

PSYCHOLOGY

Health

∴

Happiness

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Success

ESTABLISHED
1923

The Magazine of Inspiration

Does Decency Pay?

What Power Has Hitler?

Your Senses Often Lie!

Marie Dressler's "Last Will"

Youth Looks at War!

Unmasking

"Nervous Breakdown"

"Voice of Experience"

The Power Within-You

Tagged, "An Invalid"

I'm Well Now

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"Contacts Club"-Letter Exchange

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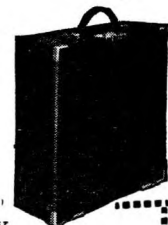
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VOL. XX, NO. 12

OCTOBER, 1934

Eldora Field, Managing Editor

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"I GAMBLED 2¢ and WON \$35,840 in 2 YEARS"

*A Story for Men and Women
who are dissatisfied with themselves*

THIS is the story of a gamble—at 2c risk—which paid me a profit at \$35,840 in two years. I am not, and never was, a gambler by nature; in all probability I never would have taken the chance if more money was involved. So even if you, too, are against gambling, you will feel like risking two cents after you've read my story.

Some people believe I was lucky. Others think I am brilliant. But this sort of luck I had everyone can have. My type of brilliance is that of any average man.

Almost any \$40-a-week wage earner has as complete a mental equipment as I had two years ago. And he feels today just about the way I did then. For two weeks ago, I too, was in the \$40-a-week rut. My earnings were \$2,080 per year!

I was discontented, unhappy. I was not getting ahead. There didn't seem to be much hope in the future. I wanted to earn more money—a lot more money. I wanted to wear better clothes and have a car, and travel. I wanted to be on a par with people I then looked up to. I wanted to feel equal to them mentally and financially.

But it all seemed hopeless. I was beset with fears. I was afraid of losing my job. I was afraid of the future. I could see nothing ahead for myself and my wife and baby but a hard struggle. I would live and work and die—just one of the millions who slaved their lives away. I was irritable, easily annoyed, discouraged, "sore" at my fate and at the world. I could not think clearly. My mind was in a constant whirl. I was "scatterbrained." I had a thousand half-baked ideas to make more money, but acted on none of them.

The end of each year found me in about the same position as the beginning. The tiny increases in salary, grudgingly given to me, were just about enough to meet the rising cost of living. Rent was higher; clothes cost more; food was more expensive. It was necessary for me to earn more money. So once in a while I got a few dollars more. But it wasn't because of any great change in my ability.

Today I have an income of \$20,000 a year. That's exactly \$17,920 more than it was two years ago. A difference of \$35,840 in two years. My family has everything it needs for its comfort and pleasure. My bank account is growing rapidly. I have my own home in the suburbs. I am respected by my neighbors, and I have won my wife and children's love as only the comforts and pleasures of life can do. When I am old I will not be a millstone



around anyone's neck. My children will not have to support me.

I look forward to the future with confidence and without fear. I know that only improvement can come with the years. Once I wandered through life aimlessly, cringing, afraid. Today I have a definite goal and the will to reach it. I know I cannot be beaten. Once my discontent resulted in wishes. Today my slightest discontent results in action. Once I looked forward hopefully to a \$5 a week increase in salary. Today I look forward confidently to a \$100 a week increase in my earnings.

What magic was it that caused the change in my circumstances? How did I, a \$40-a-week clerk, change my whole life so remarkably? I can give you the answer in one word—Pelmanism. I gambled 2c on it. Yet without it, I might have continued in my old \$40-a-week rut for the rest of my life.

Pelmanism taught me how to think straight and true. It crystallized my scattered ideas. It focused my aim on one thing. It gave me the will power to carry out my ideas. It dispelled my fears. It improved my memory. It taught me how to concentrate—how to observe keenly. Initiative, resourcefulness, organizing ability, forcefulness were a natural result. I stopped putting things off. Inertia disappeared. Mind-wandering and indecision were things of the past. With new allies on my side and old enemies beaten, there was nothing to hold me back.

I am writing this in appreciation of what Pelmanism did for me. I want other average men to gamble 2c as I did. For the cost of a postage stamp I sent for the booklet about Pelmanism, called "Scientific Mind Training." Reading that free book started me on my climb. I took no risk when I enrolled for the Course because of the Institute's guarantee. All I gambled was 2c and I am \$36,000 better off now than I would have been had I not written for the book about Pelmanism.

* * * *

The Pelman Institute will be glad to send a copy of "Scientific Mind Training" to any interested individual. This book is free. It explains Pelmanism. It tells what it does to the mind. It tells what Pelmanism has meant to others. For over 25 years Pelmanism has been helping people to happiness. Over 700,000 others have studied this remarkable science. Among those who have praised it are such great world figures as the late Jerome K. Jerome, the famous novelist, Sir Harry Lauder, Frank P. Walsh, Major Gen. Sir Frederick Maurice, Gen. Sir Robert Baden-Powell, H. R. H. Prince Charles of Sweden, and many others. Your whole life may be altered as a result of reading "Scientific Mind Training." Send the coupon. You have nothing to lose. If Pelmanism does not help you it costs you nothing. There is no obligation in mailing the coupon. No salesman will call on you. Decide for yourself what to do after you read the free book about Pelmanism. Mail the coupon NOW.

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Now...Men in Every Civilized Nation Are Taking Advantage of this Great Discovery

FOR many years I was a directing executive of one of the larger steel concerns in the Pittsburgh district. Then came an event that caused me to quickly resign from this lucrative position with its assured future.

For some time I had been consulting a scientist with regard to certain manufacturing formulas. One day, after such a discussion in my office, this man said, "You have many men working for you. Have you ever noticed how many men seem to suddenly grow old, go all to pieces in less than a year's time when they reach a certain middle age?" I told him I had noticed this in many cases. Further I said I was very much interested as I was nearing 40 myself.

Prostate Trouble

"Prostate trouble is the answer," he said.

"That hardly seems possible," I replied. "Why, I know of very few men who ever had that disorder."

"Yes, most men are like you—they know little about the prostate gland—yet highest medical authorities definitely say that nearly 7 men out of every 10 have prostate disorder after the age of 50. Literally millions of men have prostate trouble without knowing it. Some confuse their trouble with kidney or bladder derangement. Others think that they are aging prematurely—that pains in feet, legs, back and head and increasing frequent night rising are natural and nothing can be done about them."

New Easy Method

Then he told me of his discovery, a simple easy way to stimulate the prostate gland—and how he had placed it in the hands of physicians and afflicted men for conclusive trial. The results had been even more satisfactory than expected, in some cases almost incredible.

He ended by saying, "Money and business experience is necessary to bring this discovery to the millions of men who need it, at a cost everyone can afford. You are just the man."

Amazing Results

My decision was made within a few days. Today I see that decision rewarded a thousand times over. Thousands of letters come to me from men telling of relief from most distressing conditions. Some tell how they have been saved from the necessity of the surgeon's knife in a painful gland operation. Others tell of relief after all other methods have failed. Many say they feel 20 years younger, relieved from the torturous and painful conditions that often make life a burden for men of mature years.

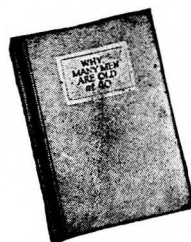
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The LAST LAUGHS



Otherwise He Would!

Adam was naming the animals. He came to the hog. "If I hadn't decided to stick to words of one syllable as far as possible," said he, "I'd call you a middleman."

* * *

Should Grandma be Told?

An elderly woman was escorting two little girls around the Zoo. While they were looking at the stork, she told them the legend of the ungainly bird—how it was instrumental in bringing them to their mammas.

The children looked at each other with sly glances, and presently one whispered to the other:

"Don't you think we ought to tell the dear old thing the truth?"—Boston Transcript.

* * *

All Wrong!

Cop: "Say, young fellow, there's no parking here; you can't loaf along this road!"

Voice Within Car: "Who's loafing?"—Mississippi Highways.

* * *

The Cause

Judge: "Do you mean to say such a physical wreck as he is gave you that black eye?"

Charles: "Yer honor, he wasn't a physical wreck till he gave me the black eye."—Exchange.

* * *

On To Him!

"Mrs. Pecksniff must think a lot of her husband. She kisses him every time he comes home."

"Yes, she kisses him to see if he has been drinking."

* * *

Unbiased

Woman (about to attend political meeting): "I'm not prejudiced at all. I'm going with a perfectly open and unbiased mind to listen to what I'm convinced is pure rubbish!"

* * *

Mrs. Higgins had just paid the last installment on the perambulator.

Shopkeeper: "Thank you, Madam. How is the baby getting on now?"

Mrs. Higgins: "Oh, he's quite all right. He's getting married next week."—Clipped.

Full Weight

Miss Kagarise: "Why did you pick the grocer to play the bass drum in your band?"

Kirk: "Because he's an honest fellow and gives full weight to every pound."—Exchange.

* * *

He Was Told!

Landlady: "Mr. Brown called about his account this morning, sir!"

Lodger: "And you told him I'd just left for California?"

"Yes, and that you wouldn't be back till late this evening."—Fishing Gazette.

* * *

Female Gold-Mine

She: "I hope your recent marriage has turned out a great success."

He: "Oh, quite: I've already made three plays out of my wife's past."—Tatler.

* * *

Brainless

Mrs. C. was ordering the day's lunch by aid of the telephone. Brains were on her menu, and she had already tried a number of butchers without being able to obtain them. "Is that 266?" she asked anxiously. "Yes." "Have you any brains?" "What?" "Have you any brains today?" "No, no, no!" was the testy reply. "You have made a mistake! This is Dr. Smith's!"—Fishing Gazette.

* * *

Same Time

A sailor, after placing some flowers on a grave in a cemetery, noticed an old Chinaman placing a bowl of rice on a nearby grave, and asked: "What time do you expect your friend to come up and eat the rice?"

The old Chinaman replied with a smile: "Same time your friend come up to smell flowers."—The Forester.

* * *

A Growling Place

Visitor: "I wish I could have a den in my house."

Den Owner: "That's easy. Tell your wife that if you can have a den you won't growl all over the kitchen, the dining room and the front porch."

* * *

In the Home

Son: "Father, what is the biggest fish you ever caught?"

Father: "You had better go and ask your mother, I have forgotten what I told her."—Fishing Gazette.

The Usual Way

"What terrible crime has this man committed?"

"He has done nothing. He was merely an innocent bystander when Tough Jim tried to kill a man, and we are holding him as a witness."

"And where's Tough Jim?"

"He's out on bail."—V. P. I. Skipper.

* * *

Liability Becomes Asset

"My daughter's music lessons are a fortune to me."

"How is that?"

"They enabled me to buy the neighbors' houses at half price."—Gazzettino Illustrato (Venice).

* * *

Pass the Smelling Salts

Gushing Young Thing: "It was wonderful of you to drop ten thousand feet in a parachute. Do tell me your sensation."

Bored Aviator: "Oh—er—it was just a kind of sinking feeling."—Boston Evening Transcript.

* * *

Good Enough

"What do you do when in doubt about kissing a girl?"

"Give her the benefit of the doubt."—The Forester.

* * *

Brothers in Error

Pompous Physician (to man plastering defective wall): "The trowel covers up a lot of mistakes—what?"

Workman: "Yes, gov'nor—and so do the spade."—Bystander, London.

* * *

"She Fixed Him Up!"

Maid: "While you were gone, ma'am, your little Willie swallowed a bug, but don't worry, I had him take some insect powder."—Transmitter.

* * *

Neighborly Love

Tramp: "The lidy next door 'as give me a piece of 'ome-made cake. Won't you give me something too?"

Lady: "Yes, I'd better give you a digestive tablet."—Humorist.

* * *

First Steno: "George's mustache makes me laugh."

Second Steno: "Tickled me, too."—Exchange.

Nervous and Mental Breakdowns!

They tell you . . . "Your troubles are only imaginary . . . FORGET THEM!"

The Psychology of Your Fears

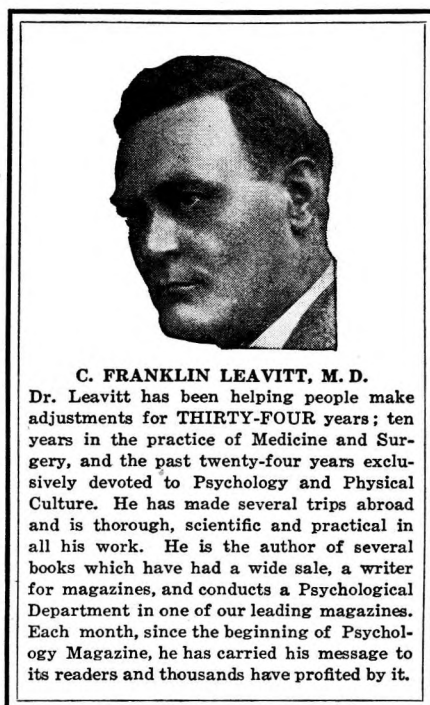
NERVOUS and Mental Breakdowns are primarily due to FEAR. These FEARS are due to your possessing a sensitive, emotional, impressionable nature. Such people are known as introverts. No one who has never experienced such a state can conceive of the suffering and torture which is possible. These FEARS become very real and intense in character—to the point perhaps of one becoming panicky and even hysterical. You feel "trapped" and know not which way to turn. Your relatives tell you it is all foolishness, your physician tells you—"to forget it," and you are ashamed to tell your friends of your trouble for fear they may think you queer. Thus you suffer in patience and wonder what the end is to be. Deeper and deeper into the mental mire you sink and inwardly cry—"Oh, what shall I do?"

What Your Imagination Can DO

You are told your FEARS are not REAL, but yet you suffer quite as much from them as though they were real. You do not understand the condition, therefore your mind is full of doubt. If a good friend told you that a dear one had been killed in an automobile accident you would suffer keenly and pass through some very pronounced physical reactions, even though that friend was mistaken about its being your dear one. You believed him and that was enough. In a like manner you believe these fears you have are likely to culminate into realities, and believing it causes keen reactions. Through constantly holding these fears you generate a very real poison in your body, with a definite chemical change, which produces an auto intoxication. This means a lowered vitality, functional inaction, and super-sensitive nerves—all of which forms fertile soil for the growth of very real disorders. Every fear has its reaction on the Sympathetic Nervous System and is a shock which is felt throughout your entire being.

Your Fears as a Neurasthenic

Neurasthenia is a child of FEAR. It is due to your sensitive, emotional nature getting the upper hand and dominating YOU, instead of your controlling and directing it. Frequent indulgence in these fears form fixed HABITS which trap you. Some of the more common fears are: Fear of insanity, fear of suicide, fear of injuring a loved one, fear of crowds and closed places, fear of being alone, fear that something might happen to you, fear of death, fear of disease, fear of germs or dirt, fear that people may recognize your trouble, fear that you might lose control of yourself and make a scene. You find it practically impossible to forget yourself and you assume an overserious and overanxious attitude toward most everything. You lose interest even in life, and each morning you get up to—"just another day." Where the fears and feelings are acute the nerves become extremely sensitive and weak and you have peculiar sensations, such as uncertainty in locomotion, a



C. FRANKLIN LEAVITT, M. D.

Dr. Leavitt has been helping people make adjustments for THIRTY-FOUR years; ten years in the practice of Medicine and Surgery, and the past twenty-four years exclusively devoted to Psychology and Physical Culture. He has made several trips abroad and is thorough, scientific and practical in all his work. He is the author of several books which have had a wide sale, a writer for magazines, and conducts a Psychological Department in one of our leading magazines. Each month, since the beginning of Psychology Magazine, he has carried his message to its readers and thousands have profited by it.

slight dizziness, nervous indigestion, etc., which seem quite alarming to you. Remember, worry alone, which is a form of fear, can upset your nervous system completely.

You Ask—"Is My Mind Weak?"

No, only those with active, "going" minds experience these breakdowns. It is merely due to lack of understanding and repressed emotions which have accumulated to such an extent that you are like an overloaded boiler—just about ready to burst. This good mind of yours has become introspective, that is all. But to just continue to drift of course will mean more and more acute suffering. Such a nature as yours is capable of carrying you to great heights. The truly successful have just such a type of mind. You are out of adjustment, that is all. The depressing reactions you are experiencing are NATURAL reactions for the life you have been living. Things are according to LAW. It is a matter of "reaping what we sow." You lack UNDERSTANDING, TRAINING and DEVELOPMENT.

You Are Wasting Your Energies

RIGHT thinking and living along with proper mental and physical training and development, will set that delicate and wonderful machinery of yours working FOR you instead of against you, and will bring HARMONY. You have tremendous power, the SAME power that others have used to win success and happiness. Your confidence has been badly shaken and you are now on a negative plane of life, with your life's batteries short-circuited and low. All this CAN be changed completely, and has been in thousands of cases.

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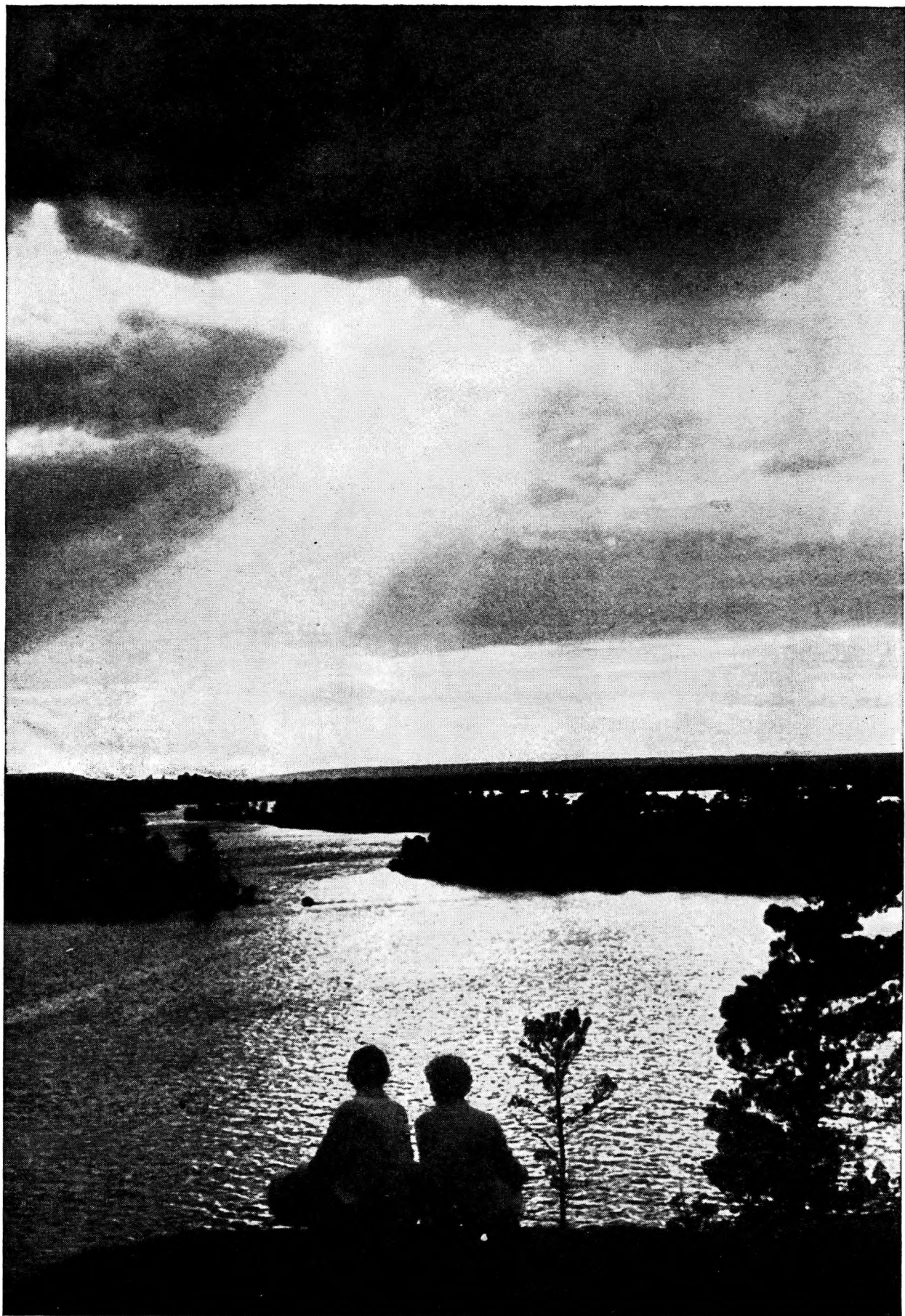
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*"Each day we cross a Rubicon
In search of happiness—"*

Man Moves Forward

An Editorial

IN THE "Current News" showing at a movie theatre some weeks ago, a group of farmers—drought victims of the Middle West—was shown.

Their background was a dreary, dust-covered expanse. The farmers themselves indicated by their clothing and general appearance, the strain and misfortune through which they recently had been.

They were discussing the effects of the drought on their individual lives and fortunes, and at times the emotion in their voices struck deep, causing their hearers to sigh with sympathy.

But although their troubles were legion and their grievances almost unparalleled, they ended the interview with an astonishing note of hopefulness.

THE last speaker was a small man in overalls, and a tattered hat, through the holes of which gray wisps of hair stuck grotesquely. He was adding to the statement of a previous speaker—another farmer whose crops had been completely burned out by lack of rain.

"Yep," he commented. "All the crops are gone, and even if it rained now—this minute, and the heaviest kind of rain-fall—it would be too late to save a single grain of wheat this year. *But there's another year coming!*"

His companions nodded their heads. Rueful they were, but it was plain that in their mind's eyes they were looking ahead. Foolish optimists, these men? Maybe. But people are like that—inherently. Courageous.

Watch the scene, the people, after any terrible eruption or irregularity of nature. Stunned at first, of course, complaining, wailing, bitter. All these. But give them just a few hours and you'll see the scene as active as a bee hive.

Clearing away rubbish, razing what is necessary, erecting, hammering, building. And cheerfully. Before the dust has settled on any great catastrophe, men as a whole have recovered themselves and "Greater Than Before" is the slogan that moves them forward.

It is amazing. Heartening. Enough to

fill one with awe that humankind can be like that.

HUMANITY fails here and there, of course. Ingratitude, hypocrisy, treachery—many times these appear, awakening in us disgust and chagrin. The bow of faith in our fellows is strained at many points, but it must not snap.

We are part of a great human fellowship, and must hold our confidence in the essential integrity of the average man. Some are weak, a few are scoundrels, none is perfect. But in a million tests the honor, sincerity and comradeship of man stands unimpeached.

If we should lose faith in man, the zest, the romance and incentives of life would seriously be interfered with, perhaps destroyed. Keep earnest search for the good in men. Stress their inherent nobility. They are all gods in the making.

This is lighting the lantern of hope and courage—the twain that sustains us when life seems too difficult; when the fires of life burn low and the path forward is obscured.

"WHERE there is life," the old saying goes, "there is hope."

"Where there is hope, there is life" is equally true. In the hour that hope fades and flickers, shadows lengthen, incentives and life's luster dim, death of all that is worth while crouches on the doorstep.

Arm yourself with hope, therefore. Though the heavens crash, hope on. Though the waves of adversity swirl and lash about you, don't go down. Though friends fail and cherished bubbles burst, hope on. The man who fights undaunted by adversity, his head "bloody but unbowed" simply cannot be permanently defeated.

That for which we strongly hope tends to become reality. Our hope visualized tends to become objectified in material realization. Every honest physician will concede that his chances for successful treatment are greatly enhanced by a persistently hopeful attitude upon the part of the patient.

Medicines prove of (Continued on page 61)

Your Senses Often Lie!

They Report Hallucinations

by DR. L. K. HIRSHBERG

THINGS are not what they seem.

Your eyes, your sense of sight, are made to take in objects from the material universe and translate them into impressions.

Under experimental conditions, most animals which give birth to their young are insensitive to realities in the physical world, the light rays of which are long and slow—deep reds and infra-red rays.

In words that a child may understand, this means that such objects are invisible as if covered with a fairy-tale "invisible cloak."

Monkeys, rabbits, rats, dancing mice, all mammals, are blind to things which are red and infra-red. Their eyes and vision are perfect, yet they see nothing ultra-red.

In other words, a sensible monkey, full of self-pity, fears, timidity, cowardice, envy, or malice—all present in normal monkeys—might be excused for believing in "ghosts" and "spirit manifestations," if a red flag kept flapping against him, or a red brick fell on his toes.

ON THE other hand, ultra-violet, extreme blue and green rays, invisible and unseen by man, are relatively highly stimulating to hooded rats, dancing mice, and rabbits. In fine, humans may honestly deny the presence of actual, substantial, real objects which are plainly visible to those animals.

A young chicken which has become accustomed to light will convince you that "seeing is not always believing." Shoo the chick into a dark room, the floor of which is covered with corn and has been illuminated with the rainbow colors of the spectrum.

If it is allowed to peck freely, it will begin with grains illuminated by the red and orange rays. It will peck continuously until the blue and green part of the floor is reached. Beyond that it sees nothing and will refuse to peck there.

Man boasts of his superiority over brute creation, his greater knowledge, his common

sense. It is a fact that his senses are common, because there are "more things in heaven and earth, Horatio, than were ever dreamed of in your philosophy."

Many animals have direct first-hand knowledge of things by their senses, which the human senses cannot perceive. However, human ingenuity has added hundreds of "indirect senses" to man's equipment, he does not create new life stuff, or deliver a Frankenstein. He has invented the well named Instruments of Precision. Thus, his psychic reserves are built up.

The spectroscope, the stethoscope, the urethroscope, the stereoscope, radioscope, phonendoscope, ophthalmoscope, X-ray, thermometer, telescope, microscope, and a legion of other "senses," extract facts of reality which the senses of man never would otherwise recognize.

"This little creature of the woods—as all mammals—is blind to things which are red and infra-red."



It may hurt your feelings to learn that your sense of sight is absolutely impure. Of the abundant and various sensations of sight, all are adulterated, except the first momentary flash of light which you saw the instant of your birth.

After that moment, all visual sensations are a pot pourri of compounded complexity. They are blends and patterns, "hooch and Scotch," worse than confused—with muscle, taste, heat, cold, smell, and memory impressions of all varieties; "spatial spread," that is seeing things in form, shape, depth, and distance, with motion, time and space mixed, means many elements not visual.

When your baby awakens and sees the light of your countenance shining on him, it is not merely the sense of sight, but warmth, pleasure, food, laughter, play, crooning words, and other perceptions which flash through him.

You may feel hurt and insulted to learn that you see erroneously. Recent psychological tests, which I made upon twenty of

the subjects who prided themselves most on their perfect eyesight, proved that all of them make errors that are large and curious.

They were shown a bowl of oranges, and then asked quickly to name an object of similar hue thrown swiftly into a dark corner. All cried, "an orange." It was a stuffed canary.

THAT is an illusion. We are all subject to them. An illusion is seeing something which is not really there. Houdini, Oursler, Kellar, and other magicians have systematized this "human, all too human" defect and capitalized it honestly.

Spiritists and ghost-believers do it sentimentally; swindlers do it by fraud. An illusion means that something *is* there, but not what you *see* it to be. You honestly perceive the thing as a fact—yet it is none the less a lie.

You may now admit that you cannot trust the best eyes—your own. A real psychologist considers all errors as grist to his mill, but the average person hates to acknowledge even the bare possibility of a "fact" not being a fact.

It is not only the sense of sight which plays you false. Open the two opposite blades of a small pocket knife. Draw them across the mouth, one point above and the other below. As you draw it across, you will swear that the points of the blades are separating as they near the middle line—and coming together again as they leave the line of the nose and go toward the other side.

A stack of quar- (Continued on page 53)



"The radioscope, phonendoscope, and a legion of other 'senses' extract facts of reality which the senses of man, unaided, never would recognize."

Does Decency Pay?

An Interview With Channing Pollock

by ADA PATTERSON

THE campaign for the "clean up" of motion pictures has extended into other fields, and of legitimate drama, especially, a question that is widely asked and discussed is: Does decency pay?

The man who wrote *THE FOOL*—Channing Pollock—should know, for his play, absolutely clean, and even introducing an element of religion, earned over a million dollars.

A COOL million dollars!

That's what the pronounced stage success, "The Fool" drew from the public—

That public, which some contend, prefers, beyond all things, the alluringly sensational.

Remembering this, I went to talk with my friend, Channing Pollock, the author of "The Fool." I wanted to ask him what he considered the underlying reason for the success of that play, for "The Fool" was not only absolutely clean but included an element of religion, the hero being a young preacher and an idealist.

I found Mr. Pollock in the soft afternoon glow of the great yellow walled, cross beamed lounging room of New York's Town Hall Club—the club where celebrities, and those desiring to learn their secrets, assemble.

"The large majority of human beings love and fine and beautiful things, those which are the simple things, of life," Mr. Pollock began.

"Is that why your play 'The Fool' earned a million dollars?" I asked.

"Yes. It constitutes the reason for the strong response to a dramatic production in which the hero of the play was an idealist—an idealist who knew that the essentials are few, and that the popular conception of life as a mass of cluttering, transitory objects is false.

"While abuses have intruded and still exist on the stage, the last year is one that should encourage true lovers of the theatre.

"Although I have not before approved of more than one choice made for the Pulitzer prize, I do approve of this year's selection. 'Man in White' is the play that should have been chosen. It is a play of idealism. Scarcely a play without this quality has survived this season. That indicates that the standard is growing finer and higher."

THE man with the mop of silver hair, so like Professor Albert Einstein's abundant crop, nodded his head vigorously.

But I had come to ask Channing Pollock questions along other lines, as well. Having known him two thirds of my life I could not challenge an avowal he had once made that he was continuously and consistently happy.

"It is true. I am happy," he said when I spoke of this. "In fact, although I am fifty-four years old, I have had only two unhappy days in my life. When my father died.

"I believe that I have found the formula for happiness." He leaned forward earnestly from the wide lounging chair. "Do you recall that when we were neighbors in Forty-seventh Street you were making a collection of definitions of happiness?"

"Perfectly. I have the book in which I collected them."

"And that I wrote 'Happiness is perspective'?"

"It is there in confident hand, in indelible ink."

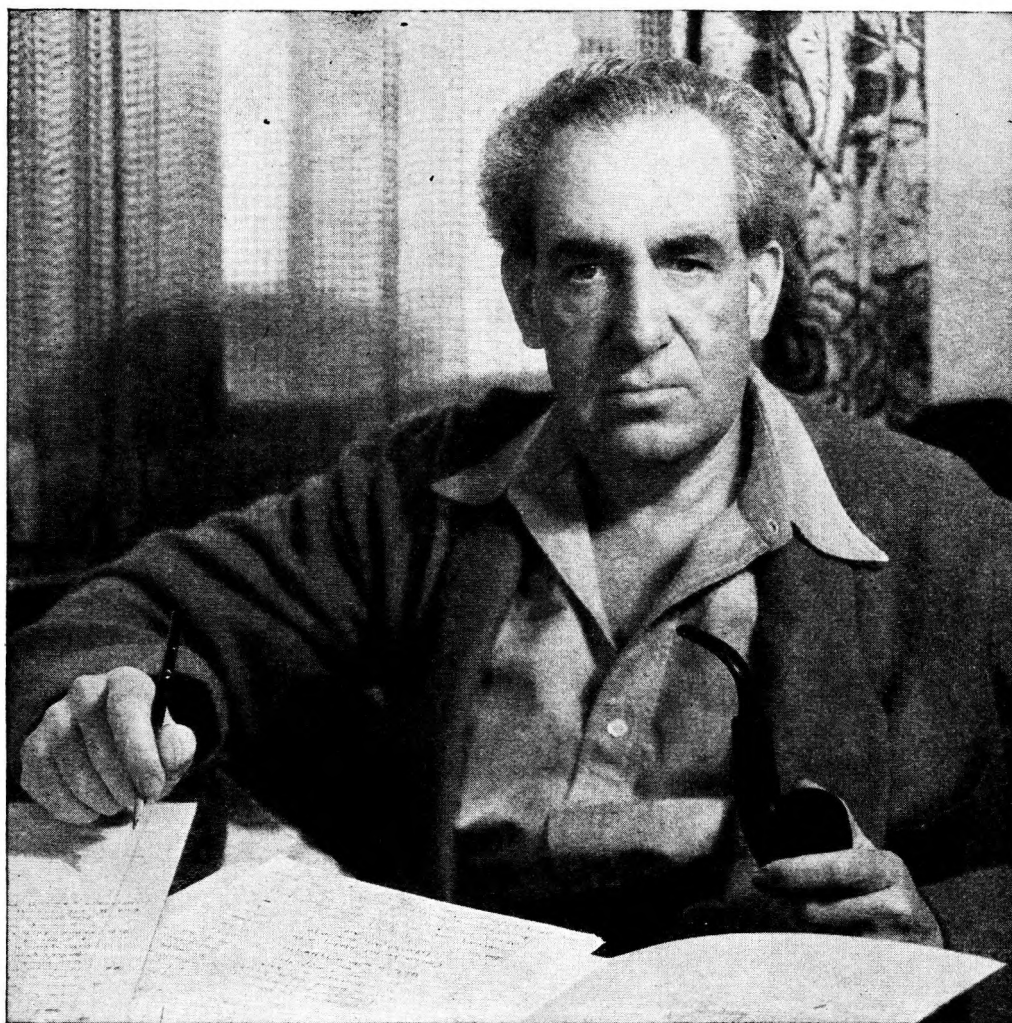
"I still believe that. I know it. For I have proven it. We can secure happiness by seeing things in true proportion. We reach the opposite, undesirable state by seeing them in overstressed and distorted proportion.

"One of life's greatest lessons, an invaluable one, is not to confound the small, non-essentials with the few really, important things. Yesterday I read Lewis Mumford's 'Technics and Civilization.' I reread and memorized this:

"Paying infinite attention to the invention and perfection of incubators, they have forgotten the egg and the reason for its existence. And, furthermore, by making the ownership of a lot of furniture, pictures, motor cars, yachts, and suits of clothes socially desirable, we have lost sight of the soul, the personality, the inner man—all that really makes life worth living for us"—

"That is indisputably true.

"On an afternoon when I had finished my day's writing, I wandered out from my home and sat down on a bench on the drive, facing



Channing Pollock

the river. I sat resting and felt more fully than I ever had before that I was a happy man.

"I was conscious that I had worked very hard. That I had had a hard life. That probably I would not live to a great age to enjoy the sunset of life as presently I was to enjoy the richness of the red gold sunset across the Hudson.

"I had had many obligations and responsibilities and would continue to have them. I had had my share of frustrations. There came to me the flashing consciousness of all this and the reply of sober, matured judgement.

"Of course you have. Why not? You have been able to meet and carry the obligations and responsibilities. You are happy because those simple things that are *necessary* to happiness you have. The sunlight. The tonic of the river air. Your pipe. An old suit for which you have affection. The love of the two beings whom you most love, your wife and daughter. These are the essentials of happiness. You have them. That is the reason you are happy.

"I keenly realized, at that moment, as I had more or less dimly known before, that happiness consists in a very few essentials.

"Some sneering little fellows have said that I am unsophisticated. It is *they* who are unsophisticated. I am a sophisticate because I believe in the eternal verities. Truth endures. Only manners change. It may be correct for you to smoke cigarettes this year while a short time ago it was not. You may join the procession and wear your skirts a little shorter this year than last, or a little longer. But in the long view what do they matter? We go on working and loving and helping each other. Those are the vital things of existence.

"**A** MAN has three ages. One when he remembers what he has taken from the copy books—and believes it. The second is when he thinks he *doesn't* believe it. That is the sneering age. Some never live beyond it. The third is when we repeat what we learned in the copy books and know it is true.

"Tradition is truth. Not the kind of houses a man has built since he grew discontented

with his cave. The truth that to *last* a house must be built upon a rock-like foundation. The really unsophisticated persons are those who harp on last year's house or the next, and ignore the foundation. All save the little sneering folk who call themselves sophisticates perceive this truth."

Of marriage Channing Pollock had no criticism. "Monogamy is true marriage and it is right. Ninety-seven percent of husbands are faithful to their vows. The others are faithless only because they think it is smart or 'sophisticated' to be so. Not because they want to be."

His eyes glowed with the light of a kindly zealot.

"As I listen to you I think of what Anatole France wrote 'The longer I live the more I view humanity with tolerance and compassion,'" I said earnestly.

Resting his head against the back of the lounging chair he answered with half closed eyes of reverie. "Yes. Except for 'tolerance.' Instead of that, I should say affection. Affection and compassion."

Mr. Pollock talked of his discovery of the gods in men. "I have been a longshoreman, newspaper man, a press agent, and a playwright. I have known human beings of all degrees. Some of the finest souls have emerged from most unpromising clay."

He told me of a night club hostess who died last year. He had known her "when she was a chorus girl who pestered, wanting an introduction to a theatrical manager. His distaste for the persistent young person and reluctance to annoy the manager caused him to avoid it. Later, in a New England town he became ill of diphtheria. The busy doctor neglected him. The company left him behind in a small hotel. One day, while he felt himself drifting out on the tide, and not caring, there was a rap on the door.

"Don't come in. I have diphtheria," he feebly growled, but the door opened slightly

and the girl's face appeared in the narrow crack.

"Have you a nurse?"

"No. I haven't the money for one."

"And you're here all alone?"

"Yes. Go away. You may get diphtheria."

"She came in saying, 'I wouldn't treat a dog that way. I knew something was wrong when you didn't arrange for me to meet the manager.' That hurt. She bunked on the rickety old sofa and took care of me for five days.

"**T**HEN there was the girl that a fellow reporter of mine was determined to marry—one of the most notorious women in Washington. Rated by usual standards she was bad. The newspapers made a shocking first page story of it, including my name as best man. The bridegroom lost his job for it.

"I met them afterward living near Greenwich Village. Her attempts at housekeeping were pathetic. He tired and left her. She told me she was going to France to do war work. The last time I heard of her she had won the *croix de guerre* for staying at her post under cross fire.

"There is nobility in every one. Let us expect it and give it a chance. Personally I have never had a false friend."

I asked his ideas on war and found that Mr. Pollock's views were the infinitely patient ones of a philosopher. "There will be an end of war" he said with gentle earnestness. "The world is fifty million years old. Civilization is only three thousand. We have come far from the beginning. We must be patient. We are growing nearer and nearer the light—that light that reflects from within.

"That sympathetic perception of the truth that is idealism, the love of what is fine and true in life and humanity—this is the true sophistication."

Before I took my departure we happened to be talking of persons we both knew who had failed in their en- (Continued on page 58)

"All Dreamers' Dreams—"

All dreamers' dreams be glorified!
May every castle of the will
Be staunch and strongly fortified
Upon a rugged, crested hill.

May each ship putting out to sea
Withstand the ebb and flow of tide,
And safely sail back to its quay
Within a harbor deep and wide.

Oh, weave soul fabric of strong stuff,
For mind and body unified
Shall translate even blunt rebuff
Into a whole that's glorified!

By FRANCES INGALLS SHINN

Marie Dressler's "Last Will"

by ELDORA FIELD

MARIE DRESSLER left something to the American people.

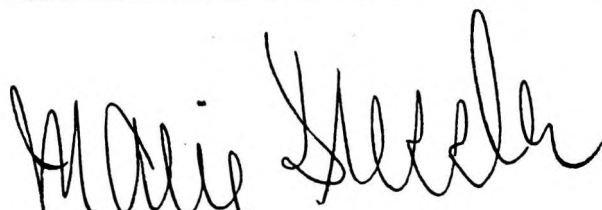
It was her earnest desire to do so.

That something, in a way, was almost her "last will and testament."

She spoke of it first some months ago when she, perhaps better than any one else, realized that her stay with us was not to be a long one. She reiterated it much later—almost the last time her flagging strength went out in generous, unselfed thought for others.

"I've learned a lot of things," she said, "had a lot of things to overcome—you know—heart aches, troubles that seemed big as mountains at the time. Maybe because of some of these things, I've got hold of a little that has helped me to help others. Boiled down it's this:

"Don't ever give up. You're foolish if you do because things that seem like miracles *can* come to you and most likely will, if you'll just hold on and expect 'em."



(Her signature)

No silly optimism—this. Marie Dressler *proved* every step of the way which finally took her into an amazing and satisfying success.

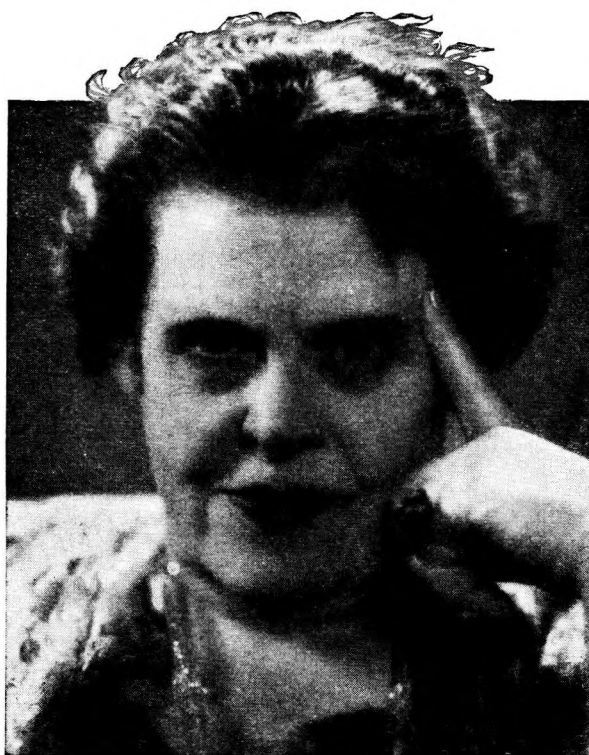
But if the dear soul had added to her statement, she could have told us that she *almost* gave up expecting—outstanding success at least—and happiness.

Perhaps her lowest ebb of spirits descended after she had finished years of work on the legitimate stage. This was before she had taken a screen test or had done any work in pictures.

She was half forgotten, unable to obtain further work on the stage.

We can almost see her. Striding along, grim, but determined to keep a stiff upper lip.

It seemed, at the time, as if life—her kind of life, the kind she loved—was forever



Marie Dressler

closed to her. In her own mind, though, she must have reasoned: "Well I'll do my best with what I see at hand" for she took steps to, and was actually planning, to invest her small savings in a rooming house in Paris.

This, no doubt, would have meant ending her days as a faded obscure landlady.

It's hard to picture, even for a moment, this finale for our jolly, beloved Marie Dressler. It brings a little sadness to our hearts to reflect that she ever had to contemplate this. But she did, and she was willing. Not bitter, nor resentful, nor whining. Just her brave, capable, cheerful self.

WHEN Fate—that funny creature that oftentimes steps in when *we* lay down our arms and conclude we're beaten—Fate stepped in with a proposal from a friend of Marie's "better days." The days when this actress had herself helped countless others who felt beaten and rebuffed.

This proposal included the offer of a screen test and a (Continued on page 54)

What Power Has Hitler?

Civilization Asks—History Answers

by GENE CORN

"HITLER'S Teutonic paganism is making its last stand against religion, Christianity, civilization and democracy."

A world-known divine recently made that statement.

He had been talking of the German religious situation and of "Hitlerism," and to those who have felt growing alarm at the threat of deadly danger lurking in the present political, sociological and economic unrest in Europe, his added statement may carry a degree of comfort.

"The mighty army of Christendom and civilization stands behind us and around us."

"ONE cannot understand the German situation today if one imagines that 'Hitlerism' is nothing more than a new outbreak of anti-Semitism," he continued. "But millions of non-Jewish Germans who are more truly Aryan than the Austrian Hitler are also under the ban of condemnation because of their political, economic and social views."

Surely none will controvert this closing statement. Many will agree that the activities of Hitler are arraigned against, and constitute a bitter war against *all* religions, as this divine has indicated.

But regardless of convictions on this particular point, it is unwise and illogical to give way to complete pessimism regarding the outcome of "Hitlerism."

Illogical to believe, for a moment, that the man Hitler can do what no man in all the whole world's history has done—turn the tides of decency and finer human impulse into a downward, slimy rush that will seriously threaten, if not destroy civilization.

Civilization is the work of ages—no man can reverse that tide in a lifetime.

Surely, if one shakes

himself loose from the mesmerism of abandoned horror that tales of outrages from across the seas tend to produce, he must know that, only for a time, can a force which at least *appears* the embodiment of hate and intolerance, stand and declare itself.

ALL history, every ray of civilization's light declare and show that only for a time can negative forces—great and thunderous and lowering as they may seem to be—only for a time, can they "flourish as the green bay tree."

Of course there are those who feel and declare that the man Hitler is imbued with the righteousness of his "cause" and feels himself in the position of a great and avenging war-angel. If he *believes* that he is right, the consciousness of integrity will indeed make his reign longer.

However, in so far as his weapons are those welded in the terrible furnace of intolerance, violence, bloodshed, they must bend, crumble, and eventually disappear.

At the present time, however, the cards seem to be so stacked in Germany that active resistance to Hitler might precipitate a bloody civil war (this may account for the caution exercised by his opponents) and this in turn, perhaps, would involve the greater part of Europe and, it might seem, the whole world.

This puts Adolph Hitler somewhat in the position of a deadly percussion cap, that setting off a blast of European explosive material, might blow into semi-oblivion, the civilization that mankind has been centuries in producing.

THIS at least is the apprehension declared by

Is civilization itself at grips with an embodiment called Hitler?



some of the world's diplomats and various of the best minds in Europe.

While it perhaps has no bearing one way or the other, it is interesting to consider some of the circumstances and environmental forces that have gone to make this man who, depending from what viewpoint one sees him, is powerful leader, or half insane fanatic.

While it is authentically reported that, as a child, he was unruly and rebellious of parental authority, he possessed sufficient idealism to prefer the arts rather than prosaic industry.

Even in early youth, he illustrated his determination to have his own way, by an unusual subterfuge. It is said that he deliberately arranged to fail in examinations, that successfully met, would point him away from his art work and his beloved study—history.

It is more than significant that a teacher of history with whom he was long and closely associated in his adolescent days, was said to be Pan-German to the point of fanaticism. This teacher found, as did others similarly inclined, that young Hitler's mind was fertile soil for such ideas as later—but while he was still a youth—made him ardently devoted to the Pan-German movement.

But young Hitler was to find disappointment which mounted to extreme bitterness, when after the death of his father, he went to Vienna, knocking at certain academic portals which denied him admission.



Does Hitler see himself as a divinely appointed purger—such as is depicted in Ruben's famous "Fall of the Rebel Angels?"

A long hard experience followed. Funds completely exhausted he was reduced to the meanest labor. What passions, hatred, and resolves were incubated in those years of disappointment and dis- (Continued on page 63)

Youth Looks at War!

"Shall We Go to War?" Youth Asks

by **WALTER ROEBER SCHMIDT**

"JAPAN is buying an awful lot of cotton goods these days."

George, who works in the silk and cotton market and is in close touch with these things, was speaking. We had just put away the cards and George's wife was bringing in sandwiches and coffee.

Robert—the youngest of the six of us—took a sandwich, but he held it in his hand untasted. He was studying George's face.

"You say Japan is buying lots of cotton these days. For munitions manufacture, do you suppose?"

George nodded.

"I guess they're not the only ones." It was Harry speaking, the oldest in our group and the only one who had been in the World War. "I'd like to know where war clouds aren't darkening the skies these days."

CHARLIE put down his coffee. "You know, I've often thought about this gang of ours. And war. Suppose, just suppose, that war should break out tomorrow. Would you go again, Harry?"

"You mean," Frank asked, "if war broke out and the United States became involved?"

Charlie nodded. "That's right. Suppose Japan and Russia went at each other, or hell broke loose in Europe, and it looked as if we couldn't keep out of it—what then?"

The silence that fell over us was a little frightening. George drew closer to his wife. The rest of us sat in shadow. No one said anything for a time. Then Harry, whose mind had evidently gone back to the early days of the World War, began talking, although he seemed to be addressing no one in particular.

"I was young then, seventeen years ago—younger than any of you. It struck me as being a very wonderful adventure—this thing of going to war. And in addition to the adventure, you see, I was helping to make the world safe for democracy."

He laughed a little bitterly. "Safe for democracy! And in only a short time everywhere but here in North America the imminence of another and more terrible war

is too obvious to overlook.

"Now I'm older," he continued, "there is a wife and a child. They mean much to me. The *adventure* angle wouldn't appeal to me at all. It's far more important that they are taken care of. And how could I take care of them if I were in Mongolia or Austria?"

"And suppose I did go. . . ."

"If I didn't come back, who would take care of them? Sure, the government would send them a check every month. But just how much would that be to them? I'm vain enough to realize that they'd both need and miss me. The government couldn't allow me to visit them every month in the paycheck envelope, not," he added ruefully "when I'm six feet under."

"IF SOME country invaded the United States, that would be different. Then I'd have something to fight about. I'd be fighting, then, for my wife and child. In such a case I'd go willingly—die if necessary. But just try and get me to leave this country of ours to fight. Just try!"

Then Frank spoke. "What Harry says is absolutely sound. I'm on his side," he declared. "But I have something to add—from my own personal viewpoint, of course."

"You fellows know my life has been no bed of roses—I was an orphan, knocked around plenty. The job I have now isn't much, but I get along. In time it may mean something. I'm only twenty-two. I want to be a success. Who was it—Adler or someone—who said that an inferiority complex is one of the greatest of driving forces? Well that goes for me, I guess. I've been stepped on plenty, but I think I'm on my way."

"I want to do things," he repeated. "I want to be a success. How in heaven's name am I going to attain my goal if I have to pack a gun on my shoulder and march off to some foreign nation to put bullets into men I have no personal quarrel with? What the devil would I be getting out of it? And in the end probably I'd catch it along with millions of others and never return."

"Call this a selfish outlook, if you want

to, but answer my question if you can. How could I make anything of my life by fighting on strange soil, and maybe getting a bullet through my head? No siree, not for me! What Harry says cannot be argued against. We stay right here in the good old U.S.A. If a war is brought to us, I'll fight as hard as anyone. But as to crossing an ocean in a boat to take part in someone else's scrap—well—you surely can count me out."

WE HAD listened to Frank with surprise. It was easily the longest speech he ever had made at one time.

"Much of what you say holds true for me, too," Charles offered. "My life's been no bed of roses either. And in addition, like Harry, I'm married and have a swell wife and a wonderful kid. But I think I can add something to what both of you have said.

"The chief reason I wouldn't go if the fight were in another country is that I'm wise, even as

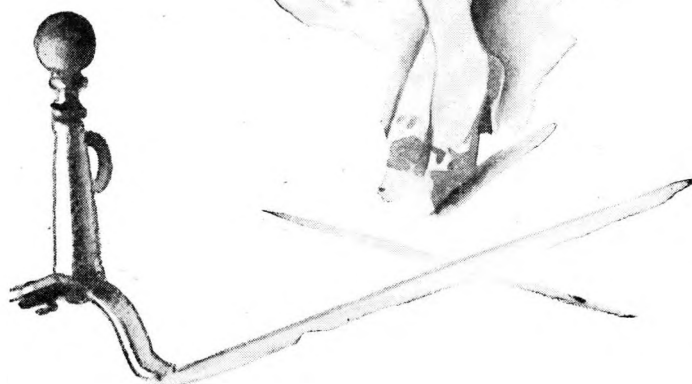
most of you are, to the fact that men do not make wars.

"Big business—mostly munitions factories—are responsible for the wars between nations. I read an article not long ago about these factories. There is one family that owns a munitions plant in France and also one in Germany. Each plant, though owned by the same family, strives to cause hysteria in the respective countries.

"War means big money to these organizations. *Who fights—or for what reason—is not important to them.* Just so lots of ammunition and guns are bought—that is the important thing to them.

"I should go out and take a chance of being shot to death for some monkey who sits behind a polished desk in one of these munitions factories? What a laugh! If certain folks want me to take part in a war, they'll have to bring the war to me! Here I stay

"The silence was a little frightening . . . George drew closer to his wife . . ."



in the United States; let Asia and Europe do as they like."

GEORGE'S wife changed the sandwiches for cakes, poured second cups of coffee.

"In another year or so," Robert spoke up, "I'd be old enough to go. Or do they accept (Continued on page 54)

The Power Within-You

by DR. RICHARD LYNCH*

MAN has reached a point, in this age of scientific discovery, where he is no longer willing to believe unquestioningly or to follow blindly where others lead.

In a world filled with the wonders of directed energy and harnessed force, it is but natural that he should turn his attention in the direction of certain causes and effects which have heretofore been either taken for granted or regarded as incomprehensible mysteries.

People who think at all-purposively not only believe, but know that this universe is governed by law, and that back of that law lies the operating intelligence of mind or spirit which we call God.

MAN is linked to the universal by a great, underlying force which distinguishes him from all other forms of creation. He possesses within himself a powerful dynamo for the conversion of vibratory energy which may be used as a factor for good or otherwise, as its master wills.

Just as waves of light and sound may either benefit or annihilate, so this mysterious, invisible power, far more potent than any electric current, reacts to bless or to destroy.

Knowledge is the controlling agency

which regulates and directs the application of this silent force, this hidden power which we call thought. The value of knowledge is tested by its efficacy of production. It reveals itself as enslaving or liberating in so far as its direction of energy binds or gets free; destroys or creates.

This hidden power of thought is the great characteristic of man; indeed the word man is an ancient Sanscrit one which means to think. Think and thing being of the same root word, it becomes evident that man thinks and that his thoughts are things. Whatever is manifested to consciousness as existing in the universe, is an object of thought. In reality, all things are thoughts in the objective.

... a great city millions of thoughts made into one ...



THE world of creation which we call nature is the manifestation of universal Principle or Divine Mind and is perceived by man as thought coincides with the creative Thought which gave it origin.

What is the material world but an objectification of the thought of man? Carlyle likens a great city to millions of thoughts made into one—a huge spirit of a thought, bodied forth in brick and light and smoke; in traffic and industry. Inherent in mind is the creative desire, the wish to objectify an idea. Thus,

through His image, man, does God continually create the world.

The difference between the savage and the civilized man; the ignorant and the unenlightened; the brute and the human, lies in thought. We may go a step further and say that the same principle holds good in health and disease; in success and failure; in happiness and in harmony. For man is free to operate his creative force, with which he objectifies a material world, in whatever manner he desires.

His is the privilege of thinking in such a way as to release potentialities of the soul and set in operation innate faculties which will not only create conditions but form them.

Since thought and existence are one, and to think is to exist, any change of thought must necessarily bring about a change of existence. Each man may prove for himself that, as his thought alters, his condition varies. As he thinks, he becomes. How important it is then, that he should know how to control and direct this hidden energy with which he is constantly changing both his world and himself.

AN AGE OF MIGHTY REVOLUTION

WE ARE in the midst of an age of mighty revolution in human thought, and the race has recently made an abrupt forward leap in intellectual development, yet we can trace this principle back throughout ages of philosophy and religion.

We look to the Kabalistic scheme of creation which counted pure thought as the first emanation from the Unknown. In the Upanishads we find what was even then an old secret, that a man is what he thinks. In the mysticism of Buddha it appears that all is made up of and founded on thought.

From ancient Greece we take from the sayings of Socrates and Plato: "My mind is myself. To take care of myself is to take care of my mind." Shakespeare inculcated as drama, that only thinking makes the good or bad. We hear Tennyson singing in verse that doing well follows thinking well.

Lord Kelvin and Sir Oliver Lodge have discussed and written of matter made up of thought forms and ether containing realms of resource.

With these and innumerable others forming such a cloud of witnesses, surely we have come to know that thought is the one great active power in the universe. The reason it is undervalued and misused is that its action is unseen and unheard.

"How noiseless is thought!" Carlyle exclaims, and goes on to say that no roll of

drums or immeasurable tumult attend its movements, yet by ruling in instead of over all, it may bend the world to its will.

HIDDEN POWER OF THOUGHT

LIKE all of Nature's potent forces the hidden power of thought works silently and unobtrusively, yet there is no force in the world more real. Being creative, it forms its own image and likeness in the outer, either as a material possession or as a bodily condition.

Believing this, we might naturally expect to find the same law and order in man's life as that which rules the world of nature. But what do we see? Bodies racked with disease and pain; newspapers filled with neediest cases; business failing, homes inharmonious, old age and death everywhere. How tragic it seems and how foolish! Man, possessing the power of changing all these and failing to apply the panacea; setting in operation negative in place of positive conditions; tearing down instead of building up.

And yet how generally noticed and admired is the man of definite thought! He it is who has always achieved greatly. One of our newspapers carries a picturization of a weak-chinned, timid soul—could he ever accomplish much? Out of negative indefinite thought he has fashioned himself because he has not known how to direct the power of his mind.

Each person carries about with him a thought atmosphere; a vibratory aura which surrounds him, sending forth radiations, invisible to the eye, but penetrating other consciousness and registering as impression; upon the quality and the strength of his dominant thought depends the effect produced.

THE AVERAGE MAN'S THOUGHT

IN SUMMING up the average man it has been found that nine tenths of his thought is negative. It is amazing how he manages to score at all in the game of life, for he knows nothing about it as a purposive reality. He is here and he must go through with it somehow.

Problems loom large before his darkened mentality. With a jumbled mass of fears and worries forever clouding his brain how can he transmit messages of life to his body or success to his affairs? How can he think clearly and definitely about health and well-being?

How can he be awake to a realization of the potential energy he is able to release and apply as a powerful force in reconstructing his being? How can he even ask intelligently for anything without a definite idea or purpose in view? (Yet the message of the Master was, whatsoever you ask you shall receive.)

In sending a cablegram we spend a great deal of time in choosing and arranging the exact words which will express our meaning briefly and clearly. Our messages to life should be like that—plain and decisive—each idea fraught with meaning. "It is the mind that makes the body rich," Shakespeare wrote. I would paraphrase it by declaring that it is the mind which makes the body live.

There is an ancient Chinese proverb which says that rigidity and death are synonymous.

"Each person carries about with him a thought atmosphere; a vibratory aura which surrounds him, sending forth radiations invisible to the eye but penetrating other consciousness . . ."

A mind closed to ideas is like a tree with the sap gone from its branches—rigid and easily broken down. Being cut off from its source of power it becomes unproductive and useless. In the art of living we must make captive every true idea for the enriching and renewing of the consciousness. Mind must be original, spontaneous, flexible—otherwise it cannot bring into expression the attributes of the great Artist whose genius seeks ever its outlet, man.

THOUGHT IDENTICAL WITH EXISTENCE

AS THOUGHT is present in all human perception, it is identical with existence, yet most of us think just about enough to keep on existing. The hidden power which we might use as applied energy in constructing our lives and controlling our destinies, has become inactive through dis-use.

Since it is only by mental possession that things can be concretely realized, an idea must be actively aroused and kept at the focus of attention, for its translation into physical reaction. In other words, thought must be very definite before it can become an active operating force.

Perception, led by knowledge, becomes a thought-form or idea. This idea, kept at the focus of attention and given free play of the consciousness, enlarges into understanding, culminating finally in concrete realization. Thus does being come into visible form and embody itself as material manifestation.

Divine perfection, striving to express itself through human consciousness, is progressing ever higher in the evolution of the spiritual image in the body. The race thought, which has been such a positive and therefore such a powerful force in producing destruction must be rebuilt and regenerated.

As man comes to understand that he is the

personification of his consciousness—his own word made flesh—and that his thoughts and possessions are one and inseparable, he will realize that he has the power to reconstruct both his body and his affairs.

THE DIVINE IMAGE—PERFECTION

HOLDING in mind the divine image of himself, which is perfection, he may create his body according to the character of his dominant idea and fixed belief. Cultivating the mental picture of abundant supply by never losing sight of the finished fact of substance, he may reestablish his affairs.

A seed contains within itself the true image of the plant it is to become and also an impulse to attract all nourishing elements necessary to its development and growth after it has been planted.

So knowledge implants within man's mind the living germ of an image; in it is the tendency to draw to itself proper thought-sustenance for its outward expression. Every phase of its development depends upon this inner nourishment. Strong, vigorous thoughts hasten its germination and, after its kind, it will produce, according to the nature of its inherency—tares or thorns, grain or fruit.

**From "Freedom from Fear."*

"Man has the privilege of thinking in such a way as to release potentialities of the soul and set in operation innate faculties which will not only create conditions but form them."

Good Thoughts

Good thoughts are the threads

With which we weave the web of life;

The threads which build

The strong and fibrous cloth

We know as character.

And, like the patterns,

That looms of modern science weave,

Our lives can be no lovelier,

No stronger, than the threads

From which our lives are made.

Katherine Maurine Haaff

News Flashes

Odd, Scientific and Otherwise

by J. BRUCE EDDINGTON

*Columbus found a world, and had no chart,
Save one that faith deciphered in the skies;
To trust the soul's invisible surmise
Was all his science and his only art.*

—George Santayana.

EACH day reveals more and more Columbus-like discoverers whose faith gives to imagination wings by which to reach new worlds for the benefit of mankind.

Imagination! The force back of every discovery, invention, and addition to the world's comfort and harmony. The imaginative mind sees perfection where the unimaginative detects only discord, ugliness, jigsaw puzzles insoluble.

Those whose names fill news flashes are scooping from inexhaustible mind's storehouse the material with which to fashion the world nearer to that perfection which Infinite Mind has designed for all who possess imagination's key to unlock its riches.

▶▶▶

TALK with Mars possible! So declares Marconi, wireless telegraphy wizard. He says:

"I am frequently asked if it is within the range of probability that we may one day talk to Mars by radio. Why not? If there are beings on Mars at least as intelligent as we are, there is no reason why we should not one day communicate with them.

"With our present knowledge, getting into communication with Mars is simply a case of improving instruments sufficiently. In that lies the whole secret of inter-planetary communication by radio. There is no limit to distance; hence, there can be no limit to radio development."

▶▶▶

LOS ANGELES TIMES says: "If we ever have another one let's call it a war to end soldiers, and cut out the hooley."

Recently in Brooklyn, New York, an entire neighborhood walked softly, cut out every loud noise. Even kiddies were silent in their games! And all because they were uniting in an effort to save a human life.

Now that life is well on the road to recovery. Radios are sounding again in that neighborhood—a sort of paean of joy over a life saved!

Even judges are getting soft-hearted! Recently a Denver, Colorado, judge set a limit of fifty dollars as a divorce lawyer's fee, saying:

"That is all you are to get. These are poor people and these are hard times. If you can't afford to handle such cases for fifty dollars, then don't take them."

▶▶▶

WHAT'S mistletoe for? Any youngster in love can tell you *that!* But science finds more places for mistletoe than hanging it over lovers' heads. According to science, mistletoe contains an alkaloid material which is an aid in fighting high blood pressure!

Lucky babies. They make their own vitamin C. Nature sees to that. Scientists at the University of Strasbourg, France, report that vitamin C, the anti-scorbutic substance found in fresh vegetables, and fruits, orange juice, etc., without which adults cannot live, is manufactured in the bodies of normal infants up to the age of five months.

After that age the power to manufacture this vitamin diminishes in the infant. And by the time he is fourteen months of age, he must have vitamin C added to his diet.

▶▶▶

WE CAN hear the happy shouts of tomorrow's children. According to Col. F. L. Devereux, vice-chairman of the National Civic Citizens Advisory committee, in the not far distant future children will begin their day with a bus ride to the outskirts of the city where they will sit in large, air-conditioned, photo-electric-lighted assembly rooms with a capacity of 500 or more.

One teacher will instruct them, by means of "talkies" and lantern slides. And much more effectively than the long-suffering teacher of today instills knowledge into the forty or fifty grouped in one classroom.

(Continued on page 59)

Unmasking "Nervous Breakdown"

by RUFUS M. REED

JUST what is the real nature and cause of that strange malady so erroneously called a "nervous breakdown?"

There are many misconceptions of this disease on the part of the laity, the medical profession and the victim himself.

Of all deluded mortals, the victim of a "nervous breakdown" is the most deluded. If he has been engaged in severe mental work at the time of the attack, he concludes that his troubles are entirely due to the fact that he has over-studied, over-exerted his brain. That he has exhausted the vitality of his brain cells and has broken down the physical structure of his nerves.

Hence, from its erroneous conception, this malady is called "nervous breakdown." But the nerves are not broken and in no way can it be shown that they are diseased in their physical structure.

If the victim has been doing heavy manual labor preceding his attack, he concludes that he has strained himself to the point of breaking down his body. He believes that "nervous breakdown" is a disease that attacks the nerves in their physical structure, just as a canker attacks a plant. Also that it is depleting his vitality and if something isn't done speedily to check its ravages, he is a goner.

So, in order to regain his lost vitality (?) and restore his depleted nerves, he avoids all exertion. He takes to his bed on the advice of his well-meaning but oftentimes deceived family doctor. And in bed he stays from ten to fourteen hours per day, in an effort to regain his nervous stability.

In time, he grows worse. He is impatient for a cure. He begins to apply this and that nostrum. He goes in for a period of dieting, then tries deep breathing, mental suggestion, "entering the silence," and what have you. All the while his condition becomes worse.

He grows erratic, irritable, loses faith in himself and everybody else. He develops

phobias. And to cap the climax, often concludes that he is losing his mind. Pictures of "ending up" in an insane asylum begin to haunt him day and night. Life is a nightmare for him, and he is so enslaved by his morbid fears that he won't venture from his own house, even to walk a block down or up the street.

His friends, wife, children and parents become unduly alarmed for him. They do everything in their power to make "his last days upon the earth" a little less unbearable! They run hither and thither, humor his every whim and do everything possible to mitigate his suffering.

LET us look beneath the surface of these symptoms and manifestations and see if we cannot discover the hidden, or root cause.

This strange malady—"nervous breakdown"—is increasing at an alarming rate, and the loss of time—to say nothing of the heartaches and worries of the victim's family—is appalling.

The thing most to be deplored is the fact that nervous breakdown strikes at the best class of citizens—the wage-earners, the bread-winners, the leaders in every rank and station of society. No one seems to be immune from this malady. Every man and woman is a possible neurotic. Yet we find few cases among the lazy, the shiftless, the ignorant and phlegmatic individuals.

The very term—"nervous breakdown"—is a misnomer. There is nothing broken about the body, least of all the nerves. The nerves of a chronic neurotic have been shown to be as sound, organically, as the nerves of the athlete. The only difference is: the nerves of the powerful athlete carry messages of health and power, while the nerves of the neurotic are laden with messages of worry, fear, fatigue and illness. There is often a loss of vitality in a neurosis, but this is due to excessive worry and fear—

"A 'nervous breakdown' is not a physical disease. It has nothing to do with the body except that the organs of the body are used by the ego—the inner or spiritual man—for the expression of its pain, its distress, its frustrations, its fears."

Its Cause and Cure

leakages—and not to diseased nerves. This is the aftermath, not the forerunner, of “nervous breakdown.”

A nervous breakdown, then, is *not* a physical disease, and has nothing to do with the body, except that the organs of the body are used by the ego, the inner or spiritual man, for the expression of its pain, its distress, its frustrations, its fears.

A nervous breakdown goes much deeper than the physical man. It is an affair of the heart, but not what we understand as the physical organ of the heart. It has a great deal to do with the voice of conscience, and that is in the realm of the soul, not the body.

Too, the morals of the victim play a

prominent role in fostering a neurosis.

A neurosis, then, is of mental origin; yet its origin is hidden or obscure to the victim, for it extends much deeper than ordinary consciousness. Its roots or “seeds” can be traced down, down, into the deeper layers of the “other mind” commonly called “the subconscious.”

There was never a case of “nervous breakdown” that originated from overwork, mental strain, over-exertion, deep study, or long continued periods of concentration. True, these may have been factors that brought it on, or rather hastened its coming. But the soil had already been made fertile for it. The seeds had already been sown and had germinated. The overwork



He stays in bed from ten to fourteen hours a day

or the mental strain was merely a factor that precipitated the breakdown.

A nervous breakdown is the direct result of a dire conflict within the soul of the victim. It is caused by false ideals, prudish morals and warped thinking. By the wrong emotional habits that were engrafted on the subconscious mind in early childhood. Certainly it is not hereditary. Neurotics are not neurotics because "grandpa" or "Aunt Hettie" was emotionally unstable, but because of erroneous conceptions, tendencies, ideals, and training in early youth, even in infancy. The seeds of a neurosis can be traced back to cradle days.

In earliest childhood, the neurotic was coddled too much, given too much attention. He was over-protected, over-mothered, and shielded from the rough and tumble games, the thousand and one little "knocks," "bruises" and "sore toes," which go to make a boy or a girl normal, healthy

haven of the neurosis. For, literally, a neurosis is nature's way of trying to save the individual. It is an awkward attempt on her part to save the person from his own folly and to prevent the destruction of that person from undue tension within the soul, or the ego.

A neurotic is a warped personality instead of a broken down physical specimen. He suffers from maladjustment. Not from worn out or depleted cells. He is out of harmony with himself, with the world, and with life in general.

He tries to play the game of life and be a grown-up, while at the same time he acts in a wholly unreasonable, childish manner toward the whole of life. He is in reality two persons—a child and a grown-up who has failed to leave his childish habits and childish emotions in the kindergarten where they belong.

His thinking is irrational because it is

"If the neurotic can harmonize his warring forces and can get a new outlook on life, he invariably finds the old zest for living and becomes a useful member of society."

and "immunized" against nervous disorders.

The man who tries to flee from life fled, when a little boy, from his "rowdy buddies" and found protection under his mother's, or grandmother's, skirts.

The men and women who are exceedingly bashful, timid, and shudder when the subject of sex is mentioned, who look upon the physical aspects of sex as dirty or shocking,—these were the children who were hushed up when they asked natural questions about these things, or whose answers were evasive or wholly untrue.

A neurosis is not so much due to the leftovers of childish habits as to an unnatural fixation of these habits. The neurotic individual is such because he finds himself unable to throw off these old emotional habits, which wore deep grooves in the subconscious mind.

And herein lies the secret of why a neurosis is so hard to break, of why a neurotic so long holds out against the best treatment, of why he tries to convince the doctor or the psychoanalyst that there is no hope for a cure.

It is an attempt on the part of the neurotic's subconscious mind "to build up a good case" and to keep himself in the safe

influenced by buried complexes within the personality. He is not responsible for his thoughts and ideas, because a hidden, submerged part of him is doing the thinking. He is a victim of self-delusion but knows it not; he dotes on his emotions and loves them just as the drunkard or the dope fiend loves his drink or dope. He is extremely suggestible, but takes all the bad suggestions and persistently rejects the good.

He is deluded and therefore does not know that the drama of his "nervous breakdown" is being enacted through his body, and through its various organs. The soul is a spiritual, intangible thing and has no way of revealing its pain and distress except through the medium of the body.

Thus the neurotic suffers from various functional disorders. He complains of being "all run down," all worn out and completely exhausted. He has shortness of breath; his heart beats rapidly and palpitates. He has a perpetual feeling of anxiety, of tautness about the region of the heart, as though invisible fingers were constricting the heart muscles and trying to stop its action.

The neurotic cannot digest his food properly; is afraid to eat this or that food. Often his eyes become (Continued on page 56)

"Observations"

by FAITH LEWIS

SOMETHING I desire: a clock like the one I saw in a New York business office. Its *red minute hand* intrigues. It says to me:

"A minute is not a dark creeping thing. It is a gift. Yet many never think of the minute. They value only hours, months, years. But think how tragic life would be without minutes! If everything came by months or years! Trouble and grief would crush—happiness would satiate. . . .

"A minute at a time! Life's gift of a *measure* for man to live by!"

IDIOSYNCRASIES! Who does not have them!

Schiller's mind worked with lightning rapidity when he had some decaying apples near his desk! Rousseau found that ideas sprouted more quickly in his mind when he walked bareheaded in a scorching hot sun!

We smile at peculiarities of *genius*. Why not overlook them in our associates? Too often we demand perfection of others when *we* do not possess a full measure of it! It is better to err on the side of over-estimation of all rather than to depreciate any. Instead of always searching for our ideal, let's begin *being our ideal*!

WHAT is your definition of success as applied to yourself? Have you made up your mind what kind of success you desire?

You remember that Grizel said to "sentimental Tommy": "It is easy to make up one's mind." And he replied: "It's easy to *you* that has *just one mind*, but if you had as *many minds as I have*. . . !" Too many people today run hither and yon, uncertain which state of mind is the settled one. Until you determine which mind is yours you will never be any kind of success.

Dr. Donald A. Laird the well-known psychologist says: "*Even if a man is a dumb-head and likes his work, he is a personal success. And if he is a genius and is in a job that does not fit his emotional make-up . . . he has missed his chance of real life and self-realization.*"

HIS blue eyes flashed divine inspiration's fire. His words vibrated with burning love of life's beauty as he said:

"The driving urge of my life is to express with dynamic force the beauty of life as I see and feel it! I yearn to literally *explore* every corner of the world and *explode* my discoveries of beauty in dynamic yet exquisite phraseology of such warmth and color that all who read will feel the *very throb* of Infinite Love in their own souls. Strange—that there is little market value for description of life's beauty—*beauty* which *stabs* me with its poignant glory!"

Listening, I mentally compared the worldly individual who responds to mere selfish gain and mediocre thoughts, with the mystic spirit permeating this man's life. And I felt no pity for the evangelist of beauty! He enriches his own soul as he passes on his impressions to the souls with the gift of receptivity. What matter if "the world" fails to place a market value on such inner wealth!

He who finds an ecstasy in sunshine's gold, in rain-drenched grasses; he who feels a flame-like enthusiasm for the witchery of a winter's night when untracked snow lies in shimmering silver sheets; he who revels in the symphonies played by singing pines across the keyboard of night, and thrills to the music of friendly crickets and katydids; he who responds to every infinitesimal touch of life's beauty is in tune with the Infinite. He is richer than all who live in Croesus-like luxury!

RECENTLY near New York's famous Radio City I noted a danger sign before a small amount of debris and lumber. Approaching in the distance was a group of people—evidently tourists. Suddenly a loud *whirr-rrr*. A large airplane! Every member of the group looked up spellbound—yet continued walking. And as was inevitable they stumbled headlong over the obstruction. *Because they failed to look ahead!*

Many of us walk life's highway with similar carelessness. With minds intent on petty details, non-essentials. Missing life's meaning. Failing to under- (Continued on page 62)



"Voice of Experience"

Answers Readers' Letters

One of the Editors

IN THE old Olympic games every contestant began the race with a lighted torch in his hand. The youth who first reached the goal with his torch *still burning brightly* was declared the winner.

The real victor in life is not the individual who is successful merely according to the world's standards of success. *True success is measured by the degree of brilliancy with which the torch of understanding burns in the heart when the goal is reached.*

The world is becoming increasingly smaller due to modern methods of travel, and human relationships are complicated and intricate. Understanding between individuals and nations is more important today than ever before. The warp and woof of understanding is woven on the loom of an infinite variety of experiences *properly evaluated* and from which wisdom has been extracted.

The more we truly understand life the less likely we are to misjudge our fellowmen. Experience rightly understood enables us to say with Robert Louis Stevenson: "I believe in an ultimate decency of things; ay, and if I should wake in hell, should still believe it."

And understanding gives us also the poet's insight:

*"Could we judge all deeds by motives
That surround each other's lives,
See the naked heart and spirit,
Know what spur the action gives,
Often we would find it better,
Purer than we judge we should."*

JUST as we take up various problems each month, endeavor to analyze them for readers, and give a sane solution, then turn to others the following month, so should every one analyze his own experiences, extract their meaning and let them go. No one can successfully meet the present if he is living in the past or speculating on the distant future.



THE first letter selected for this month is rather unusual. It comes from a young woman who signs herself "Troubled." She says:

"I know you are broad-minded and I value your opinion, else I would not ask you such a question as this.

"In the first place I should explain that I am an unmarried woman thirty years old. I have quite a good position as secretary, having been with a firm for about seven years. I have a good reputation, belong to several clubs—women's organizations, with one exception. I am a bit of 'school-marm' in type, use no rouge and am, I realize, not very attractive in appearance.

"I know that nature meant me to be a mother. I simply worship and adore children.

My heart fairly catches in my throat when I come close to an appealing baby and I know I feel too strongly this way as I have had mothers almost afraid of me because I couldn't keep the longing and love for some particular child out of my manner and voice.

"I am going to be real blunt. I want a child—maybe children. Of course you will immediately say, 'Why don't you adopt one?' But that would not do. I've thought of that many times but I know that this overwhelming mother-love held in check must have its own—another part of myself.

.

"Now here comes something that I'm almost afraid to even mention. Lately I've met a man who is very far beneath me—or so the world would consider—in every way. He is ignorant of any but the most elementary things. Knows nothing of art, culture, et cet.

"I don't love him. He is five years younger than I, and that, coupled with his ignorance keeps me from even thinking of love in connection with him. But he is clean and healthy, a good man, I'm sure. And—he could be the father of my child!

"In his slow, blundering way I think he loves me. At least he respects me terribly and

I know he wonders why I pay attention to him. There have been no women in his life—of that I am certain. So far, there has been no irregularity in our association. But lately this question or temptation is constantly with me. Why not have a child of which he is the father? I then would refuse to see him or let him even know of the child—I am sure that I can arrange that.

"Is there anything wrong in this? Have I a right to a child of my own? Has life any right to withhold from me that which I want with all my heart and soul?"

The "Voice of Experience" hesitated not a moment, but was ready with an answer:

"Well, this woman signs herself 'Troubled.' Should she carry out her plans I'm positive she would not be able to find a word in the dictionary strong enough to convey the trouble she would then experience!"

"Yes—it's strange how very short-sighted many people are!" I replied.

HE nodded emphatically, and added: "And how utterly forgetful of where their rights end and the *rights of others begin!* This young woman is calmly considering bringing a child into the world—a child who would have no name, no father, no protection such as every child is entitled to. *She wants a baby!* But what does she have to offer the child? Nothing but her 'love'!"

"And a quite selfish love at that!" I mused.

"Such love as she has is the type known as smother love. It fails to consider the child as a human being entitled to its own life. But we can't go into that now."

"She thinks nothing of planning to inveigle a 'slow, blundering young man of twenty-five,' into a relationship which would more than likely destroy his faith in all women. For, even though he is ignorant, uncultured, he loves her in his simple way—and she says he 'respects' her now," I said.

"Right-o! And here are a few questions for the young woman to answer: What right do you have to destroy this man's faith? Take away a person's money and that is comparatively a small thing. But when you destroy a person's confidence you injure his soul. You lessen his belief in humanity, inject skepticism, arouse doubt; make him afraid to trust others!

And one who can do this is a greater criminal than any thief! Do you have the right to do this to this innocent young man, ignorant though you say he is?

"And if he is not good enough for you to marry so that you might have your child in the normal way, what right do you have to handicap a child with the hereditary tendencies which he might pass on to that child? You think nothing of this—yet heredity cannot be overlooked!"

"How will you support a child—provided you go through with your plans? How could you explain this baby to your friends and business associates? Remember also that there would be several months during which you could not go to work. Had you thought of even this? How do you know that you would go through childbirth normally? Should you not, who would support the child and you—then?"

"These are only a few of the many phases to such a problem as you would bring upon yourself. But I think they are enough to make you see that your plan is utterly out of the question for any right-thinking individual. The world is full of children needing love and care. The woman with a true maternal instinct—who thinks first and foremost of the child's welfare—will either marry and provide a home for her prospective children or bestow tenderness upon some needy child. But never will she bring an illegitimate child into the world merely to have something of her own to smother with destructive so-called love!"

“OUR next letter is from an old man who writes: 'I guess I should not take up your time with an old man but I surely need some advice.'"

An instantaneous change came over the face of the "Voice of Experience." A sympathetic light was in his eyes as he spontaneously said: "Not take up my time! Bless his soul! I'm always deeply interested in helping the old folks! They're the salt of the earth!"

He smiled reminiscently as I continued: "He lives with his son and daughter-in-law and their three grandchildren, whom he loves devotedly. When the children were younger he felt that he was useful for he often took care



"Voice of Experience"

(Continued on page 61)

Right and Wrong

Ten Principles of Character Building

by WILLIAM CHARLES O'DONNELL, Ph.D.

TO THE ever recurring question, "Is life worth living?" answer may be freely given, "Yes, life is abundantly worth while if lived worthily."

He, whose life is a negation of the principle of self-denial, cannot live worthily, George Eliot illustrated this fact when she wrote:

*If you sit down at set of sun,
And count the acts that you have done,
And, counting, find
One self denying deed, one word
That eased the heart of him that heard,
One glance most kind
That fell like sunshine where it went,
Then you may count that day well spent.*

IS IT not true that all of our great moral ideals embody in some way this thought of self-denial, the willingness to forego personal pleasure and immediate advantage in order that others may be benefited or virtue vindicated thereby?

Witness the ideal of motherhood, patriotism, world brotherhood, friendship, service, Godliness. The beauty of motherhood sung by poets of all the ages consists in its sacrificial quality, biologically, socially and spiritually.

Patriotism demands its sacrifices upon the high altars of devotion to the good of the commonwealth. The joy of friendship would pass forever from the earth, the brotherhood of man would be but an empty dream, and service but a hollow pretense if selfishness ruled the world.

The truest philanthropist is not the giver who gives the most but he who in order to make the gift sacrifices the most. Godliness is goodness, a tribute undeserved by the man whose heart is set on saving rather than on sharing. The attitude of worship presupposes the renunciation of selfish desires. He who lives for himself alone lives but one life and that a poor one. He who lives for others lives as many lives as the number touched by his influence.

We know with Ruskin that—

"Every noble life leaves the fiber of it interwoven forever in the work of the world."

NO IDEAL, howsoever exalted, can go altogether unchallenged in this skeptical and heterogeneous world. Not all men are idealists. Not all ideals are pure. To be called an idealist may or may not be considered complimentary. In any event it behooves us to give fair and fearless consideration to opposing views and to the careful analysis of our own ideals.

In conflict with the principle of self-denial as a law of life we may cite, first, the so-called Epicureans, aiming at pleasure and perpetuating the slogan "Eat, drink and be merry for tomorrow we die." Second, the Autocrats, aiming at power and working on the theory that "Might makes right." Third, the hobos, aiming at ease, declaring that the world owes them a living and asserting the inalienable right of man to be lazy.

These ideas, deftly dressed, can be given the appearance of plausibility and each has its exponents in all generations. The right of free choice between them is not denied. The part of wisdom requires the choice to be made on the basis of the greatest contribution to constructive living.

It seems now to be well understood that Epicurus was no epicure. The pleasure he espoused was that which he derived from mental effort and spiritual achievement. An ironical fate has coupled his name with the very opposite pursuit of sensual pleasure and physical indulgence.

FOR those who follow this illusive path there is no meaning to happiness save the thrill of getting what you want when you want it. The era of flaming youth, ballyhoo, jazz music and dancing and the frivolities of night club life seems now like a reverberation from the gardens and baths of old Athens where roistering Epicureans tried to prove themselves masters in the art of having a good time.

It will not be questioned that there is a legitimate amount of pleasure in eating, drinking and making merry and there can be no two opinions as to the certainty of death on some tomorrow. But when the eater becomes a gormandizer, the drinker degenerates into drunkenness and the merrymaking is a manu-

The Principle of Self-Denial

factured make-believe it matters little whether death comes today, tomorrow or the day after.

Life is infinitely more than a masquerade. It has great moments and great issues for which sacrifices are consistent. To miss this fact is to lose the road to pleasures that are real and abiding.

Exponents of the theory of power as the true objective of human endeavor have not been without philosophical backing. In one of the dialogues of Plato, the Sophist is represented as declaring that all morality is but "an invention of the weak to nullify the strength of the strong." The nineteenth century produced an apostle of power in the minister's son, the brilliant but unbalanced Nietzsche repudiating such qualities as meekness, gentleness and generosity as the unlovely spawn of cowardice.

The advocates of this theory would have us believe that morality is slavery, that virtue consists in strength, that to be strong is to rule and that rulership constitutes its own righteousness. One beholds the effects of this philosophy in the political conditions of Europe today. There is no place for self denial

in the program of the autocrat. To him unselfishness is blindness, forbearance is folly, meekness is mawkish, and gentleness a convincing token of timidity.

So morality reverses itself and virtues become vices. But autocracy has a history that it cannot live down and the wise character builder will not be misled by its sophistries. The mere acquisition of power whether it be of position or of possession is no true measure of manhood.

IF NOW we are unprepared to accept the ideal of pleasure or to endorse the objective of power what should we think of the Hobo in his festive career of social irresponsibility? Are these ladies and gentlemen of the road to be taken seriously? There is little chance for self-denial in the habits of the Hobo—or is it a species of renunciation to abandon home ties and drift with the seasons to the most comfortable climes. The modern Hobo has sought to make tramping a profession. Modern Hoboism also has a history rooted in the advent of the mendicant (Continued on page 59)

"Clouds distribute their treasures—"



Fragments of Life

***"The time has come," the Walrus said,
"To talk of many things:
Of shoes and ships and sealing wax,
Of cabbages and kings—"***

CHEER 'EM UP

WHEN I took over the typing classes in night school, the resigning teacher gave me this tip I've never forgotten:

"I make it a point to say something encouraging to each member of the class every night—cheer 'em up a little! That's the secret of this night school work."

It worked like magic in night school. Why not in day activities, as well, I thought. And I tried it with sunshiny results in all kinds of contacts—at home as well as abroad.

Especially has it been a happy solution to the agent and solicitor problem. If I cannot buy or contribute money in these days, at least I can make it a point to "cheer 'em up" as they go on their way!

Helen Walden.

LIFE'S GIFT

IF I might ask for aught of life for you
'Twould be this rare gift
Sincerely true:
That you might have an understanding clear
To go your way serene—
Devoid of fear!

Reggy Page.

GROWING OLD GRACEFULLY

I KNOW a woman who so dreads old age that she is hastening its coming. She frets so much about wrinkles that lines are growing into her face. Her first gray hair was to her a tragedy.

Another woman among my friends really is old. Her hair is silver white. Her face is a well-written page, yet one never thinks of age in her presence.

There is never a quiver of age in her voice and she is eighty-three! She speaks with a firm, strong tone. She is blind! But she never mentions her affliction and she makes others forget it.

When one of "her girls" gets a new dress she calls out: "Let me see!" Then her sensitive hands flutter over the figure before her, as she says, "How nice and wide it is!

And I love that length!"

She sits before her radio and listens to music and all the political talks, educational programs. She discusses current events, war debts, the state of world affairs. And says: "My, I'm glad I lived to this day. The most wonderful time in history!"

Did I say she is old? Well, sometimes I feel she is *eternally young*!

Georgia Moore Eberling.

"BON VOYAGE!"

MY BOAT rounded a bend in the river. On a carpet of green grass in the dense shadows of a nearby bank sat a fisherman, patiently waiting for a "bite."

"What ship, sailor?" he said with a twinkle in his eye. "The *ship of life*!" I replied. "And your—er—*destination*?" he continued. "The ports of meaning and understanding of life," I retorted. "A long, long journey," he smilingly said. "Bon Voyage!"

Our badinage contained nuggets of truth. The journey to the ports of wisdom and understanding of life is a long one—never-ending! Every individual pilots his own "ship of life." And if his sails are honesty, courage and a firm belief in a divine plan, even though his ship may rock violently at times, yet after each storm weathered he will emerge a wiser and stronger captain.

"Bon Voyage!"—sailors in life's stream! Your port of peace that passeth understanding may lie just ahead. Perhaps just around the next bend! *Carry on!* And say with the poet:

"I am the master of my fate,
I am the captain of my soul."

Seeger Alan.

MORNING CALL

THE small daughter came down stairs and as she took her place at the breakfast table she looked at her mother and smiled as she



said, "Mother, I love to have you call me in the morning. You sound so pleasant."

A mother is blessed who can start the day for her family in such manner.

To be awakened pleasantly; could one have a better beginning for a busy day?

Helen D. Price.

EARTH SERAPH

LIFT

my burning eyes,
to where
the stars begin

And know
within my soul
that only
ugliness is sin.

Garnet Hamrick.

TOO MUCH FRANKNESS

"I TOLD her *exactly* what I *thought* of her!"

I turned when I heard those words in a crowded subway car. The speaker's eyes sparkled angrily. She was "letting off steam" and enjoying herself.

"Righteous anger" often leads an individual to perfect frankness, but how many times is it wise to give way to one's emotions in the effort to be "perfectly frank"?

After an absence from this country I have had brought to my attention this most absurd and even dangerous national over-indulgence in frankness. "Speaking one's mind," has not only crept into wide usage but it seems to have become a general habit.

The cultured person has always refrained from unpleasant veracity, through a desire to make life more generous in its human relations.

The cultured mind, in which cultivated standards of criticism have become a part, judges and selects almost as by a sixth sense the generous, kindly thing. It is the criteria of good taste.

Unmitigated frankness is essentially a form of nervousness, a mental letting go.

C. C. Cheever.

"THE MENTAL SLANT"

THE patient smilingly laid aside a book of cross word puzzles. She told me that her family couldn't come often—they lived "miles away."

How well she looked! Surely she couldn't be very sick I decided, and asked "How long have you been here?"

"Three years the twenty-third of next

month," she said smiling. *Always that smile!*

"Three years!" I exclaimed. "That's terribly long! How do you manage to pass away the time?"

"Oh, it passes *without my managing!*" she laughed. "But to answer your question: between rest periods I read, write letters, tend my flowers (she had a window full!)—and edit the sanitarium's monthly paper!" Her eyes danced enthusiastically.

"How interesting!" I said. "But really don't you ever revolt inwardly against this great misfortune?"

"Being an invalid isn't a great misfortune," she said with unquenchable optimism. "From the beginning I have felt that I escaped something perhaps far worse! After all, it's the mental slant that matters, regardless of the size or nature of our handicaps."

And I who had been coddling imaginary grievances, rebelling against a dull existence, found this example of intrepid fortitude putting my *mental slant* to shame!

Mary A. Kiefer.

SHINING THROUGH

ONE morning last March I noticed a tree in my neighbor's back yard.

Naked, it stood in the chill, damp air. Its buds tightly closed awaiting the opening touch of a warming sun.

The next morning I looked again—amazed! The tree was clothed in beauty. Radiant with glistening balls of white. Could that naked tree have blossomed so fully overnight, I wondered.

Then I knew. A mass of fleecy clouds had paused in their trek across the blue highway, to bask in the glow of the morning sun and had glorified that gaunt tree!

I was looking at the tree. *But through it to a glory beyond!*

No matter how narrow the confines of your life; no matter how limited your riches or power, your *soul* may shine through as white as the clouds that, for a moment, clothed that naked tree in splendor.

And, pausing in its trek across the highway of eternity, it may glorify your earth span with radiant beauty. The world will look at you. But through you to a shining beyond.

Ethel Lawrence.



OUR CHILDREN

by DR. ELLAINE ELMORE

SLOWLY we are beginning to recognize that parenthood is a profession,—the greatest of all the professions. And yet differing from all other professions in the very essentials which give it meaning.

Until recently no one has looked upon parenthood save as a natural sequence to marriage; something that followed, as a matter of course, usually by accident, and treated thereafter in the same casual manner.

Were I to ask almost any mother what to her is the most important thing in the world the answer would be, I think, "my baby." Most good mothers feel that way about it. And yet most mothers have never even considered learning the profession of motherhood. Indeed they have never even looked upon it as a profession nor made adequate preparation for it.

IF A BOY wants to be a carpenter, a plumber, an electrician or an architect; if he hopes to be a lawyer, a doctor or a minister, he goes to the school where his chosen study is taught and learns about it, all that he possibly can. The boy, or his parents, usually choose the best possible schools, or he works as helper with the best available mechanic that he may be fully prepared for the task he has chosen.

And likewise a girl goes to school to learn book-keeping, or accounting or stenography or designing. She goes to Normal if she wants to teach, and to college to be trained for cultural and scientific tasks. Indeed for every trade and for every profession one must learn to do well the work he expects to do; that is,

he must make very definite preparation. Sometimes many years of study are required—for all of the professions, except one; and that one, the most important profession in the world—that of motherhood.

It is only just now, that we are beginning to think in terms of emotional stability, and the emotional aspects of personality are hardly approached in any of the presentations offered for guidance and instruction.

It is startling to realize that the child's emotional attitudes begin to take form with his first breath and are largely influenced by the emotional poise of his mother. That unless she has understanding she may create the tragedy of an unhappy childhood. This in turn often warps the child's whole life, twisting and

deforming every human relationship he may ever make.

If the potential mother were trained to know that a child's education begins at the very moment of his birth,—possibly before; that at the instant of birth the baby experiences a sense of awareness, she would understand that for his immediate and future well-being he must enter an atmosphere free from disturbing elements—an atmosphere of calm, quiet security.

Beyond doubt too few of us have recognized that the child's life pattern is complete by the time he is five; that his education is finished before he enters school; and his future years will repeat, in varying ways, his emotional and physical reactions as fixed during these first few years; while all the future training



"The child's vital need is understanding of the inner world in which he lives."

Parenthood As a Profession

of his later years will form only a super-structure to the education given by his first professor, his mother.

If you have ever seen a child bewildered and perplexed by adult misunderstanding and felt that his free and joyous expression were unjustly confined within the bonds of another's will; if deep in your heart you sensed the lingering hurt and disappointment of his unfulfilled childhood, perhaps you too have experienced a conscious need. Time and resources have been expended in preparing the children of today that they may achieve happy and fruitful manhood tomorrow.

We are coming to see that these efforts reach only the child's outer needs. The child's vital need is elder understanding of the inner world in which he lives. Understanding that children are not only people but totally different from adult people. Now we know that the

because of the early life-set of many which blinds them to change and prevents adjustment to new modes of life and livelihood, even at the peril of non-survival. The preparation of the individual for such adjustment is vitally necessary for the future development of our society.

For evolution implies an ever-widening gap with old traditions, ever-increasing the need for the capacity for adjustment for every individual. Such evolution and such adjustment require more of a foundation than acquiescence forced by overwhelming necessity. They require progressively fostered receptivity and readiness for cooperation. Today there is no organized effort directed to effect such education for adjustment. Formal educational systems are overburdened with other tasks even were the schools prepared to extend this knowledge.

"Few of us have recognized that a child's life pattern is complete by the time he is five; that his education is finished before he enters school; that his future years will repeat, in varying ways, his emotional and physical reactions, fixed during those first few years."

little boy is not just a little toy man, but an entirely different sort of human personality.

When he appears to be antagonistic to his surroundings he is neither obstinate nor undeveloped in understanding but living in a world entirely removed from the tangible facts of his environment. He will emerge step by step from this inner world of fantasy, but normally and happily only if he has understanding guidance.

MY WORK is aimed to prevent the formation of those formidable and universal warpings of personality development which keep the individual from achieving any sort of adjustment, internal or external, no matter how favorable the material circumstances may be.

Such warpings have social implications far beyond the unhappiness of the individual and his family. We recognize their most obvious product in a part of our criminal and legally anti-social element, and in the social wastage in problem children. The greatest part of the harm however is unrecognized. Few escape unfortunate parental actions which not only bar them from satisfying and useful lives but leave them unconsciously twisted and embittered, making them brands of social conflict.

The task of reconstruction is made difficult

Nor has the best of our routine cultural training aided the mother in shaping the emotional life of herself and her child. We have not needed the light of new knowledge to esteem motherhood, the greatest of all the professions, but we have needed it to reveal that for this greatest of all careers there has been scarcely even haphazard preparation. It is only very recently that patient, scientific study has brought forth and correlated knowledge which will enable the mother to secure emotional balance for herself and her child. Undertaken to cure the sicknesses of the adult soul, which we now know to have been engendered in childhood it offers to humanity a great gift, the opportunity to prevent the storms and stresses of personality conflict.

IT IS my work, our work, the work of "Our Children," to bring this gift of knowledge to every mother in the land. With this knowledge she may prepare herself to make the proper adjustments to life and to enable her children to achieve for themselves the highest degree of individual development, which is to be completely and continuously happy in living. For it is the inherent right of every human being to be happy. It is most important to train the potential (Continued on page 57)

In the Psychologist's Office

An Editorial Round-Table

with JACOB LIST

Editor: "We have a message from a man who says he is greatly worried about his wife."

Dr. L.: "What seems to be the matter?"

Editor: "*Seems* is a good word to use in this connection, according to the man. He says his wife is suffering from an obsession—has been, since she read of a tragedy—"

Dr. L.: "And that was—"

Editor: "The killing of an aged woman because the slayer believed the woman had cast an evil spell over him."

Dr. L.: "Oh yes, I remember reading of that case—"

Editor: "It seems like an echo from the Middle Ages! However, this man who is telling about his wife says that she got the idea which is now distressing her by reading newspaper accounts of this."

Dr. L.: "In what way does she apply the tragedy to herself?"

Editor: "This woman—the man's wife—has developed the conviction that she is under the mental control of another—in this case, her mother-in-law. She claims that against her will, she is being dominated by the older woman."

Dr. L.: "The husband considers this ridiculous, of course?"

Editor: "Indeed, yes. He says that his mother is a good and kind woman and would be deeply disturbed if her daughter-in-law's conviction were even hinted to her."

Dr. L.: "It is amazing what queer ramifications the human mind can run into! Of course, no one ever is controlled by another person's will unless he or she has given consent."

Editor: "You are talking of hypnotism now."

Dr. L.: "I mean this to apply in a very broad sense. Occasionally someone questions this, but it is almost universally conceded that the hypnotized one has given his consent—even though unconsciously."

Editor: "Yes, I have been interested in the statement sometimes made that we even *die* only after we have given consent—after we have released the will to live and have accepted the edict to quit breathing."

Dr. L.: "That does seem rather far fetched,

doesn't it?—but it's *often* true, at least.

Editor: "At any rate, we are far more the masters of our lives and destinies than we usually believe, or even dream of."

Dr. L.: "And this is so often realized by psychiatrists and physicians who witness the emergence by patients from pronounced physical troubles because the practitioner has succeeded in lifting a fear—a mental thing—from them."

Editor: "Fear *does* have a tremendous lot to do with disease, doesn't it?"

Dr. L.: "More than ever has been calculated. Even most unimportant disorders, fed and fanned by fear, can grow, and develop into major troubles."

Editor: "Yes, and it is always interesting to observe some phase of that old experiment of telling a perfectly well person that he looks ill. Hearing this statement repeated a number of times, he begins to believe it—"

Dr. L.: "And the belief becomes a conviction. Giving physical evidence of the conviction is the next and inevitable step. Oh, the human mind is a funny thing!"

Editor: "Ever hear of the college youth who being initiated into a fraternity—"

Dr. L.: "And died because a sharp-edged piece of ice was rubbed across a vital part of his body?"

Editor: "He, thinking it the sharp edge of a knife—yes. Some time ago, Captain John H. Craig of the United States Marine Corps told me of an interesting incident that took place in Haiti."

Dr. L.: "The captain was stationed there?"

Editor: "Yes, and personally knew of a native who died of a bullet wound which he never received—the man fully expecting the death bullet when he saw two other natives killed and knew that the third shot was aimed at him."

Dr. L.: "Instances of such results of imagination or strong conviction are numerous. Now this woman, who believes that she is hypnotically dominated by her mother-in-law is as badly deceived by her own mind as was the native of Haiti."

Editor: "And she can be certain that no one can control her (Continued on page 62)"

Tagged, "An Invalid"

I'm Well Now—Spite of the Family

As Told to Dorothy Rockwell

I LAY prone upon my bed, resting, when Cousin Grace came to see me about taking her two lively youngsters to the seashore. My side pained and my head ached and I looked at this vital healthy young mother in utter astonishment. How did she suppose that I, an invalid, whose strength ebbed so easily, could undertake such a responsibility!

"Oh, Grace, I couldn't." I remonstrated.

"Why not?" She asked petulantly. "It wouldn't be hard to just watch them play on the sand every day, would it?"

I sighed and looked away. It was useless to explain that for two years I had been in ill health. Grace knew this.

My mother understood and so did my father and they were constantly guarding me.

The food which I ate must be chosen and prepared most carefully. My rest periods must come often and I must not be upset for when I got nervous my food would not digest.

When Emma gave a party in the evening mother just about spoiled everybody's good time by "shushing" them to quietness. Emma wasn't always a good sport about this and naturally we had sisterly arguments afterwards. If Mother overheard us she would come bustling in and scold Emma roundly for upsetting me.

Young brother Teddy came to look on me as the family pest because he must move quietly in the house and keep from whistling. Father, who was hard of hearing, must forgo the pleasure of the radio as I could not stand to hear it on full force. Mother must wait upon me at all hours, and Emma did not feel free to ask her noisy friends to our house.

AFTER Grace left me I considered her thoughtless suggestion scornfully. Why a *week* of what she planned would bring me to the operating table. What was she thinking of!

That same evening I crept

downstairs to get a glass of cool water from the icebox.

"We could stop at the hotels and she could rest at night," Emma was suggesting.

"No, Emma, it's impossible to take Martha on such a trip. Your father and I would never consent to it."

"It isn't fair to you or Dad either. You *both* need a vacation," retorted Emma hotly.

"It's out of the question," replied mother. "Martha couldn't be taken and I won't leave her here alone."

I retraced my steps in a hurry. When I joined the family a few minutes later and announced my plans for the summer every member was aghast.

"You must have lost your mind!" cried my mother.

"You couldn't stand it for a summer," objected my father.

"I'm going" I replied. "Now go ahead and pack for your motor trip."

Mother was most reluctant, even tearful, but after I had made numerous promises to keep in close touch by wire and letter, she consented to accompany the others. She had to be almost forced at the last, but I smiled and waved goodbye cheerfully. Secretly I was consumed with apprehension.

Grace came by presently and we drove to the cabin where I was to stay. It had been such a long time since I had ventured away from home that I indeed felt strange. I lay down immediately upon our arrival and let Grace unpack the car and put things away. Betty and Junior had burst forth like a couple of sky rockets and their mother screamed after them to come back.

"They'll go for the trestle the first thing, Martha, you won't be able to let them out of your sight." She warned.

THAT night when we were left alone I began to have qualms about this undertaking of mine. Junior was telling his sister that he could jump the big waves as well as his Daddy could, and Sister retaliated with stories of the 'ventures' she



was going on to haunted houses and hidden caves.

My parents were well on their way and I was out of touch with them. To-morrow Grace and her husband would be leaving for Canada and I should be quite alone. This was a frightening thought, but I tried to be brave.

In the morning there was no time to think about myself. The children had to be dressed and fed and a lunch packed for we meant to have a picnic on the beach.

When my charges began to tire of digging in the sand and showed signs of becoming venturesome I had plenty to do to keep them amused. Again I had no time to think of myself.

For a few days I would drop to sleep when the children did—from sheer exhaustion, but finally I must have grown stronger for I later did not get to sleep so early and then it was that I began to worry about myself again.

My side was still sore and at times when the day was particularly exerting the pain was sharp. Supposing I were to have a midnight attack. Who was there to take charge? The thought thoroughly frightened me.

Grace had introduced me to our nearest neighbor, Louis Epping. He had a bright enthusiastic smile, surely exuded health, and I reflected how contemptuous he probably felt for a weak, sickly looking person like myself.

I HAD watched him running and jumping on the beach and romping with Betty and Junior and wondered at his strength. His overhand stroke was powerful as he skimmed through the water swiftly. When he dove cleanly and strongly, he made a picture of perfect physical coordination.

The lazy days passed pleasantly. The pain bothered me less and less. Louis had taught Betty and Junior to swim and I relaxed while this was going on. It was a relief to have some one else take care of them for a while each day.

One afternoon I fell asleep during the swimming lesson and Louis and Junior gathered drift wood for a camp fire and then went for weenies, rolls and coffee. When I awoke Louis invited me to join them. I drew back in horror—but just for a moment. If weenies and coffee were taboo to me, I must not let Louis know. So I ate with the rest and to my astonishment enjoyed the meal.

That night I waited for my pain but

strange to say it did not appear. It seemed unbelievable. I fell asleep and dreamed I was cured. In my dream I leaped about just as Louis did, diving and swimming actively.

This dream gave me confidence in myself and the next day I donned a bathing suit and tried the water. It was good to feel the salty water on my body and I felt greatly refreshed afterwards. Then I resolved to learn to swim also.

Louis made a trip to his cabin and gathered together things for a supper on the beach. Again I was trapped for he prepared a combination salad. Cucumbers, tomatoes, onions and French dressing. Ugh! But again I would not let him know and ate resignedly.

Surely that inevitable attack would come tonight! I waited until sleep overtook me but if any symptoms arrived, I never knew of it.

LOUIS had planned on a hike for the next day but I begged to be excused. I really meant to crawl back into bed and rest the whole time they were gone. Betty and Junior called their last goodbye. I sat down and my hand went to my side instinctively. I groped about carefully feeling for the soreness. What had happened? There was not the least trace of it left! Was I cured?

About eleven o'clock I became restless. I missed the salt spray and the sunny beach. It was so dark and lonely and so I dressed and went toward the beach. The day dragged by slowly and about four o'clock I began to get hungry. Eating had been only a necessary habit for so long and appetite just a figure of speech but there was no mistaking this weakness and gnawing.

On my way up to the cabin I stopped at the fisherman's place and bought a white baking fish. I would have baked potatoes and buttered squash and a cake for supper. How the tired hikers would enjoy that!

"Chocolate cake, as I live and breathe!" shouted Louis as he paused in my doorway. "Am I invited to supper?"

"Surely. Hurry up and wash, I'm simply famished." I called back.

Afterward, when the dishes were cleared away, Louis suddenly said:

"A swim would go fine, who's game?"

I drew in my breath hastily and was about to answer that I was too tired; that the water was too cold; that the walk was too much. Instead, I reached for my bathing suit and grinned. (*Continued on page 60*)

"Contacts Club"

Letter Exchange Conducted by David Cole

"YOUR 'Contacts Club' is a life-saver," writes one correspondent.

From all parts of the globe come similar remarks—from the lonely people, and from those wishing to discuss with others their problems and psychological interests.

Very many fine letters have come to this department and we regret we cannot print them all.

We suggest that you write to new friends whose letters appear in these columns. Or, try your hand at a letter for this department. Only your initials, city, and state will be printed.

EDITOR'S NOTE: Each letter sent for us to forward should be in a plain, stamped envelope preferably left unsealed in order that it may be inserted in typewriter for addressing. Foreign letters require a five cent stamp.

Dear Editor:

I have studied psychology for a number of years and have done a good bit of independent thinking.

One of the fundamental truths in psychology is the fact that you can draw about you the kind of atmosphere you desire—an atmosphere which affects to a high degree the people about you. I have made the experiment many times.

If you firmly refuse to be depressed by the thoughts about you, persistently think cheerful thoughts, you repulse the uncongenial and create an atmosphere around you which in turn is felt by others. We really have the power to mould our lives pretty much along the lines that we desire, but we must desire to do so enough to find the way.

We must not think too much about our disabilities. It is better to keep our minds filled with interests—then we will not stress our handicaps and they later may be turned into assets. I will be pleased if I can be of service to anyone.

(Mrs.) A.H.C., Montreal, Canada.

Thank you for your helpful letter, Mrs. A.H.C. I am sure your splendid message will draw from others an appreciation of the wonderful facts you refer to.

Dear Editor:

I am wondering if there is a man in New York City who appreciates and is interested in good literature, art, or worth while subjects? I have been in this great metropolis for many months now and while I am an optimist of the first water, I'll have to admit that the men I have met seem shallow.

A student of psychology and metaphysics, I know that this statement might indicate that the fault is mine—that I attract this type. But why should I when I admire and desire the so-called finer things of life? While I'm not the "flapper" type, neither am I "school marmish" in appearance. I am interested in sports, hiking, dancing, and many things besides the more serious subjects to which I have referred.

Will some student of the gyrations of the human mind help me to solve this situation which has become a veritable Chinese puzzle to me?

(Miss) J.O.G., New York City.

Are any of our readers good at puzzles? At any rate, some reader who himself finds the "shallow" or "flapper" type of person tiresome may care to answer J.O.G.

Dear Editor:

Some days ago I came across PSYCHOLOGY and it engrossed my attention so much that I did not leave it until I had read it from the first to the last page.

I shall be glad to hear from some of your readers about their towns and their hobbies.

I have just left college and am twenty-five years old. Would some of your readers write to me?

(Mr.) S.M., Bombay, India.

Here is another interesting letter from India. I know that our readers like to write to friends in foreign countries. Mr. S.M., I am sure, will be interested to exchange ideas, and to learn what is going on in this country.

Dear Editor:

I have read with interest all the letters you have printed. I should like to contact people interested in psychology, all branches of character analysis, and mental science. I feel that

Would you like to meet new people—by mail?

through their letters I would gain a wonderful amount of knowledge, at the same time giving them the benefit of my study of kindred subjects.

I am twenty-five, unmarried. Like all the usual things, dancing, music, drama, concerts, good books, outdoor activities, gardens and flowers. I am often very lonely and will thoroughly enjoy exchanging letters with persons interested in the same subjects as myself. I am American-English, and am Protestant.

(Miss) A.W., San Francisco, Calif.

"Contacts Club" seems to be discovering how many lonely people there are who appreciate letters. Here is a chance to send some cheer to Miss A.W.

Dear Editor:

I am desirous of corresponding with people interested in psychology, physiognomy and graphology. I am a young woman, twenty-seven years of age, and am employed in an office where I come in contact with many people who are ever interesting to me because of the different types they represent.

I should like to hear from persons who are interested in the above mentioned subjects, and believe that it will prove mutually enlightening and beneficial to exchange ideas and comments.

(Miss) M.L., Philadelphia, Pa.

Whoever writes to Miss M.L. will be sure to receive some worth-while ideas. Perhaps if you write in long hand Miss M.L. will analyze your handwriting!

Dear Editor:

Being away from home and friends, I appreciate PSYCHOLOGY MAGAZINE even more than formerly, and the "Contacts Club" is like a friendly hand stretched across the miles. This is true because PSYCHOLOGY readers and students are necessarily individuals with a high degree of intelligence, and one feels sure that in these contacts he may obtain that intellectual companionship for which so many real students and thinkers are hungry.

I am a (Christian) psychologist and should enjoy hearing from others interested in psychology and occult science along constructive lines.

Correspondence is especially invited from

those living in Persia, India, the Orient, and South Sea Islands. All letters will be answered.

(Mr.) J.M.H., Amarillo, Texas

More foreign correspondence called for. I hope, Mr. J.M.H., you will write to some of our friends—living in far countries—whose letters have appeared in these columns. However, our home readers are good thinkers too.

Dear Editor:

I should like to correspond with those whose avocation is photography, travel, literature, or sociology. I like first hand information of geography and customs in the South Sea Islands, France, China, England, Africa, and South America. I have traveled widely over the United States, studied several years in colleges in Ohio, and have hopes of some day traveling around the world in a leisurely manner.

I enjoy these columns and turn to them first. I feel you render your readers a valuable service through "Contacts Club."

(Mr.) H.C.P. Hubbard, Ohio.

Here is a chance for our traveled readers to make use of their knowledge, and form a friendship based on mutual interests.

Dear Editor:

Your "Contacts Club" is a life-saver for me, for it has put a new interest into a dull life.

I am a graduate student at a University in Los Angeles and have a graduate major in psychology which accounts for the fact that I read your very inspirational magazine. I am thirty years old and love anything wholesome, outdoors or indoors.

Having just a few friends, I am sometimes lonesome and worse than that, I am restless always. Have always wanted to travel and since I have no money to do so now, I wonder in how many foreign countries your magazine is read and what the possibilities are of hearing from some of these readers. Since I cannot see the world in one way why not see it through the eyes of other people?

I hope many will write to me and tell me about their particular nook in the world and I will travel with them right here in my little four walls and forget there is a depression.

(Miss) "Restless," Los Angeles, Calif.

(Continued on page 58)



Your Job and You

by CORDELIA MAKARIUS

WITHIN each one of us is a silent voice which cries out for expression. This is as it should be. But the question to my mind is—why do so many of us want to make the medium of expression a field with which we are not familiar?

There is so much for each individual to do in all fields that no one need cry for the moon. The humblest of tasks that anyone may do may be the expression of his personality and good in the world.

This questioning in my mind comes from the fact many people talk to me about writing—for a living. To the average reader, writing is a profession at which one works for an hour or two a day under a mystic influence called inspiration and for which one receives fabulous sums.

I glory in those who feel that they must write. I encourage each and every one. But I would not be truthful if I did not tell them the truth.

WRITING like any other profession is a business. It means hours of study, years of research and education and then sitting for hours and days in front of a typewriter and agonizing over the turn of a sentence or paragraph which in turn may be discarded in favor of another idea. Then the brain child is sent out to an editor. Many times that is only the beginning of its journeys. It may be sent out again and again and finally find its resting place in the author's files.

But the real author—one who is determined to succeed will not rest upon his laurels and wait for one story or article to be bought. He will continue to write and to try to improve his work by writing—perhaps year after year until he breaks down the barriers to success.

There are a few instances when a new writer sells his first works. Here again, this is such a rarity that it commands attention from the press and the public. If it were the rule it would not cause any furor.

There are rare instances of born writers. However, the majority of writers must serve an apprenticeship of hard work—as hard as any ditch digger puts in in a manual way. But if you are in earnest about making writing your career; if you will take

the hard knocks and disappointments which are bound to come—then you *can* succeed. It is not a playboy profession. It *is* work and it is worth your efforts.

I hope that this answer will be of some help to those who want to write and will tell the truth to those who want to play at writing.

Now for a letter which inquires about a different kind of profession. Mrs. D. writes me:

"I would like very much to make a little money but would like to find something to do so that I would not have to work under someone else.

"I have thought of doing professional shopping. I have a good general knowledge of merchandise in most every line and am a good judge of values.

"This is a city of approximately three hundred thousand people. Do you think that one could make any money at this? How much should one charge? If a certain percent, how much? Would making bond be necessary?

"I have thought of this work because work that is confining is against my health. I haven't any capital and would not like house-to-house selling."

My answer to Mrs. D. and to anyone else who is interested in this type of work is as follows:

Professional shopping is an interesting career. There are two ways of approaching the job. One is to place an advertisement in the local papers, offering your services to women who have not the time to shop. Get cards printed and pass them out to friends and neighbors, especially those who have children and can't get away easily.

The other way is to get a position in a local store in the personal shopping bureau. The professional shoppers in a store take the telephone orders that come into the store and see that the customer gets what she ordered over the phone, going into the departments and personally picking out the merchandise that has been ordered by mail or by phone. This last is a salaried job.

As for commission on a free lance job of your own—the usual fee is ten percent of the purchase price of the merchandise. (Continued on page 60)



"I Want to Interview You!"

Psychology and Newspaper Reporting

by ERNEST WINDLE*

"GET out of here—and don't come back—ever!" yelled a wrathful metropolitan city editor to a cub reporter who had failed to obtain a much desired interview with a prominent citizen.

Very ungracefully the kid "ducked" out of the door.

The red-faced city editor removed his specs. "That cub needs some lessons in psychology," he chuckled, mopping off perspiration.

"He doesn't know how to approach big business men."

Sensing practical experience, real first-hand knowledge from a trained newspaper interviewer, we casually asked our friend, the editor, "What has psychology to do with newspaper reporting?"

"Don't you know that the science of salesmanship—psychology—is a necessary requirement? That kid should have written his story and then had it o.k.'d."

"So, that's the secret of successful interviewing!" we parried. "Write the stuff—and get it o.k.'d! Busy business man signs blah-blah statement to get rid of cub reporter!"

Was that the correct *psychological* technique for "interviewing?" A couple of pages of platitudes—the superlative, optimistic variety—and the kid's story was told (and sold).

One of the problems of the interviewer is to overcome the imaginary dislike and resentment most persons have for "publicity." Interviewers usually produce the same reaction as the tooth extractor. It is a painful ordeal—but a "great satisfaction" after the operation! One prominent game fish angler that this writer interviewed a number of years ago, was very "reluctant to talk." Nevertheless, the angler slyly purchased 100 copies of the publication containing his photograph—and *personally* mailed them to his angling friends!

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The technique of overcoming the resentment and prejudice is the technique of

salesmanship, particularly if the person interviewed has a superiority complex. A successful politician, strongly motivated to obtain free publicity, boosting his own stock and classifying him as a superior type of individual—an outstanding figure—is usually not very difficult to interview.

Then, too, the correspondent should use every precaution to avoid reactions of resentment against him personally while he is "working on a story."

The reluctant man—who does things and doesn't talk about it—presents a greater problem.

The superiority complex individual, with nothing more than a picturesque vocabulary and a strong motive to tell others what to do, is just as much a misfit in society as are those possessed of the inferiority complex. This publicity hunting type of individual who, because constantly giving advice, does more damage to human enterprise than any other!

Experienced interviewers are ever alert for propounders of misleading information—information that costs real money to those who wish to follow the methods of procedure.

A NUMBER of the national characters who occupy public offices and who talk over broadcasting stations have their speeches "tailor made"; that is, carefully cut to political patterns by specialists who resort to the most unusual tactics to put "pep and vigor" into the contributions that are *read* into the microphone. At a given signal, the attending musicians and other studio spectators applaud to add a touch of realism to the program.

The unconscious wish for notoriety—the craving for emotional stimulation, the longing for psychic and spiritual revelation (inspiration)—are problems closely related to the psychic kinks and tangles of human genius.

The difficulty with most writers is in the choice of the material. A story, stripped of its "non-essentials," can be reduced to *ashes* or the "boiling down process" may make it more digestible.

Prominent personalities usually have hobbies. Some like to work upon fishing tackle while they "mull" (Continued on page 58)



"At Sea?" Here Is Help

Answers to "An Average Young Man"

by READERS

AN "Average Young Man" sent in an article to *PSYCHOLOGY* some time ago which was published under the heading, "I Am at Sea—Help Me!" It was an appeal for advice, from one of the younger generation who felt bewildered because, as he said, the ideals he had cherished were toppling.

"I plead for a solution of this apparently insoluble problem of living," he declared.

Numbers of our readers answered this young man and we promised to publish some of these replies from time to time. We are glad to present several articles in which this young man—and others who may feel bewildered—are given helpful suggestion.

DEAR Friend:

Unable to find a meaning or purpose to life? That's entirely up to yourself. I believe life can mean what you want it to mean, and it is your privilege to direct its purpose.

From experiences, environment, disadvantages, and opportunities we round out life to obtain maximum results. Do your best; nothing more is expected of you.

Take inventory now and then. You are a lawyer; you win a certain case, and it was good work. Your friend slaps you on the back with a, "fine, my boy, fine; I'm proud of you."

You, also, are proud. Was it your best? You alone know the answer. Be your own severe judge. If you did your best, resolve to keep it up. If this case didn't represent your best efforts, resolve to do better. At any rate be honest. *Success shouldn't be measured by the amount of glory one attains, but by the amount of good one does for the benefit of others.*

Love and marriage are two of the most debatable subjects of this era. What is love, and is marriage ever successful? Often, the main trouble with those who believe themselves in love, is that they are in love with an idea. The moment one thinks of love as applicable to himself to the exclusion of others, he destroys its ultimate goal. Love in itself is unselfish.

Marriage is necessary for the protection of society, and should be the culmination of emotional attraction coupled with good sense. You

wouldn't expect harmonious results from instruments of an orchestra not attuned to the same pitch. Neither should you expect your life to blend with another's of different fundamental ideas. Marriage replaces ecstatic love with perfect contentment in the happiness of the fulfillment of life—true companionship and children, perhaps.

Religious standards suitable for one may not fit another. Perhaps it can not be *proved* or *disproved* that there is a Supreme Power. Why worry about it? Dare to believe in the best in man, and in the power of your own personality.

Webster defines happiness as, "good luck, good fortune; prosperity." Emotional happiness, which I think you are seeking, is too elusive. Why risk your whole future for a brief moment of sublime emotion, which you won't recognize as such until long after it has passed?

Incidents stamp our consciences, and sweet or bitter memories are dependent upon the joys or sorrows they recall. Bitter memories upset us; why not forget them? Appreciation from day to day, of your opportunities, your friends, your abilities, your joys and your sorrows, is an accomplishment.

Give up this mad hunt for a happiness you can't define. Peace will fill your being; you will understand happiness, and find it at your finger tips. *There's nothing wrong with you.* Save a lot of room for sympathy; laugh a little—laugh a lot.

Edith Williams,
New York, N. Y.

Dear Editor:

My eyes recently rested upon the article "I Am at Sea—Help Me." This had been written by someone who called himself "An Average Young Man."

"If he be mentally depressed," I asked myself, "How can he be one of the average young men?" Most young men whom I know are *not* mentally depressed, and when I come in contact with someone who is "at sea" I certainly don't consider him an average young man.

At the beginning he calls himself a repre-

sentative of this bewildered generation. What makes him think that this generation is bewildered?

Being one of the workers of an organization which employs over a hundred people, friendly with all of them, and conversing with a large number enables me to study the average person. The conversation derived from such acquaintances certainly would not lead one to believe that this generation is bewildered.

This so called "Average Young Man" is so far out on "the sea" that he thinks that everyone else is there also.

It is hard for me to understand how a youth, twenty-four years of age, with a college education, and now engaged in the practice of law can find life so meaningless. Thousands of young men and women, with not even half his education are finding life interesting and happy.

He states that he has, up to a recent period in his life, based his scheme of living on the principles of success, love and religion.

Let us consider these principles one by one and try to bring this youth back to shore.

Success—He says he finds no real happiness in success. Of course he doesn't. He shouldn't. Happiness comes in trying to obtain success. After one has succeeded the game is over. Then the thing to do is to set another goal and try to climb higher.

Who enjoys a game of baseball after it is over? The pleasure exists during the time in which the game is played.

He says that his life was not made happy through becoming the heavyweight champion of his university. Does he not remember the joys he experienced in striving to become the champion?

As long as one tries to succeed and enjoys each thing that he does in his trying, success isn't really necessary to establish happiness in life; and one will not feel miserable because of failure if he remembers that he has had all the joys of trying to succeed.

Love—He used to believe in love but now he doesn't. He claims that hardly any of his friends are happily married. How could he be expected to notice happiness in them when he is in such an unhappy state? Such a mind can only see misery. It wouldn't recognize happiness.

And how about these friends of his who advise him to stay single? Give them all a chance to be single again and nine out of ten of them would return to matrimony.

It isn't important, in a happy married life, that both members *always* agree. The happiness comes in trying to agree as much as possible.

Religion—I think that he has read too much about religion. His statement (I am a Christian in the sense that I believe in the validity of Christ's philosophy of neighborliness and charity) is all the religion he needs. He says he believes this. Now, all he need do is to practice it, and what more could one ask of him? Christ's philosophy of neighborliness and charity certainly should not leave him in a state of blank bewilderment.

It is my opinion that he spends too much time studying about the different religions instead of practicing the simplicity of Christ's philosophy.

I do not advise this young man to forget himself. I advise him to be more concerned with himself and less concerned with other people.

Regarding success: he depends too much on praise from others. In the case of marriage he looks into other person's lives to see how happy *he* would be, were he married. In religion he reads too much about what other men write instead of practicing his own conception of Christianity.

Let this young man forget about other people for awhile, and establish real confidence in himself.

Elmore E. Jones,
Cincinnati, Ohio.

Dear Average Young Man:

It occurs to me that you have devoted yourself so thoroughly and exclusively to the serious business of attaining a mythical "success" in your chosen occupation, that you have disregarded many laws of the universe.

We were not put on this plane of existence merely to carve a name for ourselves, nor to acquire as much of the world's goods as possible. We have been placed here, I believe, by the Great Architect to work out our salvation, or in other words to search for the Truth of Being.

In the final analysis—this means *advancing, making progress*, not materially—but spiritually. We can gain material success, have the good things of the world, but let not this be the goal toward which we ultimately work.

In my opinion this is your basic difficulty; you are making the mistake of thinking of yourself as only a body with limitations, instead of an immortal soul, which is your real self. It is this real self that is now forcing you to the point of distraction—where you must have the truth and you will not have real serenity of soul, until you put your feet on the road that leads in the way your soul must go.

When you are (Continued on page 55)

What Can We Do for You?

Conducted by C. Franklin Leavitt, M.D.

Dr. Leavitt has won thousands of friends in the United States and Canada thru the help he has extended them in times of illness and anxiety.

He has the advantage over non-medical psychologists, in that he is a thoroly trained doctor of medicine, with many years of successful experiences.

He has, too, the rare faculty of understanding human nature. He knows the secret, hidden motives that drive people, and in these, he discerns the roots of their diseases and terrors, their disappointments, their failures.



By locating the trouble, and showing people how to remove the disturbing "complexes," Dr. Leavitt is able to guide them into paths that lead to radiant mental and physical health.

In this department, the doctor will continue dealing with the perplexing personal problems that come to him thru direct correspondence.

If you have problems, he can help you, and if you wish to consult him in a very personal way thru correspondence be assured that your confidence will be sacredly guarded. **The Editors.**

QUESTION:—I. A. writes:

I am a young man of twenty-one, with a lot of ambition. I have been working for my uncle for six years and have had very little advancement.

Somehow I cannot trust him, for he has four sons working in the business and I feel sure that he would push them ahead faster than he does me. I am falling into a rut and I am losing some of my faith and ambition. I am now quite worried and depressed, whereas I was quite the opposite. I also have developed a silly fear that my uncle will hate me if I quit after being with him for so long. What would you advise?

ANSWER:

Look upon your present work as only temporary. Do your best in spite of this thought, for what you are doing now is preparing you for something better. I would not make a change just at this time for positions are scarce and wages low. A little later, when general conditions are better, if things where you are have shown no improvement, then seek elsewhere for a position and give your *best*, with advancement and service in mind.

It is quite natural for your uncle to favor his sons. But do not show any feeling toward them, such as jealousy, envy or hatred. Hold fast to that ambition you have had and believe in your self and in your ability to forge ahead. I am sure you will succeed.

QUESTION:—D. B. V. writes:

All my life I have been a victim of worry, fear, hatred, anger, jealousy and suspicion, which completely wrecked my body and mind. After trying all sorts of medical treatment I became discouraged and made up my mind that the only way out was suicide. By chance I picked up a copy of *PSYCHOLOGY*, be-

came greatly interested in it, then purchased some psychological books and followed the advice as closely as possible.

As a consequence these emotions are less severe and frequent. I have also improved in health. If I continue this struggle, will I see the day when they are entirely eliminated?

ANSWER:

You have a right to demand of life the very same things that you see expressed by others. Nature, or life, has no step-children, I assure you. What others, with your mental capacity and inheritance have done, you can do. It is a matter of training, adjustment and development.

Development is always of slow growth, and that is why so many because of discouragement never achieve it. You can become *master of self* and be truly happy and successful.

Study the lives of the great and you will find that their success has been built upon innumerable failures. They just wouldn't be downed. Each failure taught them a lesson that carried them a little higher the next time. Development comes *only* through meeting resistance and overcoming it, and the more resistance that is offered and overcome, the stronger one grows.

So you see, with this resistance that you have had to meet if you will just be strong and brave and rise above the negative, weak things, through gradual growth, you can be even stronger than the average. Don't get discouraged but keep ever at it.

QUESTION:—B. H. writes:

I want one desire above all else. It is something that comes to almost every young person, like night follows

the day—naturally. I have visualized it until it seems a living thing.

I am young and pretty—please forgive me for using that worn out phrase, but it is so, and I would gladly change places with any homely girl on earth, than to have a constant gnawing at my heart for friends. My home is a lonely one. I have striven unceasingly to change this condition.

It seems so strange and overwhelming that nothing comes into my life, when I am sociable, gay, attractive, talented and aspiring. I am only trying to be frank, not boastful.

Yet everything is the result of some cause. I know that something is wrong somewhere. Tell me if psychology can help me in this?

ANSWER:

Yes, there is a reason for the state you are in. I wish you had given me your name and address, for such a case as yours is rather complicated and it might take some little correspondence to dig up the real reason. You speak about your home being lonely. Do you mean that the atmosphere, aside from you, is an unfriendly one? If so, we are not fate-driven and we *can* change our environment if it seems for the best.

You say that you have visualized and prayed, etc. Have you tried hard to put these thoughts into action, to find ways and means for making your life different, or have you left it pretty much to your thoughts to change. *Thoughts are never complete without action.* Friends are not going to come to you, but you must create ways and means to meet people so that you have an opportunity to make these friends you seek.

Are you self conscious? If so, this may be the seat of your trouble. One

(Continued on page 64)

Where's Your "Pep"?

You Can Find Its Source

by L. G. HERBERT

A POPULAR term for energy is "pep."

When we describe an individual as having "pep" we pay him a compliment, for we imply that he is the sort of individual who actually gets things done.

There are plenty of people who steam around and make a good deal of noise who do not have real pep—that is, they do not work to good purpose.

There are others who hang to their work day in and day out like a puppy to a root, and yet never seem to get anywhere. They are not lazy, but they are plodders and do not always work to the best purpose.

It often happens that the employee who is on the job day in and day out, doesn't get ahead very fast, while the boss who enjoys the good things of life, started down in the ranks alongside of the very employee who is still pegging away in the old groove.

What made the difference?

Why do some people climb right ahead and pay little attention to obstacles while others who work seemingly harder, do little more than mark time? There is a difference and it is not merely "luck" or "chance" that some men succeed and others do not.

We are told that in the economy of nature nothing is lost.

This is true of the physical world where air and the substances from the soil and moisture are changed into grass, grass eaten by the cow, changed into milk, and milk imbibed by the child, changed into flesh and blood finally becoming the *energy* of mental and physical processes.

As long as we stay in the physical world matter is only transformed from one condition or state to another, but once we get into the field of *energy* there is real danger of actual loss.

The business man for example who does not make his energy count for all it should, loses a great deal. The individual who fails to take advantage of opportunity loses in just the degree in which he might make his energy serve him. The worker who uses his energy in plodding may keep a roof over himself and his family, and have enough to see him through if he is frugal. But the same amount

of energy or less directed to good purpose can be made to count for vastly more.

All this seems obvious and yet the fact that such a large percentage of all our workers are in the class of the plodders who do not make their energy count as they should forces us to the conclusion that relatively few apply their energy to satisfactory results.

We might write a volume on the "just how" of it, but by reducing the gist of the whole matter to three brief paragraphs we should be able to remember them.

Learn to face your problem squarely.

Relatively few people have the courage to face their problems squarely. They are inclined to sidestep, to put the matter off. To excuse themselves. To drift, thinking that "something may turn up." And so the days and months and years go on and such people keep plodding.

It is of first importance then to recognize *where* one's difficulties are and *what* they are, and to have the courage to say: "Now, Obstacle, you and I are going to have a session, and a show-down. I propose to govern *you* and not let you govern *me*." The people who fail are usually those who take the easy, line-of-least-resistance methods and are not ready to fight.

Some time ago a man found that his assets stood at \$300,000. Things went wrong, and he lost all he had.

But he didn't fail. He got right up after the knock-out blow and went at it and recovered himself, and today he is in the millionaire class. He is there *because* he was not a quitter. He was ready to look his problems in the eye and to meet them man to man.

Learn to do the hard thing first.

A great many brainy people have the foolish habit of putting their hard tasks off hour after hour until the day is pretty well spent and vitality and mental energy are at a low ebb. Then of course they have not as much keenness to bring to their problems as they ought to have—and the problems get the best of them.

There is another side to the case also. The man who harbors his worries and drags them along with him all (Continued on page 53)

"Bird of Another Color"

by NELLA MAE ESTY

THE hour was noon. The soft hum of voices mingled with the subdued clatter of dishes as waiters hurried to and fro.

I glanced inquiringly across the table at my companion, my eyes lingering admiringly on his handsome dark head. The whole country knew that this one lone man had been responsible for the settling of a recent strike. His grey eyes regarded me, amused.

"So, you want to know the secret. Is that it?"

I nodded, tingling with anticipation.

"Well, I'll just have to tell you a story," he mused absently drawing lines on the table-cloth with his fork. "When I was a little fellow we lived on a ranch down in Texas. One day a neighbor of ours, Si Watkins was his name, gave me a big black rooster.

HE WAS a handsome bird, Blackie, and I was mighty proud of him. My father already had a fine rooster, a big white fellow, larger than Blackie and a little younger. And say, the minute I set Blackie loose in that yard the fight was on. That was a good fight too, but Whitie was too much for him and presently Blackie turned tail and ran off, hiding his head under a cabbage leaf.

Boy! Was I disgusted! I was more than disgusted, for in some sub-conscious way, Blackie was representing my own self. Not long before this happening I too had been licked. A big bullying sort of kid at school, much bigger than me, had whipped me good. And was I scared of that kid? I'll say I was! I was like Blackie, I'd run and hide myself probably to get away from the taunts of my school mates even more than the enemy. I was a pretty wretched boy.

I tried every way I could think of to get Blackie's spunk back again. He was groomed and fed and coddled like a prized race-horse. But it was no use. He was just scared plum to death of that white rooster.

Soon after that, Si Watkins came by again and asked how the black bird was getting along. Chokingly I told him the story, declaring that Blackie was

yellow all the way through.

"No, he ain't yellow," declared Si scratching his head, "and I'll prove it. You catch that there white rooster and paint him up a bit, just draw a dark line across his wings and breast and I'll bet you a pretty Blackie will fight him."

The story was interrupted here by a waiter with salads. Presently my companion smiled across at me for I could scarcely conceal my impatience.

"Of course I was dubious," he continued. "But I was glad to try anything that might give Blackie back his spirit. I soon caught Whitie and took him off to the shed where I decorated him good. I not only painted his wings but I put a broad collar of black around his neck.

IN THE meantime, Blackie, seeing the coast clear was stepping around the hens pretty lively.

And then I turned Whitie loose. Blackie stretched his neck and took one quick look then lit in the middle of Whitie's back.

Glory be, but that was some fight! Mother came out crying for me to separate them. "They'll kill each other! Stop them!"

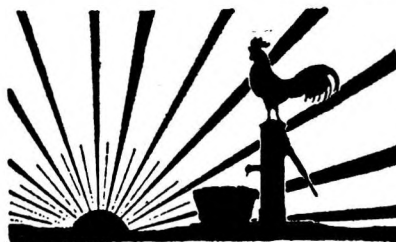
But I was too excited to think of anything but Blackie. Somehow my whole life seemed to hang in the balance at that moment. His victory meant my victory. He had to win!

"Go to it, Blackie!" I'd shriek with the tears rolling down my cheeks. "Hit him again! You can whip him! You can! You can!"

The fight went on and on. Both birds were pretty wobbly by this time but Blackie never wavered. His dander was up good and proper. He might be afraid of Whitie but not this queer looking bird with the black ring around his neck.

And then Whitie suddenly ducked and fell over on his side. Blackie toppled over too, but he was still pecking toward Whitie, who was straining to get away.

God love that black bird! Weeping hysterically I
(Continued on page 57)



Men who "know it all" are not invited to read this page

THIS PAGE is not for the wise young man who is perfectly satisfied with himself and his business equipment.

It is a personal message to the man who realizes that the whole business picture has radically changed in the last few years, and that there is an entirely new set of rules to be mastered. He feels that he ought to be earning several thousand dollars more a year, but simply lacks the confidence necessary to lay hold on one of the bigger places in business.

We should like to put into the hands of every such man a copy of a little book that contains the seeds of self-confidence. It is called "What a Business Man Must Know Today," and it will be sent without obligation. It contains the Announcement of the Institute's new Course and Service for men who want to become independent in the next five years. Among the contributors to the Course are:

ALFRED P. SLOAN, JR., *President*, General Motors Corporation.

FREDERICK H. ECKER, *President*, Metropolitan Life Insurance Company.

DAVID SARNOFF, *President*, Radio Corporation of America.

MERRYLE STANLEY RUKEYSER, *Eco-*

nomie and Financial Writer, New York American; *Lecturer*, Columbia University.

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Can any ambitious man fail to get something of value from contact with minds like these? Could anyone fail to become more self-reliant, more active, more able?

SEND FOR THIS BOOKLET

For the man who is perfectly content with himself and his job, the Alexander Hamilton Institute can do nothing. But there are thousands of men who could double their financial security if they believed in themselves and had the solid business knowledge to back up their belief.

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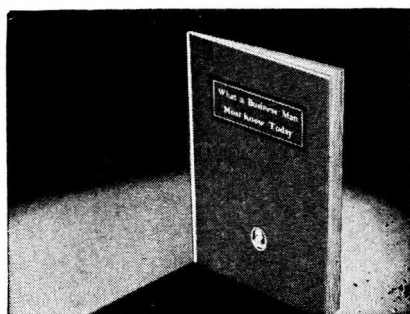
To the Alexander Hamilton Institute, 727 Astor Place, New York City. (In Canada, address Alexander Hamilton Institute, Ltd., C. P. R. Building, Toronto.)

Send me "What a Business Man Must Know Today," which I may keep without charge.

Name _____

Business Address _____

Business Position _____



For the Man who wants to be Independent in the next 5 years

The little book pictured above should be read by every man who expects to win a secure place for himself in the next five years. It explains some of the changes which are taking place in the business world today. It tells how you can equip yourself to take your place in the new business structure with confidence and increased earning power. It contains the condensed results of 25 years' experience in helping men to forge ahead financially. The coupon at the right will bring it to your desk. Send for your copy today.

"OUR CORNER"

One of the definitions the dictionary gives for "AMATEUR" is, "One who practices an art for the love of it." Those who wish to express themselves, either in prose or poetry, are invited to contribute to this column. Unused material cannot be returned.

A Recipe

There's a simple little recipe
That cures our sundry ills.
It's not derived from medicines,
From bromides or from pills.
It's just an ounce more tolerance,
In word or thought each day,
Mixed with a care about others' needs
Whenever they come our way.

Margaret Morris,
Chicago, Ill.

* * *

Intrigue

My little bowl of ivy
Is a picture of charm and grace
Hanging above my bookshelf
In its designated place.

To you it is merely ivy
Drooping its weary length
Over my favorite authors
Potent with harbored strength.

To me it is all my dreams,
Alive with breath from my heart
But the leaves show signs of dying,
My love has no counterpart.

Ann L. Hankey,
New York City.

* * *

Children's Party

Prancing feet and dancing eyes,
Heedless where the future hies.
Speed your chatter—wave your arms—
Naught to fear of life's alarms.

Children, children, gather near.
Whisper to me what you hear.

Laughing lips and flushing face,
Dainty things in fluffy lace—
Dream on—dreaming life is gay.
Night-time's but a longer day.

Children, children, happily
Whisper to me what you see.

Wondering thoughts and each a wish—
Fairy tale or sweetened dish.
Save your trophies—hold your prize,
Life's the gift to idolize.

Children, children, you are real—
Whisper to me what you feel.

Lagging steps and nodding head,
Mind resenting waiting bed,
What you are is ever true.
What great visions rise in you!

Children, children, now I plead
Let me follow where you lead.

"Anonymous,"
New York City.

Business As Usual

I walk to the stand on the boulevard
To buy my weekly quota of flowers:
Pink amaryllis on tall red stems clustered
Like bells in old cathedral towers;
Asters a-riot in every hue;
Petunias in purple, fragile, fringed;
From fields of waving gold frail poppies
gleaned,
And stalwart stalks of yellow broom
Sweeping blue sky brought to earth—
delphinium
What! Is the old Jew
Calm, olive-skinned, world-traveled,
generous?
He is stuffing the hollows of my cornucopia
With sprays of misty stevia
And sprigs of creamy tuberose!
"You like 'em? They're yours. I'm glad," he replies
Grandly waving away my extra coin—
Narrowing the while his soulful eyes
At the gleam of its silvery sheen—
And chuckling cites a proverb, "Give
and spend
And God will send."

Irene Test Haughey,
500 Cherokee Ave., Los Angeles,
Calif.

* * *

Log-Cabin o'Mine!

Deep in the forest dwells the heart o'me
In a log-Cabin o'mine
Idle hours of dreaming.
Hearth-fires gleaming
A perfect world seeming
To be there, with thee.

Deep in the forest dwells the soul o'me
In a log-Cabin o'mine
Night winds sighing
The soul o'me crying
For a mate, and plying
Its pathway to thee.

Deep in the forest dwells the body o'me
In a log-cabin o'mine;
Tired of cities roaring.
Peace, rest come pouring
New life in my spirit, soaring
Divine heights with thee.

Ferne Henry,
2023 So. Main St.,
Elkhart, Ind.

* * *

Links

When a kind deed comes a humming
Round your heart to make it glad
Do not keep it lying dormant;
Profit never came by hoarding—
Pass it on.

Nothing is of use in storage
Helps no one—gives no cheering,
What you give you'll always have—
What you save you'll lose you know.
Kindness is like that!

Jean Ashland,
545-85 Street, Brooklyn, N. Y.

Just A State of Mind

When you think your plans are shattered,
And you feel all smashed and battered:
It is naught but just a feeling,
Which o'er men oft comes a-stealing:
Just a feeling crude and bitter,
Which makes men and breaks
the quitter!

Just a state of mind destructive,
Which has ne'er done aught constructive:

Which besets all plodding mortals,
And oft blocks success's portals:
Just a hurdle to be taken,
With a will firm and unshaken.

For it's written on time's pages:
That throughout the bygone ages,
It was just this little feeling,
Which o'er monarchs came a-stealing:
Which brought losses and damnation,
On great armies, crowns and nations!

J. P. Gimenez,

St. Thomas, V.I., U.S.A.

* * *

"When"

"When today's difficulties overshadow
yesterday's triumphs and obscure the
bright visions of tomorrow—

"When plans upset and whole years
of effort seem to crystallize into a
single hour of concentrated bitterness—

"When little annoyances eat into the
mind's very quick and corrode the
power to view things calmly—

"When the jolts of misfortune
threaten to jar loose the judgement
from its moorings—

"Remember that in every business—
in every career—there are valleys to
cross, as well as hills to scale; that
every mountain range of hope is broken
by chasms of discouragement, through
which run torrent streams of despair!

"To quit in the chasm is to fail. See
always in your mind's eye the sunny
summits of success.

"Don't quit in the chasm! Keep on!"

* * *

This bit of advice was sent me more
than ten years ago by a Philadelphia
firm for which I was canvassing, after
I had written them a discouraging letter.
I do not know who the author is,
nor have I ever beheld it in print before
or since. I only know that it is the
most prized of all my possessions, to
which I always turn for consolation in
my darkest hours.

No doubt it would be unreadable from
the tears I was wont to shed during the
first year after it came to me, if I had
not painstakingly covered it with window
glass and encased it in red passe
partout binding. Friends have made
copies from it, others have pleaded with
me to sell it to them but to me it is
priceless.

* * *

To say that it has been my inspiration
and help to keep going all these

Sells Two More Stories



"Perhaps you will be interested to learn that I have just sold two more stories. One of these was to *The Blue Book*, and the other was sold to *True Detective Mysteries*. I feel quite encouraged, for I consider both these magazines a step in advance of the ones I have sold to formerly."

—Darrell E. Jordan,
P.O. Box 277, Friendship, N.Y.

How do you KNOW
you can't WRITE?

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 drafts-
men. 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.
Under such practical, seasoned
guidance, you will find that (instead of
vainly trying to copy someone 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.

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We have prepared a unique Writing Aptitude
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27J364 men will call on you.)

Why don't you write?

You should know— The Laws of Self Development!

To Gain Mental and Physical Supremacy



*Ella Wheeler Wilcox Wished the
Whole Suffering World to
Read This Book*

My Dear Dr. Leavitt:—I want to tell you how valuable and important I think your book "THE LAWS OF SELF DEVELOPMENT" is. I wish the whole complaining world could be given a chapter of this book to commit to memory each week, until the whole contents were ascribed. I am sorry that the editors to whom all my work is contracted are not broad enough to permit me to express in print my appreciation of so valuable a work as yours. If my words are of any value to you, your publishers will make me happy by using them in circular form.

Very sincerely yours,
Ella Wheeler Wilcox.

*Teaches How to Train Our Forces
for Health and Advancement*

This is a work of very high order dealing with the causes that govern conditions and clearly setting forth principles controlling our realization of life and its truth. It deals conscientiously with the metaphysics of being, giving directions for control of the mental and a course of illustrated physical exercises. It teaches how to train our forces for health and advancement. Bound in de luxe cloth, stamped in gold and white. Price \$2.00, postpaid.—The Progressive Teacher, of Nashville, Tenn.

*"It is Full of Facts—Not
Theories"*

After an introduction concerning the question of Self-Healing the author adopts the letter form of treatment for the presentation of the important subject of self-help. There are forty-two letters dealing mainly with positive facts rather than theories, and being kept well within the lines of demonstrable truth. The book contains a large number of artistic illustrations of physical exercises, and several fine anatomical charts; there are almost 400 pages.—Naturopath Magazine of New York.

*A Proof That it Really Gives
Material Aid*

Dear Dr. Leavitt:—I have just finished reading your book, "THE LAWS OF SELF DEVELOPMENT." I have never known a time when words seemed so small and insufficient just to say that I thank you. Thank you seems so small.

Sincerely yours,
Mrs. Bert King.

**A Book for All Those Wishing
to Add to Their Mental and
Physical Strength**

THIS book deals in CAUSE as well as EFFECT. Shows you just how disorder and unhappiness begin. And shows you the way to overcome these obstacles. It gives you definite formulas for combating these evils and has suggestions covering the different phases of mental and physical inharmony. It shows you how to get into intimate touch with your subconscious mind. It opens up to you the working of the "inner man" so that you may use your powers in building up habits of a constructive and creative nature. It helps you open the doors to that Giant within you and thus a bigger and broader expression follows. It deals with most of the intimate problems of life on both the mental and physical planes.

The construction of the brain and nervous system are taken up in a most complete way. Colored charts show you the minute mechanism of the nervous system and descriptive matter tells you just how these nerves of yours develop disorder. There are scientific breathing exercises and charts showing the best form of physical exercise.

It unfolds to you the wonders of the body and mind so that you are able to clearly see JUST what you should do in order to overcome weaknesses and misery. Mental and Nervous breakdowns are fully discussed, as well as hundreds of other things you must regard as important. It will help you to meet the inroads that mental strain and nerve tension bring. It shows you how Success can be yours through complying with LAW. The entire book is based on LAW, both Psychological and Physical; and these interesting subjects are placed before you in both an alluring and very helpful way.

True understanding is the foundation of all success, whether it is Health, Happiness or Financial gain that represents success to you.

If you will spend a few minutes a day in really trying to help yourself you will be surprised at the gains you will make in a comparatively short time. YOU REALLY CANNOT AFFORD TO BE WITHOUT THIS BOOK. It is quite different from any book you have ever read.

THE LAWS OF SELF DEVELOPMENT is now in its Fifteenth Edition. This will show you what a wonderful reception it has met at the hands of suffering humanity. Bound in beautiful de luxe cloth and stamped in gold, it contains 390 pages, of which thirty are full-page halftone illustrations from original photographs, and six

Partial Contents

INTRODUCTION—The Question of Self-Healing—Some Valuable Data—Cures at a Distance.
LETTER I—A more Direct Word—Other Than Psychic Means Sometimes Required.
LETTER II—The Mystery of Cure—Medical Fallacies—The Healing Entities—The Healing Mysteries.
LETTER III—The Basis of Cure—Deductions Regarding Cure.
LETTER IV—The Rationale of Cure—The Curative Energies—Influencing the Unconscious—The Special Field for Leavitt Science.
LETTER V—Nature and Cause of Diseases—The Author's Methods—Hereditary Influences—A Glance at Disease Development—Emotional Causes of Disease—Extrinsic Causes of Disease.
LETTER VI—The Three Mental Attributes—Loss of Balance Between Will, Intellect and Feeling—Examples of This Unbalance in Certain Disorders—Hysteria—Neurasthenia—A Health Guaranty.
LETTER VII—Direct Personal Influence of the Physician—Unction—Persuasion.
LETTER VIII—Education of the Physician—Environment—Self-Mastery—Mental Attitude Toward Sex.
LETTER IX—Inspiration by the Physician—The Stimuli.
LETTER X—Suggestion by the Physician—Hypnotism—Suggestion Without Hypnotism.
LETTER XI—Command by the Physician—The Question of Self-Help—Another Glance at Jesus' Method.
LETTER XII—Psychoanalysis by the Physician—Theories and Methods—Suggestion Produces the Effect—Freud's Dream Theories.
LETTER XIII—Telepathy in the Treatment of Distant Patients—Unrecognized Telepathy—Curative Telepathy—Telepathic Curative Methods.
LETTER XIV—All Cures Are Self Cures.
LETTER XV—Self-Reeducation.

NOTE: There are 27 more letters, but lack of space prohibits listing them. You should not miss any of them.

are charts of two and three colors. This book will be mailed to you upon receipt of \$2.00. Or, send \$3.60 to cover a year's subscription to PSYCHOLOGY and the book. A marvelous combination!

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(Name) _____

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years, is expressing its effect in the mildest of terms. I doubt if, after reading it a million times, I have been able to fathom even in an infinitesimal way the colossal significance of the figures of speech, the magnificence and wealth of meaning that these words convey,—words which some inspired soul bequeathed to mankind. They improve with age, and most surely without them,

I would not be dwelling on the mountain top today.

With the hope that this motto will be compensating balm to others who have bridges to cross and hills to scale, I pass it on.

Mrs. Leda C. Coffindaffer,
3 Forbes Avenue,
Elm Grove, Wheeling, W. Va.

Your Senses Often Lie

(Continued from page 13)

ters one foot high looks larger than the same stack placed horizontally on the cashier's desk. This fact, that a vertical line appears longer than an equal horizontal line, is blamed on the retina. However, it does not alter the untruthfulness of your senses.

Fortunately, the average person, the very one who boasts most of "good common sense," usually disregards mere sensation in the interest of getting at the objective facts. The most common errors and illusions are ignored or accounted for. When you walk through a moonlit park, you see "things," apparitions, ghosts, burglars, goblins, and pixies, which your corrected experience and knowledge, far superior to the false information of your sense of sight, make you realize as errors.

A "complex" or absent-mindedness; that is to say, a "set" mental state of bias or pre-occupation, increases the falseness of your senses.

I was once an expert witness in a fatal accident case. There were a score or more of witnesses who saw an Italian laborer run from a side street to board a moving surface car. He was dragged and killed. The prejudices, sympathies, antipathies, egoisms, and past memories of the witnesses made their testimony all contradictory—except that of three children.

These children were absolutely unknown to each other, had never met or communicated, yet they each naively gave nearly exactly similar descrip-

tions in their own childhood vocabulary. The court correctly accepted their testimony as nearer the truth than that of all the adult witnesses. The latter were filled with grief, bitterness, vengeance, bias. The boy and girls, unaffected by such emotions, came closer to facts.

When an insane person sees the picture on the wall cursing him, it is because his mind is concentrated on suspicion. He projects his own visual images and takes them for true sensations. Perfectly normal persons often think they see a lost object or someone they know. Whenever a remotely similar object meets the eye it is often taken for the original. It is all in the mental "set."

"The lies of your eyes" have been known since Aristotle, especially that one of the two fingers crossed and touching a marble. If the second and third fingers are crossed to hold the marble, you almost will swear there are two marbles.

The "lies of your eyes" are understandable when you stop to think that your favorite motion picture is nothing but a series of motionless pictures caught by instantaneous photography. When you sit in a train, and another on the next track moves, your senses report that *your* train is in motion.

The eyes testify that the oar in the water appears broken when it touches the surface. The sight merely reports the appearance of the fact.

Believe not, therefore, all you see.

Where's Your Pep?

(Continued from page 48)

day is not as efficient *any* part of the day as he should be. Many an individual gets the *put-off* habit only to discover later that he has used more energy dreading the task or duty than would have been spent doing it.

The ability to tackle a problem when it ought to be tackled, the habit of thinking around it to a finish, and to telescope it smoothly into the next interest is sure to give strength, vigor, power—energy for larger service.

Appreciate your many opportunities.

We are likely to think that if we were differently located in some other place, or more satisfactorily equipped, or were in contact with different people we could make a better showing for ourselves.

This is an imaginary and foolish conclusion. When all is said and done people are much alike the world over. Communities differ mainly in degree. Scientists are now telling us that human nature is alike in everything, the difference in people being in degrees of in-

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I have written a small booklet on the subject "Magnetism. Its Origin, History and Use." Any one not acquainted with this great law, or those believing it is only something of minor importance will find it a revelation, giving some startling facts concerning the treatment of many diseases. This book has started many on the road to health and success. That you may see something of the great power of Magnetism to successfully treat many diseases I have given specific instructions for the treating of twelve (12) different ailments. When you have learned these lessons you can successfully apply it in many other cases.

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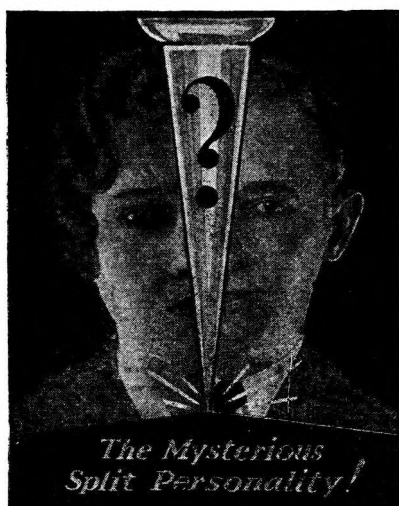
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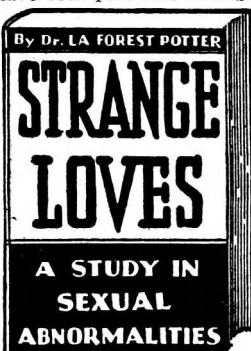
Can you distinguish these men and women of the Shadow World? Do you know that their number is constantly increasing? The strange power these men and women wield over normal people is almost unbelievable. Dr. Potter says, "NO MAN ON EARTH HAS A CHANCE AGAINST A WOMAN ONCE SHE HAS SUCCEDED TO ANOTHER WOMAN". Actual clinical cases reveal the abnormal ties and the unnatural desires and erotic reactions of these twilight men and women! There are records that actually prove that men have been MADE INTO ABNORMALS.

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heritance and in acquired tastes and ideas.

If this is true, you and I are as well off right where we are as we would be elsewhere. It is up to us to use our energy to cultivate our own immediate field more intensively.

If we go away or seek other connections we must use our imagination to get pleasure and profit out of it. Look

beneath the surface, study people and the local situation more deeply, and we will be prosperous and happy accordingly. This means—*directed energy*.

When all is said and done *prosperity, with all that goes with that fascinating word, is only another name for intelligently directed energy.*

Marie Dressler's "Last Will"

(Continued from page 17)

"bit." Marie Dressler came through with flying colors. Other "bits" were offered in "Romantic Nights," the "Vagabond Lover" and a telling small part in Garbo's first talkie, "Anna Christie."

Dressler now had her feet on solid ground. The Paris boarding house, with her as the landlady faded forever out of the possibilities. She was now in demand. Studio officials knew that a bright and constant star had risen over the horizon of public opinion.

People were now asking—indeed clamoring—for more of Marie Dressler. More. More. And one of the things that "seemed like a miracle" that she later referred to, had happened.

Down for the count, almost "out" as she had been, a vital something in this woman's heart and mind had contacted the ever reaching, searching need of the outside world—and had made good.

ONLY half a decade of wonderful success.

Perhaps that wasn't enough to bal-

ance all the years of her trying, her struggling. We all wish it had been more—for her sake. But she did a lot of good in those years.

She made us laugh as few others have done. She lighted little sparks of happiness here and there, literally all over the world. She proved that the world appreciates wholesome, decent fun.

All this she did, and more. And she left us a heritage of pleasant memories. But perhaps the greatest thing she left behind when she passed on that summer afternoon in her sixty-third year was that statement that she wanted us all to get—her "last will and testament."

Her fine brave assurance that good things can come to us—good fortune may descend upon us—if we'll just "hold on and expect."

Wherever you are, Marie Dressler, if you can know about it, believe that we ponder on the words you meant to give us; that we regard them with affection because they came from you—and because they include the genuineness reflected in your own brave, wholesome self.

Youth Looks at War!

(Continued from page 21)

you for war at eighteen? Anyhow, what is important, to me, is that I'd stand in with you fellows. If someone invaded us that would be different—then we'd be fighting for something." He paused and looked from one to the other of us in youthful anticipation. "And do you know what we'd be fighting for, if another nation invaded?"

"We'd be fighting for our country," Harry said.

"Yes, that's true. But what's a country? If we fought an invasion would you, Harry, or you, George, or any of you, for that matter, be fighting literally for your country? Would any of you be scrapping for the plains of Kansas or the rocky territory of New England or the sunny coast of California? Would you be scrapping

for any particular spot of land? You would not!

"Both Charlie and Harry hit it on the head. They'd fight for their homes and their homes consist of the places where they live—and their wives and children. That's what we'd all fight for. Not for any given piece of land, but for our homes, our families. Walter and I would fight for those dear to us; all of you would fight for the same reason—to protect your mothers, sisters, sweethearts, wives and children.

"You'd have to fight for them, or lose them—see them killed or taken away from you. In such a case, a man—young or old—is ready to sacrifice his life. That's the way I see it."

We looked at Robert, the youngest of our group, for a long while after he

had finished. He was flushed and seemed a little embarrassed, perhaps at having offered such a grown-up argument. I think from that moment on we all realized that he was no longer a boy. Even in the few weeks that have elapsed since then, we have regarded him with more respect.

The conversation drifted on from war to other subjects. And then it was time to leave. We took up our hats, bid George and his wife good-

night and went down the elevator.

Afterwards I thought over what had been said. It was amazing how firm each of them had been about the asininity of war; it was even more amazing—and pleasingly so—to know that none of these young men I was glad to call my friends would allow himself to be sent to a strange country to fight in a war that was none of his business!

"At Sea?" Here is Help

(Continued from page 46)

firmly planted on the road and make a little progress, you will find that your increased elevation will give you a sense of freedom and "Peace that passeth understanding." *This is happiness*—the happiness that comes from within,—and it is the only *real* happiness that you will ever find.

There is an old saying (what difference who said it?), that "The kingdom of Heaven is within you." When you find that, "All these things shall be added unto you."

While I feel that your uncertainty is mostly caused by your not being able to *know* that life never ends, and that you are really an immortal soul, it seems to me that this, as well as other things, have gotten you into the destructive habit of thinking in a negative manner.

For instance you as an attorney, in the course of your practice, see many couples who have taken up matrimony with the best of intentions, going through the process of separation and divorce. But because others have been caught in the throes of discordant thinking is not sufficient reason for you to believe that you must have a like experience.

Criticism

should be suggestive, not arbitrary. Insistent advice may repel rather than help. Personal example is more influential than many words. Advice gratuitously offered is seldom appreciated. A wise reticence is a safeguard against blunders. It is better to say too little than too much. Give your best to others, and they in turn will give their best to you.

—Grenville Kleiser

Learn to face the realities of every day life; think positively, act positively, and seek enjoyment also in material things as well as spiritual things.

Resolve right now to cast out as unworthy, all doubts and worries, and replace them with happy, cheerful, fearless, optimistic thoughts when they present themselves for your consideration. Further, you must act the part also. If you feel depressed or gloomy, change your attitude—whistle or sing, and in this way your sub-conscious mind will eventually be re-educated along the lines of cheer and optimism.

To live life fully, and be absolutely normal in every way, I believe that we must live on all the three planes, viz., the mental, spiritual and physical. I have already touched on the first two, and now as to the latter, you must create new interests. You have gone stale. All of our food does not come by way of the table. We must have pleasant emotions—friendship and companionship to be really alive in the flesh. These are most essential to well being on this plane of existence.

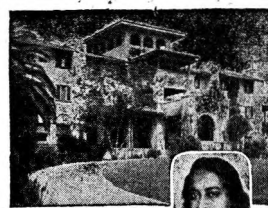
Now in closing, let me add these few rules: enjoy the sunshine—it was given you to use. Get in at least one good hearty laugh every day; it is stimulating and toxic. Do not forget that a certain amount of exercise in the fresh air is absolutely necessary to healthy minds and bodies.

Never affirm anything which you do not desire to have manifested. Use a little suggestion on yourself. If you feel unhappy—affirm that you are happy, and act out this idea. Do not try this half-heartedly. But put all the enthusiasm you can muster into it.

Make it a point to render a service to someone who is not so fortunate as yourself. In doing this you will accomplish two purposes; first you will begin to realize that *you* are more fortunate than you previously believed, and second—as strange as it may seem—it is really in helping others, that we ourselves are helped.

In your article you state that "If I am introspective, it is because it is my nature to be so and I could no more

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OF
Life



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stop being introspective than I could stop myself thinking."

I differ with you here, as I am certain many others will, too. This introspective tendency may have been acquired, or it may even have been inherited, as you evidently believe. However, it is at the very worst only a tendency, and it can be overcome.

You can learn to use your imagination

constructively instead of destructively, which seems to be the case at present.

All one can do in a case such as yours—is to advise but the rest is up to you. If you are faithful in your application of the principles set forth herein—you will find—*peace*.

William W. Mitchell,
California.

Unmasking Nervous Breakdown

(Continued from page 28)

swollen, or red, or inflamed. Sometimes there is a paralysis of parts of the body. Of neurotics who cannot sleep there is no end.

But why all these symptoms, these pains, these fears? Why all these worries, these chronic illnesses, which are often so real that they deceive the eye of the trained physician?

Again, I repeat, they are entirely symbolic. Their significance is often remote or entirely unknown by the casual observer and even less understood by the victim.

The neurotic (that is, his subconscious), is interested primarily in but one thing, and that is to "make out a good case" in the eyes of the world. He himself does not know what is troubling him. He knows that a strange, sinister something has befallen him, and that he is not the same as before. He realizes that he has stumbled and fallen down, and he invents excuses for doing so, which he stoutly declares are true. He seeks every device and subterfuge to "rationalize" his illness and makes his "*faux-pas*" or "break-

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down" seem reasonable and logical to others, more especially his employers, his doctor, and his family.

WHAT then is the one certain hope for such an individual?

Certainly his troubles are real and they are serious. He is badly in need of help, advice and treatment. There is but one hope for a permanent and lasting cure. We have tried the drug route and have found it woefully inadequate to help at least one neurotic. Likewise, dieting, deep breathing, "rest cures," massage have failed to bring permanent relief. So have change of scenery, and physical exercise.

The hope for a neurotic is to change things basically, that is, fundamentally. There is much to be changed. In fact, the whole personality has to be renovated, built over. The old emotional thought habits must be completely rooted out and new ones must be adopted to take their place. The neurotic is not in need of drugs.

His first task is to dig into his deeper self and try to ascertain just why he is made as he is made. He must delve into the archives of memory and resurrect the painful or embarrassing memories and drag them forth from their lair and have a look at them with a coldly analytical eye.

He must be sincere and honest with himself and put the blame where it belongs—on himself if he chooses to persist in his conduct after self-analy-

sis reveals the faulty ideas and wrong emotional habits formed in early childhood and carried over into maturity.

He must gird on his armor for battle and go out to conquer these old habits and tendencies; he must change his warped outlook on life. It is time for him to face about and meet life halfway, and not try to run away from life.

In short, his problem is one of getting hold of his subconscious mind, facing it squarely, understanding its workings, its hidden and repressed desires, and getting its energy released for useful and constructive work instead of for emotional sprees.

HOW shall these things be done?

By an aroused and determined will. By a sincere desire to change things in one's life and to be useful and successful in the world again. If the neurotic has any disease at all, it is the disease of failure. He has failed to meet the issues of life fairly and successfully. He has failed to make the proper adjustments with life. He has failed to maintain a harmony within his own personality, without which no lasting success can be achieved.

Happily, if the neurotic can harmonize his warring forces and get a new outlook on life, he invariably finds the old zest for living and becomes a highly useful member of society.

* * * * *

*Author of "The Unmaking of a Neurotic."

Bird of Another Color

(Continued from page 49)

caught him up in my arms and carried him off to dress his wounds. Nothing was too good for him."

A long silence followed this story. When I finally reached across the table and touched the hand of my companion, saying: "And you licked the bully at school next day?"

"Didn't wait for school," he grinned, "I jumped on my horse and caught him down by the old swimming hole."

Our Children

(Continued from page 37)

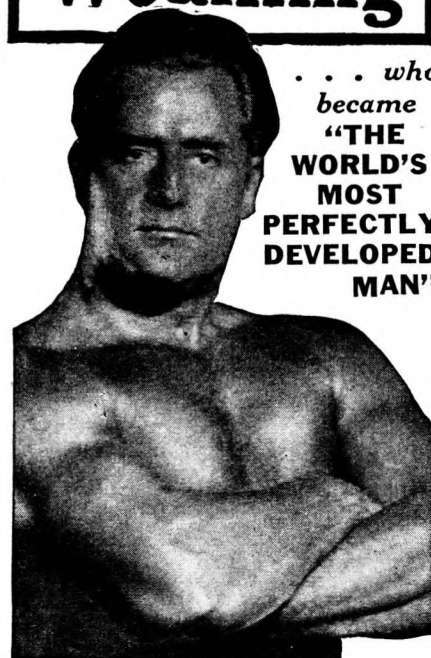
mother; for the earlier she achieves self-understanding, the more nearly perfect will be her preparation. Starting without conflict within herself she will be free to construct and not to correct.

To do this there has been created a foundation organization called "Our children." "Our Children" is the visible form under which the work exists

and functions. This undertaking is the result of years of experience in the interests of women and children, years which have clearly proved that only the outer or physical needs are provided for in the usual social service programme.

Never before it seems has there been such world-wide chaos; never before perhaps, such confusion of purpose and

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By CHARLES ATLAS

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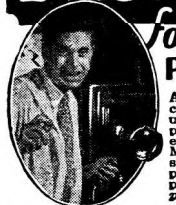
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hope for individuals and for nations. The next generation will have even more to contend against than this; whether we shall try to help them in achieving a rock of strength and security within themselves or whether they shall stand helpless and bewil-

dered in a quivering bog of dissolving institutions depends on the mothers.

Our children of today are the creators of tomorrow. For all of our children, today and tomorrow we seek happiness and the satisfactions of living.

I Want to Interview You

(Continued from page 44)

things over mentally; others visit the golf-links, the turkish baths, for periods of relaxation; i.e., suspension of the daily associations in which they are identified. Quite often, it is in these "unguarded moments" that most writers secure atmosphere or "background" for their stories.

NEWS compilers often find that there are certain types of people who are difficult to approach for public statements, but once they "get going" they take the talking cure for many so-

cial and business grievances.

Others, who refuse to talk, may write their own interviews and find relief in writing out their ideas—indicating that they have "emotional complexes."

Psychology is a very dominant factor for the correct understanding of human behavior. The technique of writing—expressing ideas—teaches that writers must feel the atmosphere or background under consideration before they can write with compelling interest.

*Mr. Windle is Editor of the "Catalina Islander."

Does Decency Pay?

(Continued from page 16)

counters with realities. Mr. Pollock said, "I have known many clever fellows who have failed. Not through a turn of luck, but because they were lazy. You can't beat work."

He talked of his house where the hills meet the sea, at Shoreham, Long Island, and of the abiding inspiration he has received there. "We must have a long look, as often as we can, at the sea or the hills or at least the sky," he mused. "I know a man who has done much work above the average. This year he has surpassed all his combined efforts and written a book that towers above all his other work."

"I asked him why. He answered 'Because, for the last year, instead of looking at Seventieth Street I have looked often at the sea.'"

"What we call troubles usually are trifles." For the first time Channing Pollock laughed. "When I was a small boy I owned two vases. One was filled with marbles. Every time I thought I had a grievance I took a marble from one vase and placed it in the other. When the last one was filled I tried to recall my troubles. I could remember only two or three. That is a lesson the boy taught the man. Troubles shrink in the passing and are forgotten."

Contacts Club

(Continued from page 42)

"Restless" is seeking travel through exchange of letters with those outside of the "four walls of depression." We suggest that she also write to those who have appeared in these columns the past few months—many from far away places.

Dear Editor:

I am a young lady who has met with a great many disappointments and heartaches during my twenty-one years of existence, and now I am beginning to lose courage. Is there some reader of your magazine who has found how to live bravely and wisely, and how not to

take disappointments too seriously? Perhaps they can help me to gain something from their experience. I have grown so timid and afraid now that I cannot seem to make friends, and it will not do at all. I like people, books, music and sunsets; and I do not want to consider myself a total failure in life.

I shall appreciate and welcome any letters that I may get from your readers.

(Miss) V.M.T., New Haven, Conn.

Who will send a life-saver to Miss V.M.T. before she becomes twenty-two

years of age? I know that some of our friends will not let this young lady's appeal go unanswered when there is so much sunshine to pass around.

Dear Editor:

I am twenty-four years old, a college graduate, and teach school nine months of the year.

I enjoy PSYCHOLOGY MAGAZINE more than any other as it answers so many of my problems. I am greatly interested in human psychology and enjoy making new acquaintances.

I am considered a modern girl as I dance, play bridge, golf, swim, drive a car and earn my own living, yet I feel that I am a little different from the crowd.

I should enjoy hearing from some of your readers.

"Jane," Benton, Ark.

We must increase the tempo of our step to keep up with the modern girl who drives her own car and earns her own living. Let's see how many of our friends can run in the race with "Jane."

News Flashes

(Continued from page 25)

THE American Chemical Society reports a new use for soap. This use seems more important than that to which soap was put in my boyhood—to scrub behind little boys' ears! Now soap is the basis of a new method of "oiling" dirt and gravel roads at minimum cost. Soap-solution is added to ordinary road-oil before application. The roads so treated are resistant to the action of water for more than a year.

▶▶▶

AN ENGLISH antiquarian has

traced the records to ascertain if there was really a Pied Piper who lured the youngsters of an entire village away. And he finds actual records of this mass kidnapping on a day 650 years ago!

This antiquarian, Horace Thorogood, says, "The best surviving evidence points to the conclusion that at least 130 children mysteriously disappeared and were never heard of again. The statement was reiterated in town archives and in inscriptions on public buildings, and for centuries afterward the people of Hamelin were accustomed to date their legal documents from 'the year of the Exodus of the Children.'"

Right and Wrong

(Continued from page 33)

friars of Europe, originated by the illustrious and holy St. Francis.

In our effort to promote the cause of Ultimate Religion we have received letters from all parts of the United States and Canada. One of the first and most interesting of these came from California from a man who signed himself as a profesor in "Hobo College" enroute. It was such a letter as only a profoundly thoughtful man could write.

The writer referred to a book written by a Polish nobleman, "Manhood of Humanity," and added "The Transients, the Transient's Academy (formerly Hobo College) is using "Manhood of Humanity" as a text book and bible.

Possibly we have something to learn from "Transients." If the writer of the letter to which I refer should happen to see this article I would count it a pleasure to hear from him again.

Hoboism is an economic enigma not a normal phase of human progress. It makes its appeal to groups atypical rather than typical. It presents no serious argument against the life of accountability and self-denial for the common good.

Careful distinction should be made between self-denial as a social or re-

ligious custom and what we mean by self-denial as a basic element in personality. This principle means vastly more than eating no meat on Friday or discontinuing our social functions during Lent. It is quite the opposite of monasticism although no group of men practice self-denial so rigidly as do the monks.

St. Anthony, founder of Christian monachism, lived alone for many years in an abandoned fort in the land of the Nile, finally attracting to his retreat hundreds of ascetics who under his direction became the first monks. Through the intervening generations devout men have given themselves to the secluded life of the monastery.

Memory takes me to a wonderful day in Ireland, a boat ride on the Blackwater called the Rhine of the Emerald Isle, a stop at the little one street town of Cappoquin, and the grand climax of the day in the ride by jaunting car out over the hills to the famous Trappist Monastery at Mount Melleray.

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and talk only when necessary. They read only religious books—no newspapers, magazines, fiction. They sleep in little cubicles, on hard mattresses, and the "dying bed" consists of a few wisps of straw. This is unworldliness—self-abnegation to the verge of self-slaughter. No, we are issuing no call to monastic seclusion and deprivation.

TO PROPERLY appraise the principle of self-denial we must consider its cosmic origin and its sublime consistency in the scheme of the universe. Relinquishment is the law of progress. The sun relinquishes light, heat and energy that the planets may live. The vast oceans relinquish their moisture to the clouds. Clouds distribute their treasure over thirsty fields and valleys.

Flowers relinquish their beauty that new beauty may transpire. By nature's law progress is achieved and order guaranteed by relinquishment. In the realm of morals voluntary relinquishment must be recognized as a vital principle. Only they are strong who are strong in the spirit of self-denial.

The great Nazarene knew his psychology when he made self-denial the first condition of discipleship!

Your Job and You

(Continued from page 43)

You do not have to be bonded.

There are many fascinating ways of earning a living for the woman who wishes to have a little business of her own and through which she does not expect to make a fortune but a good ordinary living. Some of these I have already discussed in this column and some I will discuss in the future.

Keep in mind that it is your will to do and your faith in yourself and your abilities which will carry you to any goal that you desire. Each man and woman is the captain of his soul and the master of his fate if he or she will only believe this to be so.

Tagged an Invalid

(Continued from page 40)

My next venture was horesback riding. Louis found four saddle horses that could be rented and away we went for the day. I learned to eat sliced onion between buttered bread and drank thermos bottle coffee besides.

You may have guessed that Louis and I had fallen in love. He came from a large town some twenty miles away from where I lived and was to enter his father's office in the fall.

Our future was assured and we planned to be married before we left the summer resort.

Imagine a few weeks later the astonishment written upon my father's face when he saw me, brown as an Indian and weighing twenty pounds more than I ever had in my life! Imagine my mother's astonishment over my forthcoming marriage.

"What cured you?" they were all asking.

"Well, let's see," I answered, for it wasn't easy to make them understand.

"Of course Prince Charming had a lot to do with it, but after all, the real remedy was *change of thought*."

"Does he know—about you—your health all these years?" Mother inquired timorously.

"No indeed," I exclaimed, "and I don't want one of you to dare *mention* it. I'm as strong as anybody but if Louis began worrying about my health as *you* did, we'd begin life all wrong—maybe I'd get back where I started!"

But they all promised to behave themselves, and everything is lovely.

Man Moves Forward

(Continued from page 11)

doubtful avail with a patient who has really lost hope. Depression and dejection generate poisons in the blood stream, inhibit vital functions of the body, and largely defeat the stimulus at which most therapeutic agencies aim. Hope and courage, on the other hand, stimulate the life processes.

In every aspect of life, this process and principle work in like manner. If

man lets go of hope, defeat is at hand. But if he will not lose the jewels of the mind—refuses to pour them forth from the treasure chest of his soul, the chances for his ultimate success are at least greatly in his favor.

Reluctant as we are to admit it, almost invariably it is we alone who, for ourselves, create and place the tags, "A Failure" or "A Success."

"Voice of Experience"

(Continued from page 31)

of them at night when their parents were away. And he says:

"I took them out walking and amused them. That was when my son was not very successful."

The Voice of Experience said meditatively: "And *now* I suppose that they no longer need him?"

"Yes! That's what hurts him. Now they have a maid—and the children are growing up. He says: 'I have no duties here any more and do not earn my way, of course. For some time I've known that I am very much in the way and getting more so every day. I have been shunted off to a little room which was really meant for a large closet, or dressing room. If I come down to breakfast or any meal I can just feel my daughter-in-law's disapproval. I try to be neat but I'm an old man and I don't feel like being dressed up and I know I don't look right, anyway.'

"I am ashamed to say it but I have given much time lately to thinking how I could get out of the way without their knowing it or finding out. Do you think maybe I could run away, or would that cause too much trouble? I have nearly nineteen dollars saved up but of course that would not go very far traveling."

"And he signs himself 'Puzzled.'"

OUR adviser sat silent for a moment, as if the sorrow in the old man's heart

"But by no means should he think of 'getting out of the way,' if by that he means committing suicide. He has not mentioned his son's attitude. There is a

How to Attract and Hold Your Man

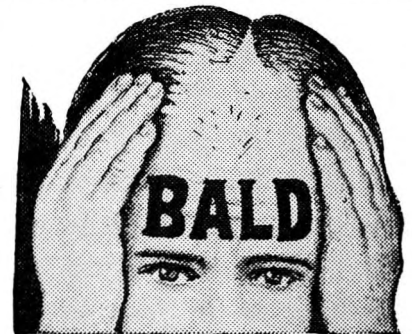


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Now a new discovery enables people who have dandruff, falling hair, thin hair and baldness to harmlessly remove the congested, thin outer layer of scalp skin. This permits opened pores to breathe in air, sunshine and absorb a penetrating, stimulating scalp-food to activate the smothered, dormant hair roots and grow new hair. It is the most sensational discovery in the history of falling hair and baldness. It is all explained in a new treatise called "GROW HAIR," showing "anatomy of your hair" and tells what to do. This treatise is now being mailed FREE to all who write for it. Send no money, just name and address to Dermola Lab., Desk 91, No. 1700 Broadway, New York, N. Y., and you get it by return mail free and postpaid. If pleased, tell your friends about it.



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Dept. P10

possibility that the son is not even conscious of his father's distress in feeling unwanted. Men are not as observing in these things as women. And if he took his own life he would leave last regret and unhappiness behind him, not only in his son's heart but in the hearts of the grandchildren who may love him deeply. I should suggest also that he be very, very sure that he

doesn't *imagine* himself unwanted by his daughter-in-law.

"Running away would not solve anything. He would soon be without shelter and fool. And his disappearance would alarm his son's family and perhaps hurt his son's business. The wise thing is to have a frank talk with the son. And I'm hoping everything will work out satisfactorily and happily."

In the Psychologist's Office

(Continued from page 38)

thoughts, or her life, but herself—unless she allows it."

Dr. L.: "There's a world of significance in that word *allow*. We *allow* so many of our troubles, our fears, our mental, and even physical disturbances.

Editor: "And this woman—"

Dr. L.: "If she will tell herself—granting that it sounds hollow and insincere at first—that she alone decides what thoughts are to control her feelings and actions, she will come out of this disturbed mental condition."

Editor: "Of course, to the person in trouble, the assurance that he himself is building and creating some, if not all of his own obstacles, seems far fetched, ridiculous, perhaps."

Dr. L.: "That's true, yet every minute of our lives we are busily engaged in creating our future. We are doing this because we are *thinking*—and our thinking processes are at all times creative."

Editor: "Yes, we're creating something, even if it's not what we want."

Dr. L.: "How true that is! If we are giving our full thought to the task of thinking and declaring what *failures* we are—if we devote all the energies of our wonderful thought power to building up the conviction that we are unlucky and bound to fail—"

Editor: "Then everything we do is practically bound to fall into that pattern."

Dr. L.: "Thought patterns! As someone has pointed out, an artist would not be able to paint a picture of an angel, for instance, if he were intently gazing at a boa constrictor."

Editor: "And all this points, too, to the fact that we dare not cling to concepts of bad luck and failure—if we expect to be happy and successful!"

Broadcast of Dr. List and Eldora Field, Managing Editor of Psychology.

Observations

(Continued from page 29)

stand the vast chasm between *existing* and *living*. Yet those who look ahead searching for *life*, learn that man is a spiritual intelligence evolving slowly yet surely into the ideal man.

When man's potential divinity is once recognized by an individual he turns his attention from petty details and negative thoughts of hate, distrust, envy, greed, selfishness and fear, to face life with supreme faith and say with John Burroughs:

"I stay my haste, I make delays,
For what avails this eager pace?
I stand amid the eternal ways,
And what is mine shall know my face.

No wind can drive my bark astray
Nor change the tide of destiny."

BETTY—irritation written on her face—said, "Well, Carol cut me dead! Just stared fixedly ahead, on the sub-

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—Grenville Kleiser.

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way train; didn't even appear to see me, *but I know she did! . . .*"

I was mystified. Friendly, big-hearted Carol giving anyone the icy stare! Incredible! And as I boarded the bus I saw Carol. Tears in her eyes! Seeing no one! I spoke to her. Then she said: "Oh, I've just had word my only brother is seriously ill . . . I am leaving immediately. Please give Betty a message for me. I tried to reach her on the phone this morning and failed . . ."

Snap judgment told Betty that Carol gave her the icy stare! Yet Carol's

grief was the only thought in her mind. Often we say of some one: "She meant to hurt me . . ." or "He dislikes me . . ." when *more than likely that person never even thought of us at all!* Each one's thoughts usually revolve around his own personal problems and often his is utterly oblivious to surroundings and nearby individuals.

Let's endeavor to eliminate snap judgment. Give every one the benefit of the doubt! This will save many ruptured friendships and prevent unnecessary heartaches.

What Power Has Hitler?

(Continued from page 19)

illusionment, we have no way of knowing, and we do not hear of him until five years later, when he was listed as a house painter.

Even then, he was known to have ideas that tended toward political agitation.

IN 1914, he entered the war, and after being gassed and wounded, became merely one of the millions that made up a broken and humiliated Fatherland. And now began the heavy seething of those mental forces within the man—boundless will power, almost fanatical idealism, tinged with intolerance which soon became relentless racial prejudice.

As a psychological study alone, Hitler is of extreme interest. Bitterly wrong and murderously unjust as so many feel that he has been at every step, he yet illustrates the power of a

fixed idea to gather forces that build and magnify for itself.

Many, horrified at his methods, which contradict impulses of the civilized world, are inclined to think him scarcely human, feeling that the awful bolts of a devil-power have coursed into his flesh and blood and made him no longer man, but Robot, producing war and death and evil.

But in resistant horror at what he now stands for in so many minds, we need not make the mistake of adding to his magnitude by our awesome belief in his power to go on and on, accomplishing as he will.

Perhaps what we think of the chaotic and disturbed conditions associated with Hitler may make no particle of difference in the world of affairs, but what we think about them can make a vast difference to us *individually*.

Let us not distort ourselves with implacable hatred nor give credence, even for a moment to the belief that "Pagan" Reich actually can destroy even the outposts of civilization.

Rather, as the world-famous divine declared, let us be constantly assured that we are a vital part of the mighty "army of Christendom and civilization."

No man who has ever breathed can destroy *that*.

"They Say"

PSYCHOLOGY MAGAZINE has helped me more than I can tell. It is a constant guide and helper with something in its excellent articles to meet every need.

Mrs. Edmond Borth,
McAlester, Okla.

I take this opportunity to thank the Editorial staff of PSYCHOLOGY for their wonderful methods of helping to cure mental and physical ailments. Also, I wish to express appreciation of the many good writers.

I have been reading PSYCHOLOGY for a number of years and have derived

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Eugene Del Mar.

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have been extremely nervous and full of fears of all kinds.

I am now forty and have been to several doctors, but they don't seem to find anything wrong, except "nerves." One said I was going through the change of life and suggested ovarian extract, another gave me some pills and said "forget it." Still another said I was anemic and prescribed an iron tonic.

Nothing does any good. I have every symptom that neurasthenia describes. Do you think it is the change of life? What would you advise? I am constantly afraid of losing control of myself and having hysterics before someone. Is there any danger of this?

ANSWER:

If your ovaries were entirely removed you would not be undergoing a change of life now. Such an operation would set up a "change of life" right there and then. If you have continued to menstruate then the ovaries were not entirely removed, but perhaps enough of the generative organs were so that you would pass through the "change" earlier than most women do. Under such circumstances the ovarian extract would be quite all right to take for a time.

It is my opinion that you are quite right when you say that you believe you are suffering from neurasthenia. The "change," if present, would add to your nervousness, and this would add to your fears, so that it would be a simple matter for you with your temperament to develop a case of neurasthenia. You have all the characteristic symptoms.

If you will write and give me your address I will mail you a questionnaire to fill out and return to me and will reply to it without charge. Your statements are not complete; therefore I can only guess.

Neurasthenics do not lose control of themselves when out in public or in a position where embarrassment is likely. Don't fear this. I am sure yours is a mental conflict and will have to be overcome through restored self-confidence and the power to forget yourself.

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Though I do state facts I am impatient with one who accepts everything that he reads as authentic and refuses to use his own good judgment. I never hold a friend very long for some reason. I try to be a good listener, try to be pleasant, but too often I find myself in an argument and it often ends in bad feelings. Could you, from this, see wherein I may be wrong?

ANSWER:

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out realizing it and do not use the tact you should. In making a statement I would say that it is probably more the way you make the statement, than the statement itself, that causes the arguments and ill-feeling. Do you give the other fellow the same right to his opinion as you wish him to give you?

You may know that you are right about a certain thing, still it does not pay to emphasize this fact too much and through it place him in the position of not being quite as wise as you are. I am sure that you do not mean to do anything to offend but merely have formed too positive and "know-it-all" an attitude.

Sensitive people are inclined to be self-conscious, and self-conscious people like to have others recognize their powers. This often leads to the formation of positive, argumentative habits. I have a very good friend who is liked by a great number of people through his pleasing personality. He never makes a statement of just cold fact without including the other person in it. When he states a thing he says—"Of course, you know that so and so is the case."

This you see includes his listener and gives the impression that the speaker realizes that his friend is quite as smart as he is. He never argues his point, but merely states that he read this, or heard this, and that of course he may be misinformed. He never shows irritation when in a friendly debate and always has himself well under control. If you can learn the lesson that he has, I am sure you will be able to hold your friends and will be happier.

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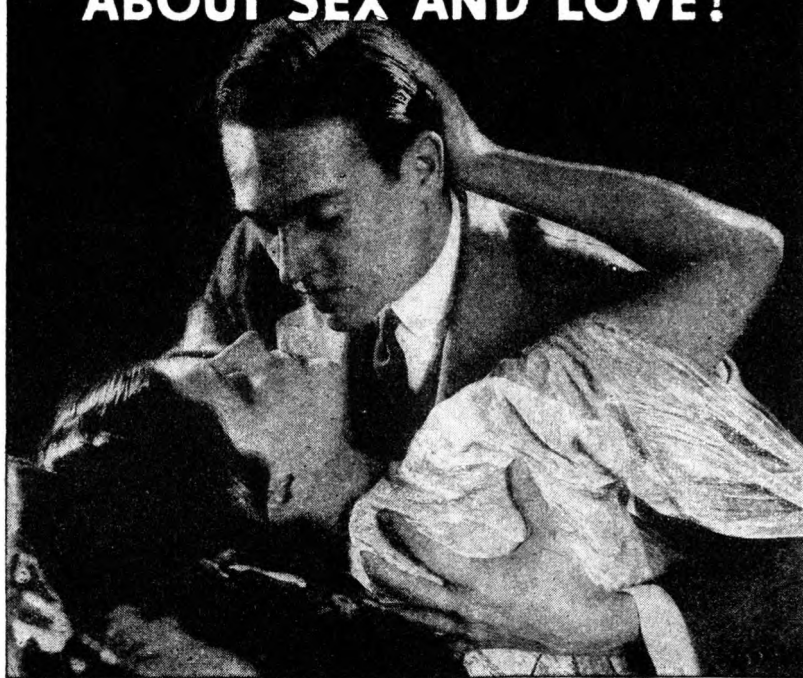
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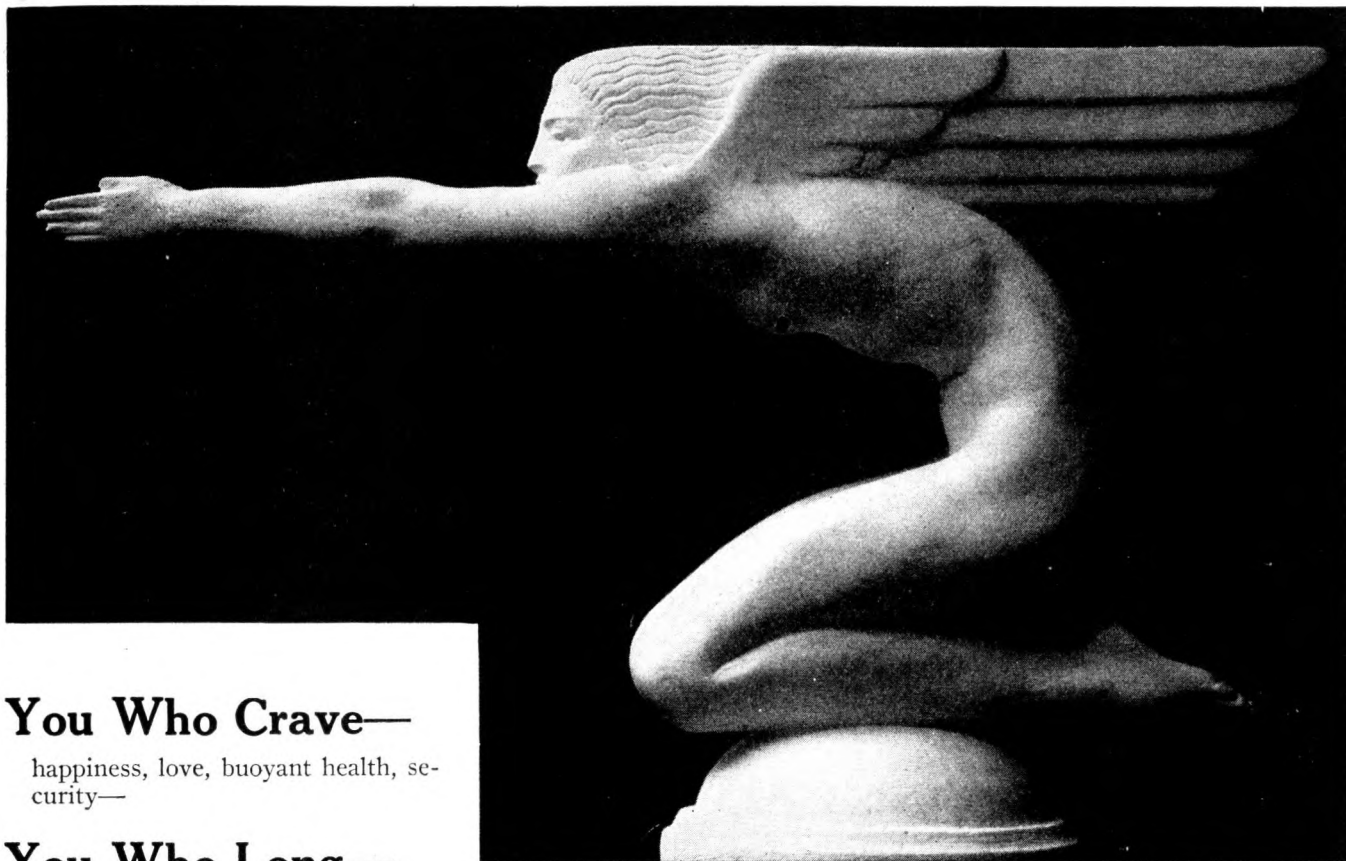
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Wisdom is not readily attainable by the general public; nor recognized when right within reach. The average person absorbs a multitude of details about things, but goes through life without ever knowing where and how to acquire mastery of the fundamentals of the inner mind—that mysterious silent something which “whispers” to you from within.

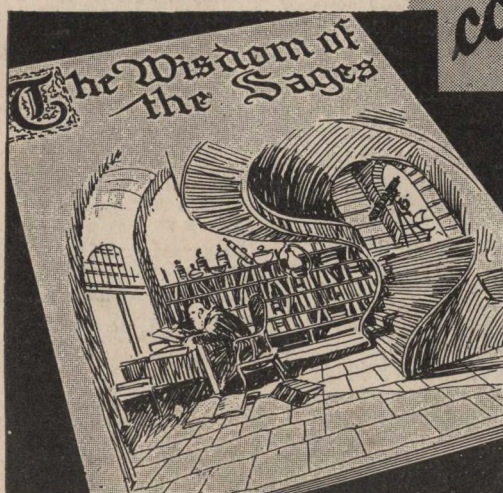
Fundamental Laws of Nature

Your habits, accomplishments and weaknesses are the effects of causes. Your thoughts and actions are governed by fundamental laws. Example: The law of compensation is as fundamental as the laws of breathing, eating and sleeping. All fixed laws of nature are as fascinating to study as they are vital to understand for success in life.

You can learn to find and follow every basic law of life. You can begin at any time to discover a whole new world of interesting truths. You can start at once to awaken your inner powers of self-understanding and self-advancement. You can learn from one of the world's oldest institutions, first known in America in 1694. Enjoying the high regard of hundreds of leaders, thinkers and teachers, the order is known as the Rosicrucian Brotherhood. Its complete name is the “Ancient and Mystical Order Rosae Crucis,” abbreviated by the initials “AMORC.” The teachings of the Order are not sold, for it is not a commercial organization, nor is it a religious sect. It is a non-profit fraternity, a brotherhood in the true sense.

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Sincere men and women, in search of the truth—those who wish to fit in with the ways of the world—are invited to write for complimentary copy of the sealed booklet, “The Wisdom of the Sages.” It tells how to contact the librarian of the archives of AMORC for this rare knowledge. This booklet is not intended for general distribution; nor is it sent without request. It is therefore suggested that you write for your copy to the Scribe whose address is given in the coupon. The initial step is for you to take.



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