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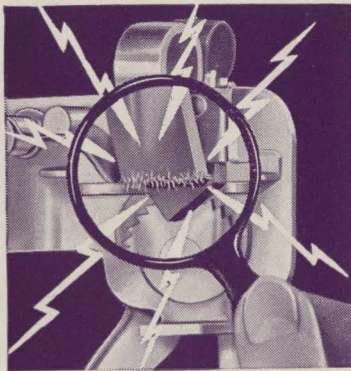
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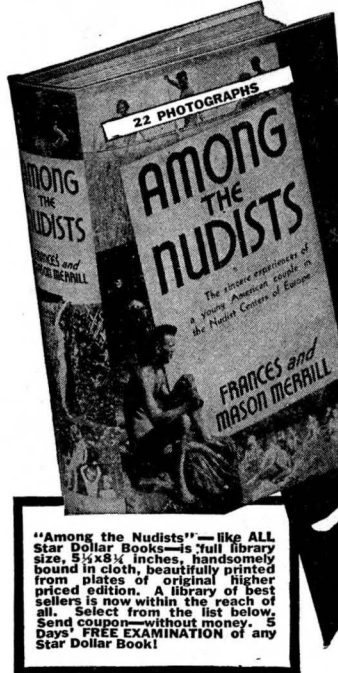
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What Really Goes On in a NUDIST COLONY?



WHAT do you really think or KNOW about Nudism? Are you shocked? . . . Or do you simply laugh at the stories circulating about it? . . . Or do you agree that it is high time you knew what is actually behind this sensational movement, which is suddenly sending thousands of men and women into the woods to romp "in the altogether"?

If you think that Nudism is just a matter of having clothes, you're wrong. If you think it is a stunt indulged in only by exhibitionists—get the true facts!

Now a young man and woman tell the intimate story of how they unexpectedly went to live among the Nudists—or how they "took the plunge"—of the intense embarrassment they endured at first—their strange reactions to living in a world where clothes were taboo—the curiosity of others—their games, dances, interests, and social entertainments—and the strange changes

that took place in their ideas of morality. "Among the Nudists" is an outspoken description of what really goes on behind the fences of the Nudist colonies—told by two people who joined one. And 22 actual photographs, untouched by artist's paint or censor's patch, show you the activities in these out-of-the-way camps.

Here is the true story of why so many thousands of men and women are eager to go around without a stitch on them. Here are the reasons why this "escape" of the more unconventional Germans and French is gaining such an amazing foothold in America today.

Do You Want to SEE this Book—FREE?

You do not have to buy "Among the Nudists" to examine it, scan its interesting pages. We will gladly send you this amazing 247-page volume—and any others you may wish from the list of \$2.50 to \$5.00 best-sellers below—for FREE EXAMINATION, at our risk. If you decide to keep any or all of the books, you are bound to save money—for each of them is now ONLY ONE DOLLAR. ("Among the Nudists," for example, was \$3.50). But you can decide about that after you actually have the books in your hand. Simply select the volumes you wish to see on 5 Days' Approval—send the coupon without money—and they will be sent to you at once.

IS Nudism merely a revolt against conventions—or is it really the wholesome, natural way to live?

DOES shame vanish when clothing is cast off—or is nakedness a constantly embarrassing reminder?

HOW long a time elapses before a nudist newcomer feels perfectly at home in the camp?

HOW does Nudity affect the thoughts, the body, the emotions?

"AMONG THE NUDISTS" TELLS YOU FRANKLY. And for still more facts about this increasingly prevalent practice—

Also see No. 161 below

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The Standard Publication of Practical, Inspirational and Applied Psychology

PSYCHOLOGY

Health

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VOL. XX, No. 2

Walter Whiteley Hubbard, Editor,

NOVEMBER, 1933

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Associate Editor,
O. G. Van Campen

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THIS ISSUE

In this issue, we welcome back, G. Arthur Gayer, Ph.D., as Associate Editor of PSYCHOLOGY. Dr. Gayer's inspirational trend of thought, his wide training and knowledge gained through many years of practical experience constitute a valuable background for what Dr. Gayer offers PSYCHOLOGY readers.

The Columbia University professor, Walter B. Pitkin, who tosses off best sellers several times a year and whose amazing energy has given him the nick name, "Human Dynamo" reveals some of the secrets of making the most of one's powers.

That remarkable series, "Ten Great Ideas of Ultimate Religion," by William Charles O'Donnell, Ph.D., comes to an end in this issue. In the very near future, Dr. O'Donnell will offer PSYCHOLOGY readers a new series of timely, vital articles.

The story of a man who has intrigued the imagination of thousands is included in "The Free Theatre, A Dream That Is Coming True" . . . The brilliant young author, Harold Kathman, contributes two sparkling short-shorts . . . Ada Patterson, Elberta Wilson, Emil Gocker, Thomas Carter Dodd, Grover C. Hall and others.

IN DECEMBER

That splendid new feature, "Psychology in Review," roams the psychological fields of the country and gives us some of the latest findings. . . .

Following his article, "Sex Psychology—the Dawn of a New Day," by Lawrence Brown, Ph.D., requests for another article by him have multiplied. He continues the theme in "Personal Power in the New Age."

The psychology of crime will be discussed by the nationally known homicide detective, Captain Con. W. Willemse who has slapped into Sing Sing, Danmore and Auburn, a long line of notorious gunmen killers.

A beautiful woman who also is extremely clever has put her ideas into concrete application. Hundreds of drab, colorless individuals have learned from her how to make the most of themselves and their lives. The story of her "Charm School" makes interesting reading. . . . Many other original features.

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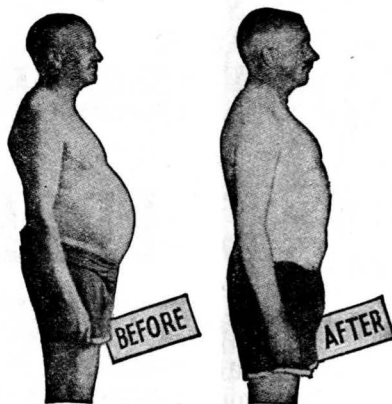
Published monthly by the Inspirational Publications, Inc., Mount Morris, Ill. Executive, Business and Editorial Offices, 1450 Broadway, New York, N. Y.

Entered as second-class matter at the post office at Mount Morris, Illinois, under the Act of March 3, 1879. Additional entry at New York, N. Y., Post Office.

Subscription price \$3.00 per year. Canada, \$3.50. Foreign, \$4.00. Subscribers may send remittance by check or express money order or registered letter. Please notify promptly of any change of address, giving old as well as new address. Telephone: Pennsylvania 6-6950.

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Pot-Belly

isn't a pretty name --

but

—thousands don't worry about it any more. They've found a new and very simple way to rid themselves of all surplus Abdominal Fat—and the Constipation, Indigestion, and general Sluggishness that so often go with it.

LARGE WAISTLINE HELD HEALTH PERIL

Middle-Aged Man Who Keeps
His Small Lives Longer, Gov-
ernment Bureau Says.

FIGURES SHOW DIRECT LINK

Overweight People Have Worst
of It in Mortality Tables
Covering 15 Causes.

WASHINGTON, Aug. 24 (AP).—The man who keeps his waistline small when he reaches middle age is the most likely to win the race for health, is the conclusion drawn from a new study of the relation of weight to physical defects just published by the Public Health Service. "By the time that middle age is reached, these figures indicate, it is a definite advantage to be under the average weight for height," says the report.

It also shows "a great excess of mortality among overweight persons, whatever the age, and also an excess among young adult underweight persons."

The conclusions are drawn from records of more than 3,000 men from 1909 to 1928, showing the ratio of actual deaths to expected mortality, according to different weight groups.

Overweight people have the worst of it in an analysis of the death rate from fifteen causes among men classified as twenty-five pounds or more underweight; "standard lives" or "normal" men, and those fifty pounds or more overweight.

NOW, for the first time, a simple method for the single and specific purpose of reducing the waistline! NOT for general reduction—but for the exclusive use of those with surplus fat and sagging muscles in this vital center of bodily health. This new way to banish the unsightly "bay-window" is creating a sensation. Men tell how they have rid themselves of 2 to 18 inches of unwanted waistline fat.

Even where drugs, cruel diets and exhausting exercise have failed, this new method is paring off unsightly fat, and restoring the youthful physical vigor that returns with normal slenderness. When cases like the one shown above are being duplicated time after time, it is no wonder that so many thousands of men have decided "there must be something in it."

Constipation and Indigestion Go Quickly

This method involves none of the risk of drugs, none of the punishment of starvation diets, or strenuous exercises. In fact, one important part of it is the discovery of a new body-movement, which can be done without exertion or loss of time right at your desk—unnoticed!

There is no ridiculous flailing around with arms and legs, as prescribed in so many other "reducing" treatments. Every step is concentrated on the one point you wish to reduce—your abdomen! And, because of this concentrated effect at this vital part, conditions of Constipation, Indigestion, Flatulence or daytime Drowsiness go quickly too!

"The Culture of the Abdomen"

Dr. R. Tait McKenzie of the University of Pennsylvania, and Sir William Arbuthnot Lane, the renowned London specialist, are but two of the many noted authorities who highly endorse "The Culture of the Abdomen"—the famous book that fully explains this astonishingly safe, easy way to reduce your waistline.

Dr. Lane says, "This book, so carefully compiled, will be of the greatest service to the public. The author describes, in the simplest and the clearest manner, how it is open to everybody to be vigorous and healthy. His methods are excellent in their simplicity, and are most effectual. To my own certain knowledge he has treated quite a large number of people most successfully."

It is said of H. G. Wells, the great author, that this book gave him "a new lease on life." And another world-famous writer, whose name is also known wherever books are read, said: "I know a middle-aged man who suffered for thirty years from ill-health. He was a regular dyspeptic. One day he bought, 'The Culture of the Abdomen.' The suggestions given in the book occupied but

seven minutes per day of this man's time. In three months he had lost thirty pounds. His dyspepsia had vanished. I can vouch for the case. For the man was myself!"

"The Culture of the Abdomen"—clearly written, right to the point, and completely illustrated with photographs—is GUARANTEED to regain for you a slim and strong waist. It has proved it can banish the general physical sluggishness which waistline fat so often causes, and to restore youthful alertness, exhilaration and poise. It is GUARANTEED to do this for you, just as it has done for so many others, on the following very liberal offer—without risk or obligation on your part:

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Send no money with this coupon. Don't pay any money to the postman. We will send you "The Culture of the Abdomen" at once, on approval. Read and examine the book for 5 days. If for any reason you then decide to return it, simply do so and forget the matter. But if you feel that this remarkable new method will reduce your waistline and end such troubles as Constipation, Indigestion and Gas, as it is doing for so many others then send us only \$1.95 plus the few cents for postage as payment in full.

Think what a flat, strong-muscled, youthful abdomen would mean to your appearance, your health, your general physical energy and activity. Distended, sagging folds of fat make many men look, feel, and act years older than they really are! The official government survey (as quoted here from the New York Times) clearly points out the dangers of waistline fat. This research shows that "Overweight people have the worst of it in an analysis of the death rate from 15 causes!"

Now it's easy to "do something about it" at once. Merely mail coupon—without money—now. NELSON DOUBLEDAY, INC., Dept. 9911, Garden City, N. Y.



This 65-year old man can now hold his HAT between his PRES-ENT waistline and his FORMER one!

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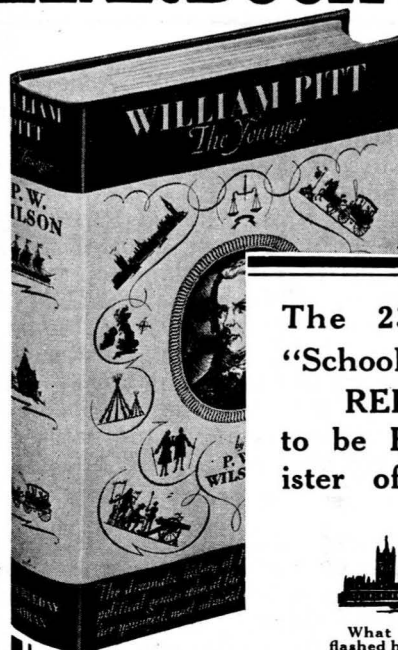
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which the majority of people know next to nothing! How many people even imagine that there is a science of getting on with those around them? But there is! And it is one of the *most valuable things in the world*. Study the people who are around you every day, and those whom you have just met casually. What a mess lots of them make in their dealings with others!

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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 were 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 supersensitive 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 slight dizziness,



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, for about eighteen years, he has been carrying his message to Physical Culture readers, and thousands have profited by it.

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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The LAST LAUGHS



... and Bravery

Billie—Papa, what is a psychic bid?
Papa—Ordering hash in a strange boarding house.—Pathfinder.

* * *

Cautious

Mrs. Rosebury—Did you listen to that broadcast of "Gotterdammerung" last Saturday?

Mrs. Martin—No, I don't like those programs with so much profanity in them.

* * *

Hard Lines

Politician—Congratulate me, dear, I got the nomination!

His Wife—Honestly!

Politician—Why bring that up?

* * *

Retort Evasive

For the third time she said to her little son, "Run quickly and wash your hands for dinner." He looked over his hands and then returned the verdict: "Mother, they aren't really dirty—just kinda blurred."—Public Opinion.

* * *

Mixing the Orders

Office Manager—"Betty, I don't want to be harsh, but—"

Stenographer—"Well, what's wrong?"

Office Manager—"I just want to ask you not to write your young man during business hours. Letters are apt to get mixed. Reilly & O'Neill report we have sent them a shipment of love and kisses instead of the axle grease they ordered."—Stimulator.

* * *

Forewarned

Little Algernon (to old lady who has just arrived, and whom he has never seen before): "So you're my grandmother, are you?"

Old Lady: "Yes, on your father's side."

Algernon: "Well, you're on the wrong side; I'll tell you that right now."—Texas Weekly.

* * *

Vision

She was only the optician's daughter—two glasses and she made a spectacle of herself.—Base Facts.

... or Looking!

Country Constable: "Pardon, miss, but swimming is not allowed in this lake."

City Flapper: "Why didn't you tell me before I undressed?"

Constable: "Well, there ain't no law against undressin'."—Saniwaxer.

* * *

Enough

Restaurant Patron—Waiter, do you call this an oyster stew? The oyster in this stew isn't big enough to flavor it.

Waiter—Well, suh; dat oystah was not put into flavor it, sah. He's jes' supposed to christen it.

* * *

Tsk, Tsk...

Lady: "Will you give ten cents to help the Old Ladies' Home?"

Junge: "What, are they out again?"—Exchange.

* * *

Bewildered

"Have I had my afternoon nap yet, dear?"

"Certainly, dear; you just woke up."

"I thought so, but I wasn't certain whether I'd been asleep or just dreamed it."

* * *

Try, Try Again

A young lady was on a sight-seeing tour in Detroit recently. Going out Jefferson Ave. on a sight-seeing bus, the driver was calling out places of interest.

Driver—On the right we have the Dodge Home.

Lady—John Dodge?

Driver—No, Horace Dodge.

Continuing out Jefferson.

Driver—On the right we have the Ford Home.

Lady—Henry Ford?

Driver—No, Edsel Ford.

Still farther out Jefferson.

Driver—On the left we have Christ Church.

At this point an interested passenger tapped the lady on the shoulder saying: "Go ahead, Lady, you can't be wrong all the time."—B. & H. "Movies."

* * *

Special Plate Needed

Phone Operator—"It costs eighty-five cents to talk to Orange."

Salesman—"Can't you make a special rate for just listening? I want to call my wife."—Good Hardware.

A Guarantee Plus

Customer—"Do you give a guarantee with this hair restorer?"

Salesman—"Guarantee, sir? Why, we give a comb!"—Exchange.

* * *

Little Hope

Sandy—Say, man, when is Annie McTavish goin' to let you marry her?

Andy—It's very uncertain, man. Some fool gave her a big box of letter paper with her name printed on it. She won't get married till it's all used up, an' she writes very few letters on account of the postage.

* * *

Resigned

"So your wife is going in for politics, eh?" said the neighbor.

"Yes," sighed the meek one, "she's gone down town now to get a new hat to throw into the ring."

* * *

A Suggestion

Customer—I don't like the looks of that haddock.

Fishmonger—Well, madam, if it's looks you're after, why don't you buy a goldfish?

* * *

Imagine!

Mrs. Newlywed—Dear, I wish you would bring me home six more mouse-traps.

Mr. Newlywed—Why, darling, I bought half a dozen a week ago.

Mrs. Newlywed—I know it, dear, but they all have mice in them!

* * *

Martin Talks

"What sort of a man is Martin?"

"Well, if you see two men talking at the street corner and one of them is yawning his head off, the other is probably Martin."

* * *

This Generation Acts

Little Girl: "Mother, you know that valuable old vase you said had been handed down from generation to generation?"

Mother: "Yes, dear."

Little Girl: "Well, this generation has dropped it."

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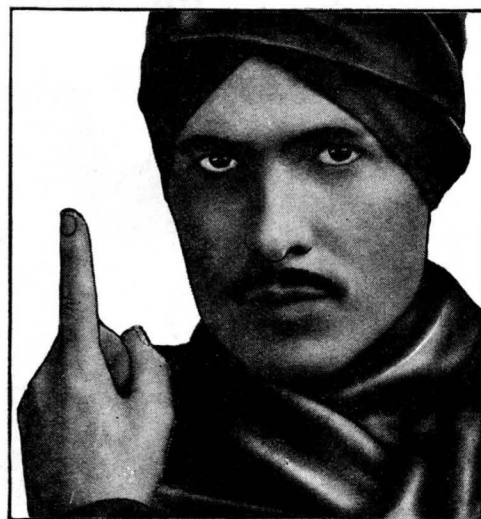
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—a correct understanding of this mighty power can enable you to duplicate the feats of any great teacher that has ever lived.

—the world itself, and all of the laws of the universe depend upon Mind for their existence, and a proper understanding of the laws of Mind will enable any individual to create the things he needs or wishes, whatever they may be.



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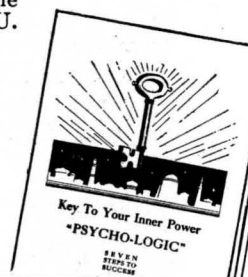
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THANKSGIVING

by JAMES EDWARD HUNGERFORD



Charles Farrel—Fox Films

THERE'S a HAPPY kind o' feeling
Comes into our hearts a-stealing,
At this magic time o' year;
Kind o' starts the blood a-stirring;
Sort o' sets the pulses purring,
'Till we feel chockfull o' CHEER!
And the REASON?
It's the season—
It's because THANKSGIVING'S here!

THERE'S a sparkle in the weather;
Folks are feeling in high feather;
There's a SMILE on ev'ry lip!
Riles and trials, and "frets" and troubles
All evaporate like bubbles;
Life is full o' jest and quip!
We're revealing
How we're FEELING—
Full o' "pep" and "perk" and ZIP!

THERE are odors from the kitchen,
Tantalizing and bewitchin',
Made to tempt the sons o' men;
Stealing through the oven portal,
That just aggravate a mortal,
Be he EIGHTY years, or TEN!
Older, younger,
In his HUNGER—
He is just a CHILD again!

THERE is something mighty
THRILLING;
Soul-inspiring and heart-filling,
When the "HOME-FOLKS" congregate!
And the past, with annals tragic,
Seems to fade away like MAGIC—
Blotted out by hand o' Fate!
Life is LIVING
On THANKSGIVING!—
Welcome, stranger—pass your plate!

Thanksgiving Thoughts

A Chat With the Editor

by **WALTER WHITELEY HUBBARD**

TO SOME of us, Thanksgiving will mean choice seats at one of the big football games, a hearty and elaborate dinner afterwards, and possibly a theatre party or bridge and dance in the evening to top off the holiday.

To others, all too numerous, it will mean wandering the streets seeking alms for the support of the family, or falling into line for the long wait until a community "dinner" is served by a municipal lodging house or one of the charity organizations.

But to the average American who is neither overly rich nor distressingly poor Thanksgiving day has a real significance; a potent meaning.

Three hundred and thirteen years ago our Puritan ancestors fought through a cold and bitter Fall and Winter in a land that was strange and unfriendly to them. Cut off, almost entirely—at least by a matter of months at a time, from sources of supplies and communication with their mother country, a band of faithful and determined men and women, by their heroic courage and devotion, laid one of the great cornerstones for the foundation of what was destined to be the world's greatest republic.

Now the important thing about the Pilgrim fathers was that theirs was not a conquest of arms nor commerce. No vast armada swept the shores of Cape Cod Bay clear of enemy vessels; no massed action of armed troops preceded the occupation of what was later to be the eastern part of Massachusetts. No organized trade commissions nor consular sales forces were mustered to assure peace and prosperity to the settlers.

Theirs was a victory which only the student of psychology can perfectly understand. It was a triumph of vision, of hope, of faith, of determination and, last but not least, steadfast courage.

Inspired, partially at least, by a love of adventure, a love of freedom, and the desire to find peace and happiness in a land in which their religious and political beliefs could find expression unhampered, this tiny band of Puritans set sail

for the unknown continent far to the west. Rather than bear the ills they had, they were willing to fly to terrors they knew not of,—to reverse the soliloquy of Hamlet.

Such divinely inspired courage was bound to leave its hallmark in the making of this nation, because it represented the type of courage which hangs on with a bulldog-like grip through the floods of calamity and the fires of adversity.

Albert Payson Terhune once said that "Courage consists in hanging on one minute longer."

Mr. Terhune's definition should prove an inspiration to many thousands, if not millions of us, during these hours of emerging from darkness to the dawn of a new day. We have just cause for thanks that we possess within us, each one of us, that same brand of courage if we will but command it.

An almighty and inscrutable Providence has seen to it that we all have within us those same virtues and worthy attributes of mind and soul with which our Pilgrim fathers were blessed. Whether we draw upon this power or not is up to us.

Certain it is that if we do make full use of our mental, physical and spiritual resources we shall reap a bountiful measure of health, happiness and success.

Charles Schlag, in writing on prosperity, stated:

"Our real prosperity is of God, no matter through which channel it may come into manifestation. Acceptance of this fundamental truth will bring to our realization the abundance of God's bounty. It will direct us in the proper mental attitude, to build on a solid rock foundation of sufficiency in every need.

"The full meaning of prosperity must not be limited to mere outer possessions. . . . Therefore, let each and all of us daily acknowledge God as the source of our prosperity."

It is not a bad thought for the entire year.

At least, we can do so during this 1933 Thanksgiving season.



Cash in on Failures!

Build Success With Confidence

by **DR. WOLF ADLER**

OUR failures can be blessings in disguise.

They may teach us lessons we did not know before. We can gain by them, especially if we are making an honest effort to develop our personality and to increase our effectiveness.

From the viewpoint of the practical psychologist, the line is altogether too thin that divides failure and success.

In the struggle for existence, man's drive is toward a twofold objective: he seeks the attainment of personal happiness and he desires economic security for himself and his family. In this vital drive he depends upon his own character, his personal initiative, his environment, and his reactions to the social scene in which he finds himself. Sometimes those reactions are in the line of success. Sometimes they give to the individual a bitter and unnerving sense of failure; the consciousness of falling from a higher level of achievement to a lower level definitely affects his morale.

IT IS just here that we can step into our own problems as practical psychologists. In analyzing the phenomena of his failure, let a man ask himself whether he is motivated, in the main, by negative emotions or by positive emotions. Is he influenced by such negative elements as fear, worry, anxiety, envy, jealousy, criticism of others, intolerance, resentment? Or is he governed and guided by love and loyalty, by confidence in others, by faith in himself?

Don't blame others for your failures. Focus your inquiry upon yourself. Stand before a mirror and talk it all out with yourself. Look yourself squarely in the face. Ask yourself honestly, "Am I negative or positive?"

If you find that you are negative—and there is a mighty big chance that you are—apply the remedy. Definitely resolve to change the direction of your thoughts. Tell yourself that you are going to be negative no longer and that in future you are going to think along positive and constructive lines. In fact, don't leave it to the future. Begin right now. You will be astonished at the powerful mental awakening you feel.

This simple experiment in concentration and autosuggestion is a very helpful means of molding your thoughts into something new and constructive. Faithfully and persistently applied, it will help you to overcome the negative habits of thought which you have so foolishly established in your mind. It will replace them with positive and constructive thoughts. Your great objective must be to build up your shattered self-confidence. A self-confident outlook is what you must establish if you are to succeed, to conquer, and to be happy.

WHEN the sense of failure seems to be dominating you, you must fight back. You must not retreat from the world about you. If you do so, you automatically shut yourself away from life's realities and explicitly confess your utter defeat. You must remain in your world. You must be friendly with those around you. You must develop new friendships. You must become interested in others. You must cut away every feeling of isolation. You are not isolated. You are a member of a social group, an intimate of the great human family. You will soon be surprised at the result. Your interest in others is not slow to pay dividends in their friendly attitudes toward you. Your biggest dividend will be your ever-increasing feeling that you belong. You have a definite place in social life. You are one of the crowd.

The science of psychology has shown, as a demonstrable fact, that our somatic and visceral structures react according to the quality and extent of their external and internal stimuli. This is to say that your thoughts have a tendency to produce appropriate activities in your body, just as your environment produces habits and other definite modes of activity in your general behavior. For example, negative emotions, especially fear and anger, exhibit a tendency to stimulate an over-secretion of adrenaline, a poison of the most virulent type.

Positive emotions, on the other hand, produce healthy conditions in the body. Con-

structive thoughts, hammered in by repeated affirmations, tend to build up a healthy body and an alert mind. Ideas of your own full worth, mental portraits of yourself as a brilliant success, definite imaginings of the place in life you want to fill—all these are constructive thoughts that tend to create in you a new alertness, a settled poise, a profound self-confidence.

Remember that, of all the negative emotions, fear is the most harmful and destructive. The world is unhappily too full of people who are afraid. They fear they are failures. They fear that they cannot be anything else than failures. In fear and trembling they set forth each morning to face a day that is full of terrifying dangers for them. They live and move and have their being in a self-created atmosphere of failure. In their evaluation of themselves, they stress their faults and emphasize their weaknesses. They see, both outside them and inside them, nothing but gloom and misery. Is it any wonder that they are failures? Is it any wonder that they build up, by this line of thought, mental aberrations and neuroses within their own being?

SO, WHEN you do your daily psychological drill before the mirror in the morning, take notice that one of your principal tasks is to cast out the demon of fear. In a phrase that has become famous, the only thing we have to fear is fear itself. Fear poisons the mind. It poisons the body also. It is a known fact that men have actually died from fear. It is not so well known, but is nevertheless true, that countless men are sick from fear—sick in their body as well as in their mind.

Instead of allowing the emotion of fear to poison both your mind and your body, go direct to the cause. Ask yourself why you are afraid. If it is because of a set-back in business, what of that? Other men have suffered business reverses and have staged a comeback. Why shouldn't you be able to do the same? After all, the other fellow had just the same sort of a mind that you have. Only, he employed his mental powers to build himself up, to be ready for the opportunity when it came. There is nothing, except your own self, to prevent you from doing the same as he did.

In putting these psychological lessons into daily practice, there is just one warning that should be given. Remember, we don't go it alone. We are not isolated. Although we are individuals, we live in a social setting. In developing self-confidence we must take this social factor into account. In teaching us how



In business, in social life—wherever you go—you must mingle with the great human family.

to live, applied psychology takes stock of the fact of environment.

Therefore, in our daily effort to establish self-confidence we must learn to push our new feeling of reliance out into our social surroundings. We must develop our self-confidence into social confidence. We must radiate it, so that it illumines family, friends, fellow-countrymen, all hu- (Continued on page 63)

"Double Your Efficiency!"

Says WALTER B. PITKIN, "Human Dynamo"

In Interview With Grace M. Keefe

"DOUBLE your efficiency!" says Walter B. Pitkin, Columbia University professor, author of best sellers, New Jersey farmer and jack of all trades.

"You can do this if you put your energy to proper use. For energy is the key to all achievement."

It would be hard to find a person more fitted to discuss this subject of human energy than Mr. Pitkin. At fifty-five he combines the enthusiasms of a romping youngster, the energy of a crack athlete, and the experience of a hundred ordinary men. He is rapidly gaining fame as the champion "human dynamo" of this country.

Mr. Pitkin has served in every capacity from junk dealer in Paris to professor of logic at Columbia. He has engaged in every activity from raising ducks to writing editorials for one of America's foremost newspapers. He has visited more nooks and corners of this country than Ringling Brothers' circus. He probably knows more people than Mr. James A. Farley has met since the fourth of March. And he has a store of knowledge that would stump the world's worst "ask-me-another" pest.

It is said that he has read through the Encyclopedia Britannica and can talk intelligently on nine out of every ten topics listed there. And journalism students at Columbia aren't slow in taking advantage of his knowledge. "Ask Pitkin! That man knows everything!" has become sort of a byword among them.

Mr. Pitkin is a long, lean, loose-limbed man, with graying hair and a contagious smile. Students may "shrink in their boots" when he "bawls them out" for writing the "world's worst editorial." His acid criticism is a death-bolt to their adolescent complacency. But their humiliation doesn't last

forever. The constructive criticism he hastens to add inspires their confidence and impels them to greater effort.

As I talked to Mr. Pitkin in his office the other afternoon, he unconsciously toyed with a stack of wire baskets at one corner of his desk. Every one of those baskets contains the material for a book that he is working on or planning in his mind. And at present he is turning them out at the rate of three or four a year.

"Very few persons know how to walk upstairs without a needless waste of energy," Mr. Pitkin told me. "Even fewer know how to rest, to relax. If they did, they could save themselves a tremendous amount of nervous wear and tear."

"People conserve their energies," he went on, "if they follow the simple rule of never driving the engine when there is something wrong with it. The highest performance comes only when every part of that engine is perfectly fitted to every other, and all materials in the parts are suited exactly to the service demanded of them."

"This axiom of engineering is not accepted and practiced by one man in ten thousand. That's why so few people use their power plants to full capacity. That's why, too, this country is fast becoming an over-stocked madhouse."

"Every year, more suicides, more murders, more broken minds to be packed off to asylums; more people with frazzled nerves seeking escape in narcotics; more men and women past fifty dying of degenerative diseases, such as heart failure, cancer, and bursting blood vessels; more neurotics, more neurasthenics, more chronic worriers."

"And all because people do not know how to use their energies!"

Up to now, Mr. Pitkin indicated, we have

Few persons know how to rest, to relax. If they did, they could save themselves a tremendous amount of nervous wear and tear. . . . People conserve their energies if they follow the simple engineering axiom of never driving the engine when there is something wrong with it. . . .

been too prone to consider ourselves more or less as "spiritual" beings. We haven't given a thought to the electrotechnical determinants of our personality.

"Every human being," he said, "is born with a certain amount of available energy and with a certain tendency to burn it up at a fixed rate. In fact, living is a continuous change of energies.

"We take in certain forms of energy in our food, drink, and air. We make these over into new forms and store them in the liver, the blood, and various tissues. Whenever we do anything—be it dreaming or running a race—we tap these energies and change them all over again, first into new electrotechnical patterns and then into motions of the body.

"All living thus combines at least four major techniques of energizing: storing up energies for immediate and future consumption; tapping these when needed; stopping energy flow when necessary; and patterning many flows simultaneously and in well-timed sequences, for the execution of plans. In short, we are concerned with food, work, rest and versatility.

"Food is our primary source of fuel. The kind and the amount we consume profoundly affect our power plants. Most of us waste and deplete our energies every day through bad diet alone. Practically eighty-eight per cent of the industrial workers of this country are seriously hampered in this respect.

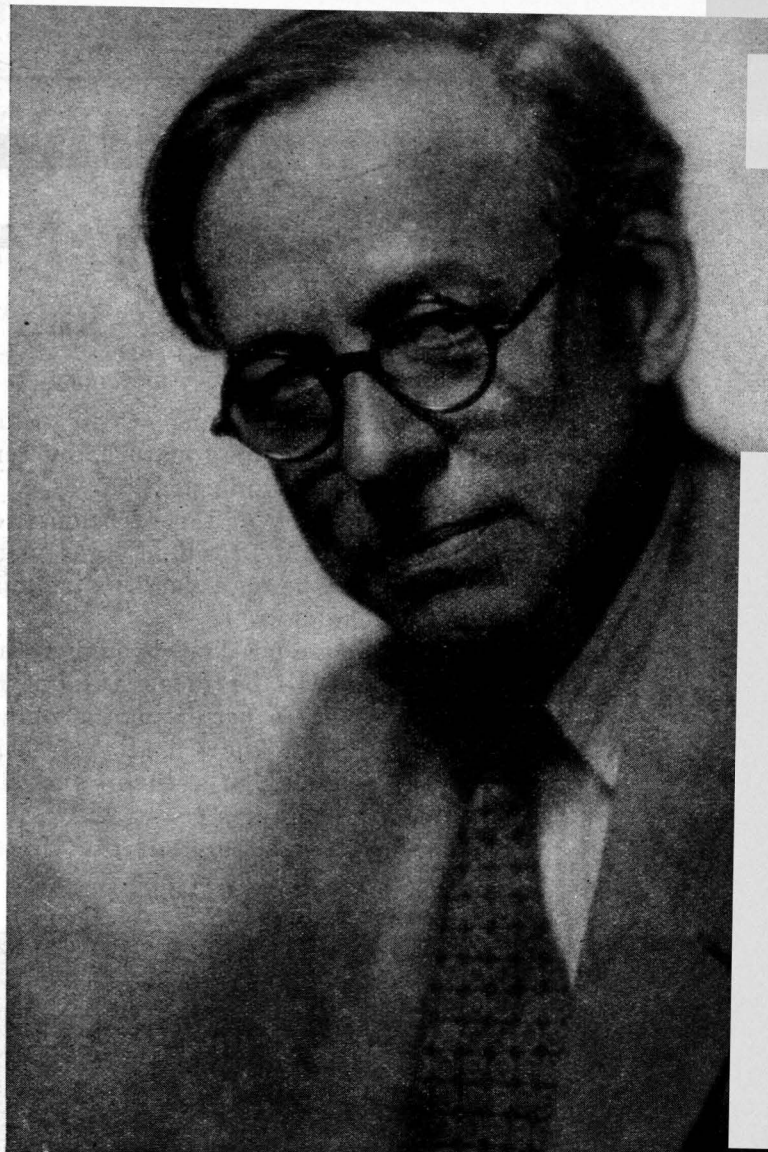
"The diet of many Americans is far too high in protein content, that is, in meat, poultry, eggs, fish, peas, beans, etc. High protein content over-energizes you. As you store up protein reserves, you become sluggish and gain weight.

"By proper choice of food, you literally double your physical endurance. Chickens, a cow, a vegetable garden, and a few fruit trees for every American family might produce a race of super-men.

"The best worker," Mr. Pitkin told me, "is the one who uses the least possible energy.

"Dodge all the work you can," he advises, "without interfering with your success and happiness. In working toward your goal, make each act net the greatest possible results.

"When prolonged, heavy, or tedious labor must be done, do as little as possible yourself. But apply the same rule to all others who aid you. Allow them to arrange their subordinate tasks so that each person exerts himself the least without harmfully delay-



Walter B. Pitkin

ing or spoiling the results.

"To tap your energies best, you must make all things around you serve your purposes."

On the question of exercise, Mr. Pitkin is not so positive.

"Some people," he told me, "need a great deal, others none at all. Many of the world's most strenuous workers have never taken any, while others have testified to a doubling of their powers through physical culture.

"Don't worry if you find your flow of energy uneven," he says. "Unless you are a freak, you have your ups and downs. When up, your mind is keen and fast; your muscles nimble and slow to weary; and your interest in things vivid. When down, you are either sluggish or restless; you dislike having to think hard; you bungle simple tasks; and you may show bad temper.

"Remember this! Work always increases the aptitude to work provided you follow your own natural lines of interest and ability. And that brings us to the problem of a plan of life. For power (Continued on page 48)

Law and Human Nature

An Interview With "Angel Gabriel"

by ADA PATTERSON

WE had been talking—Olive Stott Gabriel and I—of human nature, current events and the new administration.

"I think," remarked this foremost of women lawyers "that President Roosevelt's administration can be regarded as a triumph of applied psychology.

"He says he does not know whether this measure or that will be successful but he wants to try it until a better plan is found. He knows he doesn't know it all. He asks opinions and advice, sifts them and determines what he will do.

"The majority of citizens of the United

Olive Stott Gabriel

States are proving their understanding of him. They trust his honesty and fairness. Knowing that he is trying to find the best solution of present problems, they are behind him, saying, 'Go on. Try. We are with you because we know you are seeking the right way.'"

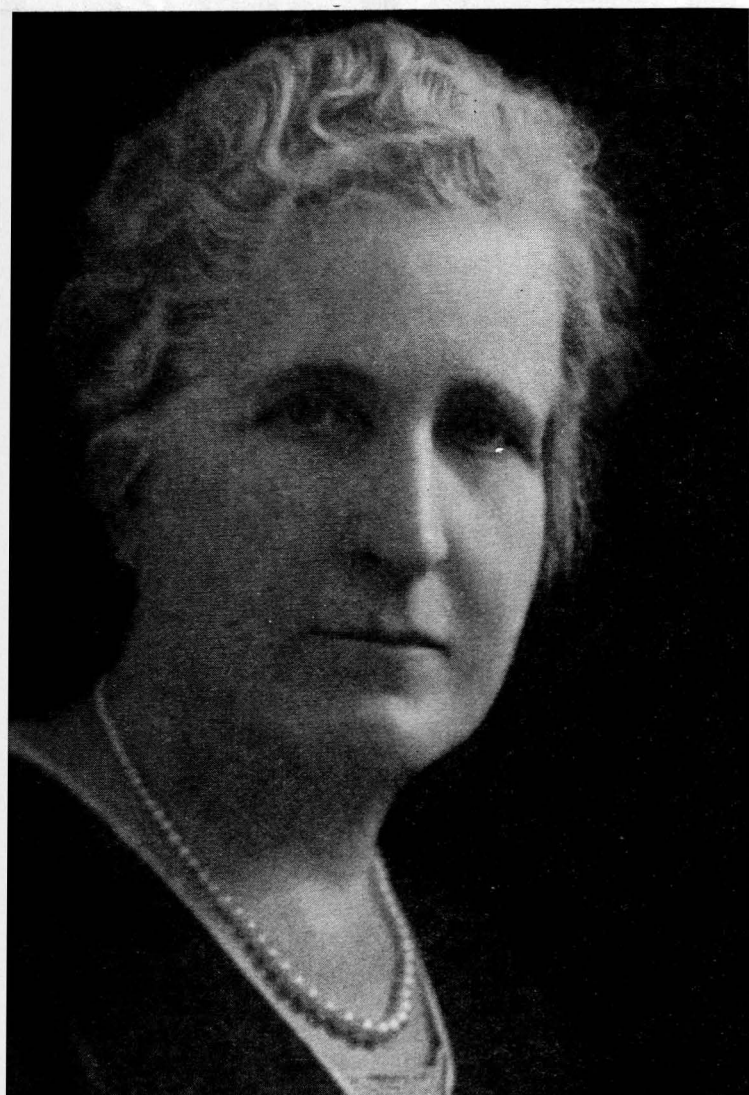
Alert, thoroughly familiar with the ebb and tide of national and international events, this modern Portia, president of the National Association of Women Lawyers, represents more than five thousand of her sex in this country.

That is one reason why, when Alfred Smith, former governor of New York, was being made Doctor of Laws by admiring Harvard, she was receiving the same degree from the Chicago Law School. So popular is she at the bar and in her club, social and business contacts, that friends, as fond of her as irreverent, have conferred upon her, the nickname, "Angel Gabriel."

About her desk, on the seventeenth floor of a New York office building, flows throughout her office hours a stream of puzzled, anxious, distressed or despairing humanity. A cheering, inspiring desk. The sunlight that pours through a southern window focusses upon a yellow blotter—sunlight that has generously greeted in passing, three flowering plants on the window sill.

There is an inspiring note here too, for on its walls hang inscribed photographs of persons who have achieved, or are achieving, much—Ex-Vice-President Curtis, reared in the tepee of Kaw Indians; U. S. Senator Wagner, who went barefoot and sold newspapers and lemon drops at the entrance to Central Park; Judge Florence Allen of Ohio, who said: "I shall never condemn anyone, even in thought, until I have looked into his face"; Judge Genevieve Cline, who tries customs cases in New York.

It might be a continuous stream of misery that flows around the desk but the woman who sits behind it refuses to send any unit of it out of the room in wretched mood. Because she has faith in human nature. She has an immovable conviction that it is better than it seems. (Continued on page 52)



Master, or Master's Man?

We Build What We Will

by G. ARTHUR GAYER, Ph.D.

"What a piece of work is man! How noble in reason! How infinite in faculty!—in form and moving how expressive and admirable!—in action how like an angel! In apprehension how like a god!"

SUCH are the words of a poet whose wisdom has rung through the centuries.

Many persons find it hard to adapt themselves to nobler standards of thinking, because the old standards were mistakenly low. True religion tells no man to underestimate his own innate value, or to be satisfied with hardship, poverty and failure.

Opposed to the utterly untrue conception of man's nothingness is the new and inspirational psychology which teaches that the spirit of man is the highest expression of the Infinite of which we have knowledge. By invoking the divine powers resident within man, all that humanity desires may be accomplished.

Every human being normally is gifted by the Creator with faculties and powers, in one form or another, that will enable life to be made into a masterpiece.

THE wisest scholars maintain that every man can plan his life on a higher scale if he so chooses; that he can build character, create personality, perform work, win reputation, honor and reward.

The psychic and occult student knows that there is in the inmost self of every man a divine or cosmic energy which he can summon to work his will.

It is within every man's power to make of his life a masterpiece or a mere daub. And whichever it proves to be, it will be hung in the gallery of life. It will be exhibited to the world as the embodiment or the evidence of what such a life stood for.

The sort of man we will make of ourselves—how we will be regarded by our family,

our friends and the world; whether people will admire and respect, or loathe and despise us—this, and much more, is in our own hands.

The size of our fortune may be more or less of an accident, but the size of the man which we will fashion out of our own life rests absolutely with us.

ANY normal and intelligent man can remake his life, even amid the ruins of his business and prospects—rise a superb figure even when everything material has been swept from under his feet.

But no one can make the most of himself until he has looked upon his life as a magnificent possibility, the material for a structure which, to mar or neglect, would be a tragedy.

The object of our life should be not merely a living-getting. Nay, self-realization, self-expression, self-growth, self-enlargement—the calling out of the real man or woman, the exercising of all one's powers of body, mind and spirit—this

is the real meaning of life's activities.

The real value of a man is not his bank and his check account, but the kind and amount of good he has done.

THE man or woman who adds even one new thought to the good and welfare of his or her generation becomes that generation's benefactor. Hence man's personality and character are not to be measured by his material advantages.

The motto of many employers and employees seems to be, "God for all, and the devil for the hindmost." Another is, "Do others before they do you."

Any employer or employee who is not willing to practice the Golden Rule, "Do unto others as you wish them to do unto you," will never be a master man.

The employee (Continued on page 49)

It is within every man's power to make of his life a masterpiece or a mere daub. . . . Whichever it proves to be, it will be hung in the gallery of life. . . . It will be exhibited to the world as the embodiment or the evidence of what such a life stood for.

The Free Theatre

A Dream That Is Coming True

by **WALTER R. SCHMIDT** and **E. FIELD**

A FREE theatre!

Drama free to the masses—as literature is free through the public libraries, as art is free through the great museums of the country—

This is the dream of a man, Butler Davenport, and he has worked—and suffered—through years, to bring this dream to fruition.

And he's succeeding. The idea, scoffed at, maligned, attacked, both in and out of the profession, is constantly gaining substance, dignity, a place in the sun, even with those who once shouted, "Ridiculous, impossible, absurd! This man, Davenport, is a foolish dreamer!"

BUT the way has been almost unbelievably thorny. Interests which felt that the free theatre idea, widespread, would hurt them, have attacked under cover. Those who did not understand and with the skepticism engendered by ignorance chose to attach unworthy motives to the idealist—these have thrust and parried with strength and venom.

But he's kept on—ever since that day, many years ago, when the dream of a free theatre, where the poor could mingle with the rich, could learn of life and enjoy the recital of its moods through dramatic art, came to him.

He was a tiny boy then—a child walking with his mother past a toy shop. She offered to buy any plaything displayed, but the boy had caught sight of a pasteboard theatre. The sight thrilled him almost beyond words. "Give me that," he pleaded. Something, that miniature stage suggested, which made everything else seem insignificant.

He has never changed. This loyalty to the things of the theatre, and to the people who would partake and learn of it, has only grown with the years.

BUTLER Davenport's dream which includes the purposes of the free theatre is:

1. *The mental and moral improvement of men, women and children through the theatre and the play.*

2. *Encouraging the arts in relationship to*

life, and enriching lives through appreciation of these arts.

3. *To inspire to finer things in life, as was done through the theatres centuries ago by the Greeks (who felt that the theatre was a necessity and not a luxury).*

4. *To encourage the art of acting, and the cultivation of it in the young, or those who are talented. To improve the speech, enunciation and diction of our people, both American and foreign born.*

5. *To present the finest plays of the past and present—plays depicting life, by dramatists of America and Europe.*

6. *To establish a University of the Theatre, wherein the young players of America may learn and exercise the rudiments of the art of acting, such as movement, speech, facial expression, and so that, through such instruction and actual practice on the stage, they may become genuine artists.*

"America has had no such University," Davenport has repeatedly remarked. "The theatre has never been aided nor endowed as have libraries, museums for paintings, orchestras, opera and research foundations."

"When the Free Theatre finally takes its place—and it will—it is not too much to predict that its establishment will mark the beginning of a new cultural era throughout the whole country—an awakening of those sleeping, spiritual forces stored and repressed in mankind."

But to return to the boy of the ideals. At fifteen, he was an actor and a director—head of his town's dramatic society. Here he shifted actors about as he had shifted his paper figures years before.

Later, from the balcony of the old Daly's, he eagerly watched rehearsals, observed the making and painting of scenery, the experimenting with lights, the thousand and one details that go into the background of the player. He saw Booth, Barrett, Modjeska, Bernhardt, Salvini, Sonenthal, Eleanora Duse. Watched and studied them—that was his education.

Years followed, and for a time he had to turn away from the theatre, but he didn't forget it, nor his dream. He observed and

tried to understand those with whom he rubbed elbows. Those years gave him a remarkable understanding of human psychology. "My experiences at that time have helped me to lend realism to every character I have come across in a script, from longshoreman to bank president," he remarks.

He was writing plays in those days and never for a moment did he lose sight of his objective—the free theatre, where the doors would swing open to those, whether in ermine wrap or ragged garment, who would absorb understanding and culture through the medium of dramatic art.

HE began to make his dream come true in the country hills back of Stamford, Connecticut, where, with his own hands, and the help of a dear friend, he built a tiny theatre, seating 150. He called it the Bramhall Play-House. Two seasons there, with actors, imbued with his enthusiasm, but as summer closed his mind was seeking the next step. One morning, he was awakened by an admonition which indeed seemed as vivid as a voice, "Go to New York. Advertise for a small house for a theatre."

Unquestioningly he followed this "hunch," found the location in New York which seemed the right one, and after paying the necessary sum on the lease he had exactly \$3.17. "I worked hard so I wouldn't have time to dwell on how frightening the situation seemed," he reminisces.

Money he had to have, of course, and part of his never flagging energies has always had to be put into raising money that the Free Theatre might go on—that those who otherwise would never know or enjoy the World of Make Believe and thereby take courage and mental sustenance from it—could have its benefits.

Unsolicited gifts from people who comprise the audience, occasional gifts from people of wealth who, inspired by Davenport's enthusiasm, have themselves seen the worth and meaning of his idea—these have been the usual avenues through which the Free Theatre has been sustained. Back of these material aids though, always has been the great flow of faith in the project—almost a tangible thing.

Many have been the experiences—some of them almost uncanny—which have marked the ups and downs of the only free theatre in the world.

Once, after a performance, "Difference in Gods"—which, by the way, Davenport had staged against so-called expert advice—a man and woman came behind the scenes to talk



Butler Davenport

Illustrated by MacGregor Gibb

with Davenport. The woman was greatly agitated, finally saying she could not talk over what she had meant to, and the couple left asking the actor-manager to visit them at their hotel next day.

The request fell rather disturbingly on Davenport's mind. With all the cares that naturally fell to his lot in supplying the whole background of a theatre—being producer, manager, actor, even janitor at times, when the exchequer was especially low—an added terrible trouble had descended because the theatre was about to be sold. But Davenport has always obeyed "hunches." He went to see the couple, was told that in the unfolding of the play they had seen the solution to a tremendous life problem and were desirous of expressing gratitude by giving to the Free Theatre.

"Would \$10,000 help?" they asked rather diffidently. Their hearer almost fainted but managed to summon strength to accept the check, whose realness he could scarcely comprehend until the money was really deposited as the sum paid for ownership of the picturesque little play house on East Twenty Seventh Street, New (Continued on page 59)

Life's Bargain Counter

Does the Law of Compensation Work?

by **ELBERTA WILSON**

ARE you among the many who are trying to get something for little or nothing? I hope not, for it cannot be done. Those who have persisted in their efforts eventually find themselves stranded on "life's bargain counter."

Perhaps you will say: "Oh yes, it can be done and I have been successful so often that I have it down to a system." This may seem to be true, for no doubt you have driven many hard bargains, and purchased many good articles at prices far below their real value. But what has been happening to you while you have been doing it? Your mind has been filled with thoughts of pinching and lack until you have drawn yourself into poverty conditions. Bargain hunting seems to be a real necessity.

For every hard bargain we drive, the law of compensation evens things up, and we experience a corresponding loss somewhere in our affairs. Study the faces of those you meet, and you will be able to separate the ones who feel truly prosperous from those who feel the necessity of bargain hunting. This is not always determined by their general appearance, or their possessions, but by the expression which thought has so indelibly stamped on their faces and their actions.

As I sat in a car outside a grocery store one morning, I watched a woman making a few purchases. As she methodically handled and unconsciously weighed almost every apple in the box from which she was selecting about a dozen, I could not help but note the pinching thought registered in her face as her fingers continued to pinch the apples. I wondered if her body could relax enough to allow her to enjoy the fruit when she ate it. Pinching thoughts shut off supply both in the inner as well as the outer expression of life, and much of the money that is saved through pinching economy goes to pay the doctor.

Study those who are prosperous. They have not all acquired their possessions by taking advantage of their fellow-men. You will find the majority of them pay very little attention to the evidence of lack with which they come in contact. They are not really hard-hearted, but they have consciously, or unconsciously, developed a prosperous consciousness—lack does not register with them.

We all have certain obligations to our fellow-man. No one can live to himself alone, much as he might desire to do so. The same Intelligence is directing us all and we are not required to wallow in the sloughs of poverty and despondency with anyone—if we do so, we harm both the wallower and ourselves. Our duty to others consists in helping them to help themselves.

It seems difficult for people to realize that every thought externalizes itself; that we, including our environment, are the result of our habitual thought, and that we are influenced, to a certain degree, by the thought atmosphere around us. The degree in which we are affected is determined by the magnetic quality of our own dominant thoughts.

If you listen to an average conversation, you will notice, that regardless of the subject under discussion, people usually dwell upon the unpleasant side of it—storms, losses, the so-called bad luck of their friends and physical disorders—and, if anyone attempts to divert their attention toward something pleasant, they soon lose interest. Yet these same people all desire to succeed along one line or another. They are really kind-hearted and like to see others successful and happy, too. They have never fully realized the power inherent in their thoughts and words. They do not know that they are guilty of helping to create and to prolong the conditions they so greatly deplore.

We would think *(Continued on page 47)*

We all have certain obligations to our fellow-man. No one can live to himself alone, much as he might desire to do so

You Need Action!

Don't Sit On the Sidelines of Life

by **ELSIE KING MORELAND**

THERE'S power in action. There's power in doing something. You can talk about having faith and courage, and both of these are necessary, but it's *action* that gets results. And results are what we're concerned about to-day.

When you buy a ticket to a football game you're not especially interested in the crowd, and in most instances you are not partial as to who wins or loses. You want to see a touch-down made, or an end break away from the line of scrimmage and snatch a forward pass, thrown with bullet-like precision, to record a substantial gain for his side. *Action* is what you've paid your money for.

A ring side seat is no good until the whistle blows and somebody is knocked through the ropes. *Action* is what you're there to see.

Put your ball on the tee. It may be a swell day and you may feel fine. But if you don't swing that old club—if you don't get into action—you won't get on the green.

Every game is just so much action. So is the Game of Life. Sitting on the side lines won't get you anywhere. If you want to win—if you want the joy, the thrill, *the results*—you've got to get in the game yourself and *do something*.

You may know how to write a book, paint a picture, sing a song, build a bridge or sell hardware, but if there's no action—if you don't make a start—your knowledge is valueless.

Take a look at nature all around you. No unemployment there. Nature works all the time and doesn't fuss about conditions either. Who ever heard of an oak tree refusing to grow because it didn't like its position in the forest. The rose doesn't bother about its place in the garden—it just keeps on blooming. The grass grows just as green by a cabin door as it does on the White House lawn. *And nature gets results.*

And when the tree and the rose and the grass stop growing—*stop doing some-*

thing—they die. So do you. You may not know it, but you're dead just the same.

Watch a little stream. How joyously and how clear it runs, as long as it keeps moving. Throw a log across it and see how quickly it becomes muddy—filled with dead leaves and trash of all kinds.

Inaction—idleness—is a log thrown across your mind. It too becomes muddy, filled with dead ideas and trash—fear, doubt, worry, gloom. Get busy, and see how clear it becomes, how quickly faith and confidence and rich, new ideas pour in.

Do something. Do anything. And don't be so particular. A young engineer lost his job and went to work immediately driving a truck. In a short while he was offered a better position than the one he had lost.

I know another man who hasn't worked for two years. He's waiting for something in his line to turn up. He doesn't believe in the power of action. He doesn't know you've got to do something while you wait.

Next year you may have found your right place—your chosen work. Conditions will be better. But in the meantime the nearest job is your opportunity. It may be something you don't want to do—something you don't like. But it means action, anyway, and that's what you need.

Roger Babson, the noted statistician, was asked by a young man to help him get a job. Mr. Babson sent him a prayer to be made three times a day, part of which follows:

"May I remember that I am just as sure to get rewarded if I make myself useful as

I am sure of being punished for my sins. May I no longer refuse to work because I am not paid. Until I get a job, may I spend my time doing something for somebody, somewhere, somehow. The pay doesn't bother me. I know that will come, O God, if I deserve it."

If you're unemployed, try it. And don't just make
(Continued on page 54)



Personalities—

Here and There

by "G. M. K."

TWO successes in one, and both in five years' time.

That is the enviable record of Walt Disney and his merry little partner in fame—Mickey Mouse.

Mickey just celebrated his fifth birthday with a party that stretched round the world—and with presents enough to fill a good-sized room. For he is probably the best-loved personality in the world today—more famous even than the Prince of Wales.

And—something strange in such a partnership—Walt Disney doesn't begrudge him his popularity. He is perfectly content to bask in Mickey Mouse's reflected glory.

In New York on a short vacation a few weeks ago, he expressed the conviction that he is the luckiest person in the world. For he is now realizing the three great ambitions of his youth.

"I always wanted to be an actor, a stage director, and an artist," he said. "Today I am combining these three careers in one."

When Walt Disney was a youngster, all he could think of was drawing. He covered his school books, his writing pads, even his examination papers with funny pictures of people and animals. His teachers used to throw up their hands in despair. He had the thickest little head they ever came across, they swore. They couldn't even pound arithmetic or grammar into it.

But Walt went merrily on his way, worrying little about the poor marks he received. He knew what he wanted to do. And grammar wouldn't help him to do it.

By the time he was seventeen, he was earning a little money drawing amusing animal

sketches for a barber in Kansas City, Missouri, where he lived. This man appreciated the advertising value of the drawings and set them up in his shop windows to attract customers.

With the few dollars he derived from this source, Walt rented a dingy room above a smelly garage and fitted it up as a "studio." There he made the acquaintance of Mickey.

One evening as he was bending over his drawing board, two little mice scampered across his table. Amused at their capers, he began to make friends with them. And presently they were serving as his models.

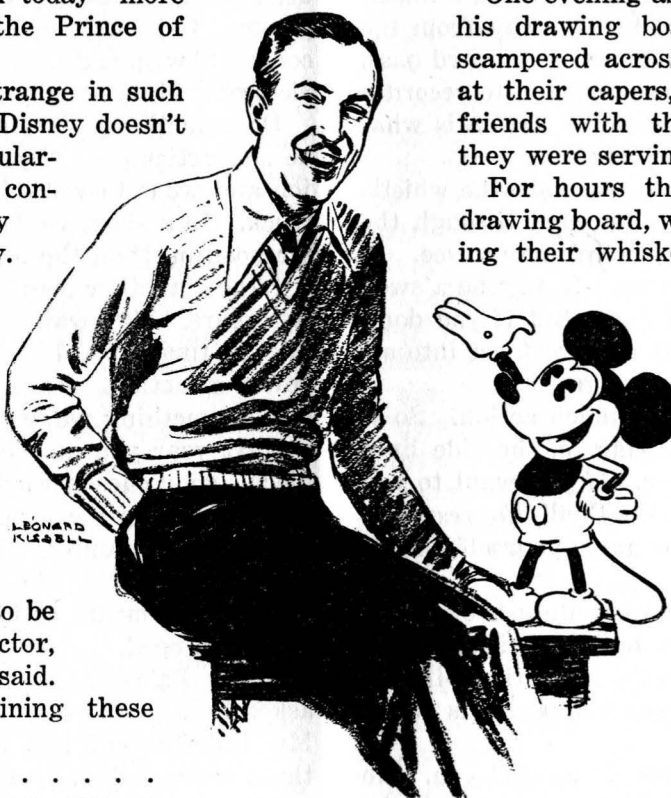
For hours they would sit on his drawing board, while he worked, combing their whiskers and licking their chops in true mouse fashion. And Walt would weave them into human situations and make them tell funny human stories.

A short time thereafter, Walt set out for Hollywood with forty dollars in his pocket. In the spring of 1928, movie fans the world over began to sit up and take notice of a new comedy

character. Before long they were splitting their sides with laughter.

Fortunately for Mickey, he came just at the time that the whole world needed him most. Before he was a year old, the bottom dropped out of the stock market and the depression was upon us. But Mickey's jolly cheer and happiness made the dark days easier for countless millions. He helped them to forget their troubles in laughter.

When people laugh at Mickey Mouse, it is because he is so human. That is, in fact, the



Walter Disney—and Mickey Mouse

secret of his popularity. As he skips about on the screen, folks identify themselves with him and experience his joys and sorrows. They have a warm spot for the jolly, little gentleman who works and plays, who lives and loves as they do. He is, in short, a "regular guy" enjoying life in the regular way.

ARE you a fair-weather idealist?

I'm reminded of this question by a discussion I heard the other evening at a dinner gathering.

Dr. Harry Emerson Fosdick, the famous pastor of the beautiful Riverside Church in New York City, was the speaker. His subject was "International Relationships," but it developed into a discourse on ideals.

Dr. Fosdick, as you probably know, is an ardent pacifist. He would go to Leavenworth, he vows, before he would contribute to the support of another war. So it is only natural that he was taken aback by Dr. Albert Einstein's recent declaration that Belgium should go in for militarism.

He hasn't yet decided, he says, whether or not to remove Einstein's bushy-headed image from its niche above the portal of the church. In fact, he can't make up his mind that Einstein actually said what the newspapers reported. And until he has a chance to hear the noted scientist's personal version of the incident, he's willing to give him the benefit of the doubt. For he is confident that Dr. Einstein is *more* than a fair-weather idealist.

In urging his listeners to stick to their ideals through fair weather and foul, Dr. Fosdick told this little anecdote:

Down in Alabama, some months ago, a colored congregation was preparing for its annual strawberry festival and the social committee of the church put up a sign to announce the affair. It read:

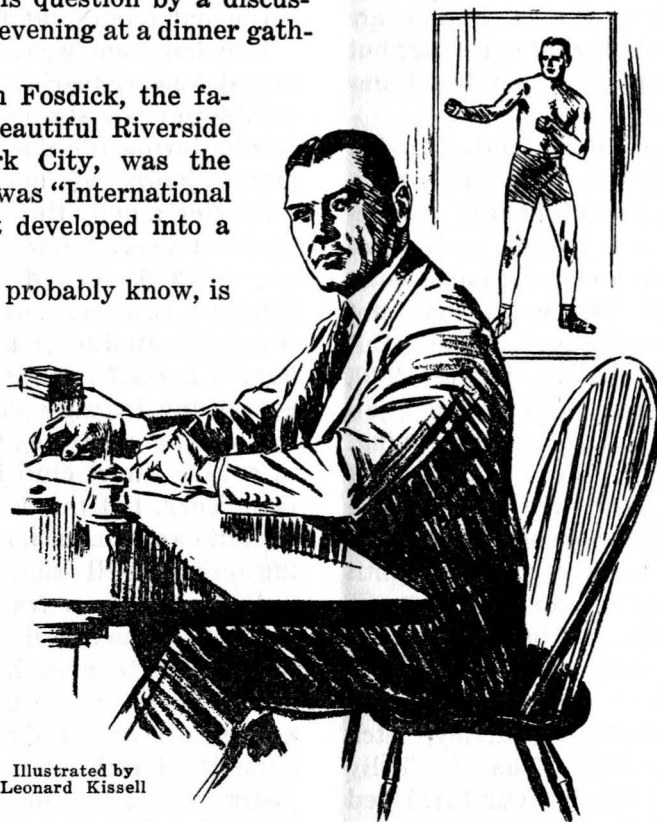
*Annual Strawberry Festival
Next Friday Evening*

6:30 P. M.

Tickets 25 Cents

P. S. This year, on account of the depression, prunes will be served.

The fair-weather idealist, Dr. Fosdick concluded, is satisfied with prunes. But not so the man who battles for his ideals. The darkest clouds will not discourage him. He will endure until the sun breaks through again—bringing strawberries in abundance.



Phila. Jack O'Brien

"**YOU** must make life hard for yourself if you would keep that schoolgirl figure," says Phila. Jack O'Brien.

"If you want to stay young, physically or mentally, you'll have to do it with the sweat of your brow. You won't find youth while sitting down on the job. Life is full of conflict. If you fight and win, you'll not only be younger and stronger, but happier."

O'Brien, whose legal name is Joseph Hagan, is world's lightweight champion

of yesteryear. Today, at fifty-six, he has the strong, youthful figure of a man of thirty-five, with ruddy cheeks and clear blue eyes that twinkle "Irishly." With the quick, abrupt manners of the athlete, he combines the poise and grace of the cultured gentleman.

His gymnasium on upper Broadway is the Mecca of hundreds of fat women of New York. You can see them filing in at all hours of the day—ready to work like truck loaders to roll away the fat they have accumulated through too luxurious living.

"Easy living and over-eating—they are the twin banes of our civilization," Dr. O'Brien told me. They're the cause of nine-tenths of all disease—and fat is a disease.

"It comes from excessive eating—and how few realize that they *are* eating excessively—and leading a sedentary life. The stomach does not make sufficient gastric juice to grind the food and keep the alimentary canal open. As a result, the fat (Continued on page 57)

"I Willed To Do This"

by HAROLD KATHMAN

HER real name is Princess Alexandra Dina Barclay de Tolly Weymar Semijradow. She came to the United States three years ago, not as a princess befitting her rank, but in the steerage clutching in her hand her entire fortune, \$20.

She could speak no English, only Russian and French. Her qualifications for a position were zero. She had no idea of a typewriter, a switchboard, a ledger, or a sales portfolio. She had been raised as a Russian Princess, and Russian Princesses were not supposed to know about those things. But there she was, in New York during 1930, with people moaning "depression" all around her, starting out to make a living.

Was there such a job, where one need not speak, or know how to do anything? There was . . . hat-check girl. So, she haunted the Russian restaurants and night clubs until she convinced one proprietor that no one could handle hats and wraps better than she. The pay was small, and tips were scarce.

Princess Alexandra Dina Barclay, etc., etc., became simply Miss Dina de Tolly studying English in a two-by-four furnished room. She bothered the night club owner until he allowed her to be a cigarette-girl.

Her progress in English became rapid, and the pay was better. She took a cheaper furnished room, and saved still more.

One day, she went to one of the highest priced dancing teachers and made a deal. She would pay all she could, and work in the studio during the day to pay the rest. Then began hours of back-breaking exercises, limbering a body that had never been forced to exert itself before. Month after month she worked until dawn selling cigarettes, caught a few hours of sleep and reported at the dance studio for a full day's work. She denied herself friends, good times, theatres, everything because she had an idea.

Today, you can see her, a featured dancer in a very smart club in Greenwich Village, New York, but this is not the end. She has a studio apartment now, she still takes dancing lessons, still studies English.

With hardly a trace of accent, she will tell you, "I have willed to do this. I feel it here!" she touches her breast, "And I am going on, not to be a dancer, but to be an actress. I am studying now to that end. Someday I will get there. These last three years have been the happiest of my whole life. Being a princess is nothing, when one can work, plan, and accomplish!"

"So I Stayed"

MEMORIES of "The Boys of Company B," "The Garden of Allah," "At Yale," "Captain Alvarez" . . . one night stands on the road . . . from Canada to New Orleans, from Spokane to Jacksonville . . . the '90's and early 1900's . . . year after year. That was Paul Gilmore's life for thirty years. He played every town in the United States with a population of 10,000 or more. Some of you may remember sitting spell-bound, forgetting the paper-bag of hard candies you held, as he thundered through his swash-buckling parts. Those were the days! And those were the days that Paul Gilmore wrung \$250,000 out of that hectic life. He

retired then, at the age of 56. Bought a mansion in Florida and decided that he was going to take it easy.

Let him tell the story: "I saw the Florida boom coming, invested most of my money in real estate and ran it up to \$2,000,000. I didn't see the end coming, and I drove away from there with an automobile and \$40, all that I saved. I was sixty years old, and felt a hundred and sixty. I think that was the darkest moment of my life. Naturally I turned to the stage, as it was all that I had ever known. But the theatrical game, especially in New York was in the doldrums. 'The road' was non- (Continued on page 50)

Can a Wife Understand?

The Story of a Triangle

by A HUSBAND

THE question is often raised, "Can a man love two women?" I *didn't* think so. Now I do.

I married when I was very young. We had eloped, and for many years we lived in perfect contentment. My wife was a wonderful housekeeper, looking after my interests in every way, and thoroughly devoted to me.

We had no children. We never missed them—our lives were so full. Finally we settled down to the usual routine of married people. And thus we lived until I was thirty-five years old.

At that time it was found necessary to have an operation performed on my wife. Then a strange thing happened.

There was a subtle but unmistakable change in mental and physical attitude. I still loved my wife and she loved me, but we were like sister and brother.

Outwardly, life went on about the same. We got along beautifully together, but something was missing. The zest, something vital, had gone out of the relationship. This, at least, was the way I felt about it. My wife never indicated that she missed any quality that had been ours, and never expressed dissatisfaction with any part of our lives.

But I was struggling. Life was becoming absolutely meaningless. Vague thoughts, desires, temptations began to loom disturbingly. No one seemed to notice anything different about me. My wife and I did the usual things—played cards with friends, went to the movies, visited friends.

People pointed to us as an ideal couple. Here we were, living together for fifteen years, and yet seemingly as devoted as though we had been newly wed. And I was content with my wife. She was like a beloved sister. There was no jealousy. We never had any spats—as lovers are apt to have. In fact, we went along like a couple of well-fed, well-stabled truck horses.

After five years of this I met a woman. She came into the office one day to discuss with me

a business proposition she thought I might help her with.

"You have such good judgment and I know you are honest," she said, when I asked her why she came to me.

I listened to what she had to say. In fact, I did something I hadn't done in fifteen years of married life. I phoned my wife that I would not be home for dinner. Then I took this lady out to dine.

"To talk about the proposition," I told her. But I lied, even then, to myself. For I was so impressed by this girl, so stimulated by her quick mentality, her aliveness, and the feeling that she awakened in me, I could hardly bear to let her go.

Before the evening was over we were mutually interested in the proposition—and in each other. I asked her to have lunch with me the next day—to further discuss our business.

All the next morning, my pulses raced. I looked at my watch. "Would one o'clock never come?" But when it came—and *she* came—I trembled like a schoolboy. And felt like one, too.

I was so eager to do something that would bring me in closer contact with her that I promised I would go ahead with her plans. I would take up her idea and work it out. She insisted upon a business contract, wherein I was to get fifty per cent of the profits in the venture. Yet gladly would I have served her gratuitously.

I was in love. Terribly in love. And it was not entirely a sex attraction, either. I was sure now that the weary incompleteness of my life was due to the fact that I had never met this woman before.

Yet I loved my wife, too. Just the same as I always had. I wouldn't have hurt her for the world. Indeed, I went home to her, more tenderly solicitous for her welfare than ever before.

She remarked how well I was looking. My friends commented upon my boyishness, and my joyous spirits. They thought the enthusiasm I carried with me was because of the



new business venture in which I was engaged. But I knew better. I also knew now that I must make good. Nothing could daunt me now. I was filled with ambition, hopes and joys.

Then, of all wonders, I found my love was returned. I learned that my lady loved me, and had, from our very first meeting. I then explained my position to her.

"Darling, it isn't fair to you—I'll get a divorce, if you say so."

"No," she said quietly. "I've thought it all out. Your wife loves you. Without you she would be a lost soul. She has her home, built around you and your friends. Her very existence is bound up in this relation. I could never be happy, knowing I had brought sorrow to another woman. And besides, she looks after you, and I am not a domestic woman. I could never fill that place. I love to be in business."

"But," I protested. "I love you. I respect you. And what would the world say—?"

"The world need never know," she returned. "We can be faithful to our love, our ideals." This way might not be the way for others. But for us, I could see no other way out. I agreed to try the suggestion.

This went on for some time, but when I made excuses to my wife for my absence from home I felt guilty. It was as though I were deceiving my best friend. Not that my wife was lonely—for she had her friends, and her books—but it made a difference in *me*.

So, one night, I told my wife the truth. I told her that I loved her, and was happy with her in our home. But that I also loved my lady, and that she loved me.

My wife listened quietly. Then after a while, she said, "My dear, I understand. I have realized for a long time that this would come some day. I am glad that you have been honest with me. If you want your freedom, you can have it."

Suddenly, I felt a great emptiness. Without my wife—my dear friend—life would be unbearable.

"No, no, dear. I don't want you to go out of my life. Why, our home—our life together—is a part of me!"

"I believe you, dear," my wife said gently.

"Why can't we go on the same way? Because I can't entirely fill your life—is that any reason why I should deprive you of that part which I *can* give you?—and you can give me?"

"You mean——?"

"Let's go on as we always have—good friends and comrades. I love you, and want you to be happy."

"And you? Will you be happy?"

"Of course. I have my home, and you."

Gratefully, I acquiesced, my mental relief reflected itself in my business. There was a decided upward turn toward success.

And now we are making so much money in our new business—my lady and I—that I can now give my wife all the things she has always wanted. She likes to travel, and has made several European trips. Also she has visited practically every point of interest in our own country. I have taken nothing out of her life. Indeed, I have added a great deal to it that she might otherwise never have enjoyed.

My lady is happy, because she has not broken up another's life. She knows she has my love—a different kind of love than I give my wife, and is content. She is ever an inspiration to me—leading me upward to greater things—not only in a business way, but in spiritual and mental ways of which I had never before conceived.

My lady lives alone. She has her friends, and I am most careful that no word of gossip can harm her. For I would not have her injured for the world.

And so I think I can honestly say that life has become complete for me. I would, of course, rather be married to my lady—if things were different. But as long as they are not—we are doing the best for us—and for my wife.

And each is gaining from the arrangement. I love my wife. I love my dear lady. And they love me, too. And after all, happiness is the greatest thing we can have in life—and we all three have this. Am I queer when I think that, taken all in all, my wife is gifted with an understanding and sympathy unusual among women?

Is it any wonder that my affection for her is now deeper and sweeter than ever it was before?

Can a man love two women? The author of this article—a husband—believes this possible. Do you? We shall be glad to hear from our readers. A prize of \$20 will be given for the letter (under 350 words) which in the opinion of the editors, best answers this question. Address Contest Editor, Psychology, 1450 Broadway, New York, N. Y.

Psychology in Review

Gleanings From New Idea Fields

by **MARIAN MONTAGUE**

BABY AND CHIMPANZEE

A TRUE "Tarzan" story—that's what you'll find in the conclusions of W. N. Kellogg, associate professor of psychology at Indiana University.

Professor Kellogg and his wife adopted a young chimpanzee named Gua and raised her as a human child. Like their small son, she was dressed in rompers, made to sit in a high chair at meal time, and fed with a spoon.



When Gua came to live with the Kelloggs, she was seven and a half months old; their baby was ten months. The

two became fast friends and congenial playmates. They even exchanged many of their natural aptitudes.

Gua, for instance, walked upright, laughed in human fashion, responded to praise and endearment, and grew very fond of her adopted father. The baby, on the other hand, acquired several animal traits and became remarkably skilled at climbing trees.

Professor Kellogg undertook the experiment to gauge the relative importance of heredity and environment in the life of the individual. The result was a decided triumph for environment.

"A SPIRITUAL REVOLUTION"

HUNDREDS of millions of blind mice in search of a new fairy tale!

That is what Hendrik Van Loon, the famous historian and philosopher, sees as he looks out upon the world scene today.

"The old fairy tales that carried us along for so many centuries," he says in a recent pamphlet, "are dead. Even time-honored democracy is sinking rapidly into oblivion. We are in the midst of a great spiritual revolution, grasping desperately for new ideals."

One result of the present upheaval, Mr. Van Loon believes, will be a shifting of emphasis from the material to the spiritual values of life.

"In the future," he says, "we are not going to find happiness in economic security, but in the beautiful things that security will make possible. In other words, we shall devote ourselves to 'living' rather than to 'making a living'."

COLLEGE GIRLS AND ROMANCE

THE "beautiful but dumb" girl is losing out in the matrimonial race. This announcement comes to us from the psychology department of Iowa State College. Out where the corn grows high, it seems, the highbrow maiden finds it easier to obtain a mate.

Intelligence ratings of 126 couples whose engagements were announced in the college newspaper last year show that the men tended to choose girls of equal or superior mental ability. And there were more engagements among students of high intelligence than among those of lower ratings.

But don't be afraid, girls. The men aren't turning their backs on beauty. Instead, the co-eds are recovering the lost art of combining beauty and the cultivation of social graces with intellectual accomplishment.

The pendulum is swinging away from the mannishness of feminism to the femininity of romanticism.



METHODS TO PREVENT BREAKDOWN

"TO BE or not to be"—that is the question. And every year, 22,000 persons in this country decide it in the negative.

San Francisco has the highest suicide rate of all American cities; Lowell, Mass., the lowest.

May is the peak month for self-destruction. It reaches a low in the bleak month of December.

Firearms are the most common means of ending one's earthly troubles.

Older persons kill themselves in larger proportions than younger ones, men more than women, (Continued on page 63)

Mental Health—

For Our Children

by **EMMA GARY WALLACE**

IT IS just as important that our children shall have mental health as physical health. In fact, the child without mental health is much less likely to enjoy physical health—and to be successful and happy in the present and the future.

During the past few years, we have seen a great reduction in infant mortality and much has been done to stamp out the diseases of childhood and youth. Defects and improper feeding have been approached from a scientific angle with great resulting benefit to the children of the nation.

This work is by no means finished, but we are glad to know that it is well started. There should be no slackening along this line of endeavor, but certainly mental health should go hand in hand with physical health in the training of the child from birth.

Mental health expresses itself in behavior. Good behavior indicates good mental health. Bad behavior signifies sub-normal mental health and should be looked upon with concern. Good health, as far as the body is concerned, is nature's way of expressing satisfaction with nutrition, proper body functioning, and a normal development of the physique. Good behavior is equally an expression of mental health or the *normal development of personality*.

Thoughtful parents are coming to realize this more and more, and to understand that a spoiled baby has started off on the wrong foot, and in the natural course of events will develop into a spoiled child and a mentally unstable adult.

The young child is exceedingly sensitive—

intuitively sensitive, it seems. The babe at its mother's breast will draw back at signs of distress or grief from her. Its lips will quiver, its eyes fill with tears, and it will lose interest in the food which it was about to take with relish. A child will early show displeasure toward anyone who would injure someone it loves, and thoughtless people sometimes consider it a game to pretend to be about to treat someone roughly in order to see what the baby will do.

A young child soon becomes accustomed to and imitative of a fault-finding atmosphere and lack of cheerful kindliness. And as might be expected develops along the pathway of petulance, angry insistence on having its own way, temper tantrums, and sulkiness. Bad behavior, we'll all admit, and an evidence of poor mental health.

Too much emphasis cannot be placed upon wise and sympathetic management during the infancy of the little one. Take the matter of attention, for example. The infant soon learns that lusty screaming will bring a light, an attendant, and welcome coddling. By association of ideas, the baby soon learns that to be the center of attention is pleasant, and that he can get this attention and what he wants, very easily. So we have the beginning of a self-willed, selfish, and disagreeable temperament—a spoiled baby forsooth.

Such a child continues throughout life to resort to various devices by means of which it can attract attention to itself. It does not reason this out consciously, but submerged in the developing personality is that desire for

"Mental health expresses itself in behavior. Good behavior indicates good mental health. Bad behavior signifies sub-normal mental health and should be looked upon with concern."



"As the child grows older, there should be confidence between the child and its parents. Tell me in whom your child confides, and I will tell you who is the greatest influence in his life."

attention which will cause it to reach out and get it willy-nilly. If it can get it by fair means—all right. If it must get such attention by disagreeable means, that only makes the desire go deeper.

It has been repeatedly remarked by those who have to do intimately with our prison populations, that one of the things which gives them as a rule, the greatest pleasure and satisfaction, is to be the center of newspaper attention—headlines, and to be featured as desperate—a bad, bad man or a killer. They have succeeded in attracting attention to themselves. Without doubt, these were spoiled babies long ago.

As the child grows older, there should be mutual confidence systematically cultivated between the child and its parents. Said a wise man, "Tell me in whom your child confides, and I will tell you who is the greatest influence in that child's life."

All too often the parent expects the impossible—that the child will automatically rise to his level of understanding when, by every right, the parent should expect and learn how to stand upon the same mental platform that the child is on.

One of the surest ways to gain and keep the child's confidence is a very simple one—by means of a daily heart-to-heart talk or exchange of confidence with the growing boy or girl. Usually bed-time is the most convenient for this, and the suggestions left at this time are not subject to other influences for a time at least. These intimate periods should not be lightly pushed aside, for in reality they are mental clinics.

At this mental clinic, the parent should train himself to shut out other interests as far as possible for this short time, and by some leading remark or request for information, to get the child to talk.

Mother makes her small son comfortable and sits down by his side, at the same time saying pleasantly, "I was upstairs this afternoon, and I heard you and Bobby Brown having a dispute. What was the trouble?"

Johnny, knowing that he will not be blamed or criticized but will receive sympathy, has no object in holding the truth back or prevaricating. He knows that sympathy awaits him, and a measure of loving approval and the *center of the stage through understanding*, so he proceeds with his story and usually manages to make out a good case for himself. Why shouldn't he? He is looking at the scrap with Bobby Brown from his own viewpoint, just as you or I would do.

"Bobby an' I were playing with my new

snow shovel an' sled. We were making a snow house an' we had taken the old alarm clock out that you gave me. But twice I caught Bobby turning the hand of the clock back so he could have the shovel longer. He said he *didn't*—then we fought!"

"Who struck the first blow?"

"Bobby hit me first."

"It is one thing to defend ourselves when we are attacked, and another to start the quarrel," commented mother.

Johnny has had a truth brought home to him which he accepts because it is agreeable—in this case.

"And," goes on Mother, evidently championing her small son's cause, "I am disappointed that Bobby would try to cheat by turning the hand of the clock back just so he could keep the shovel a little longer. Probably he is ashamed now when he thinks it over."

Johnny hasn't been criticized, but at this point he criticized himself.

"An' I turned the clock back too," he admits, "but I didn't do it first."

"And how do you feel about *that* part of it now?" asks his mother, taking one little, plump hand in her own.

Johnny knows whatever he says will be understood, so he is quite free to draw upon previous conclusions which he and his mother have reached, and says,

"I didn't want Bobby to brag about how much more he'd done on the house than I did, an' that's why I setted the clock back too, but I guess I oughtn't to have done it."

"You are quite right," nods his mother in complete agreement. "I am so glad that my little Johnny is getting to be a big boy who can think things out for himself!"

Johnny experiences a pleasant glow and resolves in his own small mind that in future he will so conduct himself that he will merit his mother's approbation.

Real fellowship between a child and its parents is only possible where there is a basic foundation of sympathy, confidence, and mutual understanding, and without such fellowship parents and children are bound to drift apart as the years go on. And so during that time when the children and those who have given them birth, should be of great comfort and support to each other, this blessed fellowship is all too often lacking.

The work of the parent in establishing mental health for the child, has to do with building up the right habits and the laying of sound character foundations. And all this needs to be done in an atmosphere of cheerful co-operation and confidence and good fellowship.

Life Must Be Radiant!

by EMIL GOCKER

"THE supreme prayer of my heart," wrote the Sage of East Aurora, "is not to be learned, rich, famous, powerful, but simply to be radiant. I desire to radiate health, cheerfulness and courage. I wish to live without hate, jealousy, envy or fear."

And true to his radiant convictions, Elbert Hubbard proceeded to live out his career as gloriously, as splendidly, as superbly as possible. There were no stingy, puerile, inadequate moments in his life. There were no disappointments and regrets to hamper him. He was intent only on pouring out the vast abundance of his mental heritage upon a poverty-stricken people, greedy to absorb his brilliant thoughts.

According to Bertrand Russell, "a man should be able to achieve happiness, provided that his passions and interests are directed outward, not inward. It should be our aim to acquire those affections and those interests which will prevent our thoughts from dwelling perpetually upon ourselves. It is not the nature of most men to be happy in a prison and the passions which shut us up in ourselves constitute one of the worst kinds of prisons."

Locked up in these self-made prisons, which we ourselves inhabit, rests an incredible fund of riches. But we are afraid to tap this abundance; we are afraid to demonstrate the possibilities we possess.

MOST of us feel shackled by circumstances or crushed under the ruthless heel of fate. Mentally we create our own deficiencies by denying to ourselves the potent gifts which *we already possess*.

We all want happiness. That is axiomatic. But the happiness we seek is a distortion and an insult. Like a kitten, we want to be petted by life. We flatter ourselves that this caress constitutes our happiness. We want thrills, adventures, kisses, sweetmeats, compliments, honeyed attentions and call these things the fruits of happiness.

Self-delusion! Happiness is in us at all times. It crowns each and every moment of time and space. Blindly we seek to *grasp* happiness—and

it vanishes! Eagerly we seek to give out, to radiate happiness—and lo! we have caught it at last!

As divine sparks thrown from the Creator's Mind, we are not creatures of deprivation and want, of worry and doubt and distress. We are really self-sufficient, all in all! But we don't *believe* this in actual fact. With the disastrous result that we fasten mental claws upon our abundance and shut out all further supply from reaching us.

The crux of it all is: *Faith!* Then action! Swift, compelling action!

And all action must be *outward* action. It must retain no thought of self-gratification. All effort must be directed *away from us* for the greatest good of God and our fellow-men.

Abolish the thoughts: "What do I get out of it?" "Where do I come in?" "I must look out for my own interests first." "Others can wait."

The parable of the Good Samaritan showed the clever lawyer, who sought to justify himself in Christ's eyes, just what was the law. "Thou shalt love the Lord thy God with thy whole heart, with thy whole soul, with thy whole mind and with all thy strength; and thy neighbor as thyself."

THERE is no deviation from this divinely natural order. Unless we radiate outward the full wealth of our souls, we are indeed paupers in truth! Unless we can feel *fullness* and *completeness* and *abundance* to such a degree that we strive with all our power to *share this wealth with others*, then we are living shallow, incomplete, ineffectual lives. We must radiate, give, pour out unceasingly!

The idea of a great philosopher that "you keep young as long as you keep giving out," is not only sound logic but rare philosophy as well. Thought of self corrupts and destroys. But let our best thoughts touch the lives of others in order to help them and we are instantly transformed. Our bodies tingle with the rush of new energy. Our pulses bound. Our features glow, our eyes take (Continued on page 50)



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—"***

BUILDERS

ONE built upon the shifting sands
Of selfishness and hate and greed,
And when the storm of testing came
His dwelling was a wreck indeed.

Another built upon the rock
Of noble thought for world-wide good,
And though wild tempests waved without
His house—an unscathed fortress stood!

Lida Keck Wiggins.

A NEW DAY

THIS morning, I watched the sun rise.

At first, a red gold tinted the east. Gradually the bright arc widened, until it was a flaming fire.

Then in a blaze of silent glory, the sun appeared. A new day was launched—a day filled with a thousand possibilities.

I thought of the lean years through which we have just passed. For months, there has been an ever widening arc of light that presages a new dawn. Bright linings have been showing, more or less faintly around dark clouds.

Higher and higher rises the sun of prosperity. Before we fairly realize it, light again will flood our world bringing new and bright opportunities.

In the business world, in every profession, it is the man or woman who is awake, waiting for the sunrise, who will reap. Are you awake? Are you ready for the new day? The sun is surely rising!

Ethel Lawrence.

SHE AND HE

HE and She plumped down next to me in the subway. She was out of sorts.

"I know I'll be bored to death. Sitting in the balcony during a matinee!"

"But, dear," He said ingratiatingly, "This is a hit show, and seats are hard to get. You know I got the best I could." She set her mouth, disdaining to answer. At the next station another He and She came into the

car, trailing several little He's and She's. They were poorly clad, but washed and combed to a startling freshness. They arranged themselves on the other side of me.

"Ma, is this train going to take us to Coney Island?"

"Yes."

"An' kin we go in swimmin'?"

"Will you buy us ice-cream cones?"

"Sh-sh-sh, you musn't make so much noise. Yes."

He smiled. She smiled, too. He placed a labor-thickened palm over her reddish hand and gave it an affectionate squeeze. She leaned toward him.

Harold Kathman.

WHEN YER PUZZLED

WHEN yer puzzled and ya don't know
which way ta leap

When things 're poppin' all around ya
And ya can't seem to think

Jest go out on the porch or some quiet spot
Hist up yer feet and light up yer pipe, er
whittle

'Till ya clarify yer mind!

Humphrey C. Wandsworth.

YOUR OWN CRITIC

CAN improvement of oneself come from without?

There will always be difference of opinion about this, but surely deep and lasting improvement must come from *within*—from a true concept of self.

Our store house of power lies within our own mind. Our God-given propeller for body and soul is in our right thinking. Not by dwelling on the faults of others can we attain that reasonable state of mind which will be, in our daily lives, of real benefit. We must have determination to improve our *own* faulty thoughts and actions.

As human beings, we have the gift of distinguishing right from wrong, but it is notoriously easier to observe wrong in others than to see what we ourselves commit. This criticism of others, (Continued on page 58)

Why You Are Misunderstood

When You Talk

by O. G. VAN CAMPEN

HOW often have you heard a person say, "I know what I mean, but I can't put it into words!"

Perhaps you are one of those who believe that this inability to express yourself is due to a too limited vocabulary. Suppose you consider what psychology has discovered to be your real trouble.

Speech is not simply a matter of using words. It is a matter first of ideas. Without an idea in mind there is no need for words. It is because we wish to convey some idea to another that we talk at all.

The idea must first be clearly focused in the mind. Then, and then only, will the words which you have commonly associated with the idea, spring to your tongue's end. When you can see your idea in your mind's eye as clearly as you can see a chair in front of you, you will have little difficulty in saying what you mean.

One psychologist has said in effect, that the spoken word is nothing more or less than an oralized or spoken idea; that ideas and words are fundamentally one and the same.

In the light of these fundamental truths, I am justified in saying, that the person who says he cannot express himself, really doesn't know what he *wants* to express. Words do not flow when ideas are blurred or out of focus. People generally are having more trouble with their mental focusing apparatus than with their vocabulary. They are being misunderstood because they really do not know themselves just what they want to say.

We have slipped into that rut wherein we are prone to say regarding so many things that this or that is "good enough" and we have assumed just this attitude toward our speech.

We spend much time, thought, and hard work in learning how to dress our bodies carefully, in acquiring a system of prescribed etiquette, in developing certain approved habits of conduct. But, in the main, our voices continue to be raw products so far as our conscious control of them goes.

All too frequently, the de-

lightful impression made by a charming coiffure and a careful toilet is set at naught by a disagreeable, high pitched or raucous voice. When will men and women learn that more depends upon *how* we say a thing, than upon *what* we say?

The great majority of people have spoiled their voices by allowing them to be controlled by the emotions, desires, likes, and aversions, instead of using the voice as we use the right hand, as an instrument of service.

To much cannot be said about the control of the emotions. As a general rule, people are carried away by an emotion almost before they know it. This is particularly true in the matter of talk. The impulsive, excitable person is so eager to talk—so anxious to impress the listener—so on fire with the importance of the thing he has to say, that he speaks before he is ready, before his idea is clear, or before his words have been carefully chosen.

We should make this matter of correct speech as important as the care of the body, the selection of clothing, or our standards of etiquette. We must desire above all else to say the right thing at the right time. We must use a given word because we feel that no other word will fit the place.

Our known vocabulary, is, of course, much larger than our used vocabulary. This is due, largely to the fact that our daily talk does not call for many of the words we know. If more people could use, accurately and in the right time and place, the words they already know, their speech would be quite acceptable. The trouble is that the word does not come to the tongue's end when it is needed because it has not been properly associated with the idea in mind. We must learn to reduce words to sensations, to states of mind and to attitudes. We must learn to "get the feel" of words.

For example; feel the difference in sensation values between the word, *rough* and the word *jagged*. Imagine yourself rubbing the end of your finger (Continued on page 65)



I Want a Husband!

A Business Woman and a Delicate Subject

ANONYMOUS

Once in a while, PSYCHOLOGY receives an article like this, an article which is really a letter and an appeal. We should be glad to have our readers answer the author.

YES, I want a husband. I want some man to love me, to build a home with me, to be the father of my children, and to grow old with me. I want something of what my mother had, and her mother before her. And I don't see much chance of getting it, unless business women are given a new deal.

I am a business woman. Twenty-seven years of age, with a college background and a good record as a brokerage executive. Eight years ago I began my business career in the relatively humble post of a stenographer in a bank. Today I am in charge of the woman's department in a large Stock Exchange house.

From the viewpoint of all my associates, both women and men, I have been unusually successful. I am one of the very few who forged ahead during the past four years. They would tell you in my office that I live for my work and that I am a proof of what a woman can achieve in business if she devotes all her energies to the task of achieving success. But they would not tell you, because they do not even suspect, what I am going to tell you now.

THE truth is that I am in a state of rebellion against the toils that enmesh me. I hate what people call my success. I hate the isolation of it, the utter loneliness, the strangely sexless estimate in which men seem to hold me. I know many men, but I know them only in a business way. I never meet them socially. I have a feeling that they would drop dead with surprise and astonishment if they suddenly discovered that I am really a human entity, an ordinary woman of everyday flesh and blood.

Of course, I have close and intimate friends. But they are all women. I have a few old college chums who are in business like myself. My masseuse, who comes to my apartment

three times per week, is perhaps the closest friend I have. My maid, who has been with me for seven years and who has shared all the thrill of my success, is as dear to me as an elder sister. But I can talk to neither of these dear women about what I want above everything else. They have a certain ideal of me, a certain mental picture of me, a decided pride in the thought that one lone woman could have reached the heights I have successfully scaled. Sometimes they find me nervous and upset. They think that it is just the strain of the office work.

I never suspected the truth of what was wrong with me till I visited my doctor last spring. He spent nearly forty-five minutes on a general examination. He tested my reflexes, examined my teeth and my eyes and my tonsils, ran over me with his stethoscope, tied the cardiograph band on my arm, estimated my blood pressure, and did all the other things that one submits to in a general examination. During the whole process he said never a word. Then he gave his verdict, with a laconic finality that shocked me. He said: "Why don't you get married?"

IT WOULD have been far easier if he had advised a holiday or if he had told me that I was over-worked. Either of these verdicts would have been quite welcome and quite intelligible. Or if he had given me a new diet or had put me on a course of drugs; even, if he had prescribed exercise, a thing that I have had very little of during the past eight years. But he was too honest for that sort of professional camouflage. I left his office as dazed and benumbed as if I had fallen from a great height and was just coming to my senses.

Now I knew why my nights were sometimes horrors of insomnia, why my nerves were sometimes so taut that I feared they would snap, why the rush of business seemed to be the only anaesthetic that could ease the pain in my life. Now I knew why my apparent success did not satisfy me. I had missed something that women have a natural right to, namely, a man's love and all that goes with it.

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Ultimate Religion—

Last of the Ten Great Ideas

by **WILLIAM CHARLES O'DONNELL, Ph.D.**

WITH the cultivation of character as the supreme purpose of life, man's presence on the earth is nobly vindicated.

Standards of behavior are to be related to cosmic contacts. A sound foundation is required for the development of a sound morality.

Cosmic Religionists will have little relish for the enactment of petty rules of conduct that signify a purely conventional righteousness. Needless censorship, senseless gossip and promiscuous inhibition will go the way of thumbscrews and witch baiting.

Of this we may be certain, that the higher our intellectual attainments the greater will be the latitude in thought and action accorded to each individual. Prudery is provincial, pusillanimous. The fear of criticism and dread of censure are but poor foundation material for any superstructure of righteousness.

THESE concessions are not to be construed as implying indifference to ethical principles or to moral rectitude in conduct. Righteousness exalteth nations and men. But righteousness is not a thing of restrictions and repressions. He who lives in the light of Great Ideas will discover the secret of the fullness of life, the fascinations of a morality centered not in rules but in realization.

Our discussion has brought us to the realization of ourselves as members of a limitless order of creation, inseparable—related by birth to the whole inscrutable scheme of things. We are personalities identified with a Supreme Personality whose activities range the whole extent of the

cosmic plan. We are not animals without aptitudes. We are not machines without sensibilities. We are souls experiencing kinship with the Soul of the universe.

This knowledge of ourselves, like our knowledge of the rest of creation, is becoming ever more definite. Psychology has taken its place as an honored member of the family of the sciences.

Just as our advancing knowledge of the spheres explored by astronomy has given us a truer appraisal of the riches of the heavens, so our acquaintance with the findings of psychology gives us a clearer sense of moral values. Behaviorism bases its credibility, not on an ancient codification called commandments, but on higher authority, on the awareness of that inseparable bond that makes us one with all the spaces, and with all the ages.

THE conclusion is compelled by the logic of the situation. The acknowledgment of a relationship imposes a corresponding obligation just as the privileges of citizenship entail responsibilities on the part of citizens, or family kinship involves filial response.

Obligation is synonymous with duty. Duty properly performed constitutes good behavior that reflects in its every deed the integrity and beauty of character. And the word duty is to be glorified to the extent that it ceases to mean the driving of a bargain, to give by close calculation that which we think we owe, but the giving of all that we have to the cause of human progress and world betterment. By this standard let our moral worth be measured.

The religion toward which the religions of the world are moving . . . The religion that is to supplant historic creeds, a religion fully accredited by reason and common sense, validated by science, advancing with the march of human progress, consistent with man's intellectual processes and his emotional requirements . . .

Ultimate religion will be a vital force in the hearts of men and a unifying factor in the life of the world. It will mark the defeat of irreligion in its banishment of superstition, which through the ages, has masqueraded as religion.

The Idea of Character

It is still but a question of consistency and logic to maintain that in a moral universe every normal rational being should recognize a threefold obligation: First, the obligation one owes to one's self; second, the obligation one owes to other selves; third, the obligation one owes to the responsible source of all life, without which there would be no self and no others.

To one's self is owing the highest possible development of all the faculties that make men healthier, happier and more useful. To others we owe the fullest measure of interest and helpfulness. To the power and wisdom that brought us into being we owe gratitude and reverence. The mind that knows not the meaning of reverence is as the harp with broken strings.

CHARACTER can be predicted only of the creating personality and the created person. Character in man is the jeweled crown of moral capacity, the full flowering and harmonious blending of all the life-qualities that conspire to nobility and charm. Character is the goal of evolution, the chief glory of the earthly pilgrimage. Thus, the mortal robes himself in the vesture of immortality realizing his own heaven, constituting his own reward, vindicating his own worth. Verily, in character we behold the climax of the cosmic plan. Creation comprises more than a sky full of stars, it comprises the worshipping soul and perfectable character in man.

We have no way of judging character save by conduct. He only is gentle whose behavior is gentle. He only is just who deals justly with his fellow man. He only is pure whose habits are clean. In the fulfillment of the cosmic program, therefore, human behavior is of tremendous significance. It is an outstanding fact in history, a determining factor in human destiny.

We have thus a scientific basis for moral behavior. For those of us capable of straight thinking, there is and always will be a right and a wrong. In the realm of morals the right is to be recognized as the supreme rule or conduct, the wrong ever to be shunned as fatal to the survival of character. The discrimination between a right and a wrong was not originated by a miraculous decalogue coming out of the clouds.

There is a deeper law written not on tablets of stone, but wrought into the very fibre of human consciousness. This is "the moral law within" which so filled the philosopher Kant with wonder equal to that awakened by the contemplation of "the starry heavens above." This law and these heavens belong to the same universe, are parts of the same system, bespeak the same wisdom and artistry. We have still much to learn about both.

Among the varied endowments of the soul none is of more immediate value than, what is commonly termed, the voice of conscience. We understand conscience to consist of something more than the mere sense of a distinction between right and wrong. Conscience discriminates between what is right and what is wrong and registers a sentiment in favor of what is thus indicated to be right. To follow the dictates of conscience is to steer straight toward the protecting port of character.

CONSCIENCE obeyed produces that inner witness to personal worthiness which is the source of truest happiness and most abiding satisfaction. The cultivation and enlightenment of conscience is therefore of vital importance in the life of individuals and in the life of the world. No absolute rule of conduct equally binding on all men has been announced. What one man's conscience commends, another's may condemn. There is, however, a considerable realm of moral choice wherein there is practical and universal agreement.

Certain qualities could be listed which would be recognized as virtues the world over. And the fact remains—so fundamental as to take its place among cosmic certitudes—that the man who bends his behavior to the behests of an enlightened conscience gets the most out of life for himself, and, in his social contacts, is verily a city set upon a hill. In lives thus lived we learn how to live and become acquainted with the capacities and captivations of character.

To this knowledge of the sublimity of the soul—the significance of behavior, the universality of conscience, the consummate value of character, supplemented by lessons drawn from human history, the maxims of great

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"Down, But Not Out"

Veterans in Camp in New York City

by MAURICE TURET

NO such thing as defeat."

This was the verdict given to us by the snappy young man on guard duty at the entrance to Camp Thomas Paine, the cozy little settlement on the western bank of New York's Riverside Drive where War veterans are thriving on communal effort and united action.

"It's just a matter of making the best of it. We started this camp over a year ago, when the boys were evicted from Washington. Now, we got over a hundred vets in camp. All are down of course, but they are not out. No sirree! Not out, I should say, not by a long shot."

His smile radiated warmth and good cheer. His strong American face was tanned to a nut-brown hue. He held himself erect, with his shoulders thrown well back. It was hard to believe that this man, only a short time ago, had been a wanderer from town to town in quest of the bare necessities of life.

"We got plenty to eat and we got a roof over our heads. That's something we didn't have two years ago. Of course, it's not just the best plan in the world, but we keep the wolf from the door. So it could be worse. Yes, sir, and don't we guys here know just how much worse it *could* be!!!!!"

So we began to build up a conversation with him. We asked about the way the camp was run, about its difficulties, about its achievements. He talked about it with enthusiasm but he felt that he was not in a position to do the honors properly. After a little while, he suggested that we should see Commander Clark, who is the officer in charge.

With the sentry's gesture of invitation we crossed the line of the gateway and entered the main grounds of the Camp. Our first shock was to see the well-kept gardens, the little patches of flowers, the trim miniature lawns that surrounded some of the huts. Somehow, those huts, which had actually been made from all sorts of scraps of wood,

looked to us like tiny cottages in a riverside village. They had the air of belonging, of being just part of the natural picture.

The men, as we saw, were not idling. They were all engaged in work of some kind. It was routine work, for the most part. Each man seemed to have his definite job.

A short distance in from the gate, we were informed by an imposing sign of the location of the Commander's quarters. It is not a

conspicuous building. It is, rather, the humblest shack on the grounds. But in some mysterious way it seemed to suggest authority and order. Perhaps the explanation of that effect is to be found in the prevailing attitude of respect which the veterans maintain towards that particular hut.

At the Commander's hut we were welcomed by an adjutant of sorts. He was a massive man

of middle age. His bold masculine features mellowed into a smile as he extended to us the courtesies of a host. We did not need to be told that he was Irish.

"Commander Clark is not here this afternoon. He goes out once every two weeks to see somebody about supplies. Anything I can do for you? Anything you want to know about the Camp?"

He busied himself with chairs; they were of the bridge-table variety but made for use rather than for ornament. When we were all seated, he turned to me for a question.

"How do you select a commander?" I asked.

"By popular vote, nobody being barred from nomination."

"And how often do you select a commander?"

"Well, let's see." He was obviously puzzled how to answer that one. But he was evidently a man who talked easily. So we had the answer very soon.

"You see, as long as the Commander's good at maintaining discipline and keeping the place in swell shape, we don't complain. You can see how (Continued on page 49)



Don't Be a Turncoat!

Part II

Hail the Age of Mind Sovereignty

by **GROVER C. HALL**

THERE is nothing phenomenal about the physical structure of man. The thing that distinguishes him and gives him dignity and power, is intelligence.

Because of it, he achieves pride and moral courage; he becomes significant and decent; he acquires charm and grace. The graces of the human mind must inevitably perish in isolation, and intelligence will tend to revert to type. For only a certain measure of native shrewdness is required to survive in a state of nature—if there is no famine.

In the jungle, man is deprived of protection from nature unrefined and uncontrolled. Pests and disease beset him. They weaken and beat him down. They sap his physical and spiritual vitality. They compromise his honor, by removing him from temptation and thus leaving undecided the issue, "What shall a man do with his soul?" The mettle of the soul is not tested in peace, but in war—war, not with vicious bacteria, beasts and oppressive heat, not with torrential rains, but in conflict with creatures of his kind, above all, war for and with ideas.

Souls strive at a common fountain.

HOWEVER much physical courage it may require to cope with the elemental forces of nature, the fact remains that the conquest of nature is not an end, but a means to an end.

Conquering nature is merely something that man has to stop and do to get where he is going. To denounce the accumulated fruits of human intelligence and flee to the forest, not to achieve another useful conquest, but to hide, is not a rational or admirable thing to do. Indeed it is no more admirable than the conduct of those of his cousins who stay at home, and whine about novel experiences. It is merely to take flight from reality, after the manner of the neurasthenic, and to confess a sense of inadequacy on the one hand, and a juvenile rebellion against discipline, on the other.

Anxious folks, who distrust the inevitable consequences of unhampered mental activity, have been with us always. They have

been the well meaning obstructionists, they have been the cynics and the smart alecs of every age. They have sucked the nectar from all the flowers they could find, but denied that nectar-bearing flowers could grow again, after their death.

They have mocked and jeered at the machine age in a series of appalling documents. They have sought to frighten a whole people with horrendous tales of the evils presumed to be inherent in a system that has afforded profitable employment to the masses for the first time in the life of man, and given hope to millions of our fellows who never before in the long history of the race had experienced the sweetness that is hope.

Fancy the perspective of these deep thinkers who in the first panic following an unprecedented boom, shake their heads in despair of their age and say, "Machines are more than we can bear. See what misery they have brought upon us. We shall now go into permanent decline."

FOR as far back as there is any record, poverty has been the rule, riches the exception. This is still true, but it was not until our own time here, and in Europe, that the living standards of the poor were raised, and the average man given a break. In our own country popular living standards had achieved new and unheard-of heights, until October, 1929. Then the force of two disasters fell upon us, and almost frightened us out of our wits.

The cumulative economic effects of the World War were at last felt by us, and at the same time we experienced the natural reaction that follows every economic extreme. Because the thing came after our wise men had said it would not come, and because it has remained with us longer than our wise men said it would, many of us seem to have assumed that there is something fundamentally bad about an age of efficiency in the production and distribution of necessities and luxuries.

Our sad essayists have blamed the poor little flywheel for (Continued on page 55)

Marital Happiness

What Are Your Secrets?

The Prize-Winning Letter—and Others

In August PSYCHOLOGY, Mary Pickford discussed for our readers what she considered to be some of the secrets of married happiness. We asked our readers to tell what secret they had discovered, offering a prize of \$15 for the best answer.

Elizabeth L. Matthews, Donovan, Illinois, sent in the prize-winning letter and honorable mention is due Gertrude McKay, Brooklyn, N. Y., Gip Akin, Albuquerque, New Mexico, Mrs. Edith Robson, Sioux City, Iowa. Many other excellent letters received will be published in a later issue.

THE secrets of marital happiness? There are none.

For the wife or husband who truly wishes to go on happily with his life partner, the sign posts leading to the road marked "Harmony" are easily found.

These sign posts are not shrouded in clouds of mystery. They are not denied the humblest seeker. Their inscriptions can be read by the most uninitiate if he will make the effort to look for them.

Men and women are human beings. They are that—with a touch of the Divine, maybe—whether they are married or unmarried. A ceremony chanted by the clergy cannot change that.

As human beings, they are responsive to identical influences, the same kindnesses, the same rebuffs.

A woman—the normal woman—wants to be loved. She wants to be appreciated. She wants to feel that she is important to the one who walks by her side. This is equally true of man—all men. *Of course* they don't indicate their innermost selves in anything like the same fashion, but don't be fooled by the outer.

Be wise. Know that "Do unto others as you wish to be done by" includes the finest recipe for married happiness that has ever been discovered.

Elizabeth L. Matthews,
Donovan, Illinois.

WE have been married three years, almost to a day, and our marriage bids fair to being a happy union until death do us part.

If it had all been simple, if there had been

no obstacles to surmount, no differences in temperament to adjust, I could not write this letter, for I could have no assurance that our paradise would last. As it is, it has stood the test of hurricanes and storms and I feel its foundation is as solid as the bedrock of New York.

Although our backgrounds were radically different—my husband's and mine—both of us were blessed by having very wise and very unselfish mothers, who taught us the common sense which is a necessity to successful wedlock. When we found each other, which was the precise moment we fell in love, there were no exclamations, no warning fingers, no signs of disapproval, but only understanding and encouragement. The result was a short engagement, terminating in a marriage of two young people, regarded by their families as adults, capable of making their own home without any interference.

* * *

For this intelligent attitude, we must always be grateful to our families, and because we so enjoyed their confidence and best wishes we did not go running back to them with our difficulties when they cropped up during our first year of marriage. To this day, no one but ourselves knows how very close we came during that year to separation.

We had heard other married couples say, "The first year is always the hardest," without attaching any significance to the statement, but we soon learned the truth in it.

My husband began expressing views and opinions which startled and piqued me because they were contrary to my own beliefs. And, even when they were of the least importance, I seized the opportunity to debate them. These word battles sometimes wrecked whole evenings, ending in tears and bitterness.

The trouble lay in the fact that we were unable to discuss a subject impersonally. If my husband praised nudism in some of its theories, I was certain that I should some day find him lying on the lawn in his birthday clothes. And, similarly, if I applauded the achievements of a certain aviatrix, my

husband suspected me of secretly spending my afternoons in the flying field taking lessons.

These silly little differences were likely to evidence themselves at the most unexpected moments, and many times I have gone to a party red eyed, because we had not agreed at eight o'clock.

However, we never carried a quarrel into the second day. We made it a rule to always kiss and make up before going to sleep. Nevertheless, we realized that the frequency with which these storms were occurring could only culminate one way. Something had to be done and I think my husband stumbled upon the solution quite by accident one night.

We were with a group of friends, and it escapes me just what the point of discussion was, but I remember distinctly that my husband was voluble on a subject he and I had only recently covered. I listened intently, and to my surprise he was presenting my side of the argument as his very own. Suddenly, he caught the mischievous smile on my face and realized what he was doing. Much to the amazement of the party, he stopped short, laughed heartily, and then walked across the room to where I was seated and publicly kissed me. I reciprocated, knowing that we had reached an understanding. After that, we learned to generalize in our discussions, to accept the best in each other's point of view, and to argue intelligently and not vehemently.

Now, one of our chief pleasures is to read an article of a controversial nature, subsequently analyzing it for flaws and virtues. I yield to his opinions when he is right, and he yields to mine when I am right.

Likewise, during that first year we learned to yield on many other matters where we were at variance.

There was the question of our friends. At first, I went ungraciously and reluctantly to the homes of his friends, and he suffered acute indigestion at the mere mention of an invitation from one of my girl friends. Whom to invite to our own parties was always a source of dissension. On this score, we finally had a heart-to-heart talk. Certain of his friends and certain of mine were tried and true, and as such, indispensable. This group we invited more and more often, seeking their virtues and disregarding their faults, while those who were mere shallow ac-

quaintances—hangovers of giddy, single days—we gradually ceased entertaining. Since then, we have met some very fine couples, with whom we have a real basis for friendship, and whom we both like and admire.

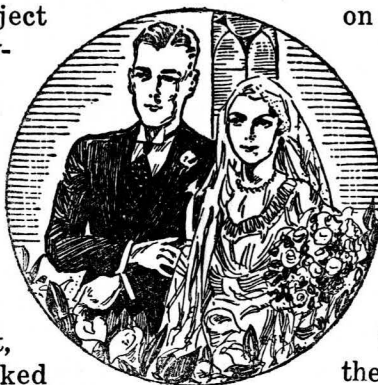
Some mistakes we sidestepped even from the beginning. For example, that important item of money, which causes many such chaos. We never question one or the other on his purchases. Each fully trusts the other to spend wisely.

All the little attentions dear to a woman's heart, too, are mine, and always have been. Occasional flowers from the corner vender, my favorite perfume when the atomizer is nearly empty, candy when my weight permits it, and always courtesy and affection. I remember him, too, when I see a tie to blend with his new gray suit, or a sale on fine black hosiery.

Oh, there are countless other ingredients I could name to aid the flavor of matrimony, but I have already written to such length that I fear I am automatically barred from the contest. I hope I have said something to help some happy young couple through that first hectic year. After that, the sailing is smooth.

Gertrude McKay,

115 Montague St., Brooklyn, N. Y.



FOR thirty-one years wife and I have gone hand in hand along LIFE'S journey. It has not been entirely a Primrose Path nor has it been a Rough Mountainous Trail. We know that life, to be worth living, has to be composed of both sunshine and showers. Too much of either is not good.

We believe that the golden key unlocking the door of true happiness has these three words, LOVE, UNDERSTANDING and COOPERATION stamped deeply upon it. These qualities make for success in *any* marriage. Without them *no* marriage can be a success. Real love covers all imperfections. No hardship, sacrifice nor disappointment is strong enough to destroy it—as many can attest.

Cooperation is as necessary as understanding. To know and understand a person is worth very little, unless there is cooperation. Therefore, the three essentials of a happy marriage are Love, which comes from a natural instinct. Understanding, is encouraged by love and grows with acquaintanceship. Coopera- (Continued on page 54)

In the Psychologist's Office

Discussion of Actual Cases

by DR. D. N. CONE

IT OFTEN happens—even when the need is critical—that parents hesitate to consult a psychologist.

They are very apt to say, "After all, I'm the child's mother—(or father, as the case may be). Surely I understand and can do more with my own child than anyone else can."

Very often, I have won the parents by this little analogy: I say, "Hold your hand about two feet from your eyes and tell me what you see." Usually they answer reluctantly and with some misgiving—as though they suspected me of trying to put them at a disadvantage. "A hand with five fingers and little mounds."

Then I say, "Hold your hand about three inches from your face and tell me what you see." They, of course, no longer see the conformation of the hand with all its lines, but only a blur of shadows. This is a perfect parallel between the parent's relation to the child's problem and the way the psychologist looks at it.

.

Parents are too close to their children to view situations objectively. They are emotionally involved in the relationship and their vision is blurred and obscured by their feelings. The psychologist is not involved emotionally. He sees the problem objectively. He gets a real perspective.

Then there is another factor. The child prefers to confide his mistakes, his weaknesses, his worries, his dreams, his aspirations to a stranger—a person whom he can see a few hours each week and the rest of the time forget. If the child confides in his parents, he is apt to be reminded of his problems either by the parents themselves or by association. He is prone to live in fear that something may be said that will remind him of his difficulties or his other problems.

"WELL, I've lost my job. What can I do about it?"

"Well, what *have* you done about it?" I asked, making a note of his resentful mood, his sloppy appearance and excessive weight.

He responded with an explosion against his former employer.

From what he said I pieced together this sort of a procedure: Each morning this young man went out looking for a new job, always unsuccessfully and he came home each day sulking and growing more and more sullen.

He spent the rest of the time restlessly moving about or lounging and reading. In six weeks he had taken on twenty extra pounds and was beginning to look flabby. I asked how he had managed to live during this time.

"Oh, I used my savings and borrowed from relatives—and now my savings are gone and my relatives are tired of me."

I looked him straight in the eye and said, "As you look now, only a crazy employer would hire you."

He looked as shocked and startled as though I had exploded a bomb under his chair—which was exactly the effect I wanted to produce. Then I said to him,

"Now let's look into this situation together, go over it step by step. You lost your position, as you say, without an adequate reason. No doubt that is so—and you have been consumed ever since by an inner rage that things are this way. But that's not going to help you out. You got mad—so mad that you did not try to find out why you were dismissed. You just blew up and went away with a terrific resentment.

"This resentment you are still carrying with you. Of course this feeling is really against your former employer—but every time you go into an office to be interviewed for a prospective position, the sight of the new boss calls up this deep resentment and feeling of rage and injustice that you have never adequately drained off. Surely you must realize how this influences your whole manner, your responses, your facial expression and gives the wrong attitude to the entire problem. You have beaten yourself before you start.

"After repeated unsuccessful attempts to find a position, you formed a pattern in your mind of what the next interview would be like. You practically conditioned the employer to refuse your (Continued on page 59)

Your Job and You

by CORDELIA MAKARIUS

Vocational problems are discussed by Miss Makarius in this department each month. If you wish a personal reply write her, care of Psychology Magazine.

MAKING HOBBIES PAY

SOMETIMES days of adversity bring out all the latent powers that lie in an individual.

Each of us should view any knock as a boost and as a challenge to us to show our versatility. Sometimes even a beloved hobby can be made to bring in an income.

Take, for instance, a woman I know. She lives in a small community. She as well as other mothers in the neighborhood were concerned that their children were going to a nearby town for amusement, usually to dance. The dance halls were somewhat questionable. Every mother, of course, wants her child to have a good time—but under the proper supervision. Mrs. B., my friend, gave much time to finding a substitute and a more wholesome atmosphere than was attracting her own and other mothers' youngsters.

Finally she evolved a scheme. She had a large barn which she decorated attractively. She had her piano moved out there and then she bought a radio on the time payment basis. She agreed to furnish some light refreshments and to permit dancing until eleven in the evening, charging but twenty five cents per person. It was but a short time until she had her radio paid for and everybody within miles was coming to her barn dances. She acted as chaperone—a charming and tactful one, and her problem, as well as the problems of the other mothers, was solved.

"A GOOD GRANDMOTHER"

ANOTHER person who evolved a job was a little old lady whom a friend of mine knows. She was left alone and destitute.

Did she sit back and bemoan her fate? She did *not*. She advertised herself as a "good grandmother" and offered to come for an hour or a week to "take care of children and be a good grandmother to them." She soon was very busy—and very happy with her work. An opportunity grew out

of this to have a comfortable, permanent home being a grandmother to a little boy who had never known one. Before his new grandmother arrived on the scene he had been quite broken-hearted because he could not boast of a grandmother like the other little boys. So the old lady is happy, the little boy is happy, and his parents are equally delighted with the arrangement.

A UNIQUE JOB

MRS. Katherine Bleeker Meigs has a job quite out of the ordinary. She has charge of the personal service department of one of the large telegraph companies. It is her job to supply any request that may come in which may be the finding of a maid, an apartment, buying a wardrobe for someone out of town, to getting theatre tickets and finding out for someone the height of the highest building in New York.

I am told that this job was one she evolved and developed for herself, so you see, if you are versatile enough, and willing to work and to supply something that no one else is supplying in your territory, you surely can make money and be happy.

This statement applies to men as well as women. In fact, it usually seems easier for men to accomplish something different and unique than it is for women.

Today I am going to give you a letter from Mr. H. It is along the line of making the best of your opportunities. He writes:

Dear Miss Makarius:

Am thirty-three, single, carpenter, pattern-maker. Experience has been in locomotive shops, shipyards and most of it has been in the building industry, including home, industrial and commercial construction. Would have taken a course in engineering but a few bad breaks on the financial side prevented this.

I do not like to work in anyone's organization, drifting from one outfit to another, resting in the hope that I might discover the right niche. Not satisfied with artisan's pay. Have been without income for the past year. My secret ambition, how- (Continued on page 62)

Your Face Your Fortune!

Traits Unconsciously Revealed

by **WILLIAM E. BENTON**

Next month, Mr. Benton will analyze several well known faces, telling you what features indicate the dominant traits of character of each individual.

“EVERY living thing reveals by its size, form and color just what it is, its species and its own individual character as a member of that species.

Insects, fish, reptiles, birds and mammals all instantly recognize their own species and resent the intrusion in their midst of alien types but in the human race the distinction of the different races is often the cause of warfare and persecution.

So not only is your face your fortune, but the contours of your features or even your color may make the difference twixt a happy life or a tragic one depending on the particular place in which you try your fortunes.

We are all just as different mentally as we appear physically.

There are no arbitrary preconceived standards set up regarding what features should mean. Everything is arrived at, as in all the sciences, by the law of averages.

If there had never been any method of character reading evolved, we could paint a true likeness of a typical all-round athlete, by making a composite picture—superimposing the negatives of several of the world's most famous athletes. The resultant print would not be the picture of any particular athlete but the outstanding feature would be a strong somewhat outthrust chin, whether Bill Tilden and Babe Dietricson were included in the composite picture or not.

From this, you will correctly infer that courage, initiative or intestinal fortitude have their strongest index in a strong well formed jaw bone or chin.

Should you be commissioned to depict a great scientist, the same method would yield the composite picture with a very well formed, finally chiseled, rather large nose and somewhat high forehead.

Naturally as all living things seek happiness in their own complete unhampered self expression, the athlete will seek games as naturally as the duck seeks water and will find fame and fortune in proportion to his ability.

The typical scientist or investigator finds happiness in countless tabulated experiments that would bore the athletic type of person to distraction.

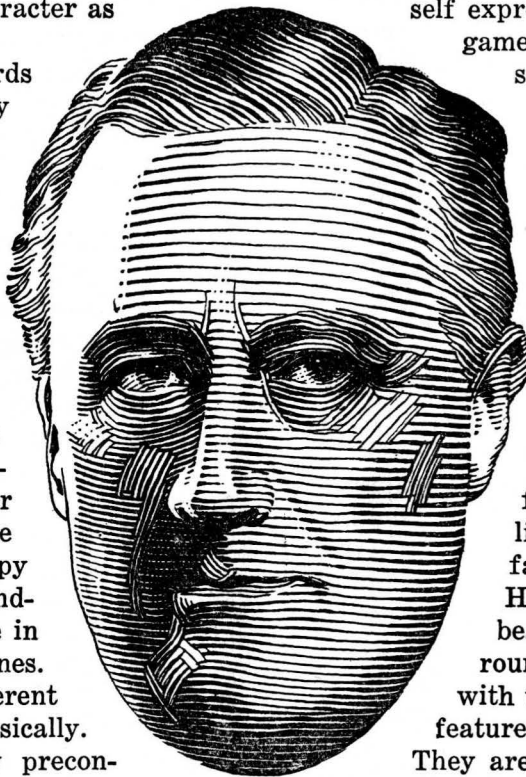
“Your face is your fortune” does not mean that all those with beautiful faces shall lead beautiful lives and those with homely faces uninteresting lives. History has proven that beauty seeks beautiful surroundings as surely as people with the more angular or rugged features seek strenuous adventure.

They are both seeking happiness to be arrived at by routes as different as their features have indicated.

Our five physical senses are our only contacts with the physical world have as definite nerve tracts and terminals in our brains as they have exterior indexes in the main features of our faces, eyes, nose, mouth, ears, chin, etc.

Our eyes indicate the type of things that give us greatest happiness or good fortune. The mouth is a splendid index of our tastes, not only in food, but in everything. Our ears show our sense of harmony and musical appreciation.

Note what beautifully formed shell-like ears you find on the world's best musicians of the past and present and you can be sure that ears of that type, even on a baby, give promise of good fortune in (Continued on page 57)



Aimee Hits New York!

She Preaches in Vaudeville

by HAROLD KATHMAN

I TALKED with Aimee Semple McPherson Hutton the other day—back stage in a New York theatre, where she was doing four-a-day in vaudeville?

Shocked? Aimee explained her appearances in the show house very simply. "I can reach very many persons here—persons who would otherwise never hear any truths of the Gospel."

Well, a good many thousands heard her—that is sure. Many cheered, some jeered, but I was intent upon doing neither. I wanted to find out exactly what Aimee offers the man or woman who is disgusted or tired, mentally or physically.

I BELIEVE I did find out.

So many facets in this woman's life wink seductively to the writer—her notorious desert kidnaping episode, the Four Square Gospel in different parts of the world, the Temple, her volatile marriage, her evangelism in this Broadway movie palace sandwiched between the Four Radio Aces and a Cuban Fan Dance. . . .

All these, and more, tempt one to blast wordy opinions. But I concentrated on a single idea, believing that her statements might be interesting to the readers of **PSYCHOLOGY**.

In order to understand, perhaps, it is imperative that we realize what Aimee means when she talks of the Four Square Gospel. First, the Bible is taken literally. The first chapter of Genesis—to the followers of this creed—is the exact and literal story of creation. **FAITH**, therefore, is the keynote of Aimee's evangelism, and the inspiring fire inflaming her flocks.

But it isn't faith in *oneself*. The capabilities, the possibilities of the individual amount to little in her scheme of things. The you-ness of *you* is lost. All eyes are turned upward.

It is quite obvious that Aimee plays masterfully on the strings of human emotion. There is no fundamental difference—that I can see—between her approach, her meth-

od, the result of her services and those of a negro revival.

This woman naturally would approach the problem, of the person bereft of all confidence in himself and the world, with an emotional solution. She can, and has led people from the worst doldrums in a few hours. True, she led them into a hysterical, teary-eyed state—but a different state of mind had been established—they at least were not disgusted with life when she left them. What happens after she goes, isn't told. If they find that the injection is the kind of elixir they like—then, presumably, at least, they will come back for more.

GATHERINGS of people in formal clothes have reacted in much the same way as the heterogeneous crowd in Tom Noonan's Chinatown Mission acted under her spell the night before I heard her. So have the natives of the Philippines and those of European countries responded to her voice, her magnetism. Aimee has first-hand information as to the immediate result of her advice.

First, comes her well-known watch and watchmaker story. "If a person has a time-piece which is not functioning properly, he doesn't take it to a blacksmith for repairs," she says. "He takes it to a watch repairman. This man knows all about a watch. He can make one himself."

A person who is at the nadir of his spirit, who feels that he has no reason for continuing this life, loses sight of the Four Square Gospel, she declares:

Jesus Christ is
The Savior
The Baptiser
The Healer
The Coming King.

He is omnipotent, the creator to whom the person in need of repairs should go with his soul. This theme is elaborated on by Aimee, vivified, with an increasing tempo. The person is lifted out of himself by *faith*, raised to the heights from which his problems can be solved by the Almighty.

This is putting (Continued on page 65)

Outwit the Flu!

by **DR. J. DOUGLAS THOMPSON**

NOT so many years ago a tiny germ known as the Bacillus Influenza, which must be magnified more than eighteen hundred times its actual size in order to be noticeable under the most powerful of microscopes, ravaged the bodies of hundreds of thousands of men, millions of times its actual size.

No one will ever forget those two terrible years, 1917 and 1918. What improper diet and food combinations can do in causing disease, sickness and death, would take many words to tell you. Scientific research has found, that it is the wrong diet and food combinations that are actually the cause of most illness. Yet, it is a simple matter to

the other members of the family and creates fear of catching the disease. Stay in bed until your fever has subsided and your temperature has returned to normal, 98.6.

CLEANSE YOUR BODY

The third thing to do is to drink plenty of cool water. This flushes the body of the poisons by way of the kidneys, making it more possible for them to do their work. Water should be flavored with the juice of two to three lemons in each quart, and the person afflicted should use not less than two quarts per day, sipping it slowly through a glass straw or being fed it by tablespoonsful.

Right thinking and right eating will keep you from getting the flu or any other disease Don't let fear use up your reserve vitality, weaken your mental poise

eat properly of the right food combinations.

A great many people feel, even yet, when diet and food combinations are mentioned, that they are going to have nothing but bread and water, and that all the good things are going to be taken away. This, of course, is entirely wrong. The only changes required are in the way in which these foods are combined.

DON'T BECOME FRIGHTENED

Right thinking and right eating will keep you from getting the flu or any other disease. But if something slips and you find yourself a victim, these are the steps to take.

Do not get excited. Use a little psychology on yourself. Be calm and cool, and so preserve your vitality. Fear uses up your reserve vitality, degenerates your red blood cells, weakens your mental poise and stamina, and leaves a fertile field for poisons to collect in your system.

GET PLENTY OF REST

The second thing is to go to bed immediately and stay there. This is not only important for the person suffering from this disease, but also as a preventative to the rest of one's family and friends. The more one is up and about, coughing and sneezing and touching everything about the house, the more one weakens the mental reserve of

Never drink or gulp it rapidly. The purpose of this is to alkalinize the blood stream which is acid, because it is loaded with toxemic material, the waste poisons of the body.

DON'T FEAR A WEAK HEART

The fourth thing to do is to place two or three large pillows under your head and the upper part of your body while reclining in bed. This makes it easier to breathe, lessening the burden of work of your lungs, and increasing the quantity of oxygen brought to your blood stream. One cannot live without oxygen, because the accumulation of carbon dioxide, due to the waste retention in the body, would bring about suffocation and the cessation of life. That is why your blood is blue in color in the veins which carry the waste material from the various parts of the body to the lungs for purification. While your arteries, which convey the rich, red nutrition to all parts of the body, carry the red blood, all the poisons having been eliminated by the fresh oxygen.

KEEP KIDNEYS FUNCTIONING

The fifth thing to do is place a hot water bag or an electric pad at your feet. This helps to bring your blood supply down toward the kidneys so that the poisons may be de-

posited from the blood stream into the kidneys and thus be eliminated from the body.

LEMONADE, PART OF CURE

The sixth thing is to drink two glasses of hot water with the juice of one lemon in each glass, every night just before going to sleep. This increases the diuretic propensities, thus eliminating the waste retentions that would otherwise poison the system.

SLEEP BETWEEN BLANKETS

The seventh thing, is to take the linens off your bed and replace them with blanket sheets, and gown the body with either woolen pajamas or a woolen nightgown.

This procedure causes the absorption of the perspiration which is due to the increased temperature, throwing off the poisons by way of the pores of the skin and preventing you from re-inoculating yourself by a chill.

HOT FOOT BATH

The eighth thing, is to take a foot bath every night, keeping your feet in hot water—as hot as you can possibly tolerate it—for fifteen minutes. Then dry them thoroughly with a rough Turkish towel and get back into bed.

DON'T STUFF YOUR BODY

During the first few days of influenza you will have little, if any, appetite. Therefore, a small quantity of food goes a long way. The best thing to resort to when running a fever is cool fruit juice. Orange, pineapple, grapefruit, or tomato juice, are the most useful in overcoming your condition in a shorter period of time than any other food known.

Thousands of people have dug their way to an early grave by attempting to feed their bodies while fighting a fever. In reality they were feeding the fever and starving their bodies.

The use of two to four glasses of cool orange juice at breakfast, with a like quantity for luncheon and dinner will be quite sufficient to satisfy the appetite of any patient suffering from influenza. Be sure to have the patient sip it slowly or feed it to him a spoonful at a time, for in this manner all the nourishment that it contains is secured by the sufferer.

ORANGE JUICE

After the patient's fever has subsided for two consecutive days, then the fruit juice fast may be broken, and the use of such foods as cream

soups, made from milk and vegetables, a very small quantity of fresh fruit salads with mayonnaise dressing, and steamed vegetables, is permitted from that time. As the patient's health gradually returns to that of normal, his diet may be selected from any one of the authentic menus of well-known dieticians.

After you know what to eat at each meal of the day, follow a suitable group of exercises to strengthen the lungs, thus resisting future infections and building up the vitality and stamina of the body. You will create for yourself a successful and prosperous life—with longevity as Nature's gift for your good sense. Limit the quantity of meat, fish, poultry and game from this time on, to not more than an every-other-day serving. Discontinue the use of white bread and substitute whole wheat bread. Use as an evening cocktail on retiring, one glass of orange juice with the yolk of raw egg beaten into it. This is not only a splendid health-builder, as it is rich in iron, sodium, calcium, phosphorus and silicon . . . the five essential elements necessary to build up your health.

(Contents fully copyrighted, 1933)

Life's Bargain Counter

(Continued from page 22)

anyone very foolish, who, desiring to raise a certain kind of a crop, would sow any and every kind of a seed. Yet we who desire only the best in life for ourselves and our dear ones do this very thing. We fill our minds with all kinds of seeds—thoughts of lack and failure, disease and catastrophes—and then wonder why, when we labor so faithfully that permanent success never comes to us. We find it hard to realize that thought always precedes action, and being magnetic, it attracts to itself whatever is necessary to clothe it in physical form. Everything radiates its own quality and attracts that which is akin. Read this over several times and then meditate upon it. I am sure you will understand the truth in this statement. You do not have to go any further than your own consciousness to prove it.

The only real difference in people engaged in the same kind of work is a difference in their consciousness. Tom Brown, who has developed a positive, inspirational consciousness, becomes a valuable employee. While his neighbor, Fred Williams, who is negative, remains mechanical and mediocre. Both can become valuable, but it might require more effort on the part of Williams.

Remember, you cannot attract abun-

dance by filling your mind with lack and the necessity of bargain hunting. Occasionally we meet someone who, seemingly, disproves this Law, but it is in seeming only. They may be what the world terms successful, but in reality, are they? Having plenty of money and all that it can purchase is a narrow estimate of success. Many who are successful financially, are total failures in every other way.

True success and true prosperity cover a much wider field than the accumulation of money and property. True thrift is not pinching economy. One who purchases wisely is willing to pay a fair price for what he desires to obtain. He realizes that his momentary gain, when he secures a so-called bargain, must mean a corresponding loss somewhere else, and this loss will eventually reach him and react upon his affairs.

Suppose one wishes to become an artist. He may accumulate plenty of money and have many admirers, but unless he attains his greatest desire by developing his latent talent and becomes an artist, he is not successful. Success means succeeding in the thing we most desire to do.

Everyone has within himself the ability to succeed in the realization of his most dominant desire. The way may be rough and arduous—it usually

is, as worthwhile things seldom come easily—but the power to succeed is there and the "I Can" man will eventually bring it into evidence. The human mind cannot desire anything without having the inherent power back of it. It is the Power knocking at your consciousness that arouses the desire.

Knowing that every thought results in a tangible effect, the progressive man is learning to discipline his thoughts, and allows only those to remain which will manifest his desires. He makes himself receptive and attracts other thoughts of like character, and these will constantly advance him.

Several years ago I wished to accomplish a certain result, but seemed unable to figure out the method. I went about seeking advice from everyone whom I thought should know something about it. While they had done the same thing, it had been done in a make-shift manner, so, I determined to do this thing and do it as it should be done. One night after a day of futile effort, I retired with a stronger determination than ever to succeed. In the morning when I awoke, the method flashed into my mind instantly, and without waiting to make my toilet, I tested it and found it to be what I had so vainly sought.

Where did it come from? I have my

own idea which I have proven to be correct, what is yours?

Another time I wished to secure a certain effect in china painting. Anyone who knows anything about this art knows that there are certain shades of red which will not mix and remain red, as some have a gold basis while others have an iron one. I mixed and tested colors innumerable times and learned much that proved of value to me later on, but my problem remained unsolved. A rush of orders compelled me to give up my experimenting, and one evening when I was stacking my kiln I could not place a certain piece where it would receive the right degree of heat to perfect it. It was a special order and had to be fired without delay, so I put it in the only available place, knowing it would result in under-firing.

I gave it extra attention when re-

painting it, and the right place for second firing. When it came out, I found I had secured the result I had worked so hard to achieve. What directed me to arrange my kiln so there was no place for the article excepting where it would be under-fired the first time? As there is no such a thing as chance—all is in accord with law—something beyond my human comprehension directed me to do that which solved my problem.

Weeding is always a laborious process, but the more thoroughly it is done, both in the mental and physical realms, the easier future efforts become. In no other way can we free ourselves from a bargain counter consciousness.

As one gets a vision of the true purpose of life and learns to obey the promptings which come from within for self-mastery and the good of oth-

ers, he learns to rise above the limitations he has imposed upon himself and the bargain counter ceases to be an attraction. When he knows there is an abundance to supply every legitimate desire, he has come into his own.

The human mind cannot ask a question that it cannot answer, because the power to answer the question prompted it. The questioner is closer to the answer than anyone else, for his interest is greater. You can do many things when you believe you can.

"Heaven is not gained by a single bound," nor can anything else, which is worthwhile. If we desire to win in any line of endeavor, we must pay the standard price. Most of the human derelicts we meet on the Path of Life belong to the class who are striving to get something for little, or nothing. As a result, they have become stranded on "life's bargain counter."

"Double Your Efficiency"

(Continued from page 17)

without design is mere chaos and futility.

"To tap your energies most effectively," Mr. Pitkin emphasized, "you must first learn what you want to get out of life. You can learn this only through long and careful study of things and people, including yourself. Do not expect to reach clean conclusions early in life; for you are changing in mind and body throughout the first third of your years, and each change shifts the scene and your own perspectives. Rare is the man who finds himself without going through a long period of hard, clear thinking about his interests and his opportunities.

"Do not be in the slightest degree disheartened if, up to your thirtieth year, you cannot make up your mind exactly as what you most keenly desire. Test and try many attractive projects, as long as you remain uncertain."

These ideas fit in with Mr. Pitkin's strong aversion to specialization. It is the bane of modern society, he believes. And he repeatedly advises his students to "carry their eggs in many baskets," as the old saying goes.

"Training for a specific job may lose its value over night," he told me. "A new machine may come from some engineer's brain and in a twinkling render absolutely useless the dexterities of thousands of men. What are they going to do, if they cannot adapt themselves to some other line of work?

"As a result of technological progress, most vocational education is doomed to become a series of magnificent futilities. This is well illus-

trated in the building industry. Carpenters, masons, bricklayers, and house painters are already becoming obsolete, while tomorrow's technique of factory-made dwellings is bringing in new occupations and minimum dexterities.

"Versatility," Mr. Pitkin stated emphatically, "is the real purpose of education and should be ninety per cent of its aim. The individual must be trained to cope with the changing demands and conditions of life. The faster the world changes, the more important versatility and adaptability become. Only in a static civilization can a man afford to pin himself to one place.

"Any intelligent youngster can develop in a dozen different directions, and later, as a man, there is no reason why he should not be seven or eight different things simultaneously."

Some time ago, Mr. Pitkin drew up a list of the various trades and professions in which he could make his living if forced to do so. All told,

there were close to one hundred. The occupations ranged from carpenter to statistician. As it is, he farms, teaches, writes, lectures, invents, composes music, draws cartoons, and advises people in all sorts of work. Recently he undertook the management of one thousand acres of farm land on the eastern shore of Maryland.

"Intelligent versatility," Mr. Pitkin repeated, "means conservation of energy.

"Cast about for new activities that will make life more enjoyable and more profitable. Some of these will be pure play. Others pure esthetic enjoyment. Others a pleasant pottering. And still others broadening and deepening of your larger interests.

"Always have on hand many projects at which you can work when the spirit moves, or when you need a change. Variety multiplies your powers.

"Do any single thing to the exclusion of everything else and you soon do that thing badly. Boredom overwhelms you. The more intelligent and energetic you are, the worse you are bored. You try to escape the irksome task by wriggling, yawning, looking around and day dreaming. All this is a leakage of energy running to waste for lack of a proper outlet. To make the most of your energies, you must tap them through the greatest possible variety of outlets.

"Weariness in mind and body," Mr. Pitkin told me, "is a result of what we call one-sided conduct. In fact, fatigue is a protest against monotony. For monotony is the local exhaustion of some nerve tract which, as it loses



Generosity

MAKE a great deal more of your right to praise the good than of your right to blame the bad. Never let a brave and serious struggle after truth and goodness, however weak it may be, pass unrecognized. Do not be chary of appreciation. Hearts are unconsciously hungry for it.

—Phillips Brooks.

its own tiny fund of energy, induces disturbances throughout the body.

"Fatigue is like sleepiness and falling asleep. It is a preservative mechanism—sometimes a restorative, too. It is a protest against monotonous functioning which is a danger in the ordinary environment. In a world that shifts and changes every moment, the

creature that rebels against monotony briskly thereby increases its own chances of survival."

Speaking of middle age and after, Mr. Pitkin said:

"The only man of mature years I am sorry for is the fellow who can't find a thing in the world that he wants to do. But for the rest of us, life after

youth is past always can be full of new riches."

And he pointed to a stack of letters that have come to him from people all over the United States thanking him for the help and encouragement he has given them through his cheering philosophy often voiced that "life begins at forty."

"Down But Not Out!"

(Continued from page 38)

this place is run. Well, that tells you what sort of a chief Commander Clark is. We elected him a year ago, when we came here first, and we ain't bothered with an election since then. But of course if Commander Clark got a job outside he would have to go. That's one of the principles of our constitution. When a vet gets an outside job, out he goes. We have plenty of fellows outside on the waiting list."

"Have you a set of rules?"

"Sure. This is a military camp, see? Well, we got to have rules here just as in any military camp in the world. But the rules are not many. Only a few things we rigidly forbid—drunkenness, for instance."

"What happens to a man who gets drunk?"

"He loses his hut. He is through with the camp. And there is never a second chance."

"The first offense?" I asked in surprise.

"Sure. We don't hold with warnings. No army man does."

"Has any man been expelled for the offense mentioned?"

"No, not as yet. The men prize their homes too highly."

"Have you any method of routine?"

"Yes. Three groups. First, the Kitchen Police, the Cook Detail, the Wood and Ice Group. The K. P. do all the fatigue work around the kitchen. There are three really expert cooks. The Wood and Ice men are responsible for getting the wood and ice into the camp. In addition to the work of these three groups, there is the matter of guard-duty. Every man in the camp takes his turn at that. Like to look around and see what we have, would you?"

The adjutant proceeded to show us the various huts. One relatively gorgeous hut stood out from the others. The explanation of this unique hut is to be found in the fact that in every camp there is always at least one man who is incurably restless; the veterans have discovered that this one man, whoever he is, has to be given free

rein to have an outlet from some psychological urge.

In Camp Thomas Paine, the psychological outlet is evident in the case of the veteran who spends all his spare moments in decorating his hut. All sorts of ornaments are suspended from the walls within the hut, and all shades of colors are emblazoned on the outside walls. Looking at the general layout of the camp, you would be inclined to say that this particular hut was the real dyed-in-the-wool edifice of the settlement.

Our guide introduced us to any men we met in the course of our walk. The men are all happy. No sulkers, no grouchers, no sore-heads. They are certainly happier than some of their high-brow neighbors who live on the other side of the Drive. The reason of this is not too difficult to find. The veterans have found out something of the meaning of life and they have learned what it means to conquer defeat. Today they are better men because of that experience.

Master, or Master's Man?

(Continued from page 19)

who would advance to employer must do his duty in sympathy with the work of the man who engages his services. Must faithfully attend to his labors and accomplish his task excellently.

Every time a man neglects his work or shirks his obligations his value falls like mere "Wild Cat" stock in Wall Street. Every time he commits a sin of omission or commission against himself or another, he gets farther and farther away from the possibility of becoming a master man. There is always a lower depth of self-degradation to which one can fall. The descent is easy. Finally, he realizes that he is no longer in the game, and that he will always exist by the sufferance of others superior to himself.

YOU may take it for granted that the man who simply does what he merely has to do, will always be a

master's henchman. On the other hand, he who trains himself to do whatever he finds to do—even if it is more than he was hired to do—that man is on the way to mastership. There are many degrees between being master or master's man, but the former is always in control of the situation.

While most of us desire to climb to the position of master man, few of us are willing to pay the price required to climb along the narrow path to the heights of mastership. And that is the reason why the majority of mankind will always remain among the "never has beens" and never will be" folks. That is why most people just barely make both ends meet.

In ignorance of their own powers and capacities, many will not take the trouble to study the elements of inspirational psychology, which would enable them to understand and to apply their untried talents and abilities.

They have strength but they do not exert their mental muscles. They have hidden resources and energies but they are not aware of their existence. *Nothing* can daunt or retard those happy persons who have become cognizant of their potential forces and who use them for good purposes.

In every line of human endeavor, the preliminary study and development of our natural gifts is essential to promotion, so that we may be prepared to meet Mistress Fortune whenever she knocks at our door.

The study of psychology with the application of its principles is the most important instrument in the advancement of man's mental, physical, material and spiritual welfare.

The study of psychology enables us to eliminate the traits or tendencies which point toward failure, and to cultivate the qualities which lead toward success.

The complete student of psychology

has schooled himself in constructive thinking, creative concentration, productive visualization and fruitful action.

If the investigator were to inquire, and could have a concrete answer from the vast host of people who have earnestly, sincerely and intelligently studied the higher psychology, the answer would be: "It is because we have come to know the power within ourselves, and have learned to apply it in all the needs of our lives."

Any man or woman who will take

up the study of inspirational psychology, in relation to his or her mental, physical and spiritual welfare, will soon be alive to the fact that there is practically no limit to the possibilities of life.

It is true that we cannot all be merchant kings. We may never walk in the path of Shakespeare, or tread in the steps of Edison, or shine in the light of what we call great men and women. But we can interpret our own abilities and possibilities to their utmost limits. Darwin says that "the

latent capacities with which most men are endowed are so great that inherent ability is less important than zeal and determination, or in other words, the energy with which that ability is used."

It is the duty of all of us to live up to the best that is within us. We are not mere accidents of so-called fate. Goodness or badness, health or sickness, happiness or misery, success or failure are matters of our own volition. We all possess the power to live up to our total inheritance.

Life Must Be Radiant

(Continued from page 32)

on fire, our voices deepen, our souls pour forth in unvoiced song.

Thus our lives respond to the best that wells up from our souls. There is no stopping this irrepressible flood of manifestation, of expansion, of inner illumination. It lifts us up from the gutter and we walk like the true "image and likeness" of Him Who made us.

"Great minds have purposes," said Washington Irving, "others have wishes. Little minds are tamed and subdued by misfortunes; but great minds rise above them."

A dominant purpose draws us onward. That purpose is to make the most of our lives and how can we do this unless we pour out upon the world the best of our abilities, our inner qualities, our deep affections? If we continue to maintain desires of personal gain and personal satisfaction, we not only impoverish our own lives, but we frustrate the divine plan.

Most disappointments in life are effected through introverted love. We love, and expect love in return. We give, and expect gifts. We do, and expect payment for our deeds. We gauge all effort on what that effort will return to us in profit or gain. We do

nothing from a purely unselfish motive.

No wonder we often bow our heads with grief and keen regret! Can we abandon ourselves to destiny so completely without restraint, with so much of impersonal love that we are willing to sacrifice for the love we bear mankind?

Can we reach into our hearts and give forth love to the point where we only can exclaim, "Father, forgive

them, for they know not what they do!"

Manifestly, our destinies are bound to the Will of the Universal. That Will is to draw us closer to Him. We can do that only if we draw closer to this only as we carry out a worthy, unselfed ideal of life, which is to live radiantly. The talents of our head, our heart and our hand must be given full expression.

Being a part of a complete creation, we should feel no lack, no incompleteness. We are full to the brim. Therefore, we must give forth—if we would receive more. Holding what we have leaves in us no room for anything additional. Like the scriptural character who buried his single talent for fear he would lose that and have nothing.

"The man who truly loves God," Spinoza reminds us, "must never demand that God love him in return." We have been given all.

Let us respond, then! Let us, as Dante suggests, "work as Nature works—in fire." Loving life, let us give to life our greatest capacity, our fullest utterance, our deepest affection. Let us seek *never to retain* in selfish preference. *Life's sand must run freely through our fingers!*



Perspective

By EDWARD BULWER.

WHEN some one sorrow, that is yet reparable, gets hold of your mind like a monomania—when you think, because heaven has denied you this or that, on which you had set your heart, that all your life must be a blank—oh! then diet yourself well on biography—the biography of good and great men. See how little space one sorrow really makes in a life! See scarce a page, perhaps, given to some grief similar to your own: and how triumphantly the life sails on beyond it!

"So I Stayed"

(Continued from page 26)

existent. Everyone had a lot of advice to give, and the tenor of it was 'Go somewhere else.'

"I couldn't go anywhere else. So I stayed."

Mr. Gilmore found an old box-factory that had been turned into a tiny theatre on one of the twisting narrow streets of Greenwich Village. It was vacant. He moved in, and spent his

last few dollars to print passes. These passes would entitle the holder to a seat on the payment of a small "tax." Paul Gilmore walked himself leg-weary giving out these passes. He took tickets at the door, ran back stage, worked the lights, played a part, set and re-set the stage, and was janitor. Sixty years old!

He has gathered a group of ama-

teurs about him. They play every night, winter and summer. He's making a living while "big-shot" producers on Broadway are going bankrupt.

"You know," he says with a smile, "I don't think I would have enjoyed just sitting around doing nothing. As for those two million, I'm glad I'm rid of them. I worried myself sick when I had 'em."

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:—V. O. S. writes:

The depression brought into my family life a far greater tragedy than financial embarrassment, and I am wondering if you cannot be of assistance to me? At the beginning of the depression my husband's wages were reduced and this caused him much worry and he began to strive to offset this through the use of liquor.

Little by little he added to what he drank until his health was impaired and he was a changed man. Now when he overindulges it causes a state bordering on D.T.'s and has sometimes landed him in a hospital. He will not listen to my pleading for him to stop. I am becoming desperate. I realize that things cannot go on this way. Surely there is some way to put an end to this horrible thing. Can't you tell me a way out?

ANSWER:

If your husband will pay no attention to you, or to the physicians who have from time to time attended him and have undoubtedly told him where this would lead to, I feel sure that he is not ready for any help that I can give him. A habit cannot be removed without complete cooperation of the sufferer. He must desire to be freed.

It is first this—a question of earnest desire, then a gradual building up of confidence and will power to a point where they will equal the strength of his desire. When this is accomplished very real things will happen. Many are of the opinion that such an one can be treated without his knowledge and thus be restored to a healthy, happy state. Such a course is unscientific and those who claim to be able to do this are either mistaken or frauds.

Your hope lies in appealing to his reason and causing him to reach a

point where he clearly sees what is ahead of him and desires to avoid it to the extent of materially assisting the one who undertakes to help him. I fully understand your trying situation and you have my deepest sympathy.

QUESTION:—G. P. writes:

I have always had a fear of death. When I was a child I remember asking my father if we all died and when he answered in the affirmative I had a terrible crying spell and an intense fright regarding death. It has stayed with me to this day. I was very stubborn and strong willed as a child and took pleasure in frightening my parents by hiding until they believed something must have happened to me. I enjoyed treating them this way! What kind of a nature do you suppose I possess, and do you think there is any hope of my losing this dreadful fear of death?

ANSWER:

Death is neither to be dreaded or feared if we just have the right attitude toward it. To begin with it is a part of a plan—call it Nature if you wish. Life is progressive and things, including the human, never really die. It is merely a change in form and a step forward.

If you were working for a certain firm and you thought to yourself,—"now one of these days the boss may come in and tell me that I am to be advanced in position and salary," do you think that would be something to fear? Of course not. Well death is quite the same for only the physical dies and life goes on. So-called death is actually a step forward in this progressive form of development.

If you will just see this right, my

friend, your fears will all vanish. And as to this peculiarity you had in childhood I would say that it was more for the purpose of calling attention to yourself, perhaps due to some inferiority complex, than for any other reason. You thought through being stubborn, and making your folks seek you, that you were putting yourself in somewhat of an exalted situation. This appealed to your ego. You are a sensitive type and it will be necessary (and it is possible) for you to gain command over that nature.

QUESTION:—A. F. writes:

I have the feeling within me that I have the ability for greater and bigger work than I am doing, but there is constantly a doubt in my mind which seems to hold me back. I am ambitious, my desires are strong and I really want to be something worth while. When I get up before a public gathering to make a speech fear overpowers me and I make a mess of it. If I could just express my true inner self I know that I could make good. Have you any suggestions to offer?

ANSWER:

You are one who makes elaborate plans as to just what he will do and the heights he will reach, and you really desire these things, too; but through not being strong enough to go right in the face of fear and doubt when you believe you are right, you permit them to hold these good thoughts forever in a "dream-state."

You lack faith in yourself and in your ability to make good and not until your faith is built up to a point where it matches the strength of your desires, will you be able to materialize these desires in a big way. You are

making these fears greater than you are through your wrong attitude, and looking up to them. Realize that fear has *only* the power that you give to it. Put yourself in a positive position in your thoughts. Look upon fears as conquerable and beneath you. You will find they will appear quite different. I believe you can succeed, and *will* if you just make some changes in your viewpoint of self and life.

QUESTION: I. F. O. writes:

My greatest trouble is nervousness in driving a car in heavy traffic. If I attempt it I get so nervous that my stomach feels as though it was tied up in a knot and I am at such a time troubled with intestinal pressure. Is there any way that I can rid myself of this troublesome handicap?

ANSWER:

You do not state just what makes you nervous—whether it is due to irritation through the delay and impatience, or a form of fear. The former would indicate lack of control and patience, and the latter lack of confidence.

Whatever the reason may be you will have to rise above it through development along the lines of weakness. And we can develop in but one way, and that is, through use. This means that you will have to meet this situation time after time, exerting what strength you can to be calm and patient, and realizing that what others can do, *you* can do. Don't feel upset over the impatience others may show, but in a cool, controlled, confident manner just go ahead and do what *you* are supposed to do with all the indifference you can command. Being nervous over it undoubtedly means that you avoid such driving as much as possible, and seeking lines of least resistance always brings added weakness. Try to be brave and learn to be controlled even in the most trying situations. Practice makes perfect.

QUESTION:—C. J. writes:

About a year ago I hurt my back, presumably through overlifting. I haven't been to anyone about it for



There is no finer profession than one which compels us to build faith into the minds of men. In business faith is needed quite as much as money.

fear that they may tell me that I am permanently disabled, that I will never again be able to indulge in athletic sports, which I dearly loved until this happened, or, that I may even not be in a position to ever marry. These thoughts have hounded me and I have worried constantly until I am almost a wreck. Do you think that my apprehension is unreasonable? Naturally through this fear, I have limited my physical efforts very materially.

ANSWER:

I think you have made a very grave mistake through not visiting a physician or an osteopath, for it is more than likely that your trouble is rather simple in character and that you can be restored to your former physical strength. What a lot of valuable energy you have wasted through this misapprehension! Stop it. Why worry before you really know whether you have anything real to worry about? I feel sure you will be pleasantly surprised if you will follow my suggestion.

QUESTION: R. V. C. writes:

I have been sick for years, not down in bed, but carrying about a body which aches and pains more or less all of the time. Even my mouth, teeth and gums get sore. Doctors tell me there is no organic reason for it, but still I have not been able to get over it. There is a great deal of soreness and tension through my neck, my muscles in spots feel sore and lame, my abdomen becomes distended and I have pains at times, presumably from gas, and life just doesn't seem worth while. Does this description picture anything to you?

ANSWER:

Your trouble is undoubtedly due to

some form of toxemia. Possibly due to food poisoning, perhaps from nervousness and the tension which follows it, perhaps from nervous indigestion, or, possibly from an auto-intoxication arising from poor elimination. I cannot definitely state just what is wrong without having more of a history of your case, but it is possibly something quite simple and that through meeting it in just the right way it would soon disappear. If you care to, you may write me a more complete description and I will answer you in a more satisfactory manner.

QUESTION: B. N. G. writes:

I have had a pain in the region of my heart for months. It started with a short, stabbing pain and I became frightened, thinking that I might drop dead most any moment. I have been to four physicians and each one has told me that I have a perfectly good heart and that it is due entirely to nervousness. But I still fear I have some form of heart trouble. I fear collapse, if not death. I want to believe what these physicians have told me but I fear they are just trying to comfort me through not telling me the truth. Do you feel that I should believe their statements?

ANSWER:

Don't you realize that these physicians would have nothing to gain by telling you an untruth regarding your trouble? A reliable physician would tell you that you had heart trouble, but possibly would be kind enough to try to soften it a little so as not to frighten you too badly. Under such circumstances he would try to help you through cautioning you not to indulge in strenuous physical exercise, to rest quite a bit, and give you a prescription that he believed might assist the heart some in its work. He would not make light of it. An unreliable physician would undoubtedly tell you very plainly that you had a bad heart, for in doing so he would see an opportunity to get a good case for himself. I feel certain that you can believe these physicians and that you are suffering from a form of neurasthenia and not an organic heart disease. You have nothing to fear.

Law and Human Nature

(Continued from page 18)

After the stream has flowed out of the office, down the elevator and into the wider current of Fifth Avenue she sits at the island of judgment desk and ponders the riddles of human conduct that she has been asked to solve.

A tall woman with gentle blue eyes that penetrate but forgive, of serene face framed in the smart—in her case—natural silver hair, strong features.

Softened by the fullness of lace at her throat and wrists, she is like one of John Galsworthy's characters, of whom an admiring relative said: "My aunt never mourns. She does something." At the close of a day of consultations I asked her whether she had decided what to do in all the cases I had seen.

"Most of them. In other cases I

shall know after further study of them."

"What are your conclusions—after twenty years of practice of the law—about human nature?"

"It isn't perfect," she laughed softly. "But it is in process of being perfected. Greed remains in it. A vast, sometimes an overwhelming degree of it. There are days, weeks, when every-

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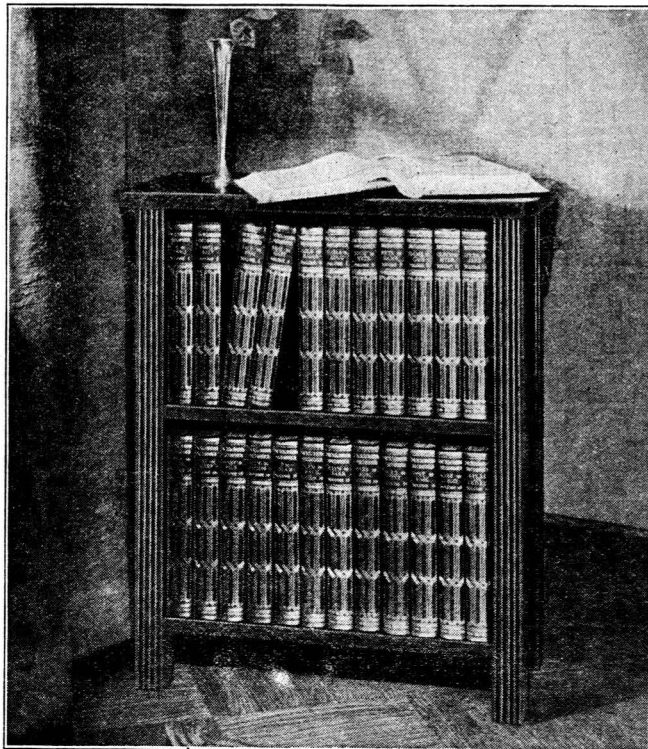
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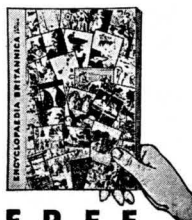
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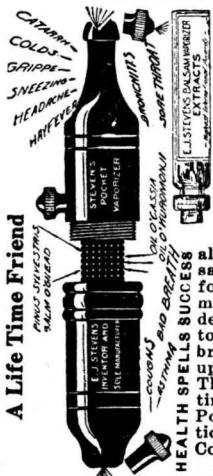
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(Use also as a preventive and Tonic)

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Ozone - balsam - inhaling, for local and constitutional use, in all Respiratory, Digestive and Weak Heart and Blood affections. Also used as a Breath and Voice Controller.

For "Flu," GAS-TRITIS - ASTHMA - Catarrh, Headaches, and all nose, ear, throat, chest & stomach troubles. 8 Int'l gold highest awarded medals, on our "Stevens Balm Pocket Sanitarium" for Nature's relieving method. Inexpensive and delightful; Also clears and tones up voice, sweetens breath. Removes stopped-up nose, "Frog-in-the-Throat," Hawking, Spitting, Snoring, Bad Breath, Poor Breathing, Indigestion, Sneezing, Mucus, Coughs, Sinus Troubles.

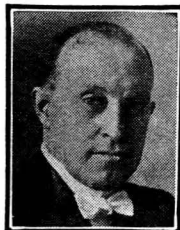
Balsam a-plenty and directions included. Near 100,000 sold. You will be satisfied. No failures reported. Never out of order. Always ready at a second's notice. Keep in Purse, Pocket, under Pillow. We have considerably cut the price to \$2.00 prepaid; insured. (Was \$5.50.) Ord'd, used & praised by Royalty. P. A. Vaughn, Chico, Cal. ord'd 6 "Sanitariums" for his family. A. Tichenor, poet, "Your Pocket Sanitarium, cured my catarrh, etc. Words inadequate to describe the benefit derived." For a limited time \$2.00. Remit any method, \$2.00 (don't delay) to E. J. STEVENS, M.Sc., D.Sc.

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one who comes through that doorway seems to be saying, 'money, I want money.' A will brings in its wake clamor for money. As in the Ella Wendell case, Miss Wendell lived her good, unobtrusive life in the quiet manner of her choice. When she died, a multitude of alleged heirs arose to claim her fortune. That is a commonplace to practitioners of the law.

"Many come to me for what they call justice when what they want is revenge. They want somebody to be punished. But these qualities, the destructive, can be eliminated by the slow, admittedly slow, process of enlightenment through education.

"Yes, the law is a good profession for either the man or woman who develops judicial qualities and is willing to work. Failure in the practice of law is due to laziness or the lack of prin-

ciples. It pays, as honesty pays. The profession still is an honorable one. But unworthy persons who enter it may seem to disgrace it. They cannot degrade its principles. The law seeks the highest good for all.

"Every lawyer may die rich in the sense of having promoted understanding and fair dealing among humankind. He or she should be a psychologist. Psychology should be applied in the most practical manner. I was glad to receive my degree from a college in Illinois because that is the state in which Lincoln grew and studied and learned what is good and what is less fine in human nature. He was a great psychologist. He knew that he was surrounded by men who disliked him and were seeking base ends. But he trusted the best in them and invoked its aid."

You Need Action!

(Continued from page 23)

the prayer. Do what it says. Results will follow, don't worry about that.

A man who had been in the penitentiary applied to Henry Ford for a job. When he started to tell his story, Mr. Ford said, "Never mind, I don't care about the past. *Start where you stand.*" It was action Mr. Ford wanted. Not the man's history.

That goes for *you*, too. No one cares about your past—your mistakes or failures. It's what you're doing with the present that counts. So come on. Don't wait for something better, or a more opportune time. Stop worrying about the *past* or the *future*.

Start where you stand. Right now *it's action you need!*

Marital Happiness

(Continued from page 41)

tion comes from common sense reasoning. Even business relations have to have it to succeed.

To round out a successful married life, there must be mutual interest. Both male and female must have a common interest, a goal to strive for. There is nothing on earth that will draw a couple as closely together as a child that has been born into the world through the mutual pain, anticipation and expectancy of a young couple. It is one of the basic principles that bind hearts together.

Wife and I have never at any time in our many years of married life used the word "my children." It has invariably been "our children." And it has been that way about everything else.

The word "mine" has grown obsolete as far as we are concerned. We have shared life's blessings as well as sorrows. We have never, for a moment, thought singly of anything that we do or are interested in. It has always been our custom to consult each other about the most insignificant things as well as the important ones.

Cooperation has been a watchword with us. All the money that we make is "our" money. Everything that we buy is talked over and agreed upon before it is bought. She even consults me about her dresses and the clothes that the children wear! A bother to me? Never! I don't know—it might be that it tickles my pride to be consulted thus, but really I believe it's the spirit of cooperation that we have always practiced.

I have never by word or act caught her, in the smallest way, belittling me to her friends! She has always held up for me—at times when it brought a blush of shame to my cheeks—whether I was right or wrong.

Now, listen; this, I believe is the real test of success in marriage. NEVER QUARREL! There never were two persons who had identical ideas about everything. It is inevitable that there are some things that a couple can not agree upon. What of it? It's as simple as breathing. The things that you can't agree upon, don't, for a moment, allow to come to the fore. Be big enough to allow

your mate the privilege of individual beliefs.

As the years roll by, with a couple interested in the same things, having a common goal that they have battled and suffered for, they will gradually become as one!

These are some of the "secrets" of marital happiness!

Gip Akin,
631 So. Broadway,
Albuquerque, New Mexico.

TO ACCOMPLISH marital happiness I firmly believe that before marriage the contracting parties should reach an understanding of what is expected of the other. Let me suggest here a few topics?

1. **FINANCE.** What part and portion of the husband's income will the wife control and to what use is she to put this part of the income? Is there to be a joint account from which each may use for personal expenses? If both are earners then just what portion is each to contribute to the upkeep of the home?

2. **SEX.** This should be understood by each. It will be the most difficult of all the topics to discuss, yet the one that may be the *quickest* to lead them to the divorce court. Each should understand the other's stand on this all important question. Then both should be in accord as to whether there should be children or not, and what is to be done if their desires should not be realized.

3. **FREEDOM.** What each regards as constituting personal freedom in the marriage relationship should be discussed. The matter of vacations, nights out, passing fancies or passing romances would be better discussed.

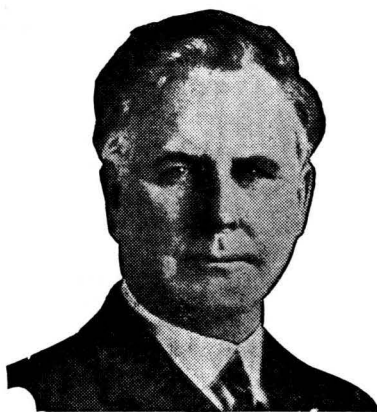
4. **UNDERSTANDING.** To have a good understanding of the other's reactions to the many questions involved in the above points will help very much. They are not secrets, but matters which every young couple should discuss and understand before taking the all-important step.

Mrs. Edith S. Robson,
428 1/2 Isabella St.,
Sioux City, Iowa.

Don't Be a Turncoat

(Continued from page 39)

all our woes, and pronounced the doom of a new and perplexing civilization, whose birth some of us yet living witnessed, and the end of whose first phase all of us have lately seen. These sad essayists aforesaid, I fear, can see only what is closest to them—the darker side of the todays with which all of us are now struggling. They fail to see all the miserable yesterdays that afflicted the masses of the people the round world over be-



MAGNETIC HEALING

Are You Interested in
Healing the Sick?

Would you like to know how to stop nearly all pain, cure Headache, Fever, Boils, Blood Poison, Abscesses, Appendicitis, Piles, Gall Bladder Troubles and all kinds of Female Troubles, etc.?

If so, why not investigate the MYSTERIOUS POWER, for convenience called MAGNETISM—that ancient and MYSTERIOUS LAW that has been used in all ages for healing?

Twenty-five years of constant office practice as a physician has enabled me to affirm the wonderful power of Magnetism to heal disease when all other methods have failed.

You must realize that I cannot tell you much about this great law in so small a space; but in urging you to investigate Magnetism we are not asking you to study something that is unscientific nor unindorsed by science.

National Scientist Indorses Magnetism

Do you know the Literary Digest of July 23rd of this year published a report of an article read in June before the "American Society for the Advancement of Science" on the subject of "Human Radiations," by Prof. Otto Rahn, a nationally known Bacteriologist of Cornell University?

In this article Prof. Rahn declared that there is a law emanating from the human body and that he had been able to kill germs with it in a short time.

He called these emanations "Human Radiations"—the world has known of them for all ages and called them Magnetism.

Personal Experiences

I have known of these radiations for 25 years and used them in healing diseases. Many have laughed and ridiculed, some declared it all mental, while others declared it the work of the devil. Not until Prof. Rahn gave to the world his experiences have I found so great a support for my contentions. He made his experiments and then had the courage of his convictions to go before the highest scientific assembly in the United States and make known his discovery of the laws of Magnetism and its wonderful power.

Cancer Removed

I am at this time treating a sore, of 12 years standing, on the face of a man 75 years old. He has tried all remedies ever offered, including X-ray for six months and 100 Ra-DIO Ray treatments. It was the size of a 25 cent piece and very deep, and was of late rapidly spreading,

the eye being seriously affected. Two weeks treatment with Magnetism and it is well, not leaving even a scar.

Methodist pastor writes: I have just saved my boy who was suffering with a high fever and violent headaches for 8 hours as a result of an attack of intestinal flu. One treatment removed all.

One of his members called him to see his wife who had been declared almost hopeless at a consultation of 8 physicians in the morning. He gave her three treatments and she was entirely well.

Another student of Magnetism reports that he has never failed in any case of headaches or appendicitis.

Great Clinic—Birth Mark Removed

Another pastor writes that he had opened a clinic and had treated 80 major and three times as many minor diseases without a single failure. He also reports removing a large birth mark from their baby's face.

A Chiropractor writes: I have doubled my volume of work and increased my results 100% since learning the use of Magnetism.

It's the Common People's Remedy

MAGNETISM is the ONLY LAW that belongs to the common people for healing—it is universal—can be applied by anyone—is quick and effective—puts a doctor in every home—enables you to do something that no other system can do. Burns can be treated and cured at once, removing all pain and suffering. In blood poisoning, it works as quickly. I have never seen a case of blood poisoning where one treatment has not removed all suffering and put the patient out of danger. THIS CANNOT BE SAID OF ANY OTHER SYSTEM OF HEALING.

Valuable In Acute Cases

Its amazing power is seen in the treating of Typhoid, Pneumonia, bilious and all other fevers.

Possibly there is no place where Magnetism is more effective than in cases of infected or inflamed eyes—tonsils—abscessed teeth—headaches—abscessed gall bladders—inflamed ovaries—prostate gland—asthma—paralysis—liver troubles and other chronic ailments.

Home Treatment

We are not urging you to study something insignificant, but one of the greatest laws ever given to man for his personal use. Mothers can treat their children—parents can treat each other—friends can treat each other—acute illness can be overcome and chronic ailments prevented.

There is no other law known to man that will do as much to restore health and aid in maintaining it. Why not learn the scientific principles of this great law and become independent of sickness and poverty? IT CURES WHERE OTHERS FAIL.

Valuable Book Written

"Magnetism, Its History, Origin and Use" is a book I have written after using this law for 25 years in a steady office practice as a physician. This book is a revelation to all seeking health, giving you astonishing facts that have never been published. It's an eye opener. This book has started many on a new road to health and happiness. It will teach you how to treat Blood poison, Burns, Bruises, Tonsillitis, Headaches, Diarrhea, Ptomain poisoning, etc.

Mr. Geo. V. writes: "I thank you from the center of my heart for your book and personal correspondence."

Mr. C. E. A., Penn. writes: "Since receiving your book on Magnetism I have had great success in treating several cases of infections of the eyes—two of blood poisoning—one of pains around the heart—one of grip, relieving the chills and a severe headache in 45 minutes—and one case of infection in both hands."

Dr. H. F. B. writes: "I received your book and decided to try your Magnetic Healing system on a woman suffering with neuralgia and an abscess in the head and ear. For over two weeks an M. D. had tried, and failed, to bring any relief. I was then invited to take the case and applied Magnetism. You can't imagine my surprise when all pain stopped within ten minutes and thirty minutes later she was sleeping soundly, the first time in ten days. My chest expanded about six inches when I saw that Magnetism did what the M. D. nor myself could not do, even though I had three years in a nationally known drugless college at a cost of \$5,000.00."

What is the value of this character of knowledge?

It Will Make You Master of Pain

Let me send it to you for

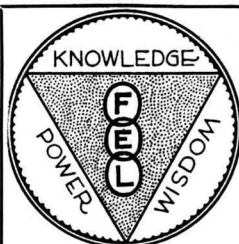
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Getting Everything You Want

There are some in the world who get all they want, and there are also others who cannot even get the bare necessities of life. What is the reason? Is this justice? Is it due to "Luck," "Good" or "Bad"? **MAN CAN HAVE ANYTHING HE DESIRES**—but he must know and use Nature's (God's) Laws. "Ask and it shall be given you." "Seek and ye shall find." Should we receive without asking? Do we know **HOW** to ask? Can we find without seeking? Do we know **WHERE** to seek? Why not become familiar with Nature's Laws and get the things you want? Send for our **FREE LECTURE** which is a veritable gold mine of authentic information in Esotericism. Address: **Fount of Esoteric Lore, Desk D, Suite 838-9, American B. & M. Bldg., 127 North Dearborn Street, Chicago, Illinois, U. S. A.**

THE ALL-ROUND BUSINESS MAN NOW FACES HIS BIG CHANCE



THIS MESSAGE is addressed to men who want to profit by the upswing in business.

Out of every hundred men who read this—men now earning from \$3,000 to \$10,000 a year—a few, *a very few*, will get large salary increases in the next two years.

Not everybody will make money in the business revival. That is the particular point about business conditions today that is most important for you to remember. *Not everybody will make money.*

Who is going to make money?

Certainly not the man content to plod along in his present position and *wait* for a rosy future. Right now business (and that means *your* company) is beginning to reach out for men with new ideas. What does business expect? Just this: Men with experience, vision, and the business training that makes them *bigger* than their present jobs. Men whose business knowledge is up to date. Men who can accept bigger responsibilities, and *lead*—not follow some one else's worn-out ideas. In the shuffle of the next two years some men will step ahead fast—on merit.

How can a man get this broad

executive training and the confidence it brings? Must he wait for the slow, painful growth built on bitter experience?

No. For 25 years the Alexander Hamilton Institute has been teaching the very things that have helped more than 400,000 men forge ahead financially.

To men who are sick of standing still financially, men determined to *do something* about it, we offer a copy of a little book. It is called "What a Business Man Must Know Today." It is for men who should be earning much more money, but somehow lack the self-confidence to step out and get it. It explains some of the changes that are taking place today. It tells how you can equip yourself to take your place in the new business structure with confidence and increased earning power.

This booklet is for men of serious purpose only. It will take half an hour to read, and it is free. Frankly, it is difficult for us to understand how any man who intends to make himself independent in the next five years can afford *not* to read it. Send for your copy today. It will come to you by mail, without obligation.

ALEXANDER HAMILTON INSTITUTE

To the ALEXANDER HAMILTON INSTITUTE, 718 Astor Place, New York, N. Y. (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 Age

Business Address

Business Position

fore the bright dawn of the twentieth century. They see all the gay *tomorrows* through a glass darkly, only because *today* is an unhappy time.

So much for one aspect of the bad thinking which characterizes so much of our current writing.

Many persons, misled by the circumstance that the sheer novelty of modern civilization has not worn off, jump to the conclusion that there is something inherently evil in that civilization, something intolerable to sensitive persons. This, however, is scarcely surprising.

The scientific age whose dawning actually represented the first fundamental departure in the mental processes of man, naturally has not had time to prepare all its beneficiaries, psychologically for the adventure of living at such a time. For in a community that is largely the creature of the scientific spirit, there is such a bewildering variety of demands upon intelligence that many people crack under the strain. In their fright they have the impulse to flee back to the caves and hide themselves while the thunder roars.

But there is neither virtue nor hope in retreat. In the first place, if all who are weary of the struggle fled back to the forests, most of them would quickly starve, for at this late day, no large proportion of the race can find a living in a state of nature.

In the second place, it is useless to rebel. Manifest Destiny, the shibboleth of ambitious empires, is much more surely the beacon light of man in his character as a civilized being. Some unidentified force makes man think. He can no more avoid it than he can avoid taking meat and drink. It is part of his nature. Having thought, he created the world we now see, with all its intricate ramifications, and all its splendors.

What must he think about? He must give his mind to the problem of poverty, which but a little while ago he had come closer than he knew to solving; he must give his mind to the problems of ill health, which undoubtedly he can and will ultimately solve; he must give his talent to the problem of the frustrated mind; he must think out and work out the problem of the continued breeding of the unfit; he must think out and work out the problems of impoliteness and unethical conduct; he must give his mind to the problem of expanding personality to its potential limits.

Man must learn to trust his mind, as he has not trusted it before. It is all that he knows he has. He must cease to fear and distrust it. It is worthy of his full confidence.

Man must realize that now in this new dawning, the day of physical adventure is over. Today, physical

heroism is an anachronism, admirable, but not important, not vital.

The day of physical primacy is at an end. The sovereignty of the mind is at hand—in my humble opinion, for the first time in the tortuous history of the race.

Your Face Your Fortune

(Continued from page 44)

music.

"Your Nose Knows" was a well known phrase in a cigarette advertisement, but did you ever notice how many "nosey," investigating, exploring persons have large noses and that in the primates below man the nose is strongly absent?

We might go on indefinitely with innumerable examples but an analysis, feature by feature, of one of the world's best known personalities should be more convincing.

The subconscious minds of all, both great and small, build on the matrixes of their heredity just exactly the type of mind and body best fitted to happily express the soul that looks out through their eyes.

Three years ago I was asked by a certain New York paper to analyze the features and probable fortune of Franklin Delano Roosevelt. That article ended as follows: "If the time ever comes when the issues are clearly drawn between the vested interests of America, versus the common people, then Franklin Delano Roosevelt is the ideal personality to lead the people to victory."

An analysis of the face of President Franklin Delano Roosevelt, reveals the following characteristics:

Personalities

(Continued from page 25)

collects on the curves of the intestines, and, before you know it, you have rolled up an extra fifty or sixty pounds.

"And it's no joke when you have to carry that extra load around with you day in and day out.

"If people would only watch their diet and take plenty of physical exercise, they could retain their youthful figures indefinitely or regain them if they have lost them.

"But when I say 'watch your diet,' I don't mean for them to follow the example of one little woman who came to me. I told her to go on a chop diet—that meant two small chops a day. A couple of weeks later she came back complaining that she had gained eight pounds.

"I asked her if she had followed the chop diet. 'Oh indeed, yes, Mr.

Who doubts this, who fears to salute the new king, who contends against him, conspires against him, or in any way ventures to obstruct his course, is a quitter and a turncoat.

Worse, he is a poor judge of the beautiful and the magnificent!

FOREHEAD

Wonderful index of memory, reason and constructiveness. Literally and figuratively broadminded one who puts logic and reason ahead of mere book learning. It is the brow of an active motive achieving soul, more than a dreamer.

EYES

The deep-set clear smiling eyes are the windows of a sympathetic, clear-seeing soul that sees not only the outer shell of things but senses the inner meaning of all forms with uncanny accuracy.

NOSE

The nose of a leader, a pioneer, a cosmic adjuster of the lives of others. It has taken mankind millions of years to evolve the high type of mind such noses indicate.

LIPS

The full flexible lips and large generous mouth are indexes of a most expressive, proud and convincing personality. He has gone through terrible pain, mental and physical suffering yet there is no repression, coarseness or hardness shown.

CHIN

The chin of a champion, strong and athletic, yet deep and gently curving in every outline. A leader, not a driver of men.



Sells to Magazines

"After the good foundation the N. I. A. has given me, I should have enough backbone to get out now and make some use of my training. And I am, in a way. I have sold ten children's stories and two short articles to magazines."

Mrs. E. Gladys Stone,
R.R. 6, Muscatine, Iowa

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 draftsmen. We all know that, in our times, the egg does come before the chicken.

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

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

Learn to write by writing

NEWSPAPER Institute training is based on the New York Copy-Desk Method. It starts and keeps you writing in your own home, on your own time. Week by week you receive actual assignments, just as if you were right at work on a great metropolitan daily. Your writing is individually corrected and constructively criticized. 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.

How you start

We have prepared a unique Writing Aptitude Test. This tells you whether you possess the fundamental qualities necessary to successful writing—acute observation, dramatic instinct, creative imagination, etc. You'll enjoy taking this test. The coupon will bring it, without obligation. Newspaper Institute of America, 1776 Broadway, New York.



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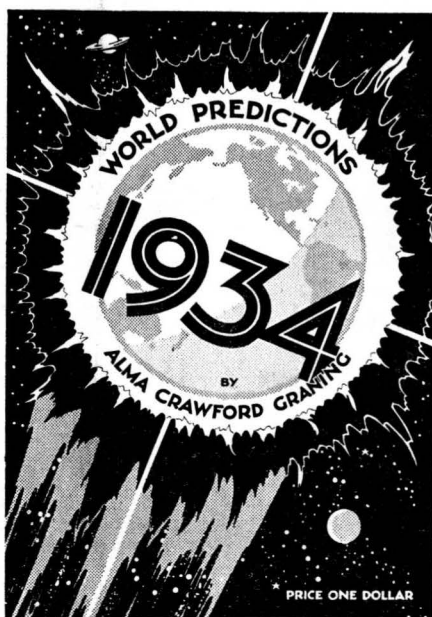
Send me, without cost or obligation, your Writing Aptitude Test and further information about writing for profit as promised in Psychology, November.

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Let me show you the strange secret of using your inner Power through the amazing principle of Psycho-Dynamics! In 3 weeks—you may master these hidden mystic powers—start toward health, happiness and success! I will tell you: How to banish failure—How to overcome shyness, fear—How to overcome natural handicaps—Ways to build health, banish sickness—Secrets of marriage—Unlimited Energy—and 28 other startling revelations. Others say: "Actually living in a new world now!"—"Husband now enjoying home life!"—"Have collected money due me for years!"—"My former shyness is gone!" Why grope blindly any longer? Let me show you how I can help you, quickly-easily. Send for the fascinating story of "The Mystic Power Unveiled"—IT'S ABSOLUTELY FREE—Address The Ment-Ray Co., Dept. C-1, 5107 Hollywood Blvd., Hollywood, Calif.

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Thru this mighty power Thousands of men and women have gained health, happiness and prosperity. I want to impart this knowledge to you. No matter who you are, or what your problems, DR. THEO WHITE WILL GIVE YOU A NEW DEAL IN THE COSMIC WAY. This work is confined to *serious adults* in search of TRUTH. Send your full name and birth date in your own hand writing. I will send you a FREE copy of my BOOK "MIND POWER" and a Cosmic Psycho Reading. This is worth your while and should guide you to true success and happiness. White Institute of Sciences, Dept. 88C, 782 South Serrano Avenue, Los Angeles, Calif.



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LOVE, JOYS AND DANGER SIGNS, etc. 60 page book. Full instructions for both sexes. Why pay several dollars? 50c stps. (De Luxe edition illus'd \$1.00.)

We Sell A Health-Sex Diet Book—50 cts.

"BODY BUILDING, FUNCTION OF SEX"

3rd Text book of this set is Sane, Sensible, Scientific, Dynamic, Vital, Psychic. Bound brochure 15c or with Color Manikin 25c.

DR. STEVENS, Ph. D., M. Sc.

242 Powell St. (Dep. P), San Francisco, Calif., U. S.

said, "that he will have no luck because, although he has been making loads of money and living in every comfort, he has never sent his poor old parents a cent and they have been living off the dole."

Perhaps O'Brien never intended to mention this to Fitzsimmons, but at a critical moment in the fight when the champion had O'Brien flat on his back, the message flashed through O'Brien's brain.

"Bob," he thundered at the threatening face above him, "where is Timaru, New Zealand?"

Fitzsimmons, surprised, thoroughly taken off his guard, faltered, lost his advantage, and from that time on, the fight was a walkover for O'Brien. "There's a lesson in that," O'Brien ruminates whenever he tells the story. "There's power in concentration. When it's scattered—well, Fitzsimmons lost, didn't he?"

Mr. O'Brien is intensely interested in taking the savagery out of sports.

He believes that boxing, especially, can be made much safer. "When this is done, more boys will become actively interested in this form of athletics," he says.

At present he is working on a helmet designed to protect boxers at the temples and other easily injured parts of the head.

"The human skull is thinnest at the temples," he explained to me, "and blows landed there may bring about small concussions of the brain. Also, repeated punches over the eyes may result in partial or total blindness. The so-called rabbit punch, delivered at the base of the skull, causes paralysis."

By wearing the helmet, all these risks could be averted. "And in professional bouts the onlookers wouldn't be deprived of the knockouts they so dearly love," O'Brien remarked. "Because the chin, the jaw and the body would still be open for the knockout wallop."

Fragments of Life

(Continued from page 33)

however, never constitutes a means of improvement.

So—be your own severest critic!

Surely this work of trying to improve yourself will keep you too employed to give time to finding fault with others. Should we all be critical only of ourselves, there would be little need for professional reformers, who, after all, are scarcely justified in feeling better than the rest of us.

To put the matter in a nutshell: we all have enough to do if we devote time to improving—OURSELVES.

J. M. Nimhauser.

less amazement Janice watched the wonderful panorama unfolding before her. She turned to the kindly stranger who was watching her with interest, and said:

"This is wonderful! Just think, if I hadn't come over here on this side, I would see nothing but those dreadful miner's houses!"

"Yes, we can see only one side of life at a time," he reminded her. "It's up to us to choose what we want to dwell upon, be a part of."

Elizabeth Reid.

"ONLY A FOOLER"

"OH, look at that wave!" exclaimed the child, terrified. He clutched the rope tenaciously then leaped into the fragrant, salty air, only to descend with an enthusiastic rejoinder, "That wave sure fooled me! It looked big way out there. But it was only a fooler."

Aren't we all kids out on the sea? Waves loom up in the distance as gigantic mounts. We let our emotions befog our sense of reason—just like the little boy in the water—and we become numb and terrified at an imminent situation. Coming events cast ominous shadows upon us, inciting us into orgies of chaos and unrest.

Looking back at these same events, one is at a total loss to discern the reason for the initial fidgeting. In fact the more we mull over them the more ridiculously funny it seems. Surely, we must have been dullards to lie awake nights fretting and worrying

THE OTHER SIDE

JANICE and Aunt Mary were off for a visit to the "big city."

For the first hour of the journey, Janice sat quietly, enjoying the thrill of the moving train and the many strange faces about her. Then she began to notice the view from the car window.

"What ugly houses!" she exclaimed. They were passing through a mining town, and the dreary miner's shacks brought a shock of pity to the child. She drew back into her seat and turned her eyes away.

After awhile, Janice noticed that all the seats on the side of the car opposite were nearly filled, while her side was half empty.

She changed her seat. "I want to see what all those people are looking at."

She squeezed herself in between a big man and a suitcase. With breath-

about these puny moles. And we thought they were mountains!

We are children out on sea, timid at the approach of the next wave.

Why worry about the impending roller? Get into the swim and forget about the waves. They'll break—whether you worry or not!

Maurice R. Turet.

A PSYCHOLOGICAL HINT

PERHAPS the busiest man in New York City was the president of a large bank; telegrams, cables, vital decisions, huge responsibilities were his perpetual diet.

Something queer came out in an in-

terview he gave to newspaper reporters. He said he sat for half an hour in his office every afternoon and did *nothing*—lay down on a couch and forgot such a thing as a bank existed. He said it was all that kept him going.

Psychologists have found that a human being cannot forever be on duty, and be mentally fit. To lie down at a given time with the thought, "For half an hour my problems and troubles will slide from me and let me rest and recover my strength."

Such autosuggestion has a marked effect on the sincere person. He will go back into life refreshed.

Dr. Robert J. Cone.

The Free Theatre

(Continued from page 21)

York City.

At another critical time in the financial history of this theatre for the people, an auction date had been set and Davenport's dream seemed about to evaporate because the theatre was to go under the hammer. Years now, he had labored, scouring all available sources for plays, re-writing, adapting, finding actors—good ones—who would give of their talent for the people; directing, taking parts himself, bearing all the terrific material burden of keeping the theatre going.

Now it was to be sold—a mortgage had been foreclosed. As morning came on, he fell into a light doze, only to awaken with a man's name—a man to whom he had never spoken—upon his lips. Never questioning this "hunch," he grabbed the phone called the man's home, and within two hours, the man, a wealthy business executive, had heard outpoured the story of the theatre's needs, purposes, the impending disaster.

For some reason—he himself said he never could explain it—the wealthy man was so deeply impressed that, laying aside all activities of his own, he attended the auction, was the highest bidder, and again the theatre was able to give to the poor in purse as well as to the poor in heart, courage and beauty. Again, the founder, the idealist, the indomitable actor-producer, was able to go on with his dream.

Again and again, Davenport has heard strange and moving stories that tell what the Free Theatre has meant to some groping soul. A tall woman with a face only described by the word "bleak" he had repeatedly seen in the audience during a certain week's show. One evening she waited to tell him something.

"For fifteen years I have had nothing but work—hard work—" she said. "I have never been inside a place of entertainment—not even a movie. When I heard of this—of a theatre where I could walk through the doors and be welcome—well, I couldn't believe it. I've come every evening this week to make myself realize that it's true. That there are plays—good plays—for those who have no money to pay."

Heartened by such experiences, Butler Davenport carries on. It is his fondest dream, now that he has shown the way, that others will follow in the footsteps that lead to a Free Theatre.

With the Free Theatre in New York, he feels that he has started a movement—indeed, established it—that is making, and will continue to make theatrical history. It is slow work, it takes time, but it is his firm conviction that eventually there will be a Free Theatre in every big city in the United States.

"People are waking up. It is important that they should. The Free Theatre will go on," he says simply.

In the Psychologist's Office

(Continued from page 42)

request for a job. Your own emotional attitude was largely to blame.

"After all, if you go into an office, thinking 'There's not a chance of my being taken,' if you see yourself being turned down before you go in, you couldn't hope to look like the sort of

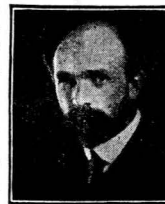
man the employer wanted. Your walk, your expression, your posture—will tell the story of 'failure' to the employer."

This view of the situation awakened the young man and he went into training for a new job as one goes in train-

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MANY persons say "Did you hear from him today?" They should say, "Have you heard from him today?" Some spell "calendar" "calender" or "calander." Still others say "between you and I" instead of "between you and me." It is astonishing how often "who" is used for "whom," and how frequently the simplest words are mispronounced. Few know whether to spell certain words with one or two "c's" or "m's" or "r's," or with "ie" or "ei." Most persons use only common words—colorless, flat, ordinary. Their speech and their letters are lifeless, monotonous, humdrum.



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ing to make a team. Of course he answered advertisements and gave time to hunting work, but all the rest of the time was spent constructively. He took brisk walks and kept his mind active.

After a time he came back to see me looking less dejected and beaten. A purposeful and alert look had come into his face, and he reported that employers reacted differently toward him. Although general conditions were still very bad, he finally got his chance.

Now, he might have kept right on saying "Things are terrible and the outlook is hopeless." The reality of the situation is this. He wouldn't have gotten the job at all, even if there were one available—with his attitude. That's 0% of a chance. Now if he changed his attitude, he *would* be ready when opportunity arrived—perhaps just 15% of a chance. Which is better, 0 or 15%? Not a guarantee, but a choice of no chance or a small one.

William James says, "The worse our difficulties are, the more we should relax—the harder we should try to keep ourselves from becoming involved in our emotional disturbances."

Ultimate Religion

(Continued from page 37)

teachers, the sharing of experiences and the interchange of ideas—we must look for safe guidance along the upward path of improvability. Man cannot honorably delegate to others the duty of doing his thinking for him.

It has been characteristic of earlier periods of development to set up potentialities endowed with authority over the minds and morals of a benighted mortality, and expressive of a divine will in matters of behavior, belief and worship. From this form of superstition and tyranny man has in large part been delivered. Fetish, medicine man, prophet, priest, apostle, seer, messiah, council, church, bible, pontiff, nor any other individual or institution, book or prelate, can substitute for the Almighty who speaks not in the language of men but in every pulsation of His vibrant universe. Straight to the understanding and heart of receptive seekers comes the message from the heart of whom they seek. This message does not come as autocratic commands, restrictive rules and codifications.

It is revelatory of its own vastness, of the infinitudes of time and space, of the energy that knows no weariness, of the harmony that coordinates every part into a perfected whole, of the beauty that shines from world to world, of the mystery of the organisms that

evolve into higher forms, of the mighty purpose that proclaims the endowments of personality, of the kinship that identifies itself with the life of the soul—a revelation that possesses the soul in wonder, awe and reverence. In this reaction of the life that is called human to the life that is super-human, in the thrill, the satisfaction, the gladness that arise from the sense of gratitude awakened, and in the consciousness of a reciprocal responsibility, rests the true authority for man's belief and behavior. Upon this foundation, as upon a rock of granite, the jewelled superstructure of character is to be reared.

To renounce the age-old idea of delegated authority in religion is by no means to renounce religion. Cosmic Religion does not depend on dogmas, creeds, altars, churches, ceremonials and encyclicals, but is a form of thought and a habit of life based on a "cosmic religious sense." The object of this discussion is to present a plan of thought and study by means of which the cosmic sense will be developed and made to function in terms of a vital, universal, and self-perpetuating religion. Minds trained to familiarity with the Ten Great Ideas will be prepared to enter into the larger realizations of Cosmic Religion.

In many lives, evil seems to predominate over good. Behavior runs to startling extremes. Man's lower nature expresses itself in hates, lust, vindictiveness and murder. The higher nature registers exalted sentiments culminating in the noble passion of love. Love in its purest and highest form is an unselfish outflowing of helpful interest in all created things and in creation itself. In love, life is harmonized with the creative personality and finds its appointed paradise in reflecting the thought of the Infinite.

All crime is the outgrowth of unreason. Crimes are committed in the erroneous belief that they will result in some advantage to the perpetrator or will right real or fancied wrongs through revenge. Right thinking at the right time would banish crime. The great human problem for the coming ages will be to find the way to lift benighted men by the right use of their restored reasoning powers out of a state of ignorance, error, immorality and unmorality to a higher plane of life where conscience is respected and where endeavors are directed to worthy ends.

A scientific program for making a better world and a better race will be a concomitant of the religion of the future.

I Want a Husband!

(Continued from page 35)

But, at the time it meant little more than a new problem. All my life I had been able to solve the problems that come and go in the course of the business day. Well, I would solve this one. I would get a husband. It ought to be easy enough. If the little stenographers and the secretaries and cashiers could have boy-friends, it should be easy for me.

But it was not easy. You see, I did not know how to go about it. I had not the faintest idea of how to attract a man. I know that I am always unusually well-groomed. I dress well. I know how to talk. But I soon found out that there was a whole feminine philosophy of which I was painfully ignorant. In the matter of getting her man, the fifteen-dollar-a-week girl at the switchboard knows things I never dreamed of.

Little by little it became apparent to me that I lacked something that other women have, some trick of expression, some mental attitude perhaps, some womanly technique. I found that, the moment I dropped from the business plane to the personal level in talking with men, I was utterly out of my depth.

No man would believe that I would

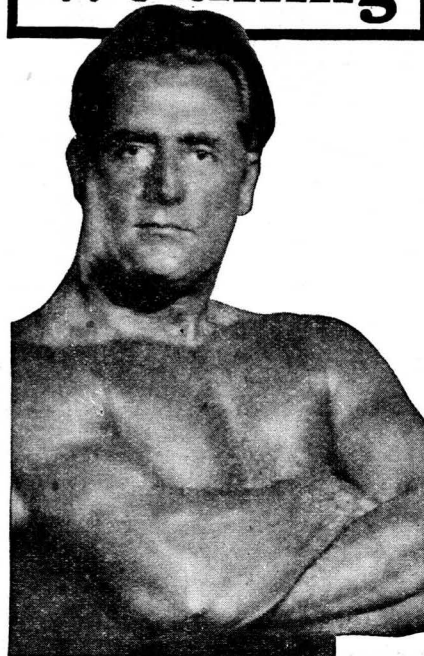
be interested in such frivolities as night-clubs. Once or twice I really rushed a man into bringing me to a show on Broadway. Each time the unfortunate male was watching his step during every moment of the evening. He could never forget that I was a big business woman. He could never see me as a girl who was longing for even such a little thing as a hand-clasp.

Since my flapper days at college no man has ever wanted to kiss me. As a matter of fact, no man would have dared. I seem to have encased myself in a suit of armor, to have surrounded myself with an air of business efficiency, to have made myself so much a business factor that I have lost all human value. At the office the elderly men are my equals, and the young marriageable men are very much my juniors. Outside the office I have no opportunity of meeting men at all.

What am I to do? What would you do, smug, happy wife who reads this, or contemptuously smiling male, or critical, well balanced psychologist? What would you do? What can you advise me to do?

Am I a fool to be reaching—frantically—for what I now think life has unfairly denied me? Am I so consti-

The 97-lb. Weakling



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tuted, would you judge by what I have told you, that I should try to make up my mind to let well enough alone?

You see I am asking questions, questions. That's because I cannot see for myself, because I am unbelievably confused, because I *must* have an answer, a genuine one, an intelligent one—

Your Job and You

(Continued from page 43)

ever is to become a successful business man but do not possess knowledge on how to attract money to carry on the experimental work on the ideas I wish to carry through.

I feel that my ambition is receding rapidly as I have not met with one success so far. I am very fond of all kinds of mechanics and things of a scientific nature. Had I been born with a silver spoon I would have without a doubt accomplished some of the things I desire in the line of invention. Any light you may shed on the situation will certainly be appreciated.

SUCCESS WITHIN YOURSELF

MY answer to this young man as to any others who feel the way that he does is this:

I want to chide you a bit for relinquishing some of your ideas. You are a young man. You have a great deal of practical training that should fit you for an inventor. And with a little more mechanical knowledge you ought to go far.

But you are not going about it the right way.

There are correspondence courses in engineering as well as night courses. You can take advantage of these. You have admitted to a year of unemployment. Could you not have used some of this time on experiments? One doesn't have to be born with a silver spoon to work out one's destiny. Look at Steinmetz, Edison, Ford—many successful men who started with no money and not a great deal of education, two of them with physical handicaps, in addition.

But they worked *everlastingly* at their ideas. They let nothing discourage them. What they didn't have they went out and learned and earned to get it.

You have success within yourself but shifting from one job to another, sitting back and blaming lack of education or opportunity, won't do it. Change WISHING into DOING and you'll positively see "luck" change for you. Fact.

But this is not only my message to Mr. H. but to everyone of you who are discouraged and think that Fate has dealt you a wrong hand. Oppor-

tunity does not knock once. It knocks many times. It is continually knocking at your door in one shape or another. If you are sitting by the fire-side, pouting and self pitying because you weren't left a million dollars to get what you want—you won't hear old man Opportunity and you'll think he hasn't passed your way.

Charles Schwab, the head of the big steel firm, started out as an iron puddler, a lowly, hard and dangerous job. Instances of successful men and women are too numerous and too familiar to catalogue here—men and

women who started with nothing—but whose names are world renowned.

We never would have had a Lincoln if he had decided that an uneducated backwoodsman's job alone was his because he had no opportunities for other things. He went out after an education and he got it—as well as immortality.

Brace up—who who are discouraged. Get the determination and will power to do. *Nothing can stop the person who is out to reach a certain destination and sticks to his purpose, come what will.*

Psychology In Review

(Continued from page 29)

whites more than Negroes, and city dwellers more than people living in the country.

These interesting and significant facts are gleaned from a study of suicide—"To Be Or Not To Be"—by Dr. Louis I. Dublin, third vice-president of the Metropolitan Life Insurance Company, and Bessie Bunzel, a research assistant in the same institution.

"Wise guidance at a moment of crisis may often forestall self-destructive impulses," the authors tell us. "But that is not enough. We must ameliorate our social order and remove one of the prime causes of suicide—economic maladjustment.

"It is necessary to increase the happiness, efficiency, and social adequacy of the people as a whole. The most vital need of society is to devise methods of preventing mental and spiritual breakdown."

"OUR DUTY TO STAY YOUNG"

"IT IS our duty to stay young," says Dr. Robert Hugh Rose.

First, we should determine the food that suits us best. Then, eat too little of it rather than too much.

The secret of prolonged youth, the doctor maintains, is hidden in a moderate diet. Most men and women wear themselves out simply by over-eating.

Dr. Rose is supported by Professor H. C. Sherman of Columbia University,

who is recognized as the world authority on foods and nutrition.

"In the modern science of nutrition," Professor Sherman says, "we have found Ponce de Leon's legendary fountain of youth.

"A properly balanced diet would prolong life by fully ten per cent of the allotted span. It would also postpone the coming of old age so that a man at 65 and more still would be in full mental and physical vigor."

Milk, eggs, fruits, and vegetables, according to Prof. Sherman, are the youth-preserving foods.

CULTIVATE YOUR ABILITIES

"IF YOU wish a happy, contented, and useful later life," says Professor W. R. Miles, psychologist of Yale University, "cultivate your best abilities and practice the things in which you are interested."

Prof. Miles has just completed a study of the skills, interests and mental attitudes toward life of 2,000 persons ranging in age from twenty to eighty. The more adequately prepared man of seventy and even of eighty, he finds, does not need to fear the onset of genuine old age, with its great decline in physical power and even the troubles of ill health. If he has stocked his mind during his mature years, he can draw up on this accumulated knowledge and experience and still play a satisfying role as counselor to the younger generation.

Cash In On Failures!

(Continued from page 15)

manity. Thus only may we hope to attain the full measure of happiness.

So learn from your failures by talking it over with yourself in the mirror every morning. Analyze the problem that looks to you like failure. See what caused it. See what mental effect

it has on you.

Direct your mental reaction along a constructive line. Make your failures pay you dividends in greater self-knowledge, in stronger self-control, in a wider and deeper appreciation of all the powers within your mind.

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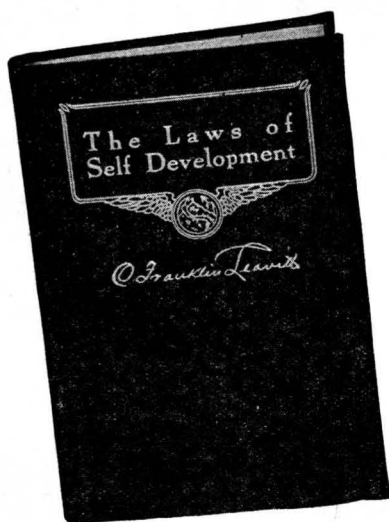
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Aimee Hits New York

(Continued from page 45)

the matter rather baldly, but in essence it is her panacea offered us for our worldly ills. Someone has said, "Have faith in something, anything. Just have faith. . . ." Undoubtedly, all of Aimee's followers would agree that FAITH is the mover of mountains in our present life. Without it we are lost.

But there was a question in my mind as I listened to Aimee, a question as to whether the submersion of the individual, for the sake of release, is beneficial to that individual. Tens of thousands of Aimee Semple McPherson's follower's would, of course, patently contradict such a hypothesis.

However, as Aimee was taking her last bow before a New York audience (yes, ladies, she is pretty—very) I began formulating questions for her to answer. They went something like this:

"Wouldn't it be better if these people who flock to you for help were to think of the Spirit, not as an infusion manifest only under certain set conditions, but as an all-pervading Force, of which they were distinct parts?"

"Shouldn't they be assured that within themselves—within their own reasoning—lies surcease from sorrow and disturbing conditions? Shouldn't they realize that the Force to which they are trying to turn is *within*—"

But Aimee, white cloak over her famous flowing robe, was passing through the wings, about to leave. I rushed forward. "Wouldn't it be better—" I started to say. Her smile was most charming, but she held up a deprecating hand.

"I am sorry. I have to rush. My secretary will answer all questions—"

Well, anyway, Aimee, I heard you preaching your "Gospel" from a New York stage and whatever people may say about you—whatever criticism might be hurled—they, at least, must admit, you have the courage of your convictions.

Why You Are Misunderstood

(Continued from page 34)

over the surface of a file, and you have the sensation value of the word rough. Now visualize the sharp "teeth" of a saw and imagine yourself rubbing the end of your finger over these sharp points, and you have the sensation value of the word, jagged. You soon realize that rough things irritate and jagged things, tear. You will find, if you actually apply this simple exam-

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ple, you will never misuse either of these two words. And so it is with all of the words in the English language. When once the sensation values contained in the word meanings are clearly perceived, one is quite apt to use them in their proper places.

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I am most grateful to a friend for giving me a copy of PSYCHOLOGY this spring. It seemed to contain just the inspiration that I needed. Since then I anxiously await every issue.

Mrs. Mabel Grauer,
Marcus, Iowa.

STATEMENT OF THE OWNERSHIP, MANAGEMENT, CIRCULATION, ETC., REQUIRED BY THE ACT OF CONGRESS OF AUGUST 24, 1912

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Before me, a Commissioner of Deeds, in and for the State and county aforesaid, personally appeared Frank Z. Temerson, who, having been duly sworn according to law, deposes and says that he is the Business Manager of PSYCHOLOGY and that the following is, to the best of his knowledge and belief, a true statement of the ownership, management (and if a daily paper, the circulation), etc., of the aforesaid publication for the date shown in the above caption, required by the Act of August 24, 1912, embodied in section 411, Postal Laws and Regulations, printed on the reverse of this form, to wit:

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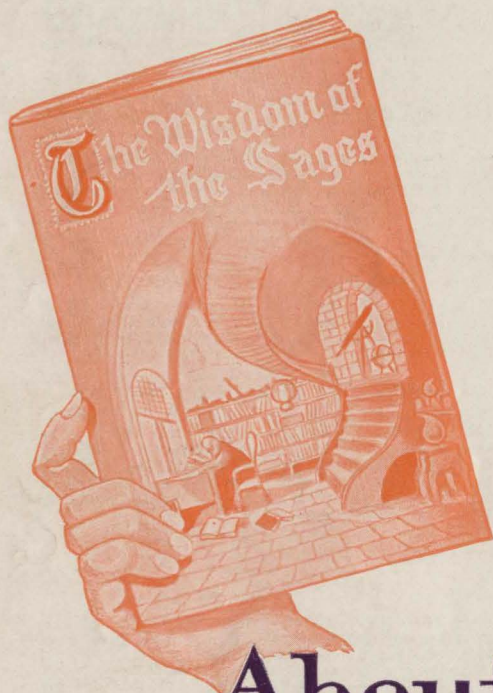
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