all of us? Not a bit—if the psychologist is directing our activities.

"The tendency to over-education is not to be emphasized," she said. "A college education for everyone is a fallacy; high school for everyone is a fallacy. The effect of a college or high school education differs widely with the individual. That's why a category of occupations is an impossibility. You can't put all barbers into the same class.

"Many artists might very well go into the more lucrative forms of art where there is not such need of genius—the decorating of homes, making furniture more beautiful.

"Some low grade girls," she concluded with optimism, "are succeeding in artistic work."

Dr. Burr recognizes the value of money not only in supplying the essentials of existence but frequently in lending new courage and stimulation to our endeavors. She is a strong believer in the adage that the laborer is worthy of his hire.

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"We try to get away from occupational therapy where there is none of the incentive that comes thru pay. We find that girls triple the output when they are on a piece-work basis," Dr. Burr said.

These figures are important for every man and woman interested in education and jobs. Three hundred per cent increase in output when one goes on the piece-work basis!

Why? Here again is the goal idea. Money is by no means the highest aim; but often the girl who has heretofore been a burden to her family, by earn-

ing even a little money has a new joy in life—the happiness of sharing in the support of the home. Mentally she has the fine reaction brought to any individual thru success in work.

The placing of the Vocational Adjustment Bureau in one of the New York public schools is proof of its achievements. The building of new minds thru creative work—the making of useful and beautiful articles—is but a fresh application of an old principle.

In the minds of many psychologists, it is not education that puts men in high places today; it is *personality*.

It is not the knowledge you carry stored away in your cranial warehouse; it is the way you react to every experience in life. Your reaction is dependent not only upon what you know; it depends also on what you think and feel.

Do you need a new mind? Do you want one?

According to this stimulating psychologist, it's up to you.

A Scream that Was Never Heard

(Continued from page 25)

with any unusual or serious accident in her childhood.

The answers to all these threw no light on the problem.

"Financially you are fairly comfortable?" I ventured.

"Yes, fairly so."

"You have no financial worry?"

"No."

"You are living alone but you see friends a great deal?"

"Yes, my friends are just wonderful.

It was thru one of them that I came to you."

I had reached the end of my usual method of narrowing things down by a systematic process of elimination.

Leaning back in my chair I half-closed my eyes and resorted to the intuition method by which, many times, I had touched the center of a problem at once without any conscious effort or the use of my reasoning faculties.

"Have you ever seen anyone killed?"

Her pause lent hope of having struck something.

"I once saw a man fall out of a fifth-story window of an office building."

"Someone you knew?"

"Oh, no—I was there on business!

It was someone cleaning windows."

"Did you see him hit the ground?"

"No, I fainted on the spot!"

"You were simply horrified?"

"I only hope never to see such a thing again."

"And you let out a scream which scared the whole office staff?"

"No. I wanted to, but couldn't."

The tragedy of a woman entitled to a perfectly good hair-rising scream and

deprived of the satisfaction in spite of her best efforts occupied my mind.

"You tried convulsively to scream but couldn't?" I repeated.

She assented.

"Well, we'll call that Exhibit Number One," I said dryly—convinced I had struck a valuable clue.

"Do you remember any accident of any sort upon the street—or a narrow escape from some accident?"

She did not seem to.

"Don't you recall any other occasion on which you wanted to scream but didn't?"

"Well, possibly, yes. I remember almost running over a dog while I was driving with my husband one day. It was one of his very last drives in the car."

"You almost ran over the dog?"

"Yes."

"Your husband was driving?"

"Yes."

"You were on the front seat beside him and got all ready to scream as the dog disappeared under the wheels—but somehow managed to repress it?"

"Yes—I suppose I repressed it. Anyway, the dog wasn't hurt."

"Never mind about the dog now. He's wiser or dead by this time. Tell me, when your husband died was it a sudden or painful release?"

Her face grew tense and she replied with difficulty.

"My husband suffered greatly. It was a case of cancer of the face. The growth was very slow and doctors said it would be a matter of even years perhaps. I was his constant companion.

That morning we had been reading aloud together, exchanging the book by turns. I went out into the kitchen. When I came back my husband had fallen forward and was dead. I had known of no heart trouble."

"You came back from the kitchen and saw him looking as if dead or dying?"

"Yes, I knew he must be dead—the face was so contorted."

"You felt like screaming with horror—but you did not?"

"I think no sound escaped me."

"That is the whole trouble. A scream that was never heard—suffused with emotion of the most intense sort. You must know that the entire nervous system of the body is correlated. Every muscle and tissue of your whole organism is controlled by nerve fibres. A scream is a perfectly normal result of nerve tension produced by some mental picture. If you have the mental picture and the nerve tension which it produces, and the normal resultant of a good scream does not follow, you have at once a repression which may prove serious."

I had aroused her interest very keenly.

"Do you mean to infer that this is the cause of my inability to swallow?"

"It most certainly is the cause, the whole cause and nothing but the cause. Nothing could be clearer. The inhibition had a violent birth while you were on the floor of the office building where you fainted. It was reproduced, stamped with added emphasis upon your subconscious mind at the time the dog dodged your car wheels. It was reiterated with cruel force by the shock of your husband's sudden death—when due to former repressions you were psychologically unlikely to scream. After your husband's release you were worn out body and soul. Your reaction to life was negative. The feeling of constriction in your throat was a complex you could not unravel. Your efforts to overcome it by persistent fortitude only served to create greater tenseness. The trouble increased to a point where you were worried and wretched. Doctors could give no explanation, which heightened your apprehension. Sympathetic friends have only made the pile higher."

Her face looked as if this was simply too good to be true.

"You understand exactly how this came about?" I asked.

"The explanation certainly seems clear," she replied.

"Understanding fully how this difficulty has arisen you see that it has no reality of itself at all?"

"I suppose not in this case."

"Doctors say your throat is unaffected. You are, then, just as able to swallow as I am myself. You know that this is true?"

"I believe you are right."

"You are in need of nourishing food. You must have a square meal at once."

"I would certainly enjoy it."

"You have no doubt of your ability to swallow."

"Yes—I think I feel confident."

"You are willing to have me put this to a test?"

"Certainly, if you think it advisable."

I got up and walked to a closet which was equipped with running water. I filled a glass and returned.

"Next time you get a good chance to scream, or even rather a poor chance, give the best scream a woman ever screamed. See if you can find a mouse. If you are so unfortunate, give an everlasting holler. Bring the neighbors running. Don't fail to get some one down from the floor above you—if there is someone. Make somebody run to the rescue fast. A first-class scream will make this sort of thing impossible. Look forward to a healthy scream—jump at the chance and make it a corker. That settled?"

She was actually smiling and all smoothed out.

"Don't forget that meal," I said. "And meanwhile have a drink of water."

I gave her the glass and she drank every drop without a quiver.

"You're cured all right," I added. "But come down here tomorrow some time and let's see you drink another one. There are some things I would like to run over while we have the chance."

"Dr. Boyd, I cannot thank you enough," she began.

"Remember this. Your subconscious mind formed this inhibition and the repression has been overcome by the action of your conscious mind dissolving it as unnecessary and absurd. Get fixed in your mind that the idea of not being able to swallow is ridiculous. The fall of a window cleaner who may not have been fatally hurt, the navigation, wise or unwise, of small dogs, the loss of your dear husband with all the heartache it entailed, need not and must not interfere with your leading a positive and radiant life in full health and well-being. There is no connection between what has happened and your inability to swallow properly—except as a mere notion or idea repressed in the subconscious."

I asked her to remain while we had a moment in the silence affirming the truth of her entire freedom to eat and act as she thought best. I declared for her the reality of her conscious control of every part and fibre of her body especially in the throat and mouth.

"Now," I said finally, "you just invite in every friend you have, by turns, and show them how well you can swallow."

And she told me later that she did.



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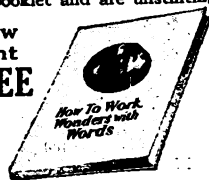
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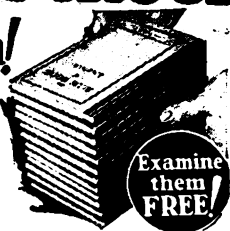
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College Changed My Religious Views

(Continued from page 29)

might be changed. "But that isn't the point," I tried to tell him. "If your son has the right beliefs before he enters college, why college will not affect them seriously. If he does not, college probably will. In college we try to seek the truth in all things."

And then, later on, after hearing some disheartening speakers, I came to the place again where I wondered if, after all, Christ, God, the church, the Bible, anything was of value.

During my senior year in college, tho, I attended church regularly, was vice-president of the young people's organization and my Bible school class. But even at that, courses in Bible, psychology, sociology and education changed my religious beliefs still more. In applied psychology, for instance, I learned that one really sins only when one violates a human or divine law while knowing all the consequences. Always before I had thought that anyone sinned whenever he committed an offense considered wrong according to the Bible.

In a course in "The Religion of Jesus", I agreed with the professor that what we need is a religion of Jesus, instead of one about him. Jesus' faith in God and his Kingdom was the greatest contribution Jesus made. And, as my professor, Walter Bundy, said: "Jesus' contribution to the religion of the race is purely personal. To our human history he gives a human life religiously lived, a human experience

religiously exalted, enriched and enhanced." Therefore, as Prof. Bundy said further, "What the preacher is to preach and with his preaching live, and what the layman is to live and by his living preach, is the religion, the personal piety of Jesus, which he himself sought to share with his followers."

And now, after completing my college career, I think I have a far more meaningful religious faith than I had when I entered college. Even tho I am still undecided about some of the questions, I have taken the attitude of not doubting everything, but believing in what I know to be inspirational and helpful. I try to show my faith by believing earnestly in God; by having confidence in myself; by trusting instead of fearing; by loving instead of hating; by working diligently; and by intentionally cultivating happiness.

Religion, to me, is not a formal, set system of belief, but changes as I develop. The religious life is, I think, one devoted to some great ideal and lived for the service of mankind. Religion is my general interpretation of the Universe—my total reaction upon life. And my faith, bound by the data of my experience and knowledge of the world, is a morality touched with emotion. It motivates and gives stability to my conduct. It develops my personality.

It is the devotion of my heart and will to a great ideal in life—Jesus Christ.

Don't Fear Hypnotism

(Continued from page 47)

you are a subject who can be easily controlled and at once plunges you into some silly performance.

All worked by that word "suggestion." There is nothing marvelous about it all.

Has it any uses? Well, that depends on the way it is worked. As a stage demonstration of miraculous powers it is a cheap and sometimes even harmful practise. But when used properly by a conscientious operator it exerts a powerful healing influence in certain nervous maladies. Used this latter way, it is a branch of mental therapeutics.

How is it worked, for this?

When a doctor is making his round of sick-room visits at a hospital does he come into the patient's presence with a brisk, confident air, a pleasant smile on his face and a word of cheer on his lips?

"Ah, Mr. Smith, you have a much

better color in your cheeks this morning," he says. "You must have had a good rest last night to look so improved."

But if he finds the reverse true, do you ever hear him talking like this:

"Good heavens! You look like death itself! What's wrong?"

Such a speech would bring about a speedy relapse in most patients. So if he cannot be cheerful, then he is quiet and busy with charts and medicines.

This is mental therapeutics in its simplest form.

Auto-suggestion, made famous by Coue, is nothing more than a form of self-hypnotism, based on a universal desire to better ourselves, and self-confident belief, made as strong as possible by our old friend, suggestion.

All the miraculous cures of the middle ages, and before and since, when believers visited the shrine of some saint or prayed over a great man's

tomb or bathed in some wonderful fountain, were not wonders beyond explanation. They were simple feats of self-hypnotism. A better word is faith. The pilgrims had unswerving faith that the moment they reached a certain spot or did some certain duty a marvelous cure would be effected. And their great faith made it happen.

Some medical practitioners make use of deep hypnosis to bring about their cures, and in the hands of skilful and fine-spirited men the results are nothing short of astonishing. Diseases that have proved stubborn in the extreme,

many cases declared hopeless by all others, yield to this technique. There seem to be vast currents of energy in the human organism which can be directed to restore damaged areas of the body while the conscious mind, with all its inhibitions and prejudices, is fast asleep.

The development of the art of hypnotism in the work of the physician is one of the most interesting and significant phases of the world's search for health.

That is hypnotism. So why should we continue to be afraid of it?

This Shrinking Planet

(Continued from page 21)

mental life. He found by this process conclusive evidence that not more than ten per cent of the soldiers in the American Army who had inflicted wounds upon themselves could be assumed to be guilty of cowardice. In every other case abnormal mental conditions definitely accounted for what had previously been regarded as an unpardonable crime. Many an American boy is now leading a useful life at home instead of lying in a coward's grave in France, because of the adoption by Dr. Salmon of the new and scientific approach to his problem.

It is the wide gulf between the brilliant development of the physical sciences on the one hand and the almost stationary position of our knowledge of man and his relations on the other that presents to the twentieth century our profoundest problem. As James Harvey Robinson has pointed out, Aristotle's treatises on astronomy, physics and chemistry have long since become obsolete, while his politics and ethics still represent the high-water mark of human thought.

But now we have a new approach to every question, whether of physics or politics. We can examine any proposition, no matter how absolute it seemed before. We can now ask if Lamartine was not right when he said: "False patriotism is composed of all the hatred, all the prejudice, all the coarse antipathies which peoples nourish against one another. True patriotism, on the other hand, is composed of all the truth, all the virtues, all the rights which people have in common, and which, while cherishing above all its own country, does not allow its sympathies to be limited by race, language or frontier." Do we not indeed pray, "Thy kingdom come on earth"—not merely in the United States? And is it not true that "God so loved the world"—not merely the United States?

Take another American political absolute—the subject of Russia. Merely

to mention it in this country unlooses within us the flood-gates of hostility and prejudice. But how important it is that in dealing with a country containing one-sixth of the earth's surface and one-tenth of the world's population we should consider it realistically in the light of the facts as they are, and should appraise those facts in all their relations. There is no absolute fact aside from its relations.

If in our relations with our fellow beings we are to abandon living by the law of the jungle, if we are to become civilized instead of savage men, indeed if we are to escape the destruction of civilization itself, we have no alternative but to adopt the scientific method of thinking in everything, not merely in the laboratory of physics, but in the laboratory of politics and social life.

WE now know that it is no longer safe to allow a country to engage in aggressive war. The Great War profited no one; it injured everybody. The forces of destruction which have been developed show that civilization could probably not survive another great war. We know that the only way by which mankind may progress is so to organize our international relations that thru the objective method of approach and the true application of international relativity we may find a peaceful *modus vivendi*. The difficulty is to reconcile our emotional realization with our intellectual recognition of these principles.

Let us apply this method of approach a little more closely, and consider for a moment yet another American absolute which deeply concerns our international relations and may concern our internal welfare.

The average man thinks that George Washington adjured us to beware of entangling alliances with other countries. The fact is that George Washington never used the phrase "entangling alliances". It was coined by

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Thomas Jefferson. But the important thought is that when Washington lived we were an almost exclusively agricultural country. Our industries had not projected their products over the face of the globe. Our savings had not been invested in every country in the world. There was not even a steamship, a railroad or telegraph instrument. Democracy was in its infancy; kings still ruled upon their thrones.

It might be well for us to consider what Washington actually did say about our foreign relations. What was the basis for our popular absolute on this subject? His statement was: "Europe has a set of primary interests which to us have none or a very remote relation. Hence, she must be engaged in frequent controversies, the causes of which are essentially foreign to our concerns. It must be unwise, therefore, for us to implicate ourselves by artificial ties in the ordinary vicissitudes of her politics or the ordinary combinations and collisions of her friendships or enmities."

At another time Washington expressly stated: "When our institutions become firmly consolidated and working with complete success, we might safely and perhaps beneficially take part in the consultations held by foreign states for the advantage of the nations."

Those who worship so loyally the injunctions of Washington might well try to imagine what his wise practical judgment would advise if he were to realize what we know today: that the United States is in fact entangled in a mesh of economic, social and cultural relationships with every part of the world. Washington would know that nothing could happen at any point on this planet without affecting immediately the nerve centers of our own commerce and welfare. He would know that when riots in India broke out against the rule of the British Empire, tremors would be felt on the floor of the New York Stock Exchange, and that when war threatened between Bolivia and Paraguay, the American widow who had invested her money in South American bonds would begin to worry. Washington would know that we were living in a new world in which we could not but take a responsible part in full keeping with our obvious interests and with our ideals and traditions.

If Washington were here, I do not believe we would be so misunderstood by other nations. No one would have had a chance to say, as an Englishman did say recently, "The Americans are a strange people. They invented the Treaty of Versailles and refused to sign it. They invented the League of Nations and refused to join it. They invented the cocktail and refused to drink it."

Some of our people proclaim that

we are a self-contained nation. "Let Europe stew in its own juice. We can get along alone," they say. But let us consider: our most important metal is steel. Yet steel production requires at least forty different commodities brought from fifty-seven different countries. Some of these, such as manganese and chrome, exist in very small quantities in the United States, and would be exhausted in a very short time could we not depend on other countries. We produce no tin, yet we are the largest makers of tin plate. Indeed, of substances necessary for national defense more than one hundred must be imported from other countries. We are far from being self-contained. Hardly an automobile could move in the United States if we were not able to import rubber from the Malaysian Peninsula, from Africa or from South America.

Figures recently made public show that fifty-two separate commodities were in the cargoes going out of the port of Charleston, S. C., last year to twenty foreign countries, and seventy-four commodities were in the cargoes which came into Charleston from thirty-three foreign countries. Walk into any well-stocked grocery store and you find herring from Norway and Scotland, peas from France and Belgium, sardines from Spain, olive oil from Italy.

All such facts support but one conclusion: the planet earth is growing smaller and smaller—we of the United States must consider our every problem in the light of our relations with our neighbors. Einstein's doctrine of relativity is as compelling among the nations as among the stars in the Milky Way.

President Coolidge sought to clarify our thinking in his final speech as president: "In the thought of [Washington's day] an alliance meant the banding together of two or more nations for offensive and defensive purposes against certain other nations. It had no reference to an association of practically all nations in an attempt to recognize their common interests and discharge their common obligations."

Last year Mr. Hoover himself, in one of his earlier speeches as president, remarked that, "The idealism of America inspires it to do its full share toward the advancement of civilization. It will do that not by mere declaration but by taking a practical part in supporting all useful international undertakings."

Having in mind such doctrines of our presidents, it is worth noting that the unique characteristic of the Treaty of Versailles, with all its weakness, is that while it recognized the right of the self-determination of peoples and nations as it had never been recognized before, nevertheless set up machinery

for the settlement of international problems thru the scientific approach.

The roots of old absolute thinking have been torn up and are going thru the crucible of analysis. Our problem now is what are we going to do with our new knowledge, our new method of approach. Lord Oxford once remarked that the intellectual activities of many people move on hinges back and forth instead of on wheels forward. Much of the world's thinking has been on hinges for three hundred years. But the thinking of mankind is now on wheels. Everything must now be examined with an open mind, not so open that everything falls out, but nevertheless with a determination to consider every fact not as an absolute, but in its proper relations.

A new world has indeed been created. The essential characteristic of that world is that thru improvements in communication and transportation this

planet is becoming ever smaller, and the people who live on it, and the nations into which they are divided, are becoming more and more inter-related and inter-dependent. It is a world of change and of progressive movement. We know intellectually that these facts are true, but our complexes and stereotypes, our prejudices and prepossessions, have so far prevented our emotions from supporting our intellects in intelligently organizing the dynamic inter-relations which we know exist. Science too has undergone a revolution. We cannot but believe that the new and compelling philosophy based upon the new science will inevitably unlock the doors of our emotional blindness. We live in a world in which the human mind is being set free. It is a new enfranchisement of the human spirit greatly to be and more greatly to become.

Commencement address delivered at Vanderbilt University, Nashville, Tenn.

A Great Little Actress

(Continued from page 49)

that future is at the doorstep.

She is willing to discuss such things as this marriage-career combination, altho she throws up her hands at the picture of herself holding forth on any such weighty subject.

"Goodness, do I have to give advice?" she said in mock dismay. Then, ruffling her reddish hair and hunching slim shoulders, she proceeded to oblige.

"You can't generalize about careers for married women. It all depends on how the individuals concerned feel, particularly the husband. In my case, Jack has helped me more than any one else. He knows my work makes me happy, he wants me to be happy, so he has always encouraged me to go ahead.

"When we are fortunate enough to be working in the same locality, we try to arrange our schedules so that we'll have as much time as possible together. The most perfect arrangement was about a year ago when Jack came out to Hollywood to write scenarios for Paramount. We had all our meals together and whenever I had a few minutes leisure I'd stop in for a chat at his office. During that time I saw more of him than your 'home' wife whose husband is away at business all day. Of course, when I'm in Hollywood and Jack is in New York, it means a great deal of separation. At times it has caused misunderstandings and quarrels, but we've managed to see it thru."

Frankness is one of Nancy Carroll's chief charms. Few stars would care to admit matrimonial dissension, but she sees no reason for hedging about something she considers perfectly natural and, in her case, inevitable.

"I think the marriage-career ar-

rangement has worked for me because I began working almost immediately after my marriage," she continued. "The average woman makes the mistake of waiting several years and then attempting to crash the business or professional world. But the gap cannot be so easily bridged. The old routine is too firmly rooted to give way to the new one and inevitably a choice must be made between the two.

"Jack and I were married when we were just kids. He was working on a newspaper shift that kept him away from three in the afternoon to eleven at night. I got terribly bored being alone, so I decided to go back on the stage. I'm glad I did. Sometimes I think too much about myself," she confessed naively, "and work that you love doesn't give you time for that. It's the only real way to be happy. It keeps you young and full of enthusiasm. Only idle people are old and discontented, I've noticed."

Nancy does not take her daughter Patricia too seriously. The little girl has a definite routine under the supervision of a nurse and Nancy believes the most a parent can do is to give her child a good foundation and let her work out her own problems.

Current fads in child-raising she frankly admits are so much Greek to her, but she is quite positive about the kind of a wife a man wants. She flared up at the suggestion that she and her husband—Jack Kirkland—are like two pals working along together.

"Jack and I are not that way at all! I'd hate it if we were! It would kill me!" she protested. "This idea of 'pals' and wives who are 'good sports' is all wrong, anyway. It makes a man



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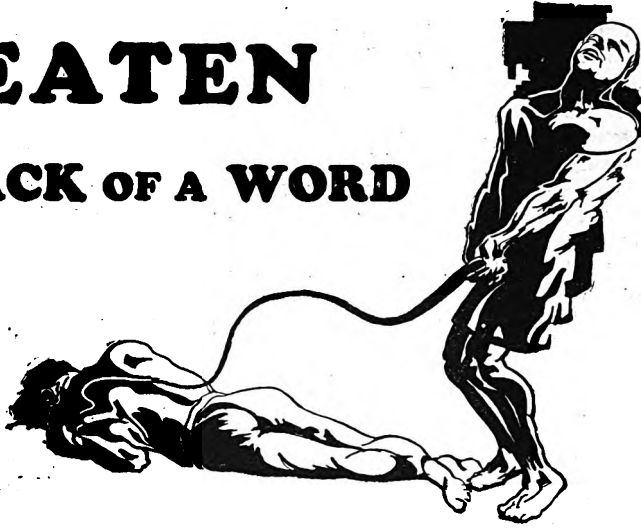
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VERBS	ADJECTIVES (Continued)	ADJECTIVES (Continued)
(See Ornamentation 107A)	entrancing, fascinating.	nonpareil, peerless.
ADJECTIVES	exceeding, excellent.	ornate, beautified.
admirable, attractive.	excellent, consummate.	peerless, matchless.
adorable, worthy of worship.	equally, delicate.	pellucid, beautifully clear.
admiration, etc.	fair, handsome.	picturesque, beautiful.
adorned, ornate.	fascinating, captivating.	
alluring, charming.	fashionable, almodine.	
aesthetic, artistically	felicitous, delightful.	
beautiful.	fine, exquisite.	
alamode, dressed		
fashionably.		
arabesque, beautiful in		
low relief.		
attractive, alluring.		
august, grand.		
Attila, classic, elegant.		
beautiful, charming.		
beauteous, beautiful.		
becoming, seemly.		
beaming, bright.		
bewitching, charming.		
bonny, handsome.		
bright, gorgeous.		
brilliant, gorgeous.		
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and his wife too much alike. A woman should be as feminine as she can; play the helpless little thing, if necessary, so that her husband will feel like the great big man of the house.

"Oh, you know what I mean," she flung out, spreading her hands in a characteristic gesture. "Things like not knowing which train to take, or going to 'hubby' for advice on anything and everything. The minute a woman assumes that independent air and tries to do a lot of things she really doesn't want to do; just to be a good sport, she's out of her sphere. She loses her charm. A man doesn't want a pal, he wants a 'sweet little thing' who emphasizes his masculinity."

Nancy is distinctly feminine, both from choice and necessity. Anyone with a round baby face and surprised blue eyes can't help but look more natural in marabou and chiffon than in tweeds. And Nancy knows her type. She affects the girlish styles that emphasize her fresh prettiness. And pert, saucy hats to go with her pert, saucy nose. Mascara, rouge and lipstick are all skilfully blended so as not to clash with the most dominant note in her coloring—orangey red hair that falls in loose waves about her face and neck.

Her hands are a surprise. You expect them to be small and helpless. They are slim, long-fingered and capable. But for the rest, Nancy is your cute co-ed. Chic, eager and gay. Suggestive of frills and furbelows, powder and perfume. Then again, she might be the girl your father used to take out. With her hair done up in curls and a narrow velvet band around her throat.

Even tho she does look like a pretty doll, there's no sawdust in that pretty head of Nancy's. Ideas—and very definite ones—are there for the probing. Particularly where the movies are concerned Nancy is on firm ground. For instance—her analysis of the successful screen star:

"To click with the movie fans a screen star must have personality and ability—but the personality must come first," said Nancy. "The actor, no matter how much he is in character, must still be himself. For example, Jean Hersholt is a grand actor; his mastery of a rôle is perfect—too perfect. In portraying a character, he loses his identity, and in motion pictures that is fatal. What I mean is this. Jean Hersholt crossing the desert is a sea-rat. But Emil Jannings crossing the desert is—Emil Jannings, first and last. Never for a minute does he lose his personality, the personality that won him his place in the motion picture world."

Nancy is as much intrigued by the glamor and personalities of her profession as the movie fans themselves. A man, and later a woman, stop to chat

He Said He'd Never Marry!

THEN he met this girl. She had read the secrets of "Fascinating Womanhood," a daring new book which shows how any woman can attract men by using the simple laws of man's psychology and human nature. Any other man would have been equally helpless in her hands. You, too, can have this book; you too, can enjoy the worship and admiration of men, and be the radiant bride of the man of your choice. Cut out this ad; write your name and address on the margin and mail to us with 10 cents and a little booklet entitled "Secrets of Fascinating Womanhood," giving an interesting synopsis of the revelations disclosed in "Fascinating Womanhood," will be sent postpaid. No embarrassment—the plain wrapper keeps your secret. Send your time today.

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with her. When they are gone she tells you with sparkling eyes "they were Eddie Cantor and Mary Lewis."

Much as she revels in all that is movie, she far prefers New York to Hollywood.

"New York weather is so zipping," she enthused. "It makes me feel like doing things. Whereas in Hollywood, the tropical climate drags you out—makes it a constant strain to work up energy. When I get up mornings in Hollywood, I look out the window and say to myself, 'Well now, shall I be nice or shall I be cross today?' But when I'm in New York I hop out of bed, ready and rarin' to go!

"And another thing," she added. "I don't know quite why, but I even like Hollywood people in New York that I don't like in Hollywood, and people that I do like in Hollywood I like better in New York. Now figure that out!"

Luck, Nancy will tell you, is a grand and glorious thing that happens all too rarely, but it does happen.

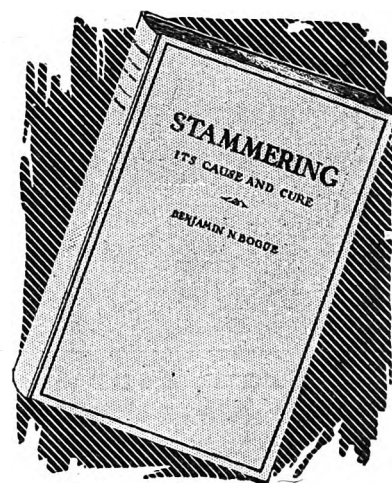
"There was that time—shortly after we'd been married—that Jack and I decided to have one last fling and go to Europe for a year—all on \$1000. He was going to write The Great American Novel and I was going to have a baby! Thru Phil Payne, then editor of *The Mirror*, where Jack had been working, we learned that Tom Mix wanted a press agent for his European tour. Jack had never done publicity but he applied for the job anyway, at a salary of \$300 a week, if you please. That was a lot of money for a newspaper man, and when he actually got the job, it solved a lot of problems for us. If that wasn't luck, I don't know what is."

Philosophy, on the other hand, she can't see for dust and refuses to admit that any particular brand has been responsible for her success.

"I have no philosophy," she said emphatically—almost as if she dared one to defy her. "I think it is used by people to hide behind, to keep them from getting hurt. Things happen and they fall back on philosophy, instead of going ahead on their own initiative."

"Some misfortune occurs and they say, 'Oh well, what has to happen will happen' or, 'Did you ever notice that when something unfortunate happens one day, something good comes along the next?'"

"Well, I've never noticed it—except on very, very rare occasions. I think you have to go out and make things happen. If you must have a philosophy of life, that's mine."



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That Job

(Continued from page 32)

But even tho he passes points one, two, three and four, the sales manager

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proceeded to relate, there is still point five, which determines whether a man really intends to stick.

"If he accepts the position too readily," he said, "and makes no inquiry about the opportunities for advancement, then we are fairly certain that he has no intention of sticking, but will use our opening merely as a stopping-off place until something more alluring turns up. We have had many unfortunate lessons in giving men positions without making this part of the test, and the result has inevitably been that they will leave suddenly, without explanation, even tho they may have been doing fairly well with their

work. Sometimes the 'something better' proves a disappointment. Then they want to come back again, but unless their method of leaving has been a fair and square one, we do not re-employ them under such conditions."

I do not think that my friend the sales manager intended this "confession" to get across to applicants for positions. But here it is. You now know what is inside his head when he has you on the "stand". Give yourself a good, sound "once-over". Test yourself on every point, and when quite convinced that you can safely pass the five points of the acid test, throw up your chest—and pass 'em!

What Can We Do For You?

(Continued from page 52)

nothing to worry about. You will not go blind, nor is it likely that a great number of these spots will appear. If you will try to forget it you will not be bothered by it. Exercise, diet and a thoro course of eliminative treatment will help you.

you, that is the most disturbing. Try to keep in touch with those who understand you perfectly and can help you direct your life for a time. You will require a lot of encouragement.

QUESTION:—J. A. writes—

QUESTION:—H. D. A. writes:—

I am in so much trouble. My mind is weak and I cannot keep it off myself. My mind is active all the time, but I cannot hold my thoughts or attention on anything for more than a minute. I am a nervous wreck and full of fear. I am afraid I will go insane, afraid I will die, afraid I will never get well. Have you had any such case as this, and if you have, please tell me what I can expect in the future?

I am pregnant and my physician has just pronounced me tubercular. I shall have my baby in about two months. Is it likely to inherit this disease or have tuberculosis when born? I am worried.

ANSWER:—

The baby will not inherit the disease you are suffering from. If you were in an advanced stage of tuberculosis the baby might have it at birth, but from the way you write I do not believe this to be true. The baby may inherit a tendency toward weak lungs, but this can be removed thru proper training, exercise and diet. Don't worry.

ANSWER:—

You are suffering from neurasthenia, what is sometimes called a nervous breakdown. Your mental powers are weak, to be sure, but they can be strengthened thru exercise, in other words, thru USE. I assure you that you are not going insane. When one has such peculiar thoughts and finds it difficult to hold her mind on anything, it is quite natural that the fear of insanity will come to mind, and after dwelling on it a while it becomes a fixed habit of thought and seems very real. I know you are most unhappy, but I assure you that there is a way out. You can be cured.

QUESTION:—T. E. D. writes—

What types of food do you think are proper for a healthy person, and how many meals a day? Our family has had a heated discussion over this and we await your reply.

ANSWER:—

I don't believe that a healthy person should watch just what foods he eats, but merely select a variety, combining foods that are nourishing and some that are good for elimination. The more one watches his eating the more likely he is to drift into an over-serious state. If he eats only what he thinks good for him and does not tempt his appetite with some foods that he really likes, he is likely to lose his appetite in time. As to the number of meals, I do not believe that this is so important. One who eats but two meals a day is quite likely to eat at the two meals as much as another will eat at three. I think that three meals are perhaps best for the average person.



This Revelation Will Startle Men Past 40!

But It May Bring Years of Comfort to Their Lives!

HAVE you lost much of your strength? Do you suffer from pains in back, legs and feet? Are you forced to get up 2 to 10 times at night? Are you a victim of nervousness, fatigue, dizziness, mental depression, chronic constipation, sciatica, bladder trouble? Many men past 40 often mistake these ailments for symptoms of approaching old age. They undergo prolonged treatments that frequently bring no relief and a life of miserable old age. Because they fail to strike at the real trouble.

The True Meaning of a Tiny Gland

Science has found that these ailments in men past 40 are often due to Prostate Gland failure. This tiny gland becomes swollen and fails to function. Unless corrected it will likely grow worse. The result is often wretched old age or perhaps grave surgery.

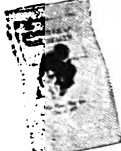
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QUESTION:—W. I. S. writes—

I have been having a series of boils, one right after the other, twelve in number. People tell me that it is due to my blood, and that these boils will help purify the blood and are good for me, but a friend of mine told me that this was just an old-fashioned thought and that I had better look into it. I have been able to attend to the boils myself. When they reach a head I use a little sharp-pointed knife and, after cleansing it thoroughly, open the boil. Do you know of any reason for such a condition?

ANSWER:—

It may be from wrong diet, too much sweets and starchy foods. It is just possible that it may be a case of diabetes. An examination would reveal this and you could take immediate steps to eliminate the disturbance. If the examination discloses that diabetes is not present, then I would go on a diet, eliminating sweets and starchy foods for a while. Be sure that the skin is well-cleansed. Dirt and grease sometimes cause this condition.

I Think

(Continued from page 57)

Denver and others and have not seen twenty drunks.

I have seen but one drunk on trains and none on street cars, a not uncommon place for drunks before prohibition. I actually saw in less than one hour in Canada five times more drunks than during my continuous travel of sixteen months in the U. S." Is prohibition a failure? If so then God is a failure, for he pronounced a more stringent prohibitory law than man ever dared to propose, "Look not upon the wine when it is red."

The only way to settle the question is to completely dethrone King Alcohol and banish him from this country. "This country cannot exist half slave and half free." "What is morally wrong never can be legally right."

A. V. Snow,
Cushman, Mass.

I HAVE read with much interest your article in PSYCHOLOGY entitled, "Confessions of An Ex-Dry Crusader." I ask you to read this thru to the end with the same spirit in which I write, and with the same purpose in mind that I had when reading your published article, namely: the desire to get my viewpoint upon this great question of such vital importance to all of us. Then you will discover that my observation, study and experience for a period of forty years in public life as an attorney, police judge county judge and county attorney do not coincide with the statements contained in your article, nor with the facts as I find them.

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In this picture the silvery moon is shining through the trees and bushes and it makes some funny shadows. Some look like faces of people. Can you find at least 7? Some look straight at you, some are upside down, etc. Look sharp, and mark each one you find. If you find at least seven, clip the picture and send to me with your name and address.



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Born and raised in New York state I am thoroly familiar with both high and low license; with local option; with the Raines Law and all the rest of it.

The family I was reared in kept a "wine cellar," and as far back as I can remember I was permitted to sip wine, and as I grew older to take my glass of ale or beer, gin or whisky with the others. Fortunately for me, I was one of those who could take it or leave it alone, so did not grow up a drunkard as did many of the boys of my acquaintance. I only mention this in passing in order that you may know the environment I grew up in and understand better than you otherwise would the fact that I am in position to know whereof I speak.

Did you ever live in a manufacturing town before prohibition and see the men on pay-day drop into the corner saloon on their way home, "just for a glass of beer," and after the first drink around hear first one and then another say, "Come, have one on me," until they had gone the round of some seven or eight, perhaps more? Did you see these men stay right there and drink until their entire pay checks had been transferred from their pockets to the cash register behind the bar; and then have you gone into their homes and seen the look of disappointment that came upon the faces of these men's wives and children because "daddy" was drunk again, and there was very little provision in the house, and in some instances there was want and poverty that made your heart ache? I frequently saw this in several manufacturing towns in New York State. Three years ago I made a visit to my "home town," and while there I talked with some of the men I used to know in those days, and found that instead of these men's wages now being spent for booze they were paying for homes, had automobiles and radios.

I agree with you that poverty has not been abolished. On the other hand, I deny that there has been an increase in poverty on account of prohibition; and I allege that among the laboring class, poverty has greatly decreased during the ten years of prohibition. Visit any of our large manufacturing centers and get the facts and figures on this phase of the question if you want the truth.

It probably is true that "hip-pocket flasks" were not much in evidence in the days of open saloons. It wasn't necessary then for "callow youth" and "curly-headed girls" could buy all the booze they wished from the saloon keeper, next door, or just around the corner. During my high school days I never found but one saloon keeper who did not sell to minors. Again, my experience is radically different from yours.

I deny that "prohibition is ruining and prostituting the youth of our na-



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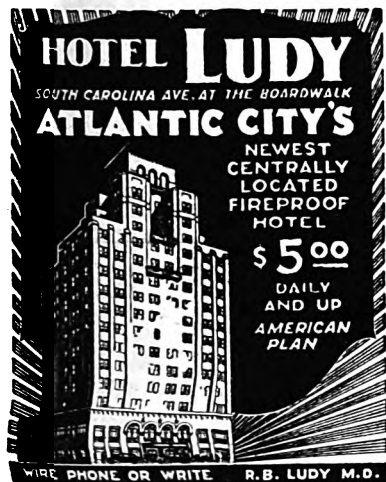
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tion". The reports of our educators, our colleges and universities bear me out in this.

It is my opinion, based upon observation and experience, that the enormous amount of pornographic literature of the past few years has done, and is doing, more to ruin and prostitute our young people than anything else.

There are other phases of your article that I should like to touch upon, such as the deaths, weakened constitutions, ruined kidneys, etc., from "the prevalent habits of social drinking in defiance to the prohibition laws", but time will not permit, so I will ask you these questions.

1. Do you honestly believe it would improve things to return to the old order of licensing the drink traffic?

2. Do you know that previous to 1917 more than half of the states had adopted prohibition?

3. Did prohibition steal upon us? If so, how do you account for the fact that the Eighteenth Amendment was ratified by all of the states, except two?

4. Are you aware of the fact that the Eighteenth Amendment was ratified by the largest percentage of states that ever ratified any amendment to the Constitution?

5. Does the result of the election just held indicate that the people in general want the Eighteenth Amendment repealed?

E. H. Ellithorp,
Alamosa, Colo.

MY first copy of PSYCHOLOGY, December, made me resolve to be a regular reader. PSYCHOLOGY has the proper outlook on life. I resolve to make it my steady companion so that I may remain happy and cheerful. I will try to do for other people what "Aunt Fanny" did for "Peter."

Evelyn P. Halprin,
700 East 220th St.,
New York, N. Y.

An Old-fashioned Thinker

(Continued from page 35)

As author, poet, essayist and dramatist Mr. Chesterton has attained international recognition as a man of uncommon charm and impressive versatility. As a lecturer he wields his superior gifts with equally effective magnetism. He wins his audience by his rapid-fire witticisms, which are as far as possible removed from the smart-alex mannerisms of our pseudo-intelligentsia. Tho he is consistently witty it is never for wit's sake alone but, rather one feels, because he recognizes the innate rebellion in the majority of humans against facts and

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Do you know why many vegetarians DO NOT enjoy the good health they should?
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Do you know why you have gas, and a simple way to eliminate it?
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truths tending to reformation. The lecturer employs his humour as an apothecary makes use of syrup in his needed but unpalatable potions.

I asked Mr. Chesterton his opinion of Bolshevism. He passed incongruously small hands over his straggling, reddish moustache, brushed a lock of hair (which refuses to stay in place) from his exceedingly nice blue eyes and assumed his best "no-man" manner:

"In my opinion," he began, "the world is witnessing a race between a movement to destroy all the things that we do not want and one that is bent on destroying all the good things that we do want. One is an ideal that all good men dream of. The other, the disruption that will follow when the things men most desire are destroyed, such as marriage, ownership and religion. The two revolutions are racing each other. I conceive of them as white and black." He had adequately answered my query about Bolshevism. The implication was obvious.

WHEN a man is admittedly won to a certain religious faith it is to be expected that his conclusions, personal reactions and most of his philosophy are influenced and flavored by the major tenets of the creed to which he has declared allegiance. G. K. Chesterton proclaims his affiliation with religion with delightful simplicity and straight open-heartedness, a conversion which he admits came after a painful period of paganism setting in at the age of twelve, followed by agnosticism in his late teen-age and early twenties.

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too much of them; for a birthday present of birth by taking an interest in life; for thistledown, blackbirds, cowslips, sunsets and burnished beetles by being decent for the whole beauty of the world."

There is another facet to the Chestertonian credo which adds star-dust and enchantment to his oral or literary expression—the author's spirit of wonderment towards the universe and man's place in it. Or as he so whimsically puts it: "I knew the magic beanstalk before I had tasted beans; I was sure of the Man in the Moon before I was sure of the moon."

The good life to him is "an active and imaginative life, one picturesque and full of poetical curiosity; a life of variety and adventure, of practical romance—a combination of something that is strange with something that is secure". Always, too, there is an undercurrent of mysticism, imbuing his words with the heady fragrance of incense; clothing his thoughts in purple and fine gold; giving depth and richness and the dignity of ritual to the least of his utterances.

"Mysticism," according to Mr. Chesterton, "keeps men sane. As long as you have mystery you have health; when you destroy mystery you create morbidity. Men do not go mad by dreaming—what does breed insanity is reason."

This, then, is the ideal attitude in which the celebrated Londoner would have exiled mortals make their return journey to starry realms during the time of their worldly pilgrimage. Gilbert K. Chesterton is himself such a man. He has "one foot on earth and the other in fairyland".

Your Muscles (Continued from page 51)

can not be denied.

In future articles I will continue this series on "Muscle and Nerve Coordination." I sincerely hope to reveal many secrets which will give everyone more confidence. If we knew the unlimited possibilities within us, there would be less Fear and more Confidence. The Password to self-mastery is CONFIDENCE!

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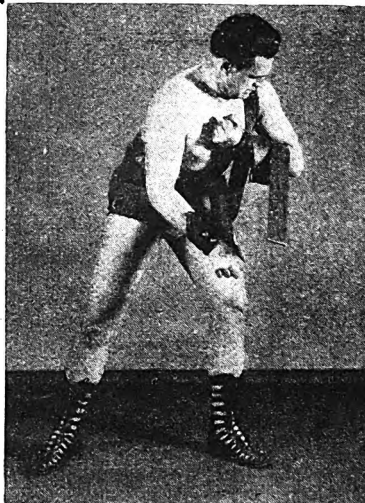
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