MAY

PSYCHOLOGY

Health .·. Happiness .·. Success

ESTAB-
LISHED
1923

The Magazine of Inspiration



25c

30 CENTS
IN
CANADA

April-May Combined

A Woman for President?

It's Possible—interview by Ada Patterson

FANNIE HURST

Don't Save Money!

and Injure Others—Told to Grace M. Keeffe

DR. A. L. BARACH

"Voice of Experience"

Analyses Readers' Letters

EDITORIAL COUNCIL

"I Want to be Neurotic!"

It Brings Rewards, Says Victim

RUFUS M. REED

Women I Wouldn't Marry—

A Modern Man Protests

GEORGE M. RAWLINGS

Tomorrow's Prosperity

Is Mentally Sowed Today

ELBERTA WILSON

"Contacts Club"—a New Letter Exchange Department

Make *Your* Dreams Come True

Grasp This Chance To Get On The Road To A Life of Supreme Happiness, Radiant Health, Prosperity!

Read What Others Say

"Your writings furnish many new ideas for selling life insurance, and I'm really putting these ideas into use. I cannot see how salesmen can afford to be without them."—Howard E. Barlow, Birmingham Agency Mgr., American Central Life Insurance Co., of Indianapolis, Ind.

* * *

"I find PSYCHOLOGY a veritable reservoir of knowledge. On many aspects of the subject a wealth of information is given that is not to be obtained elsewhere."—R. L. Lovelace, G. D., Gallup, New Mexico.

* * *

"I hold a responsible position in the Federal Treasury Office. Collections have increased one hundred per cent. in my department since taking Dr. Miller's course in Psychology."

* * *

"Everyone in the world should have this course. It would revolutionize all of life, bringing about universal happiness, health and prosperity."

* * *

"I am walking on air since taking this great course. It reveals one's hidden powers and changes all life for the better."

* * *

"Your course is worth a million dollars." "It is the supreme inspiration of my life." "I would not have missed it for all the money I have." "This is the beginning of a new and happier life for me." "This course has done what a dozen doctors failed to do."

* * *

"Cured shortness of breath which baffled the doctors." "Has made life more beautiful and worth while."

* * *

"Your wonderful course has freed me from fear and worry." "Never really understood my children or myself before."

* * *

"Your course saved my life. I was discharged from army hospitals as incurable with tuberculosis, stomach troubles, shell shock, and total despondency. I am now one hundred per cent well and happy."

* * *

"For twenty years I was the abject slave of the tobacco habit. Since taking your course, I am supreme master of myself and have not smoked or wanted to."

QUIT being an imaginary scene painter! Get up on your toes and make a sincere reach—an honest grab—for those greatly desired things and conditions of life which you have been allowing to sail by in the clouds.

That fellow who passes you on the road thanks to a **heap more engine power,** the vigorous neighbor grinning and thumping his chest and telling you he has **never been sick** as long as he can remember, the man with the **big salary check,** good times or no, all have learned—either consciously or unconsciously—how to apply the basic principles of psychology to their daily lives. In a definite, certain way, they use their minds to win personal success, happiness and achievement.

Dr. Henry Knight Miller, founder of PSYCHOLOGY Magazine, has put the whole of his world-famous teachings on practical psychology into seven handy volumes—so simply written that they can be read easily, absorbed quickly, and applied immediately. Here is information of the most startling nature—secrets that were known to the favored few. All that years of studious research have revealed, all that modern psychology has to offer, all that Dr. Miller has learned in his years of personal contact with tens of thousands of people is here condensed into **basic principles,** written in plain English and given to you in a way that you can put them into immediate and highly profitable use.

The Complete Key to life's supreme prizes is here unfolded to you—no idle theories, but sound, practical invincible laws of life whereby thousands have climbed to superb heights of joyous and exuberant being. Here are given in simple, forceful language the principles whereby **you may rise to complete self-mastery,** throw off fear, self-consciousness, inferiority, worry, disease, failure. Health happiness and splendid prosperity yours!

These Fourteen Lessons Teach

Keep Youthful—Improve Powers of Observation—Mold an Indomitable Will—Get What You Want—Change Your Life at Will—Develop Perfect Memory—Improve Power of Imagination—Work the Law of Attraction—Use the Subconscious Mind—Break Undesirable Habits — Overcome Depression—Heal Yourself and Others—Use Suggestion and Autosuggestion—Use the Psychological Moment—Profit Through Visualization—Use the Silence—Outgrow Limitations—Rise to Heights of Power—Use Psychoanalysis—Locate Complexes—Restore Inner Harmony—Understand and Wisely Train Children—Attain Success—Overcome All Negative Emotions—Banish Fear, Worry, Hate—Cure Jealousy—Build a Triumphant Life.

Destructive habits can be broken at will through the technique herein unfolded. Sex can be controlled and wisely used through the instruction given in this great master course. Take this key to happiness, health and personal power and unlock the treasure chest of hidden riches.

This is the same course that Dr. Henry Knight Miller, its author, has given to thousands in cities throughout the country at paid lectures. Financial prosperity has resulted to many. Happiness and inspiration have followed unfailingly.

This great, inspirational, basic course in the New Psychology is now sent you **absolutely FREE** with a two-year subscription to PSYCHOLOGY. You need only attach one dollar to the coupon below and then send one dollar a month for the four following months to pay for the subscription in full. OR, DEDUCT 10% FOR CASH. Don't delay getting your free set of these master lessons by return mail.

INSPIRATIONAL PUBLICATIONS, Inc.
1450 Broadway New York, N. Y.

Inspirational Publications, Inc., 5-34
1450 Broadway, New York, N. Y.

Please enter my name for two years' subscription to PSYCHOLOGY and send me a free set of Fourteen Lesson Course. I enclose herewith one dollar and will send one dollar per month for the next four months to pay for the subscription.☐ OR, I enclose check or money order for $4.50 after deducting my cash discount of ten per cent.☐

Name .....

Address .....

Subscriptions to Canada—50c per year extra postage; To Foreign Countries—$1.00 extra per year

Make Your Dreams Come True!

AT LAST, He Tells What Really Went On in RUSSIA!

The Inside Story of the Fabulous Extravagance, the Royal Scandals, the Strange Customs and the Incredible Treachery that Wrecked the Russian Empire.



ONLY a Romanoff could have written this amazing story! Born into the imperial family, raised in the fantastic palaces of the Czars, and who at last by a weird freak of fate escaped execution and lived to tell the tale!

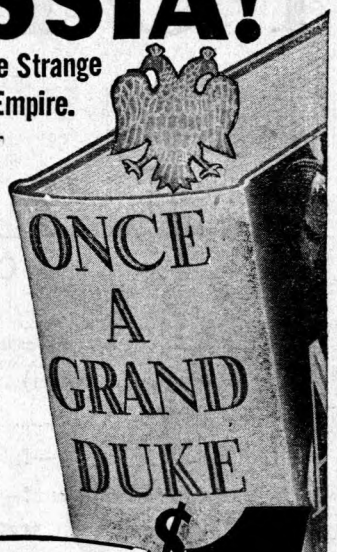
The Grand Duke Alexander of Russia broke all traditions. Birth made him the cousin of the Czar; a daring marriage made him his brother-in-law as well. Denied the pleasures of a commoner, no one forbade him his choice of women, or of yachts. In "Once a Grand Duke" he tells *why* the Czar couldn't scrape along on only twelve million dollars a year; why 5,000 men, women and children were massacred at his coronation; why the Jews were persecuted in Russia; why the Czar surrendered his title to one-sixth of the earth's surface, and went calmly to his death.

He Lived an Amazing Life

Here is a true story of pomp and extravagance, intrigue and clever diplomacy, such as can never be told again. For "Once a Grand Duke" is the frank account of the remarkable man who took his choice of sixty Japanese girls for a temporary "wife," (see page 106), and who was the first of European royalty ever received by the Japanese Emperor (p. 107); who gathered the finest naval library in the world (p. 90); who founded the first aviation school in Russia (p. 238); whose son-in-law killed the mad monk Rasputin (p. 277); who was blamed for causing the Russo-Japanese War (p. 208); and who committed one of the most amazing *faux pas* in diplomatic history (p. 109).

Examine this Book FREE!

Astounding facts, never-before-revealed secrets, cram the pages of "Once a Grand Duke." Handsomely bound in cloth, illustrated with many intimate photographs, this history-making volume has sold heretofore for $3.50. Now in the Star Dollar Edition it is only ONE DOLLAR! What is more, you may examine this best-seller *free* before you decide whether you wish to add it to your library. Send no money with the coupon. Simply indicate which books listed below you wish to examine free—they will be mailed at once!



ONCE A GRAND DUKE

By the Grand Duke Alexander of Russia

Formerly $3.50 NOW ONLY $1

"Once a Grand Duke"—like ALL Star Dollar Books—is full library size, 5½ x 8¼ inches, handsomely bound in cloth, beautifully printed from plates of original higher-priced edition. A library of best-sellers is now within reach of all. Selected from the list here. Send coupon—without money. Five Days' FREE EXAMINATION of any Star Dollar Book!

and which of these other Best Sellers (Formerly $2.50 to $5.00) Do You Want for only ONE DOLLAR each?

1. THE CARE AND HANDLING OF DOGS—J. L. Leonard, D.V.M. How to select, mate, train, rear 159 breeds. Care of puppies. Diets, baths, exercise, house-breaking — obedience, with children, etc. Complete, quick index, 35 photos. Albert Payson Terhune says, "Most earnestly recommend it." *Formerly $2.50*

10. UNDERSTANDING HUMAN NATURE—Alfred Adler. Prof. of Psychology, Univ. of Vienna, offers key to our actions, thoughts and sins. *Former price $3.50*

19. THE OUTLINE OF HISTORY—H. G. Wells. This masterpiece of all time, now complete in one volume. New and revised. Includes maps, charts, illustrations, diagrams, etc. 1,200 pages. Unabridged. *Former price $5.00*

23. ASTRONOMY FOR EVERYBODY—Prof. S. Newcomb. New edition, completely revised. *Formerly $2.50*

24. AMONG THE NUDISTS—Frances and Mason Merrill. Frank answer to questions Nudism has raised. Intimate experiences of young American Man and Woman who tried it. Tells truth about motive, mixed companions, effects on modesty, health and emotions. 22 unchanged photographs. *Formerly $3.50*

28. THE NATURE OF THE WORLD AND OF MAN—Edited by H. H. Newman, Ph. D. Biography of Universe, Stars, earth, bacteria, plants, reptiles, mammals, Man. 562 pages, 136 illust. *Formerly $4.00*

30. HOW TO WRITE LETTERS—Mary O. Crowther. Complete guide to personal, business letter writing. *Formerly $2.00*

32. 40 YEARS OF SCOTLAND YARD—Frederick Porter Wensley. Considered the best of all police memoirs recently published. By the famed chief of the C. I. D., the Yard's amazing crime-mill. Illustrated. *Formerly $2.75*

36. BIRD NEIGHBORS—Neltje Blanchan. Friendly acquaintance with 150 songsters, trillers, fighters. Gives quick identification. *Formerly $5.00*

39. MEMOIRS OF A SOLDIER OF FORTUNE—General Rafael De Nogales. 25 years in search of excitement in China, Mexico, Cuba, Turkey and Egypt. The true story of a modern d'Artagnan. *Formerly $4.00*

42. ONCE A GRAND DUKE—Grand Duke Alexander of Russia. The "bad boy of the Grand Dukes" defies the Revolution, and escapes to write the true story of what really went on in Russia. Illustrated. *Formerly $3.50*

43. THE STORY OF THE WORLD'S LITERATURE—John Macy. *Formerly $5.00*

46. THE STORY OF MANKIND—Hendrik Willem van Loon. Famous history of world with 188 illustrations in author's unique manner. *Formerly $5.00*

49. KEEPING MENTALLY FIT—Joseph Jastrow. Psychology guide for average reader. *Former price $3.50*

50. SIX YEARS IN THE MALAY JUNGLE — Carbeth Wells. Sheerest excitement, humor, in astonishing animal and native life. *Formerly $3.00*

55. THE CONQUEST OF FEAR —Basil King. Has helped 100,000 to conquer fear, of illness, loss of income, or abnormality. *Formerly $2.00*

57. MEET GENERAL GRANT —W. E. Woodward. Finest biography of Grant, clearest picture of Civil War yet written. *Formerly $5.00*

61. THE OMNIBUS OF CRIME —Dorothy L. Sayers. 62 thrilling stories of mystery, crime horror, by world-famous authors. 1177 pages; unabridged. *Formerly $3.00*

65. THE ROYAL ROAD TO ROMANCE—Richard Halliburton. Reckless young romanticist in glamorous corners of the world. *Formerly $5.00*

67. HENRY THE VIIIth—Francis Hackett. Private life of lusty royal bluebeard and his six wives. *Former price $3.00*

69. SEX IN CIVILIZATION—Calverton and Schmalhausen, Introduction by Havelock Ellis. 30 authorities take taboos out of sex. *Formerly $5.00*

70. THE LAST HOME OF MYSTERY—E. Alexander Powell. Amazing adventures in mysterious Nepal. Daring disclosures of social customs, shocking "religious" depravity. *Formerly $4.00*

72. A LAUGH A DAY KEEPS THE DOCTOR AWAY—Irvin S. Cobb. Inexhaustible fund of funny stories for longest, loudest laughs. *Formerly $2.50*

74. OSCAR WILDE, HIS LIFE AND CONFESSIONS—Frank Harris. Genius who died in poverty and shame because of nameless vice—hideous then, understood and pitied now. *Formerly $3.75*

75. THE PHILOSOPHY OF LIFE—Anderson M. Baten. Life's gems in literature, since Confucius. *Formerly $5.00*

76. POWER AND SECRET OF THE JESUITS—Rene Fulop Miller. Full history of powerful society through the Inquisition to today. *Formerly $5.00*

82. WAY OF THE LANCER—Richard Boleslavski. Polish Lancer's own true, thrilling narrative of adventure, horror, rapine and slaughter during the World War. *Formerly $3.00*

88. NAPOLEON — Emil Ludwig. Thrilling rise and fall of lover, warrior. Emperor of all Europe. One of the great books of modern times. *Formerly $3.00*

89. HOW TO LIVE—Arnold Bennett. Eminent author charmingly records his rules, impressions, philosophy of successful living. *Formerly $5.50*

93. CREATIVE CHEMISTRY Edwin E. Slosson. Wonders of modern chemistry made fascinating to non-technical reader. *Formerly $3.00*

99. THE DOCTOR LOOKS AT LOVE AND LIFE—Joseph Collins, M. D. Dangers and results of sex ignorance. *Formerly $3.00*

112. INDIA: LAND OF THE BLACK PAGODA—Lowell Thomas. Luxury, squalor —sanctity, sensuality—wisdom, ignorance. *Formerly $4.00*

118. THE HUMAN BODY—Logan Clendening, M. D. Stop worrying about yourself! The truth about weight, diet, habits "nerves," heart trouble," debunked, of fads. 102 startling pictures. *Formerly $5.00*

129. STANDARD BOOK OF BRITISH AND AMERICAN VERSE—Preface by Christopher Morley. Popular, comprehensive anthology of classical and modern poetry. Completely indexed. 240 poets, 588 poems, 800 pages.

133. THE STORY OF MONEY —Norman Angell. Complete history, clearly explains gold standard, paper money, banks, stocks, Federal Reserve, inflation, etc. *Formerly $5.00*

153. SCIENCE OF EATING—Alfred W. McCann. This great book by the internationally recognized food authority is now in its 70th thousand! Tells How to Insure Stamina, Endurance, Vigor, Strength and Health in Infancy, Youth and Age. *Formerly $3.00*

156. THE WORKS OF SCHOPENHAUER — Edited by Will Durant. *Formerly $2.50*

161. On GOING NAKED—Jan Gay. The adventures of a young American woman who turned from the private to the public practive of nakedness. Amusing, instructive. Over 50 illustrations. *Former price $2.00*

SEND NO MONEY 5 DAYS' FREE EXAMINATION

Use the coupon. Mark the volumes you want. Mail coupon to us without money. Books will be sent ON APPROVAL. Pay nothing in advance—nothing to postman. So confident are we that STAR DOLLAR BOOKS offer you a greater value for $1 than you can realize without actually seeing for yourself, that we are making this FREE EXAMINATION OFFER. Examine for 5 days. Then send us only $1 plus 10c (to cover packing and postage) for each title you keep. If you do not admit that this is the biggest book value you ever saw, return the volumes and forget the matter. The editions of many titles are limited—don't delay! GARDEN CITY PUBLISHING COMPANY, Dept. 565, Garden City, N. Y.

GARDEN CITY PUBLISHING COMPANY
Dept. 565, Garden City, N. Y.

Please send me the STAR DOLLAR BOOKS encircled below. I will either send you within 5 days $1 plus 10c (to cover packing and postage) for each volume or I will return the books without being obligated in any way. *(Encircle numbers of books you want.)*

1 10 19 23 24 28 30 32 36 39
42 43 46 49 50 55 57 61 65 67
69 70 72 74 75 76 82 88 89 93 99
112 118 129 133 153 156 161

Name.....
PLEASE PRINT PLAINLY

Address.....

City and State.....

Outside of Continental U. S. A. Orders $1.10 per book, cash with order.

The Standard Publication of Practical, Inspirational and Applied Psychology

PSYCHOLOGY

Health Happiness Success

VOL. XX, No. 7 MAY, 1934

Associate Editor, G. Arthur Gayer, Ph.D.

Eldora Field, Managing Editor

Associate Editor, O. G. Van Campen

Contents

PAGE

The Last Laughs ... 8
The Power of Righteousness ... 9
Katherine Maurine Haaff
Early Spring (A Poem) ... 10
Winifred Connell
Can You Take It? ... 11
Dr. Walter Whiteley Hubbard
"Don't Save Money!"—Interview with Dr. A. L. Barach ... 12
Grace M. Keeffe
A Woman for President?—Fannie Hurst Says It's Possible ... 15
Ada Patterson
"'Tis the Mind—That Makes the Body Rich" ... 17
G. Arthur Gayer, Ph.D.
Decision (A Poem) ... 18
Amelia Bashew
"I Want to Be Neurotic"—It Brings Rewards, Says Victim ... 19
Rufus M. Reed
Glorious Dawn ... 20
Mildred S. Ferguson
Fragments of Life ... 21
W. Howey, H. Wilkes, Dr. M. S. Taylor
"Voice of Experience"—Analyzes Readers' Letters ... 22
Editorial Interview
The Parade of Religions—Through the Ages ... 24
William Charles O'Donnell, Ph.D.
The Tiger Speaks—Interview with Manuel Komroff ... 26
Maurice Turet
I've Time to Be Happy—Though I'm an Invalid ... 28
Edith May Shepard
Women I Wouldn't Marry ... 29
George W. Rawlings
In the Psychologist's Office ... 30
Consulting Psychologists
Tomorrow's Prosperity! ... 31
Elberta Wilson
Resurrection (A Poem) ... 32
Douglas Ward
Molnar and Child Psychology ... 33
Frank Borzage
"Observations" ... 34
Faith Lewis
I Planned to Die ... 35
Anonymous
They Believed That We Could (A Poem) ... 36
Katherine Maurine Haaff
Psychology in Review ... 37
Marian Montague
Glands of Survival ... 39
Herman H. Rubin, M.D.
"Contacts Club"—A Letter Exchange Department ... 40
Our Readers
"It's the Spark Plugs" ... 41
Jack Duffy
Your Job and You ... 42
Coraevia Makarius
Our Beauty Psychologist Says ... 43
Beauty Department
Happiness in Little Things ... 44
E. M. Tighe
"Psychology Has Helped Me" ... 45
C. J. Gagen, Others
Our Corner ... 46
Various Contributors
What Can We Do for You? ... 47
C. Franklin Leavitt, M.D.

The desirability of having *Psychology* appear on the newsstands all over the country by the fifteenth of the month preceding date of issue compels us to advance the date of issue one month. This omission of the April 1934 issue automatically extends all subscriptions one month.

THIS ISSUE

"I Want to Be Neurotic," explains why many persons never respond to even the best and most modern treatment for their ills—and remain invalid. "Don't Save Money!" is a most timely article, by an expert, dealing with a subtle, dangerous trend of the public mind.

"A Woman for President?" is an insight into an outstanding woman author's mind as well as being a clever summary of facts about women in general. . . . The "Tiger Speaks" is an unusual interview which scarcely seems to rest on imagination—so natural and logical is it.

Dr. William Charles O'Donnell, the "Voice of Experience," G. Arthur Gayer. . . .

NEXT MONTH

"Did You Sleep Last Night?" a splendid article on the ways and means of conquering insomnia, by Dr. Claude W. Chamberlain of the Illinois State Department of Public Health. "Flight Fear, Psychology and Me"—even if you never contemplate travel by air, is full of helpful ideas.

What chemical type are you? Do you know that an excess of sulphur and sodium in your chemical composition may be responsible for certain character traits that you consider the product of your will? A fascinating treatise by Perry C. Yount which sets forth an interesting basis for character analysis.

Our readers seem never to get enough of Dr. Lawrence Brown's articles on problems of sex in the light of changing world conditions. In "A New Deal for Love" he continues his brilliant deductions. An "In-Law" story . . . new department news . . . features, live articles.

I. W. Ullman, President; Frank Z. Temerson, Vice-President and Business Manager: Charles H. Desgrey, Advertising Manager; Irene Kenney, Circulation Manager.

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.

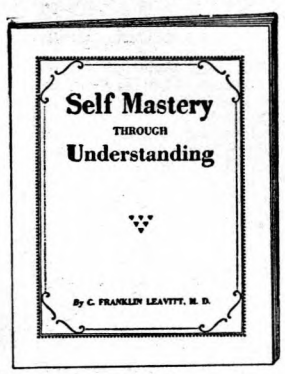
All manuscripts submitted must be accompanied by self-addressed, stamped envelope. No responsibility is assumed in case of loss.

Copyright, 1934, Inspirational Publications, Inc.

You, Too, Can Master

Fear..Worry..Depression..Limitations and Nervousness

25 cents
Will Give You
Your First Start
Toward a New Life



A PURCHASER WRITES — "After reading this *Power-Awakening Book* I have found myself . . . What a Joy . . . It Amazes Me!"

What a Physician Has to Say

"I was much impressed by the tone and expression of your letter to me, and I have filled out the questions you desire me to answer. Have carefully read the book, *Self Mastery Through Understanding.* I fully enjoyed it, and I am sure I derived help and great benefit from reading your ideas of the subconscious mind, etc.

"For years I have realized *'Fear'* was the greatest handicap in my life. I know it has much to do with the mental and the physical conditions in life. What I have learned from you, I am sure will be a great help to me in my declining years of life. Truly, Doctor, I already feel the benefits of your advice. I regret I couldn't have read your book in my early life, but it now is worth 25 TIMES 25 CENTS TO ME. I want my wife and girls to read it.

"Thanks for your cordial and business-like letters. If you are ever in Pittsburgh I would like you to take lunch with me. *You May Use My Letter In Any Way It May Benefit You."* Fletcher K. White, M.D.

Has Felt Better Ever Since

"I have never read anything in print that so impressed me as your book, *Self Mastery Through Understanding.* I have felt better ever since." Gerrit Doorn.

Thousands Testify to the Stimulation and Helpfulness Obtained Through the Reading of This Book and pronounce it priceless.

THE AUTHOR



C. Franklin Leavitt, M. D.

For twenty-five years Psychological Consultant, teacher, author of several books, and contributor to magazines on the subjects of RIGHT THINKING and LIVING, Physical Culture, Dietetics, etc.

It Is "Doubt" That Brings the Mental Clouds

WOULDN'T it be worth just a lot to you to KNOW JUST what caused those strange feelings, your limitations, the mental conflicts, your nervousness and the feelings of weakness and depression that you suffer from?

Of course it would. In fact, it would be the beginning of the end of all your troubles—the FIRST STEP toward mental freedom, peace, poise and power. You are constantly experiencing mental conflicts due to the fact that you are not quite SURE about the origin of your trouble and what it may lead to. In drawing on your imagination you picture all sorts of possibilities that depress you still more and bring anguish and torture. You picture "undiscovered conditions" that your physician has not been able to locate. "DOUBTS" bring emotion, mental conflicts and hypersensitive nerves, which puts your mind in "reverse" and you become so introspective that you find yourself "trapped" and actually unable to forget yourself.

Most peculiar and seemingly alarming sensations and thoughts are experienced by you. Thoughts of the possibility of insanity, of invalidism, of your ability to continue at work or what those dependent on you will do later on when you are flat on your back or in a "wheel chair." The mind can conjure up all sorts of thoughts through your drawing on your imagination in a destructive way. The thought of suicide being the only solution is not uncommon, for when hope and faith are dead what is left? People frequently become prisoners in their own homes through these unreasonable fears.

Neurasthenia, Nervous and Mental Breakdowns, Self Consciousness, Worry, Apprehension, Overseriousness, Oversensitiveness, Overanxiety, Jealousy, and most forms of Nervousness, are directly due to FEAR in the form of LACK OF CONFIDENCE. Check these unreasonable fears and build up FAITH and everything is changed.

But how is this to be done, you ask? First, through gaining a better understanding of yourself, your nature, that wonderful piece of machinery of yours—YOUR MIND AND BODY; through understanding your OWN POWERS and how to use and direct them, and the understanding of the underlying principles of NATURAL LAWS. Development must come through USE, and in no other way, but unless you understand SELF, how are you going to USE your powers constructively and creatively? The VERY SAME POWER is being expressed whether it is used constructively or destructively. It is just a question of control, direction and USE. The condition you are in today has had certain definite states precede it and the weaknesses are normal reactions for the type of life you have lived.

YOU possess the VERY SAME essential powers at birth that we later find expressed in those you envy for their great strength, courage and success. The difference lies in the difference in training, understanding, development, etc., Nature does not say to one child, "You are doomed to live an unhappy life of weakness, poverty and struggles," and to another, "YOU are born to be happy, successful, and a ruler of men." We are all just a little bundle of clay when born, and it is our early training, our associates, our envoronment that moulds the man or woman that we witness later in life. You may have received a bad start through early training, but this does not mean you are "FATE-DRIVEN" I assure you. Yes, YOU HAVE formed habits, strong habits, habits which tend toward weakness. But all of this CAN BE CHANGED if you just UNDERSTAND YOURSELF and YOUR POWERS. You CAN be the man or woman you wish to be, you CAN live your life constructively and be happy and successful. All this is a GOD-GIVEN inheritance, and it is YOU that is to blame, and not God, Nature, or your past unprofitable experiences.

In This Book You Will Find Just the Information You Have Sought

There is nothing in this book to frighten you, for it is written along constructive and creative lines.

Self Mastery Through Understanding is pronounced the BIGGEST little book on the market today. From cover to cover it is filled with inspiration, understanding; and is most reawakening and instructive—ALL ABOUT YOU. YOUR powers, YOUR nature, YOUR troubles are discussed in a creative way. It will tell you more about *your* difficulties than you could yourself. It can prove THE FIRST STEP toward that life you have dreamed about and wished could be yours.

A Partial Contents of this Book

Introduction by the late Elbert Hubbard; Much Thought Waste; Success; Man's Worst Enemy; Faith; Your Nerves; Your Weakened Mental Muscles; Self Consciousness; How Self Consciousness Affects Your Social Life; How It Affects Your Business Life; How It Affects Your Domestic Life; How It Affects Your Physical Life; About Self Healing; How Can One Develop?; The Resources of Subconsciousness; Neurasthenia; Nervous and Mental Breakdowns, etc.

This book is in its TWENTY-SIXTH edition and over 200,000 copies of it have been sold. It is JUST the book that you have been looking for and at a price that ALL can easily afford.

25c by mail postpaid

Every Purchaser of This Book is entitled to receive a Free Preliminary Psychological Analysis. Send 25c for the book and this free analysis service. Your information is held strictly confidential. This will materially aid you in finding yourself.

FREE ANALYSIS COUPON

C. FRANKLIN LEAVITT, M. D.
Suite 1516-G,
58 E. Washington St., Chicago, Ill.

Enclosed please find 25 cents for which please mail me your book, *Self Mastery Through Understanding,* and I understand that this is to entitle me to a FREE Preliminary Analysis, without any obligation whatever.

Name .....

Address .....

City .....

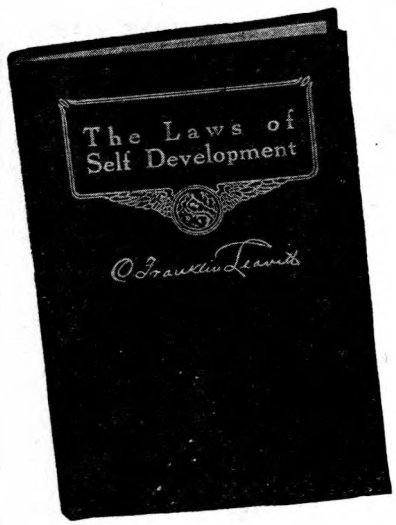
State .....

Write plainly and in full.

You should know—

The Laws of Self Development!

To Gain Mental and Physical Supremacy



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

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

Very sincerely yours,
Ella Wheeler Wilcox.

Teaches How to Train Our Forces for Health and Advancement

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

"It is Full of Facts—Not Theories"

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

A Proof That it Really Gives Material Aid

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

Sincerely yours,
Mrs. Bert King.

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

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

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

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

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

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

THE LAWS OF SELF DEVELOPMENT is now in its Fifteenth Edition. This will show you what a wonderful reception it has met at the hands of suffering humanity. **Bound in beautiful de luxe cloth and stamped in gold, it contains 390 pages, of which thirty are full-page halftone illustrations from original photographs, and six are charts of two and three colors. This book will be mailed to you upon receipt of $2.00. Or, send $3.60 to cover a year's subscription to PSYCHOLOGY and the book. A marvelous combination!**

Partial Contents

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

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

INSPIRATIONAL PUBLICATIONS, Inc.
1450 Broadway, New York, N. Y.

4-34

Inspirational Publications, Inc.
1450 Broadway, New York, N. Y.

Please send me a copy of Dr. C. Franklin Leavitt's book, THE LAWS OF SELF DEVELOPMENT. I enclose (check or money order) for $2.00. Or $3.60, to cover the book and a full year's subscription to PSYCHOLOGY.

(Name) .....

(Address) .....

(City and State) .....

Canada, add 50c—Foreign, $1.00

If DEATH Should Strike YOU Suddenly...



Will YOUR FAMILY Suffer THIS FATE?

Costs Only 4 1/10¢ DAILY

THIS AMAZING NEW CERTIFICATE PROVIDES DEATH .. ACCIDENT AND OLD AGE BENEFITS Up to $1,000 and . . .

DO YOU want to GUARANTEE greater happiness and security to your loved ones? Do you want to spare them from an unkind fate in the event that ever-present death or possible maiming accident should strike unexpectedly, as it so often does? Every man owes it to his wife and children or mother, father, sisters and brothers to make certain of the future by protecting them NOW! Don't gamble with fate for another single day! For a cost of about 4c daily per each $1000.00 protection you want, you can obtain an amazing new TBA Certificate that pays a benefit up to $1000.00, $2000.00 or $5000.00 in event you should meet with death, permanently disabling accident or, when you reach the old age specified, PAYS YOU as much as $1000.00, $2000.00 or $5000.00 IN CASH!

TBA ORGANIZATION HAS PAID OVER $1,500,000.00 IN CLAIMS

You can obtain this amazing protection contained in this remarkable, new TBA Certificate at so small a cost because this Association is a non-profit organization, operated solely for the benefit of its members. The TBA is one of the OLDEST, LARGEST, and most SUCCESSFUL organizations of its kind in the entire world. In less than 13 years we have paid over $1,500,000.00 IN CLAIMS. Never, in our entire existence, have we failed to pay a just claim promptly. We have, now, thousands of members throughout the United States.

WHY RUN RISKS?

Take advantage of this opportunity to obtain TBA Three Point Protection . . . why put off until tomorrow an important thing you can do today. SEND NO MONEY—just fill in and mail the coupon. No obligation—do it now!

TBA NATIONAL PROTECTIVE ASSN.
Dudley J. LeBlanc, Pres.
Dept. 150, Lafayette, Louisiana, U. S. A.

NO MEDICAL EXAMINATION REQUIRED

You can easily obtain TBA protection for yourself or any member of your family without going through "red tape" of any kind. Positively no medical examination is required. So liberal are its provisions, and SO LOW is its cost that thousands of persons throughout America are receiving TBA protection with open arms. Grasp this . . . YOUR OPPORTUNITY . . . to secure for just a few pennies a day, the full Life, Accident and Old Age Protection provided for by the wonderful TBA plan!

SEND NO MONEY!

We Will Mail This Certificate To You For FREE INSPECTION

See this extraordinary Three Point TBA Certificate for yourself—you can do so without obligation or the payment of a single red cent! Let us send you YOUR Certificate ABSOLUTELY FREE for 10 days' inspection! Merely fill in and send the coupon—that's all you have to do! By return mail you'll receive YOUR TBA Three Point Certificate. Determine for **yourself,** then, whether or not you can afford to be without this marvelous, LOW COST, three way protection. After inspecting YOUR Certificate decide to keep it in force. If, however, you DO NOT want the protection it provides send the Certificate back to us. Fair enough, isn't it?

FREE INSPECTION OF 3 POINT PROTECTION — MAIL THIS COUPON for TBA's 10 Day Offer

TBA NATIONAL PROTECTIVE ASSOCIATION,
Dept. 150, LaFayette, Louisiana

Gentlemen:

Certainly I want to take advantage of your fine offer to allow FREE inspection, for 10 days, of your new Three Point TBA Certificate, I have checked at the right the amount of protection in which I am interested. I am not obligated in any way by accepting this offer. I hereby warrant that I am in good health and free from constitutional or chronic disease.

My Name..... My Age.....

My Address..... Street

Town..... State.....

My Beneficiary's Name is..... Relationship.....

CHECK THE AMOUNT OF TBA 3 POINT PROTECTION THAT INTERESTS YOU

☐ **$1,000.00** CERTIFICATE

☐ **$2,000.00** CERTIFICATE

☐ **$5,000.00** CERTIFICATE



The LAST LAUGHS



The Verdict

"Well, jedge," said the waiter. "Whut'll you-all have foh breakfast? Has you ebber tried enny ob ouah boiled eggs, sah?"

"Yes," responded the judge, "and I found them guilty."

* * *

The Reason

Sunday School Teacher—Why was it that David said he would rather be a doorkeeper in the house of the Lord?

Bright Boy—So he could go outside if he didn't like the sermon.

* * *

Faith in Hunter's Luck

Two hunters had been out several hours and one of them had been growing uneasy. Finally panic overtook him. "We're lost!" he cried to his companion. "What on earth shall we do?"

"Keep your shirt on!" said his phlegmatic companion. "Shoot an extra deer and the game warden will be here in a minute and a half."—Boston Transcript.

* * *

Not That Kind

"Has George matriculated yet?" was the question put to Mrs. Newly-Rich, with a son at college.

"Oh, no," came the reply, "he's not at all that sort of boy."

* * *

A Narrow Escape!

"Ephraim, does your mule ever kick you?"

"Well, boss, he ain't ebber kicked me but he kicks quite frequent in de place whar ah's jes' been."

* * *

Touching Friendship

Future Admiral: "Say, what's the idea of wearing my raincoat?"

Roommate: "You wouldn't want your new suit to get wet, would you?"—Annapolis Log.

* * *

Broken In

"My goodness," said the captain of the boat, "you seem to enjoy your ocean voyage in this stormy weather!"

"I don't mind the rolling a bit," replied the old maid aunt. "I got my training in a rumble seat."—Bulletin.

Early Filial Fidelity

One of the clerks at the employment agency was a bit of a wit, and he was preparing to gain a laugh at the expense of the next in the line.

"Where were you born?" he asked the man, a Scotchman.

"Glasca'," was the reply.

"Glasgow! Whatever for?" continued the funny one.

"I wanted to be near mother," said the other with devastating meekness.—Tit-Bits.

* * *

Mug Drill

Sergeant: "Did you shave this morning, Jones?"

Recruit: "Yes, sergeant."

Sergeant: "Well, next time, stand a bit closer to the razor."—Aberdeen Journal.

* * *

But Daddy's in the Dark

The Pastor: "So God has sent you two more little brothers, Dolly?"

Dolly (brightly): "Yes, and He knows where the money's coming from; I heard Daddy say so."—A. C. L. News.

* * *

A Dictator

Judge—Now, Uncle, what is your name?

Witness—Mah name, Kunnel, is Washington Calhoun Clay, sah.

Judge—And can you sign your name, Uncle?

Witness, hesitating—Well, Jedge, Ah hab nebber had no 'casion ter write mah name. Ah jes' dictates it sah.

* * *

All Right

A boy was about to purchase a seat for a movie in the afternoon. The box-office man asked:

Man: "Why aren't you at school?"

Boy: "Oh, it's all right, sir. I've got measles."—Exchange.

* * *

High Cost of Courting

Angela shook her head with finality. "No, Tom, I can never be yours. Sorry," she told her young swain.

He took the blow quite calmly.

"All right," he replied. "What about all my presents?"

"I'll return them, of course," she said coldly.

"Yes, I know you will," he exclaimed, with some warmth; "but who's going to return all those cigars I gave your father and the pennies I gave your beastly little brother?"—Answers.

Ignorance is Bliss

Ted: "What makes Miss Jones stand out from the crowd?"

May: "She's not standing out from the crowd. The crowd's left her but she doesn't know it."

* * *

Indications

Stranger—What were those groans I heard coming out of that building. Is it a hospital?

Officer—No; that wasn't groans. It was the owners of a store talking over business.

* * *

Ingenuity

Tomtit—How does DeGoof manage to have so many suits?

Dodo—He really has only two, but by altering with coats and pants he gets four combinations out of them.

* * *

Not So Odd!

"That's an odd name for you to give your daughter—'Radobile.' How come?"

"Well, you see, she came the day after my seventh payment on the radio and the day before my 11th payment on the automobile."

* * *

Sh—h!

"Can you keep a secret?"

"Sure."

"I need to borrow some money."

"Don't worry. It's just as if I never heard it."—Annapolis Log.

* * *

Innocents Abroad

Castle Guide: "This is the moat. Has anyone a question?"

Tourist: "How could anyone get that in his eye?"

* * *

A Good Risk

"Don't you want your office furnishings insured?"

"Yes, all except the clock. Everybody watches that."—Travelers Beacon.

* * *

She Ought To!

"Did you hear about Ezra Mark being held up and having his week's wages taken?"

"No, does his wife know?"

"She ought to—she took it."



"Joy of Living"

The British Institute of Practical Psychology exists to make the principles of Psychology available to you in a form you can easily understand—in a form you can easily apply to yourself, in strengthening your personality, in achieving that true happiness which is your right, in finding a successful solution to your personal problems, in realizing ambitions and desires, in increasing your value and developing your faculties. Send coupon or write today for FREE BOOK.

INFERIORITY COMPLEX eradicated

An Inferiority Complex is a disturbance in the Subconscious Mind which manifests itself **in self-consciousness and lack of confidence—in nervousness and "nervyness"—in causeless fear or worry—in depression and a sense of futility—in lassitude and lack of enterprise—in weakness of will and indecision—in blushing and nervous mannerisms—in forgetfulness and lack of concentration.** These are symptoms of "something wrong" within your personality which you can put right—the effect of conflicting forces within yourself or the result of some emotional experience or some destructive influence during your personality-development. Such experiences may be entirely forgotten, they may have acted too early for your memory to retain, but their effects remain in the form of a "disturbance centre" in Subconsciousness which sends out **powerful negative impulses, overcoming and paralysing your positive impulses,** denying you the pleasures of achievement and the joys of living. **You cannot control these impulses**—to attempt to fight them by direct effort only serves to increase their strength—**but you can remove them altogether** by eradicating from your Subconscious Mind the trouble from which they spring, building up in their place powerful positive impulses, generating forces within yourself which will help instead of hinder, which will carry you forward towards a happier, healthier, fuller, more successful life.

This you can do—yourself—simply, by your own efforts, in the privacy of your own home.



"Quiet, calm confidence"

British Institute of Practical Psychology, 507 Fifth Ave., New York, Dept. D.

Please send me FREE BOOK "I can. . . and I will."

Name .....

Address .....

PSY-4

The Power of

RIGHTEOUSNESS



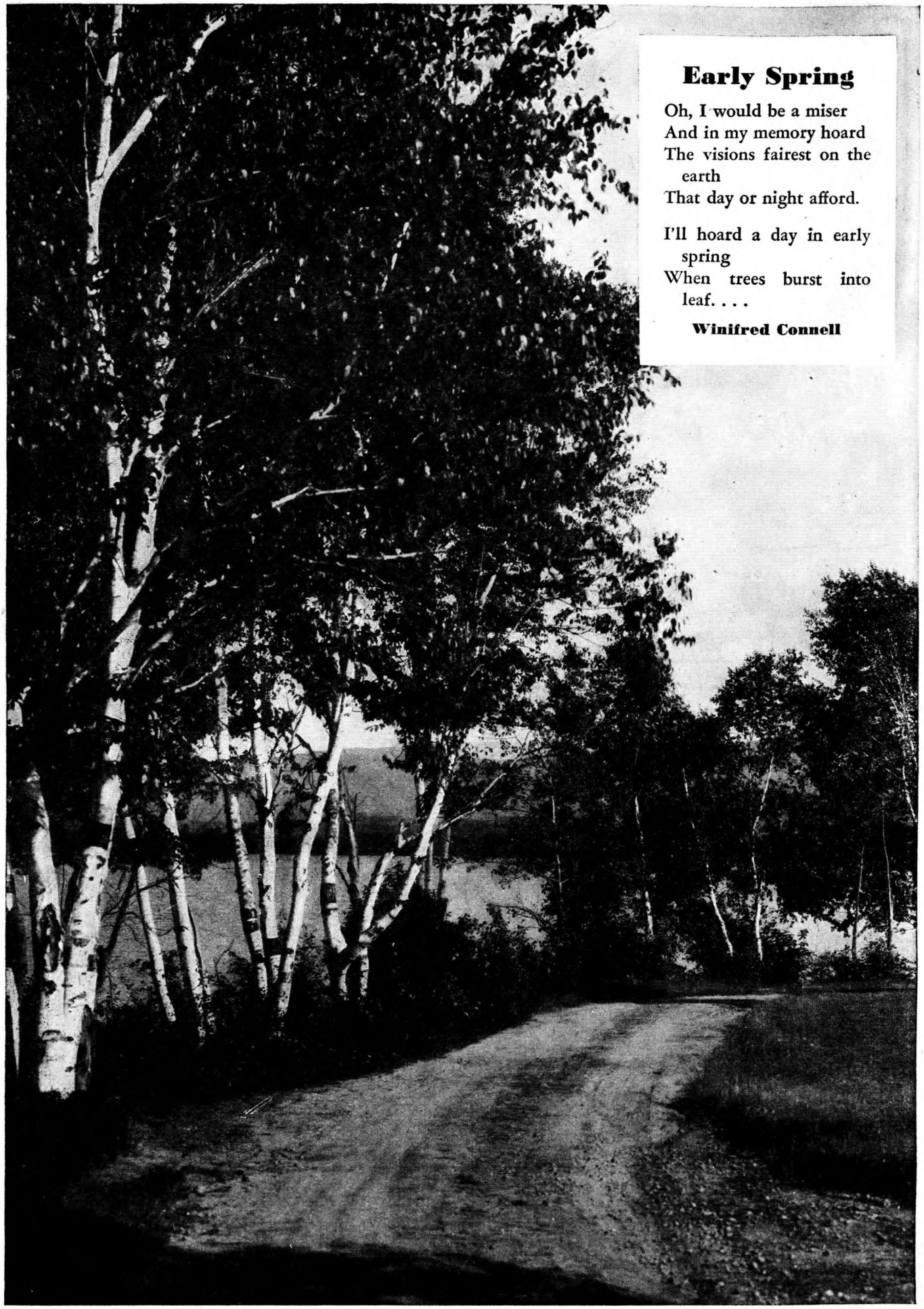
It is our duty to ourselves
To harmonize with those about us,
Insofar as it adds
To the constructiveness of living.

If we are right,
As right as humans can be,
The laws of nature and man
Cannot work against us.

Neither can we work against them.
Right attracts right,
And those who practice it,
Are more influential

Than all the demons in fables.
The good that one righteous person
Contributes to humanity,
Is impossible for man to estimate.

Katherine Maurine Haaff



Early Spring

Oh, I would be a miser
And in my memory hoard
The visions fairest on the earth
That day or night afford.

I'll hoard a day in early spring
When trees burst into leaf. . . .

Winifred Connell

Can You Take It?

by WALTER WHITELEY HUBBARD

DURING the bitter, cold winter of 1775 a small American army, under the command of Generals Arnold and Montgomery laid siege to the great, fortified city of Quebec, in an effort to hamper and cripple the British empire following the clashes at Lexington and Concord.

On December 29 of that year the colonial forces had captured the lower city of Quebec, and, in the absence of the British army then quartered at Montreal, bid fair to move into the citadel and add Canada to what was then termed a rebellion of the colonies.

Nothing stood between them and the successful accomplishment of their raid but a gallant group of fifty men, approximately twelve squads of King George's regulars. But so determined and valorous was their stand, and so well did they defend the narrow streets of the city leading to the huge fortress that, even though the attacking Americans divided into two stronger groups, they could make no headway, and the attempted coup which might have added the whole of what is now the Dominion of Canada to the United States, failed miserably and cost the life of the American general, Richard Montgomery.

I hold no briefs for the merits of the contest, for either side, but it is a most striking example of what bulldog tenacity and undying courage can accomplish. Being able to "take it" can literally alter the course of Empire.

Persistent, hard, plodding effort can never be replaced by anything else as a cure-all for many of our troubles, individually and collectively. It was the late ex-President Calvin Coolidge who so aptly wrote:

"Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan 'press on' has solved and will solve the problem of the human race."

There are few, if any, prodigies who can wade right in and lick the world. The human race today is composed of the Toms, Dicks and Harrys who have to be able not only to give punches, but to take them; and the one who strikes the last blow invariably wins.

In the history of the prize ring, several boxing championships have changed hands because an apparently defeated challenger was able to "take it" long enough to enable him to get in his own, telling blows.

The battle for economic supremacy in a world gone commercially mad is crammed full of instances, of small businesses and great enterprises, plucked from the fire because some executive, or group of men, were able to "take it." My hat is off to the business man who carries on through the troubles of the day and through night after night of sleeplessness in an endeavor to save a business for his associates and for his employees.

Had General Montcalm's French troops been able to fight it out to a victory on the Plains of Abraham and hold the citadel of Quebec as did the British in 1775, the history of the world would be vastly different. It would have meant that Canada would now be a part of the French Empire, and the necessity for Napoleon, some years later, having to sell the Louisiana territory to raise war funds, might not have arisen.

Not being able "to take it," the French have lived to see a vast empire, second to none in the world in point of wealth, tumble away from them so that today only the tiny islands of St. Pierre and Miquelon, and the small territory of French Guiana, fly the flag of that Republic in the western hemisphere.

To be able to "take it" we must be strong and courageous, mentally and spiritually if not physically. Men attract to them the positions that belong to them. A small magnet never has the power to drag after it big things.

In a world seething with corruption, intolerance, revolution, mistrust and international strife we need stout hearts and true; men who can be faithful to the convictions of their consciences and loyal to the trust imposed in them, and, last but not least, men who can "take it."

"Don't Save Money!"

—and Injure Others, Says Dr. A. L. Barach

Interview by GRACE M. KEEFFE

"THE affluent people of the country are blocking the return of prosperity," declares Dr. Alvan L. Barach, noted New York physician and professor in the College of Physicians and Surgeons at Columbia University.

"Paradoxical as it may seem even those hardly scratched by the depression have acquired an abnormal sense of thrift, the results of which are bound to be injurious," he continued.

In the good, old days thrift was held up as a virtue of the first magnitude, he pointed out. Every school-house in the country did honor to Benjamin Franklin with his grand array of thrift maxims staring forth from copy-book and reader.

Every boy and girl learned about the virtue of saving from the squirrel, the ant and the bee. And every youngster had his own honey-comb at home in the form of a tin savings bank.



In this atmosphere of luxury, their possessions place them naturally

Yes, thrift was a virtue. And the saver was a saint!

BUT that was before the depression, when no one dreamed that his savings might be

swept away over night; that the money he had labored years to acquire might disappear forever when his local bank suddenly failed to open its doors—

That his farm might be taken away from him because he could not meet his mortgage; that he should have to resort to government aid to feed and clothe his little ones.

No. No American, rich or poor, entertained such a picture five or six years ago. Since that time millions have tasted its cruel reality. And many are coming forth the wiser for their sad experience. Instead of scrimping to accumulate, they are going to spend to live. They have concluded that it is better to enjoy life as they go along than to deny themselves to feed the wolves of finance.

"Those of us who have known the pangs of real want are through with self-denial," they declare. In their joy at being able to buy again, such people are apt to go to the opposite extreme and spend every cent they earn.

It is the wealthy people who now are floundering blindly in the depths of futile economy. In the darker days of the depression, these men and women of means expanded their own personal suffering to tune in with the general suffering of the times. And they got such a kick out of their self-inflicted deprivations that they still are thrilling to them. They seem not to realize that by thus needlessly depriving themselves they are putting huge blocks in the way to jobs for millions.

A long and detailed study of the spending habits of his patients, many of whom are well-to-do, if not wealthy people, has convinced Dr. Barach that this is a general state of mind which frequently causes unnecessary frugality.

"The doctrine of thrift, which was vitally necessary for large numbers of people during the depression," he told me the other day, "has become a source of conscious satisfaction to many who are still well-to-do. Confronted with the suffering of the poor, they have felt that their indulgence in the luxuries of the past has suddenly become a threat to personal salvation.



This deprivation may seem "fun" for the time being, but for them it is an artificial . . . a really selfish attitude

"The idea of restraint in making their customary purchases, despite the fact that it leads to continued unemployment and the fear of starvation for multitudes, has taken a compelling hold on the imagination of these wealthy people—who by means of that restraint satisfy their consciences at the price of helping to prolong the depression.

" 'What do you think, doctor,' a woman patient literally glowed at me the other day, 'I've dismissed my second maid and I'm actually doing her work myself. It's thrilling'."

"The saving of that second salary meant nothing to this woman in a financial way. She wasn't troubled in the least by the thought that she had deprived a poor woman of her only source of livelihood. Any qualms of conscience she might have had at the moment of dismissal were drowned in the martyr's delight she derived from making herself wield the duster.

"We cannot afford to be thrifty. . . . The economic system of this country is largely built upon people's desire for luxury. A ten per cent decrease in thrift will mean a ten per cent increase in the standard of living for all. . . . Thrift on an excessive scale would convert us into a nation of peasants. . . ."

"Other women thrill to the thought of buying twenty-five dollar gowns for evening wear when formerly they paid as high as three hundred for them.

"I often hear them in social gatherings: 'Girls, how do you like my new gown. I got it at Blank's and it was only twenty-five dollars.'

" 'Why, Eva, did you really?'

" 'Isn't that marvelous?'

" 'I'll say! I'm going to begin saving, too.'

"The emotions that the first woman exercised in saving on her gown were conspicuously self-righteous.

"She had secured for herself by her renunciations a prestige that she formerly had not possessed and that she will be loath to give up. Because she was making a sacrifice from which she derived a degree of pain, she found her act agreeably exciting. In other words, by wearing the twenty-five dollar dress she was rewarded with a masochistic satisfaction and an accompanying feeling of superiority.

With many wealthy people who have no cause for worry over financial matters, Dr. Barach explained, saving and sacrificing have been turned into a sort of religious renunciation.

"Gospels of renunciation," he went on, "have always had a strong hold upon the world. Today, people want to be poor in matter as well as in spirit. So they are renouncing worldly goods under a sham, but transparent, veil of necessity.

"The sacrifice of so-called luxuries has afforded a new outlet for the self-castigating, renunciatory impulse, which, in former times, expressed itself through the denial of the evils of the flesh under the fear of punishment and the hope of entering heaven. For those to whom intensity in creative effort, in productivity, in courageous enterprises has been a difficult or impossible feat, a pathway to the sensation of superiority has always been provided by the philosophy of worldly denunciation.

"When it becomes possible to discharge servants who have been with a family for many years and on the most intimate terms, without even a thought to their subsequent plight, the feeling of satisfaction in cutting down expenses has obscured all sense of sympathy and responsibility. Infatuation with one's own privations so deadens the imagination of the individual that he becomes blind to the privations he is forcing upon others in order to carry out his scheme of saving and self-denial.

"The same woman who glowed at the thought of doing her own dusting was highly critical of a friend who had invested in one of the higher priced cars. It so happened that this man had given one-twelfth of his yearly income to the unemployed, while she had made no contribution to charity. By going out and buying a new car he had shown his willingness to help along. He refused to be intimidated by the spectre of a diminished total capital. He was guided by the realization that none of us can expect a return to normal times until we go in for normal spending."

Dr. Barach's conclusions are shared by many thoughtful persons—the conviction that while we still have with us millions who cannot afford even the bare necessities, those other millions who are saving for self-satisfaction are prolonging the period of poverty and want.

The woman who refrains from buying a new coat, the man who decides against buying a new automobile because his next-door neighbor is out of work *(Continued on page 51)*

A Woman for President?

Fannie Hurst Says It's Possible

Interview by ADA PATTERSON

"IN THE next fifty years there will be an amazing liberation of the energies of woman."

I had come to talk with Fannie Hurst on her philosophy of life, her pattern for living.

She had told me, as she had promised she would, something of her methods of work, of her ideals, her thoughts about the future.

She sat with her back to the sun. Contrary to her habit of thought and of life. For she is a creature of the sun. A daughter, in spirit, of the tropics. She loves sunlight and color and movement.

She sat at her typewriting machine, on which she writes the first and second and more, and yet more, drafts of her famous stories. Eventually the labor of making them into "clean copy" will go to Bess, her slim, mulatto secretary. But not until the author has made many and painfully meticulous revisions.

The sunlight poured over her in a golden stream through the southern window. The right wall was covered with unframed photographs of celebrated folk. Inspirational faces. The left with books chiefly for reference. In front was the door leading from her compact little workroom to the huge living room of her studio on Sixty-seventh Street. A severe room. One permitting no luxurious distractions. Not even in thought. The inspirational faces seemed to nod to her typewriter. To point relentlessly back to her pattern for living. The faces of President Franklin D. Roosevelt, of Mrs. Franklin D. Roosevelt, of Einstein, of the late Elizabeth Marbury.

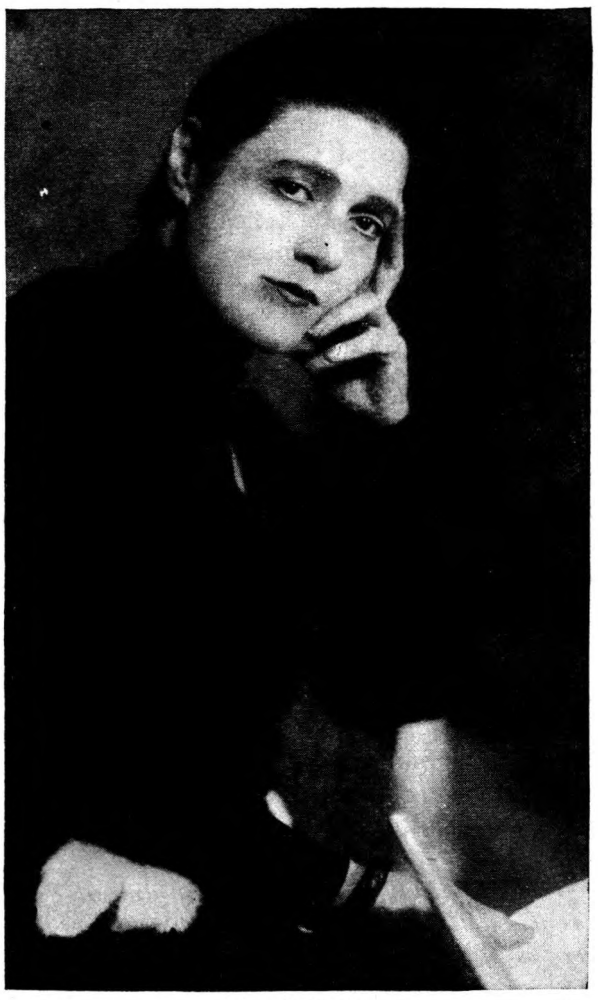
In her typewriter was a half filled page. She was nearing the last sentence of one of the last chapters of "Anitra's Dance."

"I don't know whether this will be my best or worst novel," she said, scrutinizing the noncommittal page. "But I know it was written with the greatest facility I have ever shown in writing. My last novel was, from first to last, a painful process. I hated it. It was fourteen months in the writing. I didn't want to write it. Again and again it defied me. But I always came back to it."

"You didn't like Delilah? Everyone else liked her." Miss Hurst shook her forceful dark head in undeniable negation.

"But this character I do like. Anitra was born after the war. She knew nothing of prewar standards of life. She is a creature of the New Day. Writing her story has been genuine pleasure, with less consciousness of the labor of bringing a novel into form than I have ever known. The idea was one I had carried about with me for a long time. I had thought 'Sometime I shall write that.' Then the thought came 'Why wait till "sometime"? Write it now.' It has come into form not only quickly and easily but completely—according to my standards. That may be because I have had it in my mind so long."

"The determination with which you came back again and again to the disliked task of your former novel was part of your pattern of living?"



Fannie Hurst

"Yes, we must not let anything we have undertaken lick us. We must give it our best. According to our standards."

We envisaged Fannie Hurst, alumnus of Washington University of St. Louis, at twenty. She knew what she wanted.

"I wanted to write. I had always wanted to write. I wanted it so passionately that it did not seem possible that which I so greatly desired should be denied me. I did not intend to marry. When I heard other girls talk of their beaux and dresses for the next dance I had a faint stirring of interest. Not more. In these attitudes I was supported by my father. He believed that I could do something thoroughly. He did not know what but he encouraged me to hold to the path of accomplishment. He thought, though he was born in Mississippi and reared in Tennessee, where romance abounds, that beaux and dancing gowns were for frivolous beings, incapable of other interests. I have held to my determination to write. I compromised with love."

A MOMENT before the doorbell had sounded. Jacques Danielson, the pianist and composer's gently modulated "I will wait" came to us through the grille door. He is the visiting husband who shares his studios at the fortress-like built Carnegie Hall, with his author wife, who shares her domicile with him. In a half hour they were to hurry through the Grand Central gate to catch a train for the weekend visit to their country home at Quaker Ridge, near Croton on the Hudson. Married eighteen years and still content with sharing abodes under two roofs in the city and one in the country. And joint journeys across the continent. A pattern of living that suited perfectly their needs.

"Yes, I believe that, although every human being sometimes believes that instead of living life life is living him—having adopted a plan that has the approval of reason and harnesses their emotions, one will be happier and accomplish more and better work" said the serene mistress of the studio. Without doubt the tall, handsome man, with the silvering hair, who waited in the great living room, would have bowed his acquiescence.

"We never interfere with each other's work" he would have said.

Miss Hurst glanced at a group of books on the left wall, her own special shelf, that held "Just Around the Corner," "Gaslight Sonatas," "Humoresque," "Lumox," "Back Streets" —the last two, she agreed with me, are the peaks of her achievements—fifteen of the volumes, a stairway of endeavor, each representing a year, waiting for "Anitra's Dance" as another step in the ascent. "I am sure that passionately wanting something is the motif in a pattern for living."

"Is it possible to want something painfully yet have no corresponding ability to achieve it? As a girl with a pleasing little voice who wants to be a prima donna at the Metropolitan Opera House?"

"Yes," granted Miss Hurst. "That occasionally happens. Persons have told of their longing to write while I, listening to and knowing them, have concluded regretfully: 'You haven't the equipment.' Yet I have known more who didn't want passionately enough to write. They have said to me, 'I have written my *(Continued on page 48)*



Fannie Hurst in the library of her home

Miss Hurst believes that at least half a dozen American women could qualify for the high office of the President of the United States. Do you agree with her? If so, what six women would you name as possessing the requisite mental, physical and spiritual qualities?

PSYCHOLOGY invites your opinion. Preference will be given to letters not over 500 words in length although longer ones will not be barred.

"'Tis the Mind

—*That Makes The Body Rich*"—Shakespeare

by G. ARTHUR GAYER, Ph.D.

INTELLIGENT men and women the world over are concerned about their physical and mental health.

There is not a person anywhere who would not use every possible means to retain the freshness and vigor of youth and to prolong the span of human life.

Millions of dollars are spent annually in search of health, happiness and length of years.

Meanwhile more than two hundred thousand Americans drop dead yearly of apoplexy. And there is a steady increase in deaths from heart disease, appendicitis, cancer, Bright's disease, fusel oil and diabetes.

In spite of the fact that we have a dozen doctors in every city block and thousands of hospitals all over the country, there is not more than one man or woman in a thousand who is a healthy man or woman, having pure blood and perfect digestion and without an ache, pain or ailment. It *should* be the reverse of this with no more than one among a thousand in an unhealthful condition.

It cannot be denied that the least ache or pain has a tendency to lower our vitality and make us poor in spirit. Sickness of any kind is like a vampire that sucks the blood of the living while they sleep.

The paramount importance of health is amply justified by the painful and costly experiences of millions of persons who are victims of disease.

The consciousness of mental and physical power lends a zest to our existence which neither wealth nor station can replace.

The value of a healthful mind and body is simply incalculable. Well did Emerson say: "The first wealth is health."

What else is so inspiring to the human eye as the sight of a healthy, vigorous man or woman? You can tell either as far as the eye can reach. Both manifest their power in all their movements and actions.



Everyone who comes in contact with such persons feels the effect of their strong vitality. It shows in the clearness and color of their eyes, in the tone and quality of their voices, in the buoyancy and firmness of their springy walk, and is made apparent in everything they say and do.

While it is not to be denied that men like St. Paul, Nelson, Caesar and others have written their names on the pages of fame for all time in spite of physical limitations, yet it is equally true that the greatest prizes of life, such as health, happiness and success, almost invariably fall to the well and strong.

I am not speaking of the huge muscles or powerful frame of such men as Primo Carnera. It is the Napoleons, twenty hours in the saddle, it is the Franklins, camping out in the open air at seventy, it is the Gladstones, handling the helm of empire at eighty-four with the vigor and power of a young man that win in the race of life.

A healthy body, above all things, depends upon a healthful mind. Shakespeare says: "'Tis the mind that makes the body rich." A well balanced and well disciplined intellect reacts powerfully upon the physique, and tends to bring it into harmony with the laws of life.

On the other hand, a weak and vacillating mind will quickly bring the body into sympathy and accord with it.

These things poison the vitality of the body and, sooner or later, destroy the body.

Every pure and healthful thought, every noble aspiration for the good of others, every smiling eye, every outstretched hand, every lofty purpose and unselfish endeavor, react upon the body.

Not even a Raphael could paint the face of Christ with a Judas as a model. Phidias could not call an angel from marble with a vision of a fiend in his mind. A flaw in the thought will appear in the statue.

I read of a great painter who was so fascinated and impressed by the face of a lovely child whose portrait he had painted that he hung the picture in his studio, and would gaze at it for hours.

It became a kind of guardian angel to him. In joy and in sorrow he tranquilized his soul by looking at that heavenly countenance. He

resolved to paint its opposite, but he could find no face ugly enough until, years afterward, he looked upon a hardened wretch lying on the floor of a prison cell.

He painted the terrible face, and then learned to his astonishment that it was that of the same person he had painted before. The innocent child had become the profligate, ruined youth. Passion had transformed the seraph into a demon; the body had changed to match the mind.

Wrong mental and moral training produces wrong thought, and as a man thinketh in his heart, so is he in his life. Every thought tends to reproduce itself, and ghastly mental pictures of disease, sensuality, envy, hatred, malice, vice and crime, produce leprosy in the soul, which produces it in the body.

The subconscious mind devours everything that is brought to it, and it will produce beauty or deformity, harmony or discord, truth or error, according to the quality of the objective thought we give it. Deadly poison, indeed, lies in wrong and evil thoughts which the most searching drugs cannot reach. The late Professor James of Harvard University once said: "Every small stroke of virtue or vice leaves its ever so little scar."

The powerful influence of the mind and will upon the bodily functions is recognized by few.

There are many ways of ruining the body besides smoking or drinking or indulging in sensual vices.

Anger, for instance, changes the chemical properties of the saliva to a poison dangerous to health.

It is a well known fact that sudden and violent emotions have not only weakened the heart in a few hours, but have caused insanity and death. Fear and worry have killed thousands of our kind.

Anger in the mother may poison a nursing child. Rarey, a celebrated horse-tamer, said that an angry word would sometimes raise the pulse of a horse ten beats in a minute. If this is true of a beast, what may be said of its power upon human beings, especially upon a child.

These, and a thousand other illustrations show that the body is subservient to the mind, the perfect control of which insures us not only against most of the ills and infirmities of the flesh, but enables us to reach the highest possible state of mental and moral excellence.

That the properly used forces of our minds may render us important services with regard to our health and the prolongation of our lives, is demonstrated in the following true stories.

Douglas Jerrold was told by his physician that he must die. "What," said he, "and leave a family of helpless children? I won't die." And he lived for many years.

Seneca had an almost fatal disease, but he said: "The thought of my father, who could not have sustained such a blow as my death, restrained me, and I commanded myself to live."

Walter Scott, at fifty-five was deeply in debt; but, though far from being well, was determined to pay every dollar.

This resolution gave new courage to every faculty of the mind and every function of the body, and they rushed to the rescue under the stimulus. Every nerve and fibre said the debt must be paid, and it was paid.

It is difficult for a disease to get a fatal foothold in a body where such an imperious will reigns supreme. It arrests the development of disease and almost defies death.

Resolution, courage, determination, perseverence, hope and faith, are, indeed, mighty factors for health, happiness and long life. They represent the most potent self or autosuggestions for good, and the body responds to their irresistible influence as an aeolian harp to the passing breath of the wind.

Ill directed suggestions, on the other hand, make man the slave of self-created evil influences which stunt *(Continued on page 50)*

Decision

by **AMELIA BASHEW**

I felt that I should like to die.
A fresh wind fanned my face,
And blew a message from the sky
That I should hope embrace.

It swept from mind the coward's way
With gesture of disdain,
And whispered of a strength of
Character achieved through pain.

The thought of worlds to conquer
Brought a smile to curve my lips.
The harder road the worthier,
Ah, what joy to this eclipse!

"I Want to Be Neurotic!"

"It Brings Rewards," Says Victim

by RUFUS M. REED*

APPARENTLY a neurosis has its advantages as well as its disadvantages. If this were not so, there would be no neurotics.

A neurosis is always chosen subconsciously for the advantages, either real or supposed, which it brings to the personality. Neurotics invariably are willing to relinquish their neurosis when the disadvantages begin to offset or outweigh the advantages. And until such a condition is reached in the personality there is no hope for a cure.

Quite recently, I was doing my utmost to pull a victim out of the foul clutches of his neurasthenia. But I had already concluded that he was at that time a hopeless case, for it was quite evident he did not wish to give up his neurosis, and thus lose the advantages it was bringing to his personality as a whole. In other words, he did not wish to be cured, and subconsciously resisted all efforts toward his recovery.

One day, I said to him with all the emphasis I could command:

"You do not wish to give up your neurosis and are clinging to it for the advantages it brings to your personality."

He stared at me in astonishment.

"I'd like to know," he said sarcastically, "just what advantage my neurosis is to me. Why, I detest this worry—this constant thinking—thinking about myself and my symptoms."

"If you wish," I replied, "I will enumerate the advantages of your neurosis to you. Furthermore, I shall be able to prove what I say."

Taking pencil and paper, I set down the following:

"1.—Your neurosis has brought you freedom from work for the past twelve months.

"2.—It has caused deep concern on the part of your wife, mother, and relatives. They are therefore paying you more attention than they would in the ordinary course of affairs. This attention fills an inner craving of yours and makes you feel important to yourself.

"3.—The failure of various physicians and eminent specialists to cure you gives you a secret pride in your symptoms. (He had consulted scores of doctors and psychiatrists.) You are puffed up, and subconsciously you think: 'I've got them all baffled. They can't dope my case out.'

"4.—You are in love with yourself; your neurosis is a means of showering your love upon yourself. Neurotics are invariably selfish human beings, and a neurosis is chosen for selfish reasons. It is not a disease but an indulgence.



"Enthusiastically pointing out symptoms—"

"5.—You have an inner craving for self-pity, and your neurosis is the means of satisfying this craving. The reason you stay awake at night is to indulge this inner craving for self-pity.

"6.—Your neurosis gives you an air of distinction. You think it is great to be different from the crowd. By means of your neurosis, you have set up a false pedestal on which to stand; this is why you will not condescend to run with the crowd and be like the common herd.

"7.—Your neurosis is a means of repenting of secret sins, which you have either committed or desired to commit. Your neurosis is therefore a means of appeasing a troubled conscience.

"8.—You take pride in your neurosis and guard it just as a miser takes pride in his gold and guards it against being taken from him."

For a time, the victim was dumfounded, and vehemently disputed the truth of what I had set down.

"Take pride in my neurosis!" he exclaimed scornfully. "Why, man, you don't know what you're talking about. I even abhor its distressing symptoms."

"But you do take pride in it," I replied. "I can prove it."

"I'd like to see you do so," he said icily.

"Quite true, you do abhor its disadvantages. Just now, however, the advantages are outweighing the disadvantages; therefore, you take pride in it. But the proof: That which a man or woman loves the most and takes

the most pride in, is that of which he or she thinks the most and to which most attention is given.

"The things we take pride in are the things we cultivate and hang on to. For illustration, we'll take a mother and her darling babe. We know the mother loves her baby and takes pride in him because she is forever showing him off to others—forever telling others about the merits of her baby.

"Likewise, you are always thinking about your neurosis, always 'showing off its symptoms' to others—enthusiastically pointing out how your neurosis has exhausted and brought you down. In fact, your whole conversation is always upon the subject of your neurosis, as though it were the most beloved and most precious thing in the world. Therefore, you are bound to take pride in it."

"Well, I'll be jiggered if I see it!" he exclaimed.

"Furthermore," I added, "you even guard your neurosis as a miser guards his gold. The miser thinks about his gold day and night, and cannot sleep for thinking about his gold and wondering as to its safety. He hopes no one will be able to take it from him. So, you are carefully guarding your neurosis, and hoping that no one can take it from you. It is your port of refuge, and is therefore clung to because of the advantages it brings."

Needless to say, I lost his patronage. But I believe neurotics should be told the truth. They are in need of disillusionment. We need more writers upon the subject who are not afraid to say, "A neurosis is a chronic nervous imposition."

A neurosis is always chosen and kept up for the advantages it brings to the personality as a whole. I have come in contact with neurotics who loved their nervous symptoms even more than they did wife, mother, sister, or husband.

There was one who had been quite successful before he became a victim of neurosis and had to give up his job. From a high pinnacle of success, he toppled to the very dregs of despair. He lost the last vestige of his self-respect. This was literally breaking his wife's heart and he knew it. Yet he clung to his nervous symptoms, loved them and gave them more attention than he did his wife. He was willing to break her heart in order to enjoy the advantages of his neurosis.

We are often made to wonder why neurotics would persist in wrecking their own lives and breaking the hearts of their friends and relatives. Neurosis has often been referred to as a stubborn disease; rather it is an habitual indulgence. Quitting a neurosis is like quitting the drink or dope habit. It is even harder. Of course, the subconscious mind can give up its game of neurosis immediately when it chooses to do so. But when—, that's the question!

However, let us not deal too severely with the neurotics—not until after we have shown them the game of trickery and delusion they are playing upon themselves—how they are imposing their nervous symptoms upon others. Then, if they will not quit their neurosis, they should all be herded together, and like the nudists, be put to live with each other in an isolated colony. The world is too busy, and each person has enough of a burden to bear, to try to carry the burdens of the neurotic.

There is also another reason why we should not be too severe with the neurotics. They cannot help falling into a neurosis; neither can they get out of one until after they have been completely disillusioned.

With the problem of a neurosis is involved the many intricate problems of the morals of society. A neurosis is not hereditary. But the neurotic has inherited from his ancestors of the dim past and of the immediate past either one of two things, or both. Namely, a strong love instinct, which demands a great amount of expression in the world without, and which, failing to find this properly, turns its love in upon self to find expression in too much self-love. Or he or she may have inherited high ideals, a strong moral nature, which has been augmented by the moral precepts imbibed in the early environment, so that the morals become prudery or snobbery. *(Continued on page 64)*

Glorious Dawn

By MILDRED S. FERGUSON

I stood upon a hill at Eastertime,
And watched the dawn come in across the sky;
Twas long before the village bells would chime,
The world was still . . . the wind was but a sigh.

Then through the air there came an echo, clear,
Twas not the fluting of a woodland bird
My heart stood still, with nameless joy and fear . . .
It was celestial music that I heard!

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—"

Treasures

THE treasures of friendship
Are greater than gold,
A truth that shines clearer,
As each one grows old.
—William Howey.

A Child's Standard

RECENTLY two little girls, poorly dressed, were going down the escalator in a department store. One of the youngsters remarked:

"Look, sis, isn't that pair of party slippers cheap?"

The other gave a surprising reply: *"Nothing's cheap if you can't use it."*

There's wisdom for us! Look about your home and see the little gadgets you've purchased just because they were "cheap"; yet you never used them. Now they are in the junk! And that "cheap" evening gown or wrap. You had to *plan* places to wear it! It wasn't cheap after all—you couldn't use it.

That "bargain" of a car! Repair, gasoline, garage bills before it could be used, brought the cost up.

What a wise thing it would be if we measured our prospective purchases by the standard of the child's wisdom! Helen Wilkes.

Craftsmanship

THE *craftsman in living* cultivates a healthy body. Develops his mind. Does not let it ossify from heeding tradition—or deteriorate through following every fad and fancy.

The *craftsman in living* tries to get into the kind of work he would do if he had a million dollars and did not have to work. He has a hobby—or several. He can get along with himself. And with others.

The *craftsman in living* cultivates interest in the arts and sciences. He knows something of modern psychology, the great liberating science of the new age. He cultivates a sane philosophy of life. He can laugh at his failures and utilize them as a springboard to success.

The *craftsman in living* learns to like and be like people. He never passes judgments, but tries to understand *why* people act as they do. He never gossips nor maligns others. He is helpful and courteous always. He avoids useless arguments. Does not try to have the last word. Knows not the meaning of jealousy or intolerance.

The *craftsman in living* is master of self and circumstances. He takes life on the chin. He is too busy living in the *now* to waste precious time bemoaning the past or worrying about the future. He loves life and humanity. He spends each day as if it were his last and puts his best into every twenty-four hours.

To the *craftsman in living*, life is a glorious privilege! Dr. M. Sayle Taylor.

More than Dust

THOUGH we may have been beaten to earth
Simply lying there is the disgrace;
But to rise, and to fight back, is worth
Livid scars on the mind and face;
Just to conquer when seeing we must
Makes us more than mere things of the dust.
Maurice C. Waugh.

The Second Mile

MANY will "go a mile with you" but how few will venture on that second mile!

"She has hurt me terribly," a girl remarked of a chum. "I'll never forgive her; she needn't ask me to." And because she refuses to "go the second mile," a friendship is broken; a spirit scarred by a revengeful attitude.

"Tom has betrayed my trust; he says he's sorry and wants another chance. Well, I'll forgive him, for the sake of the children, but *I'll never forget,*" said a young wife.

What a pity that she had never heard of the second mile!

Do not resent that little snub some one offered you, and run your blood pressure up! Do not imagine your friend meant to hurt you with that barbed remark. *Go the second mile!*

It may not be easy at first—nothing worth while comes without effort. But persisted in it becomes a habit. *(Continued on page 55)*

"Voice of Experience"

Analyzes Readers' Letters

Editorial Interview

EN ROUTE to my monthly conference with the "Voice of Experience"—that humanitarian whose coast to coast broadcasts have aroused such interest in our readers—I was buffeted by strong March winds playing hopscotch around corners of huge skyscrapers.

Just so life's problems seem beating upon many from whom we receive an influx of letters asking for his advice.

Once across the threshold of his office, one forgets the blustering of outer and inner worlds. I wish it were possible to bring to every troubled soul the atmosphere of utter peace pervading the stillness of this room—far above the roaring traffic of a great city.



The "Voice of Experience"

In one corner an unusually large floor lamp—dull gold, of striking and exquisite design—spills a mellow penetrating golden warmth.

The artistic eye drinks in the harmonizing tones of deep rich blues, greens and browns and comes to rest upon the gleaming peaceful blue of a little Washington monument of imported Czecho-Slovakian crystal—serving as a paper weight on the desk.

That monument, somehow, symbolizes the work of the "Voice of Experience"—

For truly his work exemplifies the words of Charles Wagner: "To bring a little light into dark paths—what a truly divine office in the midst of this poor humanity."

"OUR first letter this month," I began, "is rather different from the usual problems."

The "Voice of Experience" smiled. Problems of such variety and complexity greet him each day that he is never nonplused.

"The writer says that she 'wouldn't dare approach any of her friends with her problem.' That they would 'brand her as not just right in the head.' But that she knows she is not abnormal in any way, despite what she has to reveal."

"From childhood she has been supersensitive to sounds, lights, color and thoughts. She *underscores* the word *thoughts*. Often she has to guard against revealing her emotions because of their magnification. And she adds this: 'I don't need to tell *you* that any one that is in any way different from the average, is likely to suffer.' "

"She is introspective—and analytical, even if not constructively so," interpolated the "Voice of Experience."

"Yes," I continued, "and she reveals this further in these words: 'I always have been considered "odd," but due to repression of full emotions and responses I have got by with no stronger label than this. Yet I always have felt that sometime I might meet my Waterloo. And I have. She is a very successful business woman—strong-willed, highly intelligent.

" 'For certain reasons, too complicated to explain, she recognized at once that I can be very useful to her. I am certain that she is making me her mental slave. I resent and fear this. But as much as I wish to break our friendship I'm quite unable to. The consciousness of her hold on me is making me less able to restrain and keep hidden the many impressions that I know I should not reveal to her.

" 'As an example of her silent domination: last night after I was at home, clad in negligee, prepared for a restful quiet evening, she called me. I heard her as plainly as if she had been in the room. I was very tired. But her silent command was so insistent that I dressed and went to her home.

" 'She greeted me with these words—a knowing smile on her face—"I was wishing you would come by." She wanted me to do an errand for her that has taken me several hours of my busy day. I can't keep up with this will dominating me, yet I don't know what to do. Can you help me? I'm miserable and afraid.' "

AS I paused the "Voice of Experience" immediately said: "I commiserate the young woman upon her self-hypnotism. She is a demonstration of the words of Marcus Aurelius: 'Life is what our thought makes it.' "

"Then you do not think the other woman is hypnotizing her or dominating her thoughts?" I questioned.

"From her own statements, it seems to me that she is more self-hypnotized than ruled by the woman of whom she writes. She has trained her mind from childhood to *expect* to be influenced by the thoughts of others. In my opinion, she has permitted this domineering woman to see just how easily controlled she is. Therefore, the woman, being intelligent and possibly possessed of a knowledge of psychology, throws out suggestions which the younger woman—in a constant negative frame of mind—readily absorbs.

"There are comparatively few who know the law of suggestion sufficiently well to completely influence another. No one can compel a person to maintain a subservient mental attitude against his or her determined will. What this young woman should do is to keep away from this woman and *determine* to control her own emotions and thoughts. She *can* completely stabilize her mental and emotional equilibrium by a thorough self-analysis and an intensified personal reconstruction campaign. Affirmations will help her greatly."

"I'd like her to read your pamphlets on 'Common Phobias' and 'How To Live Dangerously,' " I said.

"Yes, she might find them helpful in realizing that it is not necessary for one to suffer because of supersensitiveness, and that when one learns to control such highly reactionary tendency, it can be of great value along creative lines. I feel sure that with determination and effort she can experience quite a metamorphosis in her outer and inner life."

. . . . . .

"OUR next letter is one which will probably interest many who feel more or less as the writer," I said.

The "Voice of Experience" leaned forward, his hands clasped—keen anticipation in his eyes.

"This woman says she knows you are kind and understanding. That perhaps *you* can point out something in life for her that she can't see for herself. She is hopelessly ugly."

"She continues: 'Some people would sarcastically say, "Is that *all* your problem?" But real ugliness affects a woman's entire life. I've tried to be philosophical but the bitterness in my heart grows deeper as I see life slipping past and the usual joys that are a woman's lot pass me by.

" 'A curious skin condition gives me a mottled deep red complexion and my nose is especially affected and hideous. My voice is deep and guttural. These are only a few of my unbearable points. No boy or man ever evinced anything but aversion for me. Like a knife turning in my heart are the amused or disgusted glances which men turn toward me. This hurts especially when I'm with dainty, pretty women and observe the marked difference in men's attitude toward them.

" 'Can you begin to glimpse what life means to such as I? Perhaps you can understand that scarcely for one waking moment do I forget myself, my face, my miserable ugly repellent self. Is there any ray of hope you can offer —any advice?' "

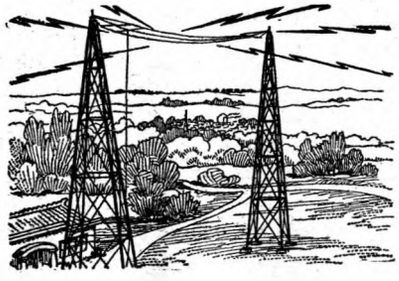
. . . . . .

AS I read the last words the "Voice of Experience" seemed in a deep reverie. Finally he said:

"Ugliness and beauty *do* play a much greater role in our lives than we admit. And I can understand the very real mental torture to which this woman is subjecting herself. I wish very much for her to get a few salient points to use as a foundation for reconstructing her attitude toward life.

"First, she must endeavor to realize that indulging in orgies of self-pity will undermine her in every way. She should not accept ugliness as her portion until she has exhausted many resources. Often repulsive skin disorders are due to incorrect diet and faulty elimination, and are remediable. When they originate from other causes a dermatologist can often work veritable miracles.

"Furthermore, although the life of the *beautiful* woman may *seem,* on the surface, the *couleur de rose,* such is frequently not the case. Then, too, mere physical beauty eventually fades from the most alluring face. But the beauty of an alert, ever-broadening mind linked with an unfolding spirit, knows no destruction."



. . . . . .

"Then you think that even the most hopelessly ugly woman has compensations?" I asked.

"Yes—*provided* she will revo- *(Continued on page 53)*

The Parade of Religions Part II

Through the Ages—a Common Bugle Call

by WILLIAM CHARLES O'DONNELL, Ph.D.

EACH SECTION of the Great Parade of Religions will make its distinctive impress upon the mind of the sympathetic beholder.

Out of China come the legions of Confucius and of his contemporary Laotze.

Here we have a vast host of Orientals, 350 millions they count, with twenty-five centuries of religious history as a background.

How imposing the multitude! Do we conceive clearly the significance of the numbers? To illustrate, we may consider the entire population of the United States. It is small in comparison. Double it and still the total is far below the mark. Add the population of Canada. Still the count is short.



Bring in all the peoples of all the countries of Central America. Enormous as are these combinations of population, we still have room for the dwellers of the giant continent of South America to bring the total up to an approximate equality with the myriads composing the first section of the first Grand Division of the world's Parade of Religions.

Think of it: An Eastern faith with a following greater than the total population of the Western Hemisphere with the largest political unit counted twice. . . . In contemplating humanity in the mass we must be mindful of the value of the individual.

SURELY there is power in the name of Confucius. The record of his long life of exalted ideals and noble aspirations is an inspiration to all who admire virtue. His teachings, cherished through the ages, find application in every land and in every generation. He was wise in a wisdom that knows no limitation of race or time. He declared that he opened the door of truth only to those who were eager for knowledge.

It is just as true today that knowledge is only for those who hunger and thirst for it. "Riches and honor acquired by unrighteousness," said the teacher, "are to me as a fleeting cloud." Through such admonitions the Chinese have won a reputation for superior honesty. Exalted among his own people as the "Son of Heaven" this is the teacher worthy to be exalted everywhere as the author of that immortal maxim, reemphasized by Jesus of Nazareth, and popularly designated as the "Golden Rule." Though expressed in negative form, its universality and beauty are unchallenged.

The life story of Confucius is an object lesson for all men. Eager for knowledge, and an adept student, he made rapid progress and when still a youth of nineteen had achieved a wide reputation as a teacher. He held public office secured through passing a rigorous examination. He advanced steadily in position. Controller of Public Grain, Magistrate, Minister of Works, Minister of Justice,—in each of these important offices he enhanced his reputation for honesty and efficiency.

Punishing vice and rewarding virtue with unerring wisdom he made his district the most orderly in the Empire. Then it was that, at the age of sixty, his enemies connived to have him deposed and the learned scholar and illustrious citizen was stripped of his well earned honors. For thirteen years he wandered from state to state, teaching his band of followers those principles of right living that became the basis of his philosophy.

IN the long vista of the years we catch also a glimpse of that pure minded, clean souled prophet, who taught a more spiritual religion and left the impress of his character upon the centuries—Laotze. He it was who gave his countrymen that faith called Taoism, Tao being the name of that unseen source from which flows all life and power.

Out in his lonely hut in the mountains, Laotze gave himself to thoughts not unlike those that crowd upon us now as we try to find our way closer to the mystery that composes the infinite reality. To him it was the "Invisible Present." To Confucius religion was moral law reduced to a system. To Laotze it was a spiritual idealism. The spirit and personality of both teachers radiate in

the thoughts of millions who follow their leadership, and resound now symbolically in the rhythm of the Parade of Religions.

Now we give further heed to the lessons of the parade. After four years of incessant marching Chinese religionists are followed by the myriads out of India—Hindus, less in number than the Confucionists by 120,000,000—yet outnumbering the total population of the United States by two to one, and exceeding the Protestant population of all Christiandom by twenty millions. The better part of three years will be required for the passing of the Hindus.

See them come—Hindus, Hindus, Hindus, mile after mile, day after day, month after month—our picturesque brothers and sisters of the romantic East. Their history, their philosophy, their religion reaching back through the long ages, linking them with the aborigines of India. Here we have the noblest elements of the old Brahmanism, entwined with the beauties of Buddhism to form one of the most powerful religions of the modern world, acclaimed by millions and hundreds of millions who prefer their mysticism and magic to the miracles of Christianity.

Hindus are the world's greatest philosophers but they have not brought peace to India or unity to a divided world. There are many kinds of Hindus, just as there are many kinds of Christians—sect within sect, sharply accentuating their differences in belief and practice. Deity is worshipped as Brahma, sometimes as Vishnu, sometimes as Siva—and each order has its sub-divisions. The Siva-ites for example, divide into Saktas and Thugs. Thugs notoriously practice most brutal crimes in the name of their religion.

. . . . . .

IN third place march the Mohammedans, another bewildering multitude of over 200,000,000 disciples of that Arabian camel-driver who proclaimed Allah as God alone and Mohammed his only prophet. This is the religion that seemed destined at one time to conquer and dominate the world by force of arms. Its history is a thrilling narrative. The consummation has proven that the crescent will never supplant the cross. That voice from the desert claimed to be the voice of the final revelation of God to man. Thus, ever presumptuous are they who pretend to know the heart and the mind of the Almighty.

The Mohammedans call their religion also Islam—meaning resignation to God's will. Whence come now these long columns of Islamism? From Egypt, Persia, Arabia, Algiers, Morocco, Turkey—yes, and from India and China and the Holy Land itself—all believing that Paradise is for believers, that Christians are infidels, that hell is for all who know not Mohammed as their prophet.

FOLLOWING the Mohammedans come the followers of the princely Siddharta Gautama, born 536 B. C., who renounced abundant wealth and royal privilege to devote himself, at twenty years of age, to the search for enlightenment.

Earnest men everywhere are still searching for enlightenment. The wealthy youth turning his back on palaces and pleasures, spent seven years in the jungle and returned from his retreat to announce himself one of the supreme enlightened Buddhas, who reveal themselves to men in periods of many thousand years.

So today, these millions of marchers worship him as their Buddha—another glittering example of the enduring value of spiritual leadership. Buddha's definition of goodness is concise. It is simply, the agreement of will with the conscience.

The ultimate religion will recognize the sovereignty of will, the guidance of conscience. Nor can we afford to forget this teaching of Gautama, "the practice of religion involves as a first principle, a loving, compassionate heart for all creatures."

Time flashes by. Line after line, division after division pass. We dare not pause even for brief comment on the Animists representing the faith of the more primitive tribes and numbering 135,000,000 adherents.

Neither may we dilate upon the display of the Shintoists, 25,000,000 strong, composing thirteen sects and taking the sixth place in line.

Here in the *(Continued on page 50)*

A rainbow arches against the thinning clouds . . . It is the promise of happier days when Christian and non-Christian shall find exultation in a blending of beliefs . . . a world rejoicing in the cosmic harmonies . . . Light lies along the horizon . . . Daybreak is at hand

---

The Tiger Speaks!

An Interview With Manuel Komroff

by MAURICE TURET

GAZING through the crystal, green eyes of a tiger—

Manuel Komroff, well known author and world traveler—

Who has had residence in almost all the important countries of the world—

Who has edited newspapers in several of them; who can converse fluently in a surprising number of foreign tongues including the Chinese—

This man so interprets and echoes what might be the jungle beast's innermost thought that one has an uncanny feeling of changing places with the animal, and of seeing man as other creatures see him.

Mr. Komroff first accomplished this feat in the pages of a book. The other day—he had just returned from Hollywood where he had dramatized a story for one of our leading screen actresses—he sat in his cozy New York apartment and made me see what well might be the authentic viewpoint of the jungle beast gazing upon the Lord of Creation.

"THE tiger," he told me "is really afraid of us. He cannot understand our cruelty. It is wholly foreign to him. Nothing in the jungle even resembles it; nothing, half as savage. Hunger, the tiger knows; but hate—no!"

He paused to light a pipe, his thin, light brown hair drooped about his large forehead, his round, brown eyes glowing strangely behind silver-rimmed glasses, a strange lustre that comes from roving the ends of Europe, Siberia, the Orient.

Mr. Komroff is a perfect host. Fully was I at ease; talked with him as though I had known him intimately for years. From my very entrance I was taken with his bubbling good nature which radiated simple elements of sincerity and honesty. He is himself always — never trying to hide behind false tinsels — a splendid virtue, always!

"Yes," he continued, peering at the outside landscape where towering skyscrapers serrated along side of the unruffled waters of the East River, "the tiger cannot attach any reason or cause to our cruelty. Looking behind the bars of a zoo or a circus, the tiger sees us equally cruel to those we love and to those we hate. That is beyond him."

. . . . . .

"Do you think the tiger is happier than are humans?" I asked.

"Yes," he replied smilingly. "Take the cub. He is far happier than our children, who as a whole are a miserable and wretched lot. They are secretive, vindictive and capable of such cruelties and tortures as are beyond the imagination of any beast, let alone the tiger. Cubs in the forest may be harried at times, but life as a whole is quite happy. Yes, there are dangers but the dangers are nothing compared to the agonizing safety of captivity. Every human child is a captive—but a cub is not!"

"What about the tiger's motherly attachment?" I asked quite bluntly.

"It's nobler. A tiger's mother is a lady. When she sets her family straight and puts the members on the right path of life, she retires. This, I think, is graceful and decent."

"But it is selfish and cruel," I ventured.

"Not at all," he exclaimed, "on the contrary, a good tiger mother tells her beloved cub to go out and shift for itself. She says so, not because she is hard or cruel but rather because of good sense and that animal instinct that is better than all reason. What man calls prophecy, the tiger calls instinct. And prophecy is merely a guess in the dark."

"In addition, parents are, after all, trapped creatures who have lost their sense of free will. They are so proud of their state that they would have their children, by all means, become as they are. In fact, they beat life out of them if they don't. And so before the children are born, they build bars that will hold them in."



"WHAT makes you think the tiger is happier than man?"

"Just look about you. What do you really see? Under the tinsel and glitter of life, man is a lonely creature. He does not know where he is going or what he really wants to do. All want to be something they feel that they are not. They cry for existence, for a place in the world. How strange this seems to the tiger who comes from the jungle. The tiger does not have to become this or that. He is what he is. And that is the beginning and the end. The tiger is part of existence and is a part of the world he inhabits. One good roar and his presence is known."

"The tiger in the cage looks contented, is he really contented?"

"No, not by a long shot! The reason he looks contented is because life is real and earnest to him. He knows that all the whining in the world will not lift the bars so he spares himself a lot of unnecessary trouble. In time he becomes buried in the zoo. He is like reaching the age of forty-five for an average man; losing interest in the outside world, he builds a shell of trivialities around him. His will is broken and his spirit is lost. Ease and comfort breed monotony. The mush diet they feed him kills all romance and takes away the spice of life."

. . . . . .

"If the caged tiger had his choice, would he forsake his security for the precarious life of the jungle?" I asked.

"Without a doubt. He'd rather be free in the jungle, not knowing what the next moment will bring than be provided behind bars. Trivialities you know, bore him; he loves nobility."

He paused momentarily, filled two glasses with wine, graciously offered me one, and we sipped heartily. He then resumed, his eyes ever glowing with a vague and distant lustre.

"Yes, if he had his way he'd say goodby to everything we have, our great machines, our salty smiles, our lying tongues, our papery easy-to-see-shams, and all our tinsel glories. . . The tiger would exchange them all, without hesitation, for just a little spot in the heart of the jungle. And while I'm on the topic of goodbys, the tiger cannot understand our endless stream of goodbys. Looking behind the bars, the tiger sees men spending half of their lives saying goodby. They will meet five minutes later and say goodby again. It is man's uncertainty that befogs the tiger.

Illustration by Leonard Kissell



Manuel Komroff

"The tiger admires man's intelligence and cleverness and his innate capacity for decency. But why man hides his decency is beyond the tiger's grasp.

"I have always taken," he continued, "the struggle for existence for granted. But recently I have given the subject further consideration and I find the Darwinian theory slightly out of gear. If the caged tiger could speak, he'd tell you that it is no rare occurence in the jungle to see a large buffalo leading a group of puny antelopes to a fresh pond, or to see a tiger help a jackal, or big birds helping little birds during flights of migration . . . little commonplaces in the jungle which shatter doubt to man's own contrived 'dog-eat-dog' theory.

"I have seen movies where cobras attack leopards—something which is downright ridiculous in the jungle, unless a leopard should fall suddenly upon the snake's nest and refuse to get up.

. . . . . .

"So I am fully *(Continued on page 53)*

I've Time to Be Happy

Though I'm an Invalid

by EDITH MAY SHEPARD

DURING the last twenty-five years, I have been engaged in combat and adventures in the Lands of Invalidism.

These invalid years occupy the foreground, contrasted against a background of a few wonderful years of comparative health, with the zest of normal living. In viewing the picture, there stand out sharply certain markers —gained philosophies and appreciations.

Although shut in physically, we need not be wholly so in spirit. We need not always do simple things of no inherent value. I know a life-long invalid who does sunshine work for other invalids. There are braille cards to be done for the blind. There are many little things to do for oneself. It is worthwhile to prepare dainty things to wear, and to take some of the responsibility for one's own appearance, just as the well people do.

It often pays to study how things are done. I know someone who learned to drive a car from diagrams, directions, and plenty of imagination. She did not expect to walk again, and could not have afforded to keep a car even though she could have driven. Walking did not come to her, but a small car did and the ability to sit up for an hour or so, and actually to drive—to get out into the bigger world of beauty.

It is valuable to learn in theory to swim, or to construct an air-plane, or to play a church organ. It makes these occupations all the more interesting to us, and makes us of more interest in our personal contacts. At least we shall not be among the ignorant number. We may imitate the young boys gathered about any out-of-doors construction work. They do not ask whether they expect ever to be engineers, bricklayers, or mortar-mixers, but they are not to be left behind in finding out how these men work.

It is thrilling, at times, to mount the Pegasus of Imagination. To have the voice of Melba or of Caruso, and wander into a little country church, enter heartily into the service, draw and uplift the enthralled congregation, and offer future help to the discouraged minister. The struggling church will grow to a powerful one, and the minister will become young and hopeful again. To be George Washington and return to the country you founded. In your most far-seeing visions, did you ever behold what is now before you in magnificent roads, buildings, steam-engines, motor cars? Did you ever dream of the might and prestige of this nation—its power for good? Or become one of the sturdy-souled Pilgrims in that first Plymouth winter? Or live back in "those good old days" of knights and fair ladies, with straw on the floors, drafty slits for windows, and nothing but log fires for warmth and light in long winter evenings?



Bits of beauty mean much to those whose souls have become tuned to appreciation. Even a surgeon may please with his necktie. I often recall my pleasure in a beautiful burnt-orange-colored tie of my auburn-haired doctor. I was too shy ever to tell him of my delight. I remember the joy of seeing the hospital matron, one evening, wearing a delicate grey afternoon dress, instead of the usual nurses' white. The vision of her sweet presence has stayed with me these twenty-five years.

We are indeed thankful if we may inhabit softly-tinted rooms, if we can discover one pane of glass that frames a tree sprig, forming a perfect Japanese print, or if we can find a bit of radiance that each day gleams of highlights in just the same places. We look deep into one flower that furnishes material perfection and assures us of spiritual beauty.

My own contact with doctors has been very gratifying. They seem to me the most earnest, generous, and understanding of mortals. I respond with sincerity, trying neither to enlarge nor minimize troubles, nor do I dismiss their advice with the remark, "doctors don't know everything." How often we hear that said, and see instructions followed only so far as it suits the speaker's whims. Then the doctor is blamed if things do not turn out right.

Do you laboriously and somewhat fretfully try to make *(Continued on page 56)*

Women I Wouldn't Marry

A Modern Man Responds

by GEORGE W. RAWLINGS

THERE are two sides to every question.

That's a bromide that seems to fit in with my desire to answer the "Modern Woman" who, in a recent issue of PSYCHOLOGY, told why she couldn't find a man who measured up to her ideals and expectations.

Coolly and elegantly, she laid her manly friends in a nice neat row of rejected possibilities.

I didn't exactly resent this, but I'm free to say that I think the men are to be congratulated—those men that she declared she wouldn't have. How she would have made any one of them fetch and carry!



Anyway, her article had the effect of making *me* reminiscent about the *women I wouldn't marry*.

At thirty-five I am still a bachelor and likely to remain so.

I am not fussy, not hard to please, should not be difficult to live with. It just happens that each one of these girls who figured in my life as matrimonial prospects failed to measure up to some standard of mine.

Not that I ever went so far as to have a definite ideal of what my wife should be. But every one of the girls fell down on one or other of the little things that I considered necessary to a successful marriage.

BILLEE was nineteen when I first met her. I was twenty-four. Her eyes were brown, and her dark chestnut hair had the loveliest wave imaginable. I loved the sheer beauty of her, the femininity, the glamour that ever enveloped her. She was so clinging, so delightfully helpless, so delicately fragile.

For six months I lived in the thoughts of heaven, and heaven was Billee. But I couldn't keep pace with her. She was strong on ancestry, knew the Big Noise in every party we attended, and soon began to treat me as a piece of upholstered furniture.

One winter of running around with her in New York cured me of Billee. She wasn't selfish or mean. She was *just Billee*. Her whole universe was Billee, and there was nothing worthwhile except Billee. Later she met a handsomer piece of furniture than I—so I gradually faded out of the picture. The poor chap who married her will be made to "fetch and carry" to the end of his days.

AND THEN CAME JANE!

For several months she was the one and only treasure, tender and loving, with all the soft and sweet appeal of a healthy specimen of American womanhood. She was the friendliest woman I ever knew and the most understanding.

I still remember the wave of friendly warmth that used to engulf me when she welcomed me. Jane found a vocation in me. She liked to make me over. She organized my wardrobe, interviewed my laundryman, and put me on a diet for my weight. Under this treatment I got restive. One night in the presence of friends she stooped down and lifted the cuff of my trouser leg to see if I had really put on my woolen underwear. Then and there I revolted—volcanically. We are still good friends, and I have never gotten over the thrill of hearing her voice on the phone. But, emphatically, Jane was not for me.

. . . . . .

I HAVE never seen such physical beauty in any other woman. She was dark, a striking brunette of the Latin type, and she had what they used to call sex-appeal plus. College-bred, she was doing work as a psychologist in the educational field when I first met her. We both fell in love at first sight, and I used to wonder what she saw in an ordinary guy such as I.

Carlotta was as vibrant, as provocative, as sweetly alluring as a woman could be. But she was a creature of moods, and when she was in bad humor there was only one way to bring her round. Within a couple of months I was worn to a frazzle by all the excitement. When I *(Continued on page 57)*

In the Psychologist's Office

Actual Cases Discussed

by CONSULTING PSYCHOLOGISTS

A Mother's "White Lie"

FOR several consecutive mornings we noted that when Billy arrived at school all the curtains were tightly drawn in the limousine which brought him.

This was so unusual that we knew there must be some very real reason for his seclusion. Tactful questioning revealed that Billy was afraid.

He was afraid of everything. The great buses rolling along the pavement terrified him. He thought they were green dragons ready to devour him. The streets were full of menacing things. But he was most afraid of the trees.

Billy was asked to draw the trees as he saw them. The picture was simple, but unmistakably clear. The trees were topped with human heads, and at their base lay other parts of the human anatomy, all conjoined with broken branches.

To the trained psychologist the symbolism was clearly evident. Billy's fear was a component of guilt. His conflict was one of sexual curiosity and inhibition.

Switching from trees to buses, it was proposed to take him for a ride on the green dragon's back.

VERY painstakingly the explanation proceeded. The green dragon liked to have people ride; there was even a man there to whom one paid francs to ride. And there were nice curtains inside, but it was well to leave them up, to see all the other interesting things and the trees, as one passed.

From contentment in his daily bus riding, Billy passed on to a stage of real pleasure, as he began to understand that no dangers threatened him. Then we transferred to the limousine, gradually reaching the stage where all the curtains could be open, and the little boy perfectly content.

There had been continuously one insistent question in Billy's mind. His question concerned the origin of the little sister who had arrived a few months previously. The darkened depths of the moving car was only symbolic; the peopled trees were dangerous enemies, threatening his supremacy and commanding position in the family. Billy was led to understand the advent of the little sister. A sufficient explanation of babies and their arrivals was given; satisfied his curiosity, and calmed his fears.

Before it was too late, his mother's well-intentioned "white lie" was correctly interpreted, and all Billy's fears were dissolved.

There are many fear driven adults today, whose tortures can be traced to a loving mother's deception. The truth would have happily directed the life.

Dr. Ellaine Elmore.

Facing Himself

"DO you really want to know what's the matter with you?" Allen was asked. "Well, I'll tell you. You've never grown up. You're still a child, mentally. And you think the world is harsh because it doesn't treat you as a child."

Allen Helm had the reaction that might have been expected. He was deeply offended.

"If that's the way you feel about me," he said, "I'll say good night now. And incidentally, I won't impose myself on you any more, if that's any comfort. I thought you had some understanding."

Going down in the elevator, walking through the streets, he mulled over his injured feelings. A fine way to be treated when one needed sympathy most of all!

. . . . . .

An irritating remark of his office manager had caused Allen Helm to seek help that evening, to relate how hard things were for him. He had gone over the whole story of his tribulations. People said thoughtless things to him, he declared. No one helped him when he was in trouble, his friends didn't realize how sensitive he was, how much he needed to be understood. The world was a cruel place.

Back in his apartment something strange happened to Allen Helm. The first rush of resentment began to disappear, in spite of his desire to remain in that comforting state of mind that tells *(Continued on page 60)*

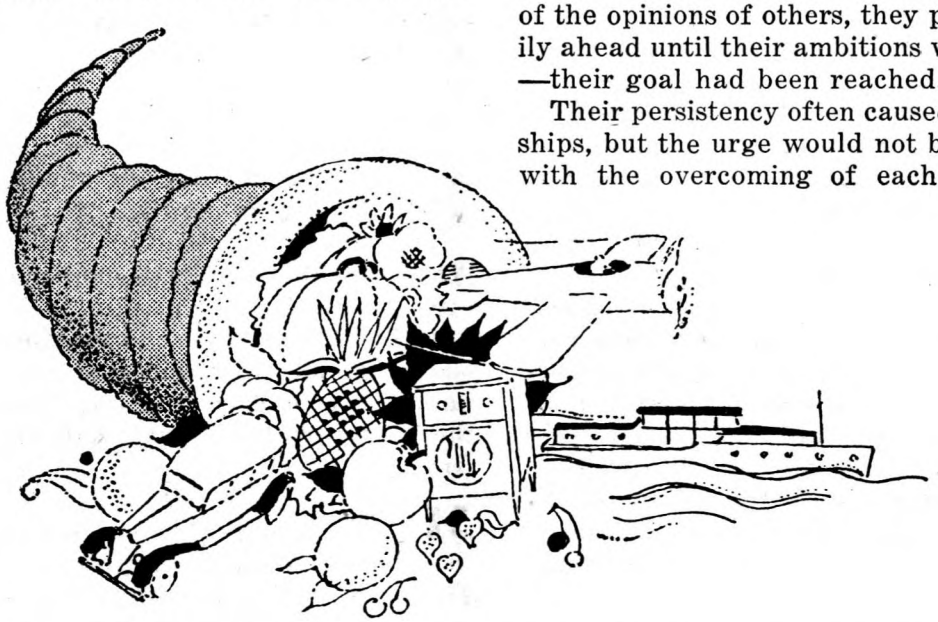
Tomorrow's Prosperity!

Is Mentally Sowed Today

by ELBERTA WILSON

HEALTH, happiness and success are natural conditions. The proof of this is in the fact that humanity accepts them as a matter-of-course, but if these are reversed, even the veriest stranger is interested enough to discuss the inharmonious conditions.

Recognition and persistent effort are the keys to this wonderful inheritance of the human race and the degree in which a man uses these determines his status among his fellowmen. Those who are unsuccessful remain so because they have made prisons for themselves—the walls of which are composed of doubt and discouragement.



Lack of vitality is usually blamed for lack of success. We are only judging from appearances, failing to remember that before there is an effect there must be a cause. Weakness or lack of any kind is an *effect.*

Too often we become entirely centered upon the effect. In seeking a remedy, we fail to search for the cause. Illness and weakness are always the physical out-picturing of a mental condition, and if we ever expect to cure disease, we must unearth the cause which lies hidden from the physical eyes.

People from all walks in life have succeeded in every line of endeavor. They were often unaware that they possessed the necessary talents until something occurred which aroused their latent ability—a call received, perhaps unconsciously and unconsciously accepted, having once accepted it, they could never be satisfied with former conditions. A "something" had been aroused which refused to be stilled and, regardless of the opinions of others, they pushed steadily ahead until their ambitions were realized —their goal had been reached.

Their persistency often caused great hardships, but the urge would not be stilled and with the overcoming of each obstacle, it grew steadily stronger and more masterful and the promise of fulfillment grew greater. As they pushed determinedly ahead, they gained new strength for each encounter until they were finally rewarded by success.

It matters not what it is that you desire—if you are willing to put enough faith and effort into your endeavors,—you cannot fail to win.

If your desires are purely selfish, the result will be in accord with them—you will create your own undoing but—you will be successful. Man is always successful. "Like attracts like" and he produces that which he centers his thought upon. If he doesn't like his harvests, there is no one can compel him to sow the same kind of seed, but once the seed is sown, the harvest is inescapable.

Praise produces. Condemnation does likewise—each of its own kind.

Man is constantly making a choice and he never knows when it is likely to be the one upon which his whole future rests. An

incident may seem of very little importance at the time that it occurs but later events may prove that it is the turning-point of his career.

Too often a decision rests upon the opinion of another instead of upon the judgment of the one most vitally interested. This is usually a mistaken way of solving one's problems. Each one has, within himself, an infallible guide which will, if relied upon, point out the right way.

"Snap judgment," when pertaining to the affairs of another, is never to be relied upon. It matters not how much anyone may have the interests of another at heart, it is impossible for him to know what is best for that one.

Man's greatest experiences come when that "something" touches the springs of his nature and reveals his hidden powers.

One can make but little progress until he knows just what he wants. This may sound very foolish to you but the truth is that few people *do* know what they really want. Today, they wish for one thing and tomorrow, for something entirely different.

The people who are always wishing, seldom receive much through their own conscious efforts and are dependent upon others for their support. To be successful in its broadest sense, one must formulate a well-defined ideal. If we will do this, and keep it in mind persistently, the details of its execution will shape themselves and attract to us all that is necessary to bring it into physical form.

Remember, this applies to the physical plane as well as the mental and spiritual planes. It is impossible to think success and be a failure and it is impossible to think health and be unhealthful.

Billy, a young friend of mine, was a physical wreck. His parents took him to an experienced physician who told them nothing could be done for him. Each morning as I went in to see him and asked him how he felt, he always answered with a smile, "Just fine. I'll be out with the boys again one of these days." In desperation his mother took him to California and there an "eminent specialist" told her all that was the matter with him was an improper diet.

She left him there a few months, giving him the food advised and when he returned home he was "just fine, thank you" and remained that way although they had been warned that he could not live in a high altitude. The boy held a firm picture of perfection in his mind and "something" made it a reality. I do not know whether his heart became normal in size or not, but he became well and that was the desired condition.

Mr. Y——, the father of several small daughters, was convinced that he had heart-disease. The younger one, being very sympathetic, formed the habit of pressing her hands over heart and saying, "oh! my heart" whenever she was excited. I asked the mother if Lillian had any trouble with her heart and she said laughingly, "No, it's just a habit with her from hearing her father talk. I have had her examined and her heart is perfectly normal."

The family moved away and it was ten years later that I met the mother and asked after the family. She said they were all well, but Lillian, who had developed a serious heart affection and that her husband had been convinced that there was nothing the matter with his heart and had become strong and well.

MANY people fail to succeed because of their careless or excessive use of words. They pour out their enthusiasm and in this way exhaust their creative energy and have little left for action. These people are usually easily discouraged and seize upon the slightest excuse to abandon their course. Every word has its corresponding vibration and if one has formed the habit of using destructive expressions, the result will soon be apparent in his physical condition and environment.

Real success never comes from outward help unless it is combined with an inward unfolding. The greatest help one can give another is to help *(Continued on page 58)*

Resurrection

I was like a house of dark and empty rooms,
From whence all light and life had flown.
An unlovely frame, deep-wrapped in many glooms.
I sat apart, un-needed and alone.
Then Truth moved in.

Tear-shuttered eyes again found sight,
My long-closed doors swung open wide.
Long-darkened rooms were filled with dancing light.
Life rose within me like a mighty tide.

With new-found eyes. I looked upon my world by day,
Nor feared the coming of the darkest night;
For though the blackest, most fearsome shadows fell,
Within my soul, the windows blazed with light.

Douglas Ward.

Molnar and Child Psychology

"As the Twig is Bent, the Tree's Inclined"

by FRANK BORZAGE

THE readers of PSYCHOLOGY know how important a healthy mental outlook on life is for personal happiness and social well-being.

A distorted mental outlook is a disease more pernicious than a physical failing. We know this, but so far we have made no serious and concentrated effort to put our theories into practice.

We have made progress toward assuring our children of physical health. Doctors examine school children at regular intervals for tonsils and adenoids; we vaccinate, and we urge parents to send their children to dentists bi-yearly. But what do we do for their mental habits? Very little. Scattered throughout the country are perhaps two dozen schools whose curriculum is planned so as to instill a healthy psychological outlook in the minds of the young.

The number of their pupils, however, is small, almost negligible when compared to the vast number of school children. This oversight, which is almost criminally negligent, might be excused if we could say the psychology of the child mind has nothing to do with the adult mind. That, however, is not the case.

Ferenc Molnar, who has been acclaimed by the critics as the most sophisticated of modern writers, was the novelist and playwright who has made the greatest contributions to the field of child psychology. At first thought, this may seem strange but on examining his writings carefully, we must conclude that his sophistication, his knowledge of the adult mind, is derived primarily and fundamentally from his knowledge of children.

Sigmund Freud, the eminent Austrian psychoanalyst, reviewed the thoughts of the mentally abnormal to discover from their aberrations the functioning of the normal mind, but Ferenc Molnar proceeded on the opposite course. He sought the basis of our mature psychology in the minds of children. His researches have firmly convinced him that "as the twig is bent, the tree's inclined."



Ferenc Molnar is first the psychologist and second the novelist and playwright. In his later writings, especially in his plays, "The Devil," "The Swan" and "Liliom," the psychological contribution is as important as his gift to the theatre and literature.

Several years ago Mr. Molnar brought forth a novel which he called "The Paul Street Boys." This book placed him in the front rank of modern writers on child psychology.

In a motion picture drama—"No Greater Glory"—a drama of great and sweeping power, made from "The Paul Street Boys" we are presented with the undebatable fact that war is not a disease of the adult mind, but a basic motivation among children.

When Racz, the school teacher, demands the reason for the unusual activity of the boys during class hours, he is told they are forming a club—to protect their playground.

"What playground?" Racz inquires.

The vacant lot with the lumber yard on Paul Street," Boka the leader of the boys explains.

And then Nemecsek, the small and faithful member of the school yard community pipes up:—

"We love it and we swear to be free forever and protect it with our lives."

Racz protests, saying, "This is war and what have children to do with war?"

Nemecsek, who represents the individual who unquestionably follows the leader of the group, burst out, "You told us there is nothing nobler than war and defence of the country we love."

To the boys their playground, the only vacant lot within miles of the school, is their country. This reasoning is as natural to the child mind as to that of the adult and Molnar's child characters give evidence in action and in speech of the subtle translation by the child mind of the precept and example drawn from the adult.

In a lad named Gereb, we see another striking evidence of Molnar's understanding of child *(Continued on page 63)*

"Observations"

by FAITH LEWIS

I BOUGHT a *chicken* pie today! Beneath a golden waffly-crisp crust it nestled: delicious juicy pieces of—*onion!* Yellow—*carrot!* Cubes of—*potato!* And *two infinitesimal* pieces of *chicken!* Quite an "individual chicken pie!" An individual camouflage!

Life is like that—to those whose sole interest is self. When eagerly cutting into the dish of days they get merely a fractional part of anticipated joys. Only when they learn to share with others do they find the real *meat* of life.

A successful little newsboy replied to the taunts of a larger boy: "Maybe I ain't got much brains! But I betcha I know how to make 'em work for me awright!"

The ideas which bring success never just "pop" into your mind. You may think they do. But the "popping" is the result of definite thinking along a specific line. Just as the violin is unable to produce music without the skilled hand, so is the mind unable to produce unless it is directed intelligently.

Like the newsie, train your mind to work for you!

Has the *bugbear of age* gripped you?

At the age of eighty, Tennyson wrote "Crossing the Bar"—and Cato learned Greek. John Wesley at eighty-two said: "It is twelve years since I have felt any such sensation as fatigue."

And now a modern young woman of *seventy-four years,* Mrs. Sarah Lavanburg Straus, is going to Africa hunting birds and beasts to add to the collection of the Field Museum of Natural History, in Chicago.

Don't let the traditional idea of age permanently wave you toward the chimney corner to stagnate in physical, mental and emotional inactivity. Saturate your mind with thoughts of health, vigor, service. Plunge into the maelstrom of this modern world and splash around in it!

You can break a wine glass by a word pitched to a certain tone vibration. And hearts may be broken, souls crushed, lives blighted by *words.*

A New York paper recently carried an account of a seventeen year old girl who, humiliated by schoolmates joking about her two hundred pounds, committed suicide.

Killed—by *words!* Yet a wise choice of *words* will enable us to express in our lives the philosophy of George Eliot: "Be to other souls the cup of strength in some great agony, enkindle generous ardor, feed pure love, beget the smiles that have no cruelty, be that sweet presence of a good diffused, and in diffusion ever more intense."

Sparrows gossiping. Blue jays quarreling. Tulips tiptoeing. Dandelions coining gold. *Spring!* All nature proclaiming the fruitful results of *patient waiting!*

Less than eighty-five years ago bathtubs were taxed thirty dollars a year, as a "luxurious and undemocratic vanity," declared unlawful in at least one state, and banned by physicians as unhealthful!

Less than thirty-three years ago the Captain of Guards in Fairmount Park, Philadelphia, wrote: "The automobile has not entered the park in sufficient numbers to warrant an expression as to its safety to the public. It seems to me a man versed in mechanics will have to be stationed in each district of the park to afford relief where the machine breaks down."

Persevering effort plus *patient waiting* brought these inventions to present day perfection and acceptance as beneficial necessities.

Waiting! The most difficult thing in the world! But it pays great dividends. Every great adventure and success demand the vision to blue print plans for the subconscious to bring into realization. *And then the patience to accept time as a co-worker!*

In Italy the essayist Hazlitt found a rare motto upon a sun dial: *"Horas non numere nisi serenas*—"I mark only the shining hours."

We train our *minds* to mark shining hours for us. But how few have *educated* their *hearts* to give shining hours to *others!*

The educated heart never judges others. Never blames. In- *(Continued on page 55)*

I Planned to Die

But Mary Discovered Something

ANONYMOUS

ABOUT three a. m. the thought came to me. At last I saw the way out. It would be better for my wife and kids, too. They would have my insurance. No more struggling for them. I would step over the edge into the Great Beyond.

Through a sleepless night I had worried over what to do. And on this night as on every other night I was thinking—thinking to see some way out. I had learned to lie quite still so that my wife might get some sleep. She never knew of those awful nights that never seemed to end; or, if she knew, she never let me know.



I stood by the window in the half darkened room

Junior, aged six, was in his cot in the next room, and little blue-eyed Gwennie was in her cradle by the window. I looked across the room. Everything seemed peaceful enough there. Well, the kids would be spared much, if I took the easy way out, and their Mummy certainly would get a break after all the horror of the past three years.

. . . . . .

For it had been a horror, a horror that seemed to increase as the months rolled on. Poor Mary! She deserved a better fate than to be married to such a failure as I had turned out to be. Yet it had not been all my fault. Simply, I did not get the breaks. Or, rather, the breaks were all against me at every moment of the past three years.

We had known four years of happiness and success. And three long years of anxiety and defeat. I was a college man with all the world for my oyster when we stood before the dominie and plighted our troth. I had just landed a good job as statistician in a house in Wall Street and I was in on the ground floor when the great boom started.

My first investment was in a home. In the summer of 1929 things looked very rosy to me and Mary. We had our own New Jersey suburban residence with a good first and second mortgage on it. We had our big car, and Mary had a little runabout for herself and the babies. We moved in a nice circle of friends, great boys and girls everyone of them. My credit was excellent everywhere. I remember feeling that life was a great and glorious thing and that nothing but good could ever happen to me.

And then the crash came—the whole world's crash—my crash, although I did not know it at the time.

It was gradual at first. Investments began to be somewhat slow in making the expected recovery. On top of it all, I lost my job.

All the things I tried! I became a house-to-house salesman at a time when housewives had no money to spend, even for first payments. Then I found a job as part-time secretary to a coal magnate from Pennsylvania; after four months he gave up his New York apartment and went back to Pittsburgh. Little by little I was being submerged. Now, in the spring of 1933 I found that I had no chance whatever of meeting the next payment on my insurance. The end had come.

As I lay quiet in bed I recalled that insurance companies are accustomed to make allowances in their actuarial figures for a certain percentage of their policy-holders who pass out by the suicide route. They know that such-and-such a figure per thousand is "normal" for suicides, and they price their premiums accordingly. So I would not be doing the insurance people injustice. I arose and dressed and stood by the window in the half darkened room. Ideas were fast forming themselves.

I was two months behind with the rent, for the landlord had been a prince. Well, he would not suffer, for Mary could meet that bill, as well as all the small bills, out of the insurance. I began to wonder what would happen to her when I had passed out. Probably she would take the kids back to her home town in Vermont. She had always loved it. Besides, it was the only place she could go.

Poor kid! She had been a good pal to me.

I began to puzzle out the ways and means of suicide. I wanted to pass out as quietly as possible so as to spare Mary as much as I could. I recalled how poor old Sam Jenkins had gone. He had turned on the gas one morning in his kitchen. Poor Sam! He was always a bad loser. He had always hated to lose even a game.

Then there was Dolly Waxton, always the life of the party. And just because Jimmie Buxton, to whom she was engaged to be married, ran away with another girl, Dolly took poison. Nobody said she died of an inferiority complex, but the preacher gave it as his private opinion that her pride had been cruelly hurt. By the way, he had said the same thing about Sam.

Maybe the suicides are just people who "can't take it." Are just dyed-in-the-wool failures. Are merely folks who don't have the guts to stand up to what life has to give them.

Perhaps I was just that sort of a guy? A coward? A man without guts? Perhaps I was just yellow, yellow enough to run out and leave Mary and the kids to face life alone? At the thought I felt like running from the room. Indeed, I actually started, then turned back, undressed and crept in beside Mary. I thought I was very quiet, but Mary moved towards me and caught me by the hand.

"Sonnie boy, what's the matter with you?"

I had thought she was asleep and I almost jumped with the shock when the whispered question came to me. I made no answer, and Mary sat up.

"Honey, you are talking to yourself and calling yourself a coward. And you are asking yourself if you are yellow. What's wrong, boy? Here, tell your old girl what it is."

Now, I suppose that the readers of this article will say that I am a soft, sentimental idiot. Well, I don't care what they say, but let them hear the story out to the end.

Mary is one of those women who never talks out of her turn. She got the whole bitter story out of me, but she said that it was no news to her because she had been watching me closely for many weeks. When I had sobbed out the tale of my defeat she gave her verdict in just six words.

"Sweetheart, my husband is no coward."

Then she made me kiss her. She held my head on her breast and crooned me to sleep as my mother used to do long ago.

* * *

I know that it all seems silly and sloppy, but human life is that way sometimes. Mary was far from sloppy in the morning when she analyzed for me the various suicides we had known.

"Honey, don't you know why Mr. Jenkins passed out? His vanity was hurt. His pride was outraged. I know that he loved Lottie and would not have injured her. But, you see what happened? Poor Lottie is the victim of his hurt vanity."

"Mary, I never looked at it that way."

"Then, you remember Dolly Waxton, don't you? The same thing made her take that awful poison. She was hurt, poor kid. Her vanity was hurt. Her pride was mangled. And Mr. Caulfield down at the bank? And that nice man in the real estate office at the turnpike. And all the others, honey. Same thing in each case, you see. Just hurt vanity."

* * *

And so it went on, with Mary doing a swell job at psychology. Soon she had me thinking that I was a great guy, that I could lick the world, that the worst was over now that the psychological bugaboo had been chased away.

So I forgot all about my hurt vanity and faced the future again. Not by myself this time, however. Mary was with me, sharing every disappointment and every worry. But the worries grew less and less. In no time at all I found a job.

Now I drive a bus. Mary is happy. I am happy again and glad to be alive. We never speak of those awful three years. As for the kids, they will never know.

"They Believed That We Could"

Our friends are those who have tried to see,
The best that there is in you and in me.
They saw the good and ignored the bad,
And trusted in strength that we never had.

The things we have done when we doubted we would
We owe to our friends who believed that we could.

Katherine Maurine Haaff

Psychology in Review

Gleanings From New Idea Fields

by MARIAN MONTAGUE

ULCERS AND THE MIND

STOMACH ulcers are a state of mind more than an actual physical illness. At least this would seem to be the conclusion of Dr. M. N. Chappell of the psychology department of Columbia University.

At a meeting of the American Association for the Advancement of Science in Cambridge, Mass., Dr. Chappell announced the cure of stomach ulcers in thirty-two individuals by the use of practical psychology. By the same method, he said, he himself recovered from a peptic ulcer that had resisted ordinary treatment over a period of sixteen years.

This brief announcement in the daily press intrigued me. So I hied myself up to Columbia one evening to query the doctor further on the subject. Being used to Columbia professors, I was all prepared to meet a dignified gentleman of middle years with a little Van Dyke and less of a sense of humor. I was pleasantly surprised, therefore, when a gay, young chap with bright, brown eyes and a brighter red tie breezed into the classroom with a cheery "hello" for everyone.

* * *

"Symptoms of my ulcerous condition," he later told me, "vanished six weeks after I had attended lectures by Dr. J. S. Rogerson of Columbia on the influence of ideas in the control of the organism. Thereupon, with the assistance of three other scientists, a medical doctor, a physiologist, and a neurologist, I embarked on a series of carefully planned experiments intended to determine if my recovery was due merely to chance.

"We enlisted a group of seventy-five individuals who were suffering from stomach ulcers. Thirty-one of these were submitted to the psychological treatment. The others were given the best medical attention, so that we might compare the results of the two methods.

"In daily forty-five minute lectures, the psychology subjects were assured that they could modify their organic activities through the proper use of their own brains. They were exhorted to stop worrying about their various difficulties, including their stomach condition. They were forbidden to discuss themselves and their troubles with anyone or to concentrate their attention on the negative emotional ideas that were hurtful to their bodily health as well as to their spirit.

"At the end of every lecture, the subjects were given a drink of cold water. After three weeks of this treatment, their diet was expanded. And at the end of another three weeks all but two were eating everything they desired.

"In the course of the treatment," Dr. Chappell told me, "a few temporary recurrences took place. But these were invariably traced to emotional upsets brought about by some aggravating event in business or home life.

"Before they began the treatment," Dr. Chappell said, "the subjects demonstrated behavior traits with a high degree of regularity. There was nothing that they enjoyed more than to talk about their disorder. And they did so on every possible occasion.

"They spent long hours dwelling on their difficulties, motivated by the belief that their recovery was doubtful, if not entirely hopeless. Solicitous friends and relatives constantly reminded them of their condition, with the result that their whole life revolved about it."

A complete change in attitude was brought about solely through the use of psychology. And this mental metamorphosis, in turn, reacted favorably on the distressing stomach condition.

DEFYING LAWS OF MATTER

DR. CHAPPELL'S successful experiment is another vivid demonstration of the power of mind over body. If you want to read more about this fascinating subject, turn to Charles Fort's extraordinary book, "Wild Talents."

Some persons, he believes, have such strength of mental power that they can defy the laws of matter. This is his conclusion after a lifetime spent in gleaning startling, incredible, inexplicable facts and incidents for which there is absolutely no logical explanation.

Among the stories he tells is one of a ninety-six-pound woman who could not be moved an inch by the united efforts of six strong men. Another, even more ghastly, is

that of John Lee, a murderer, who refused to let himself be hanged.

About thirty years ago, in Exeter, England, Lee was sentenced to death for killing an old woman to get her money. With the noose about his neck, he stood on the gallows, waiting for the sheriff to wave his hand.

At his signal, the bolt was drawn, but the trap-door failed to fall. When the sheriff stood upon it, to see what the trouble was, he fell through like an ordinary criminal. With John Lee, however, it refused to budge.

After four futile attempts, the officers of the law decided to postpone the hanging. The weird happening was subsequently debated in the House of Commons, with the result that Lee's sentence was commuted to life imprisonment. A few months later—and nobody seems to know why or how—he was set free.

Personality Development

OUT in Milwaukee, I am told, the members of the police force are taking a course in personality development. No doubt there are ways of turning even a "Stop" signal which lifts the act from a mere dutiful gesture to a graceful, courteous movement that stands out in the passerby's memory.



Anyway, the boys are using for their text book that fascinating study by Sadie Myers Shellow, "How to Develop Your Personality."

Dr. Shellow is the psychologist and personnel director of an electric railway and light company. It is part of her work to select and train the employees of the company. This intimate contact with great numbers of people, has given her a very broad outlook and a wealth of interesting detail from which to draw.

"Personality," Dr. Shellow tells us, "does not just happen. It is built up bit by bit as a great monument is built, stone upon stone. No experience is unimportant. Every act, every thought, every desire has its place in the shaping of the personality, just as each scrap of masonry makes its contribution to the final structure and strength of a building."

If you suffer from a feeling of inferiority or lack of confidence, read this book. You'll find hundreds of very helpful suggestions in it.

Temper Work With Play

"DARE to Live" is the intriguing title of an inspiring little book by Gerald Breitigam, the feature editor of a leading New York newspaper. As a newspaper man of long experience, Mr. Breitigam has looked at life from many angles and tasted it in varied flavors.

It is his purpose now to help others find a way of living that will insure them against down-heartedness and despair. To do this he tells how many of his friends and acquaintances have evolved a satisfying pattern for living and how they continue working at the evolution of the soul.

You will like this book because Mr. Breitigam stays close to the heart and soul of the everyday man and woman. There's Joe Dunning, for instance.

While still a messenger boy, Joe made it a rule to save a tenth of every dollar he earned. Soon he was able to buy a small farm.

For years he worked, improving, building, cultivating—all for fun. When the crash came and threw his sons and daughters out of their jobs, father was able to provide for all. They had a haven close to mother earth.

But there was Terry, the ambitious young chap who worked too hard. Terry dulled his wit and geniality reading musty legal volumes and finally he lost all his friends.

Such people, Mr. Breitigam points out, need a counterbalance. Ambition per se is admirable. But when carried to extremes, it destroys its very purpose. It saps the vitality of the individual, deadens his drive, and leaves him washed out and frazzled. Ambition becomes an antidote to ambition.

"By a wise use of leisure," Mr. Breitigam counsels, "we can keep our minds fresh, alert, interested. By an unwise use, we can make ourselves lose resilience. When that is gone, all is gone. That is why a program of all work is a serious pitfall."

The Happiest Man

by **CLARA POTTER**

In all the world, the loneliest man
Is he who thinks his task is done,
Nor wists not that with each new sun
Some nobler work has now begun.

The saddest man is he who takes
Some solitary path to wend
Nor stops to note at every bend
That Mother Nature is his friend.

The happiest man is he who can
Bid all his heartaches to be gone,
And smiling, build his faith upon
The simple words, "just carry on."

Glands of Survival

—the Adrenals

by HERMAN H. RUBIN, M.D.*

IT IS probable that hypo-adrenia is the most common ailment in the world. It afflicts about two out of five adults, and at least thirty per cent of all children.

Lack of "pep," inability to endure the fatigue of social, domestic or business life, and what appears to be a general "laziness," are among the most common symptoms observed by medical practitioners.

Practically every patient reports these symptoms. Remember, it is not natural for apparently healthy and robust people to complain of being "all dragged out," "tired to death," "never get enough sleep," et cetera.

The average person is not lazy. On the contrary, most healthy individuals want to be doing something all the time.

So, whenever one is easily fatigued, his resistance lowered, and he requires more than seven hours' sleep to refresh his subvital body it is quite likely that he is suffering from a deficiency of the adrenals. The so-called "fatigue syndrome," which affects everyone who tires easily and early, produces also a corresponding mental lethargy, manifested in a decreased mental capacity, an inability to concentrate on business or other problems, and a decided lack of "punch."

THE "AFTERNOON SLUMP"

THE "four-o'clock-in-the-afternoon" letdown of thousands upon thousands of business men, who are otherwise in excellent health, is known as asthenia. The irritability or nervous instability common among mothers who are responsible for the care of a large household is another symptom of this most common disorder.



The "four-o'clock-in-the-afternoon letdown"

From a somewhat extended study of this condition, I am convinced that it originates in what might be termed "cellular intoxication." The muscle cells, as well as the nerve and brain cells, are overwhelmed with poisons. These accumulate in the body and impose upon the organs of elimination a greater burden than they are capable of performing.

If the heart action is weak—as it is quite likely to be in this class of cases—the circulatory tone is lowered. The poison-laden blood is not brought in contact with the oxygen in the pulmonary cells, as it should be, and the burning up of these poisons is retarded. There is an increase of these dangerous substances in the blood stream—which exercises a depressing effect upon everyone of the billions of cells that go to make up the body.

This depression caused by the poison-loaded blood still further inhibits the normal functioning of the system, favoring thereby the development of more and more toxic material, until finally, outraged nature demands rest and relief from the burden.

Every cell in the body, whether it is located in the highest centers of the brain or in the innermost recesses of the most vital organs, has a life period, the same as the body of which it is an infinitesimal, but highly important part.

"Man begins to die as soon as he is born." Unless he eliminates his dead cells and those morbific products of decay which he is generating every instant of his life, he is in for serious trouble. And the first symptom of this trouble is asthenia or nerve-weakness.

ONE of the earliest signs of asthenia is intestinal stasis (constipation) and its resultant auto-intoxication. The toxemia originating from this trouble is, in its turn, either a direct or a contributing cause of many other troubles, rheumatism, sciatica, lumbago, or arteriosclerosis. Even Bright's disease and diabetes frequently have their origin in asthenia.

The principal cause of asthenia is imperfect functioning of the adrenal glands—perhaps the most vital and sensitive glands of all the endocrine chain. Even the smallest amounts of toxic matter absorbed from the alimentary canal, or introduced into the system in the form of tobacco or coffee, have, with certain sensitive individuals, an immediate effect upon the adrenals.

The reason for this is that it is the duty and the function *(Continued on page 49)*

"Contacts Club"

Letter Exchange Department

Would You Like to Meet Some New People—By Mail?

WE were sure that the new correspondence club—the "Contacts Club" launched in the last issue—would receive a warm welcome.

If we used slang, we would add "and *how*"!

We told you, you remember, that we frequently receive letters from people who indicate that they are anxious to get in contact with others of intellect and refinement. We opened this department, therefore, so that kindred spirits might correspond with each other on subjects of mutual interest.

If you would like to find new acquaintances; if circumstances have temporarily isolated you and you would like to meet others similarly situated; if for any reason you want to contact others of our readers, write and tell us. If possible, your letter will be published. Only your initials or cognomen and your city and state will be used.

If you read any letter in this column that you would like to answer do so, and your letter will be forwarded directly to the writer.

Dear Editor:

I would be very happy indeed to correspond with some of your readers. The articles I have read in the PSYCHOLOGY MAGAZINE *are thought provoking and many a time I have wished I could find someone who would enjoy a real debate and discussion with me. I have not had the luck to encounter people around this section who have similar interests and views.*

I have had a university training and have specialized in the field of education to earn my living during the past eight years. Not infrequently I am called upon to act as counselor in problems of love and marriage among our students. I would welcome an opportunity for a sincere discussion on psychological problems with your readers.—G. H. B. Washington, D. C.

Looks as if G. H. B. would make an interesting correspondent, readers.

Dear Editor:

Your correspondence club is a great opportunity for me, and I would greatly appreciate a contact with some of your readers. When I completed my civil engineering education nine years ago, I came here to Alaska to do survey work, and have been located here ever since. I don't get a chance to meet people up here who might enjoy a philosophical chat now and then.

However, I must admit I feel a bit sorry for you city folks for I am sure that if you could arise with me at dawn and walk through a virgin forest where there is a carpet of moss beneath your feet, clean sweet air in your nostrils, a symphony of color overhead, and drink your soul to its full of solitude and peace, that you would pull up stakes and come north and learn how to really live. You would never find the courage to go back to what is called civilization, or what I call "uncivilized competition."

Of course I know that no one pays any attention to bachelors—particularly one who lives in the back-woods of the continent—but I would appreciate a line from your readers very much. It does get pretty lonesome here at times.—"Backwoods," Juneau, Alaska.

"BACKWOODS," when you talk about color symphony and other lovely things of the woods, now that spring is in the air, anyway, you make us feel quite like kicking over the office desk. Be careful!

Dear Editor:

Now I know that PSYCHOLOGY *is the most helpful magazine in the world. You carry encouragement and so much good to your readers and now that you are making it possible for your readers to write to each other, I think you have added greatly to the practical worth of the magazine. I am grateful.*

Although I am teaching school, I am not the typical "school marm" type—that is, I am interested in many things aside from my work. I should love to write to someone who has broad interests and would like to exchange ideas about the activities of this wonderful world—for that's the way it seems to me, in spite of the fact that I have had many problems this last two years. But things are very much brighter now. The depression is surely on the run.—Miss Elma T., Toledo, Ohio.

You should like a *(Continued on page 51)*

"It's the Spark Plugs"

by **JACK DUFFY**

IN THE great mental engine that is given us by Mother Nature when we arrive here, there are two very important pieces of equipment that we should give our careful attention. They are the two spark plugs, Faith and Hope. With them, anything is possible; without them, nothing.

Faith is the intangible something that seems to be wired closely to the Divine on one end and our subconscious mind on the other end. It is that divining rod that reaches out through the spaces to touch the supply of that something we need at the moment and keeps its spark working so that we have the right sort of combustion in our hearts.

. . . . . .

Hope is the twin of Faith. Hope is really one of our grandest virtues. With it no calamity is too great nor any experience too severe for us. It is the firing-pin that keeps contact with the dreams yet unborn; the plans yet to be dreamed of and those vague touches of soul dust that keep the engine of life in motion.

Many wonder just what makes for a successful person. Well, in all our experience, we have found that the successful man is the one who is always self-appreciative. He is the person who realizes away down deep in his heart that he can do the things he wants to do and be the sort of person he aspires to be. The man of hope, realizing all this, is not afraid to tackle any job that is presented to him. Of course, you will be ridiculed for your conceit, but it will be far better to be thought conceited than to fear to assert yourself before the rest of the world. This burning your candle behind a bushel is all "Hokum." In the first place, it increases your insurance and besides, most go-getters use large electric light signs. The men who have accomplished great things in this world have done so because they firmly believed in their own powers. You can be modestly great. Most great men have been modest to a degree; but this modesty should not be carried to a point where it will interfere with your power to put across an idea that you feel burning in your soul.

. . . . . .

Assert yourself, then. Know your own abilities and fear not to exercise them and thus make them known to the world. The confidence that is born when you exercise your talents in the right way will carry you far in the realization of your dreams. Start in today and give that engine of yours the once-over. Maybe you are not making the right contacts or perhaps that engine of yours needs some repairing. But keep this right in the front of your thinking-tank, *you have the same sort of engine that was given to all the great men who have gone on before you.* When you try to blame things on the world, maybe it's your spark plugs to which you should give attention!

"Or, Maybe It's the Gas!"

EVERY person born today comes to this realization that the human body is like an automobile. We have our own perculiar mechanism and the tank is in the top of the head.

We take ourselves to many service stations in life, but the engine can only do as much work as the quality of gas we put in the tank will permit.

Now in the matter of mental gas, we are the only ones that can state the grade we want to carry. Many of us go about taking every sort of mental fuel into the supply station. The price is always regulated by the amount of time and hard work we give to get the sort of high-test mental liquid that our particular engine needs.

Whenever you hear a fellow knocking some other chap you will know immediately that he is buying low-grade gas. Now, this gas is not high quality, but the more of it we use the greater the knock. The danger from a supply of this sort is that it scars our mental slants on life and produces a carbon that takes from the horse-power of our engines. *(Continued on page 64)*

Your Job and You

Vocational Problems Discussed

by CORDELIA B. MAKARIUS

In this department vocational problems are discussed each month. If you wish a personal reply, write Miss Makarius, care of PSYCHOLOGY *Magazine.*

HOW MANY times have you heard friends remarking, "If I only had a chance I could make good at a *big* job. But I'm so tied down with a little job and with family responsibilities that I can't get anywhere."

I admit that little jobs and family responsibilities are a tedious burden at times but no one was ever held back from achieving his goal if he firmly made up his mind to succeed. Will power, eternal stick-to-it-iveness and a desire to master a specific subject, gives the world its experts in all fields—including art as well as mechanics.

Those of you who feel that the burden is great and that opportunity cannot find you in the backwash of little duties and small towns, keep in mind the old adage that if you build a better mouse trap the world will beat a path to your door.

Keep the chin up—a grin on your face and know that you cannot fail. Genius, it has been said, is one tenth inspiration and nine-tenths perspiration. Have you the intestinal fortitude to do the perspiring?

And now for Mrs. K's letter.

She writes:

"For a number of years I have been most anxious to achieve. As I look back now I can see that I had no definite plans only a continuous urge within me to succeed.

The depression forced me out of both a mercantile and real estate business. For five years I was correspondent for a city newspaper. Then my husband received an out-of-town offer as caretaker for an estate and to keep our family intact I gave up my position when we moved.

Since then I have made an extensive study of psychology, photography and handwriting analysis. I have sold several small pictures and an article to a well known newspaper.

I wish now to leave here as I am so very anxious to achieve by my own personal efforts. Do you think I will?"

That letter illustrates what I said in the beginning of my article. "Bravo" to Mrs. K as well as to others who will not let circumstances rule you. Your success is bound up within yourselves.

My answer to you, Mrs. K, is to be careful that your desire to succeed does not hurt anyone else. Success built on pain to another will topple of its remorseful weight. But remember this—business conditions are readjusting and doubtless you and your husband will find something more congenial very soon.

Your ideas are splendid. Keep up with your handwriting analysis. Try to get a column in one of the pulp magazines and some of the papers in the nearby towns. This will widen your scope. Write timely articles for newspapers and illustrate them, if you can, with your own photographs.

You should be able to do interesting nature studies which would be suitable for Sunday magazine sections in newspapers and for children's magazines. Try to syndicate some of your articles.

Do not become discouraged when you can't sell all of your material. It takes time and patience to build up a writing reputation. Stick to your resolve and you will succeed.

. . . . . .

MR. I. presents a different problem. He has talent and has had experience but does not know just how to market them. Perhaps that is *your* problem, too.

He writes:

"My deepest ambition for numerous years has been to become a motion picture director and later to produce original stories that shall uplift people and make them think.

I came to Hollywood several years ago with the intention of making connections at some movie studio for any sort of a job I could get to learn the industry. I wrote letters to numerous executives. Had many personal interviews—which as a rule are difficult to get—but without success. However I occasionally obtained extra work at acting.

I note you state for women to take up directing. What I wish to know is, 'How should one go about it to *(Continued on page 49)*

Our Beauty Psychologist Says:*

"Agreeable Odors Recall Pleasant Experiences"

"A PLEASANT odor," the psychologists tell us "makes us remember pleasant experiences which have been associated with it. It therefore puts us into a receptive state of mind.

"By the same token, a disagreeable odor is a powerful reminder of disagreeable experiences whose repetition we naturally are anxious to avoid."

A tiny whiff of perfume, the Orientals declare, has the power to sway the thoughts and desires of mighty potentates and there are records to indicate that disagreeable odors reaching the royal nostrils have put to flight the hovering suggestions of romance and actually broken up marriages.

There's the lovely Princess Nabid, for instance, who, two thousand years ago, was married to the powerful Persian king, Darab.

Great must have been her chagrin, for very shortly her royal spouse sent her back, bag and baggage to her father, and as the poet tells us:

"She was sleeping all gems and color, scent and loveliness
But verily her breathing was not sweet. . ."

Then there was unhappy Mary Stuart, who separated from her first husband, Darnley, because without a word being spoken, proximity to him recalled unpleasant things.

"I never go anigh him but grievous is he to my senses," she wrote to Bothwell.

"SMELLS are surer than sounds or sights, to make the heartstrings crack," Rudyard Kipling used to sing.

And as long as life has flourished on this old globe, there has been the most intimate relation between love and the sense of smell. Insects and animals are attracted to their mates by various pleasant odors. Primitive peoples have always been keenly sensitive to the magnetic powers of smell. From time immemorial, Arabian women of the desert have scented their bodies by sitting near smoke from burning aromatic spices.



"The scent of a blossom," Lafcadio Hearn once said, "evokes the ghosts of feelings experienced in millions of millions of unrecorded springs."

But before we can create a glamorous atmosphere about ourselves with perfume, we must give a thought to the wholesome, refreshing quality of basic cleanliness. With that as a foundation, we can pick and choose until we find the scent that makes us elusive and mysterious, forever a source of lure and enchantment to those with whom we live and work.

Feminine daintiness especially, demands deodorants. An effective one is Ab-scent. A clear, odorless liquid to be applied two or three times a week. So used, it is needed less and less frequently. Jordeau, its maker, has just announced another preparation for checking perspiration, which comes with a spray attachment. Or you *can* use a cream deodorant which comes in a cute carved wood container made to resemble the mortar and pestle of the druggist. There is also the attractive Zip pencil deodorant in a silver case, with a swivel bottom exactly like a lipstick. There is also an Odorono compact—a neat addition to your vanity case.

When you have assured yourself of clean and wholesome personal odors, you won't be like the society belles of the eighteenth century, of whom it is said: "They painted their faces instead of washing them, and mitigated the effects of un-dainty clothing by copiously drenching themselves with musk and other strong smelling perfumes."

Now that Spring is here, you should select some light and subtle flower scent, the more elusive and mysterious the better.

. . . . . .

Prince Matchabelli, that royal artist in scents, has created a superb tribute to feminine lure—his Princess Marie. It is a mixture so intriguing and captivating that it haunts your memory.

No one should depend on a single perfume for unending lure, however; our sense of smell is easily tired. We become immune to even the most penetrating odor after a time.

Study perfumes, study your emotional reac- *(Continued on page 59)*

Happiness in Little Things

—Right Here, at Hand

by **E. M. TIGHE**

DOES happiness depend on money, on great achievements, on friends—or what?

It has taken me twenty years to find the answer to this question—years of study, travel, experience. Happiness depends upon ourselves, and on our adjustment to life.

We can be happy. Happiness surrounds us. Most of us are too blind, selfish and self-centered to realize this. I see many people year after year striving to find happiness in fine clothes, beautiful houses, costly furniture, opera tickets, invitations from the "best people"—whoever they are!—and sacrificing the really worthwhile joys of life which surround them on all sides.

. . . . . .

This is an era when life is especially trying. The struggle for existence is more intensive than ever before. Expensive pleasures are denied most of us. But out of the trials that we are experiencing, we can create our own world of simple joys.

Both our life and our happiness are made up of little things,—words of sympathy from those we love, interesting conversations with friends around a cheerful fire, the warmth of the sun, the exquisite beauty of blossoming trees, the bloom and fragrance of all nature, "the pleasure that there is in life itself"—all these things can show us the value of mere normal well being.

Cultivating happiness is an art which everyone should develop. If happy ourselves we contribute to the happiness of others. Everyone has felt the influence of a cheerful person who sheds happiness on all around, even when misfortune has fallen on him.

Last night a friend came to see me. She was once very wealthy, but is now living in a two room apartment. In the course of conversation her husband entered the room and said sadly, "Yes, we have lost everything." "Oh, no, we haven't," said his wife cheerfully, "we still have Bingo," and Bingo, a cute little fox terrier, wagged his stub of a tail furiously and looked adoringly at his mistress as if to say, "I'm glad a little thing such as I means so much to you!"

That woman has learned one of the great secrets of life, snatching happiness from the very jaws of misfortune. When she lost her money and rich acquaintances she turned to her little dog for comfort, and got it. It is a great achievement to continue to be happy under all the blows that fate can deal us.

. . . . . .

We must not regard too seriously the changeful events and impressions of each day; we must live resolutely in a mood of conscious enjoyment without making pleasure an end in itself.

Happiness comes of its own accord, in the simplest, the cheapest, and the most inevitable pleasures.

A great many novelists and poets of today of the realistic school of literature seem to delight in presenting life as miserable. Unfortunately, their complaints are heard everywhere through radio, magazines, and Sunday supplements. Why must modern fiction deal only with the lives of wretched, neurotic, melancholy people whose only pleasures consist of hectic love affairs, luxurious living and pessimistic thinking!

HAPPINESS and self control are synonymous terms—no one can find pleasure in human companionship unless he has mastered the art of getting on with people. There is no joy without harmony in one's social relations, and no harmony without self control.

We have to adjust ourselves to meet other human minds, for there is something in every individual that is hateful to everyone else. Let us realize that it is impossible to live without compromise,—give in to people in small things, be courteous when we feel annoyed,—and the pleasure that we gain from the result will more than compensate for the small sacrifices we have made.

Finally, to sum up all this, happiness is found everywhere, and is best attained, not by a direct search for it, but as the result of a life dedicated to finding pleasure in the "satisfaction of the daily needs of existence."

An internationally known psychologist, who died recently at the age of fifty-three, wrote to his friend that *(Continued on page 64)*

"Psychology Has Helped Me"

by OUR READERS

We are glad to publish letters from those who wish to help others by telling what applied psychology means to them.

Took Heart Again!

MY LIFE would have been quite different had not a bit of psychological writing fallen into my hands. Turning through its pages and reading at random, a spark of courage came back to me. I copied words that appealed to me and these helped me to get a grip on myself.

I had lost a beloved husband. I was very young; untrained for any special work. I thought life was over for me. I did nothing but cry and wonder why life had been so cruel to me, at my youthful age.

But when I read of the success of others, I gradually began to accomplish things I had thought impossible. And now, after ten years of hard work and continuing my study of psychology, I am a successful business woman, owning a chain of beauty shops. When others are cutting salaries and eliminating advertising, I am having excellent success—and have had all through the depression period.

I give the credit to psychology. It builds one up mentally; gives courage to go ahead; teaches the inner self to get busy and *do things.*

Claire J. Gagen,
337 N. Larchmont Blvd., Hollywood, Calif.

More Than Wealth!

DURING my school days I was too timid to take part in games or sports. On leaving school and starting to work my fears still hung over me. I had a feeling that people did not like me. When in the presence of the opposite sex I felt embarrassed. This tended to make me a stay-at-home and my health suffered.

Fortunately, I came across an article on psychology. I read it at least twenty times. Eager for more, I went to a public library and selected a book on the same subject. What I read amazed me. I learned that I had been my own worst enemy. Thinking negative thoughts for years had literally poisoned my mind.

Making a list of all my fears, I faced each in turn, and after convincing myself that I *could* rise above it, put my thoughts into action and accomplished my desire.

By persistent positive thought my health has improved wonderfully. I think that most cases of ill-health, are directly due to a negative outlook on life. In other words, we create within our bodies conditions corresponding to our thoughts.

To have confidence in one's ability is indeed a great asset. To regain health is a rich blessing. Psychology has given me something far more valuable than wealth!

D. McC.,
Ponsonby, Auckland, New Zealand.

Learning Life's Meaning

WHEN a psychologist came to our town to lecture, it was something new but I joined the class and listened eagerly to messages that have been of permanent value to me. A new meaning came into my life.

Among other things, we were taught never to make a decision when tired—that is, when the personality is negative. To do so, would be to arrive at a negative decision.

This made us more sure of ourselves. We were in command of the many vexatious annoyances that had formerly made life miserable for us.

Then, too, psychology taught us that the problems that seemed so mountainous were not really so. The words, "It is not the fact that you're hurt that counts, but how did you take the hurt?" now mean something to us.

We learned great truths which took on new meaning for us.

Psychology was helpful, and is helpful, for, once used its value is permanent.

I have seen both men and women who felt that they had reached the end of the trail; that they could go no further because of discouragement and bitterness which had dominated their lives; who, after studying and practising psychology, became happy beings with kindness and love in their hearts.

They were, like myself, just normal people who were not equipped for the buffeting which they were to receive.

Psychology teaches us that all things are relative. That we *(Continued on page 61)*

"OUR CORNER"

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

The Garden

To sit around and whine, and fret,
That is not in life's plan;
But work the garden of your life,
'Twill make a better man.

Of course the weeds are sure to come,
And choke the good that's there;
But cultivating of the mind
Will banish every tare.

So make the garden of your mind
The best that you can make,
And think along the lines of faith,
Dispel your fears of late.

LeRoy E. Eddy,
St. Paul, Minn.

* * *

To a Bowl of Spinach—Dedication

To all instructors and our friends who are good for us but like spinach, hard to take, I humbly dedicate this work of art.

—The Author.

What art thou, greeny dish
With all the sliminess of fish
That elders, smiling, push away
And to their children calmly say,
"You eat it, dear, it has a wealth
Of vitamins that give you health;"
And bairns with an ignorance brave,
Gulp what parents never crave?
Thou art Popeye's passion great,
And food alike for horses or sheep;
Yet grind our teeth on grit we hate,
And lull our conscience safe to sleep.

Louie Lane,
716 N. Custer, Weatherford, Okla.

* * *

Dinner Party Unique!

The time I invited ten guests for a Friday dinner stands out vividly in my memory.

The invitations were out. I planned rather elaborately for the dinner. Two of the guests were distinctly important personages to my husband and me, and we felt gratified when their acceptances were received with those of the other guests.

Two days before the important event I went into an orgy of housecleaning. Curtains were taken down and laundered. Furniture polish was applied industriously.

On Thursday, the day before the dinner, I was still in a strong housecleaning mood. Before going down town to do necessary shopping, I turned all the rugs back, and because the cleaning woman had not appeared, I gave the woodwork a vigorous wax polishing. Seeing that time had rather crept up on me, I left the rugs in a pile in the hall, and hurried away.

I had a wonderful time shopping. I purchased favors for the party, a glass center piece I had long wanted, and other articles to beautify the house.

In mid-afternoon, ready to start home, I yielded to a dress sale sign. So charming were the neat little house dresses that I tried on a number, consuming an hour or so.

Rather guiltily then, noticing the lateness of the hour, remembering the piled-up rugs at home and the many things to do there, I started for my station, arms piled full of bundles. It was the rush hour of the day. Standing with all those bundles, I fumed on the long ride out, but finally reached my stop.

As I descended the stairs to the street, I recalled that my larder needed certain things, so a pound of hamburger and a loaf of bread were added to the awful arm load. The clock hands stood at an ominous point. I hastened my steps.

As I neared the house, and turned the corner, my heart fairly missed a beat.

"What are all those folks doing on the porch?" I asked myself and bundles and all, I almost broke into a run. All at once, I recognized, one, two, and then several of the persons waiting for me. It was Friday, instead of Thursday, and my guests had arrived for the dinner party! With a pound of hamburger and a loaf of bread, I stood before them!

* * *

The Little Things

What a lot of good the little things!
Oh! Just the ordinary things,
Can bring good cheer and make hearts sing,
And make our life more bright.

That cheery little "help-you" thing,
Or "let's-laugh-together-it's-funny" thing,
It smoothes the bumps and troubles thin,
And makes the load more light.

Some friendly little kindly thing,
In a world of worrisome pain will bring
A smile—a joy, or help to them
Who might bring it right back again.

Margaret Morris,
4500 Woodlawn Ave., Chicago.

* * *

Sometimes when things turn upside down,
Or inside out and look dark brown,
I rush outside and gaze into
The topless sky's eternal blue
So calm and cool, so still and deep,
With soft contented clouds, like sheep.
I shade my eyes, and stare and stare,
Then go back in the house, and there
Begin to wonder and to doubt
What I was in a "stew" about.

B. L. T.,
Washington, D. C.

* * *

The Night Nurse

At dusk she walks with velvet-footed stillness
And greets me with a smile that's warm and bright.
The shadows make her eyes seem strangely tender.
Her freshness is a challenge to the night.

As I lie here, I look at her and wonder
What this white shepherdess can find in me
That's worth long lonely hours of patient tending
When I am cross or selfish as can be.

But when she strokes my hand or smooths my pillow
And let's me think it's just the nurse's part.
I know she does those things to ease the aching
Of an old mother-hunger in her heart.

(Mrs.) Berniece Nix,
1334 So. Sycamore Ave., Los Angeles, Calif.

* * *

Psycho-Analysis

Modern psycho-analysis
Levels the patients' thought
In its final diagnosis
To even terms of naught.

Then with no undue illusion,
It quietly proceeds
To release in great profusion
Complex thoughts that it needs.

Until a tree in thought is seen
Compositely composed
Of branches and foliage green
And leaves and twigs transposed.

Then Doctor Psycho-analist
Takes hold his psychic shears
And clips the twigs that may consist
Of many little fears.

Until all the near complexes
Are with success removed
And the little trees' reflexes
Are psychoed and approved.

So if our mental forestry
Is modern as can be,
One must with great alacrity
Trim his own psychic tree.

Albert Ambrook,
Westgate Hotel, Kansas City, Mo.

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:—H. E. B. writes:

A year ago my husband was a happy prosperous man and our family life was ideal. Death took our only child, a girl of eighteen. My husband lost all interest in life and gradually went down mentally and physically.

Five months ago we were obliged to send him to a sanitarium. There has been little or no improvement. The physician in charge of the sanitarium states that my husband is suffering neither from insanity nor any organic disease, but is just "dead" inside and that he cannot do anything for him. Can you suggest anything in a case like this?

ANSWER:

From the symptoms it appears that your husband is suffering from melancholia, where interest in self or life is nil. The loss of his daughter was undoubtedly a tremendous shock. He was probably absorbed completely in this daughter and plans for her future. Her death caused him to lose all faith in himself and life and assume a hopeless attitude in viewing the future.

I would not say that his case was in any way hopeless even now, for, with proper care, he may come back and again assume his proper position in life. He should be given special attention, should receive suggestions which would tend toward gradually reawakening the old interest and ambition. And he should be forced, as far as possible, into some form of occupational work. Aside from the usual physical attention, institutions do not find time to give much individual care or thought to their patients. There are only a few sanitariums that undertake in even a minor way to use suggestive therapeutics.

Now regarding yourself: you must throw off this extreme depression and unhappiness as much as you can, realizing that in coming in contact with your husband, as you perhaps do at intervals, that you are carrying to him something depressing and injuring his chances for recovery. Real courage and confidence on your part will help materially.

QUESTION:—B. B. D. writes:

I am forty-two years of age. For a year I have been suffering with all kinds of spells. I have been to many doctors. They all help me for a while and then I soon get to feeling miserable again. For the past four months I have had troubled thoughts, a confused mind, and am afraid of losing what little sense I have. I suppose my age has a lot to do with it. I am thinking about myself all the time; trying to study my symptoms and see if I cannot get at the bottom of my troubles.

How long is it before a woman gets over this period? Some say I will be like this for eight or nine years. I would far rather be dead. I have lost nineteen pounds this year and have gained only five of them back.

ANSWER:

I cannot definitely state whether you are passing through the menopause or not for I would have to have a more complete history to determine. Your mental attitude toward yourself is quite sufficient however to cause all the trouble you describe. You have assumed an over-serious attitude toward functional conditions which intensify them materially. Through introspection you are magnifying each symptom. Turning over the possibility of this or that happening in the near future is most depressing, confusing and irritating to your nervous system.

There is evidently nothing seriously wrong in your case. You are *not* going insane I assure you. If you could forget yourself completely you would soon be much happier and far less nervous. Suppose you *are* passing through the "change," that doesn't mean that you are liable to go insane, that you must suffer intensely, or be very miserable. Ignore symptoms as much as possible. Stop analyzing each feeling, sensation and stray thought that strikes you. Believe that all is well.

Many women are led to believe that serious trouble is ahead of them in passing through the menopause, due to wild tales that other women have told them. Don't believe all you hear. Millions of women have passed through this period and have neither died nor gone insane. And you can too. The less you think about it the less trying it will be.

Naturally you will feel just a little more nervous at such a time, but try to minimize these feelings and sensations instead of magnifying them. Build up confidence in yourself and your future. Strengthen your power of control. Then live as near a normal and natural life as possible. You have brought most of your suffering on yourself through this depressed, panicky and fearing state of mind you have created. There is nothing *real* to fear in your case.

QUESTION:—"A Constant Reader" writes:

Four years ago I was bitten by a dog and at the time it was suggested that this dog might be mad. The dog was shot soon afterward and I have never really known whether the dog was truly mad or not. Not long afterward a friend of mine told me about a friend of his who was bitten by a dog and a year afterward developed hydrophobia. I have never been able to get rid of the thought that someday I may develop this dreaded disease, or would you call it infection. Do you think there is any likelihood of my doing so?

ANSWER:

I assure you that if you were ever going to develop a case of hydrophobia from that dog bite that you would have done so long ago. All these infections have a certain period of incubation. This period passed long, long ago in your case. You have

nothing to fear, and if you continue to do so it will be a most unreasonable fear I assure you.

QUESTION:—I. S. writes:

Will you kindly tell me whether shingles is contagious and just what it is due to? I have had two attacks of this trouble and have never understood just what it was all about.

ANSWER:

Shingles is inflammation of a nerve root. It is frequently due to some form of infection, but may come where one is in a condition in which he is unusually susceptible to auto-infection, or self-poisoning. It is found in sensitive, emotional, nervous people as a rule. You need not be afraid to mingle with others.

QUESTION:—A. M. writes:

I have suffered long years with poor digestion and am now down to almost a toast and tea diet. It seems as though most everything I eat hurts me. I worry myself sick over this state and am down to 90 pounds in weight. I have had X-rays and all kinds of examinations and am told that there is no sign of ulceration or organic trouble present. But there must be something seriously wrong or I would not be in this state. Do you suppose it could be cancer or tuberculosis?

ANSWER:

From what little you write it is my opinion that you are suffering from a form of nervous indigestion. It is your mental attitude, your constant worry, your depressed spirits, your hopeless outlook on life, your FEARS that are causing your trouble. Reestablishment of confidence, a happy outlook on life, optimism, faith in the ability of your digestive organs to handle foods, will begin to clear up all your troubles.

(Continued on page 65)

A Woman for President?

(Continued from page 16)

story three times but I can't sell it.' Three times." Her tongue was mute, but her eyes, like sunlight on October leaves, said, "I would have rewritten it thirty times."

"To achieve whatever one desires there must be an unquenchable interest in life" said the creator of the young musician in "Humoresque," of "Lumox" and "Anitra." "I read a statement that Mrs. Roosevelt, wife of President Roosevelt, was quoted as having made. 'One must have many interests to keep life from being even more monotonous.' I cannot believe that Mrs. Roosevelt made that statement. For if ever a woman led a life that is devoid of monotony it is she. Like the President she loves life. Anna Eleanor Roosevelt and Ruth Bryan Owen, the minister to Denmark, are keenly aware of life in its multitude of phases. That is one reason for their tremendous effectiveness. I cannot imagine either of them being bored."

I REMINDED Miss Hurst of the theory that those to whom everything is zestful are living for the first time while those who manifest boredom have experienced life before on this plane. "They are known as young souls and old souls."

"Then bored people know what is around the corner." The author laughed. "Interesting but I think, untenable." Then her vast sympathy compassing even the bored, "There are degrees of vitality. Those who lack either bodily or intellectual vitality are unfortunate.

"But it is difficult to understand how anyone can be bored in the year 1934. We are living in an era that pulses with change, an era that distinctively is woman's. Men are static. In the next fifty years there will be an amazing liberation of the energies of women. Ruth Bryan Owen, who has an engaging sense of humor, said, when she was leaving her home in Florida by aeroplane to answer a summons to Washington, 'What will the children think of their grandmother flying to Washington to meet the Minister from Denmark?'

"I feel there is no particular lure or urge for woman to usurp the role of President of the United States—unless she should show characteristics not only equal to, but distinctly superior to those exhibited by the male contestant.

"All things being equal I think women in general are still content to let the male of the species monopolize the presidential chair.

"I do like to think however, that, theoretically women are marching forward to the day when they will be equipped for that high office. As a matter of fact *I could name, off hand, a half dozen women of this day and age who, in my opinion, would bring distinction to that high place.* In my judgment presidential timber lies within the female of the species."

Approach of departure for the train that must be met, a telephone call, something within or without created an inhibition of utterance of their names. Perhaps you will write PSYCHOLOGY the names of six women who you think would make distinguished presidents of the United States. Be sure that they are as physically strong as they are mentally and spiritually. For the cares of office are declared to have killed two of our presidents, Warren G. Harding while an incumbent of office, Calvin Coolidge within the term after he relinquished it.

"There are the nations of earth to be drawn together in a common understanding" Miss Hurst went on with her grave theme. "It can be done. It will be done. The lessening of distance between them by constantly improving methods of travel is helping to effect it. America and China will be friends because it takes a comparatively short time to reach each other. I am able to like anyone after talking with him awhile. Once I thought I couldn't. So do the nations. We are witnessing this slow drawing together. Aiding a little in it."

"Marriage, like other institutions, will undergo a gradual modification. Confusion and maladjustments and misery will attend the process. But it will become a saner and an enduring institution. I envisage later matings. In this and past years we have mated too early. In the new day we will let reason overtake emotion. Feeling will conform to reason. We need not fear that women will forsake the home. She will come back to it. If only because she has nurtured children at her breast. They must continue to nurture them. I have been visiting a farm in the deep woods of Maine. The man of a family I met there is the weaker in will and physique and ability. The woman has more decision and



EARTH *in* SPRING

By EVANGELINE C. COZZENS

THIS is the time of the earth,
Her day and her hour;
The air is heavy with clod
And nascent flower.

Thrown back the quilted winter,
Nude to sun and rain;
Breast of the thirsty world
Flowing again.

Seed within the dark furrows,
Still and dead and deep;
Faithful, even to dying,
The promise to keep.

This is the time of the earth,
The hour of her giving;
Dust are the powdered dead,
Green are the living.

—*Poetry.*

initiative, more force and intelligence. It was she who went forth to grapple with practical affairs in the village. But she returned often to the home. Because the children were there. Most women want children and children are the anchors to the home.

"In the home and in other expressions of human life intelligence will commandeer. I do not maintain that in all instances it will continue to command. Biology is a powerful factor in the sum of living. Life will bruise us and break our bones if we let it."

"Can we conquer life?"

The glowing woman with the Minerva brow answered: "Not wholly. But we can fight back. We can fight life to a draw.

"If we do not conquer it neither need we be conquered by it."

Your Job and You

(Continued from page 42)

make that first connection?' I'm more than willing to accept any job I could get to get started.

Years ago I took movies for news reels. I sold footage on numerous occasions. I still have Fox News credentials. I also staged amateur productions for small town theatres.

I have business ability, as I was associated with my father in an importing concern and handled the mail order department. Later we produced phonograph records in foreign languages with foreign stars. My job was to assist in their management after I signed them up.

Any information will be highly appreciated."

Here is a man who has ability or he could not have held down the jobs he has had in the past. And he has the qualifications for the type of job he seeks.

In the first place, Mr. I., you have tapped most of the usual fields of opening in order to become a director but from your letter you have neglected to tap the most obvious—the field of photography. Many cameramen have risen to the role of directors. One who understands the artistry of directing can greatly enhance effects produced through the camera.

Try to get a camera man's job as an assistant and work up. This is a much more logical plan than trying to approach your goal through the acting angle. Your former experience and credentials should afford you a hearing.

Then—second—your experience of signing up stars for the phonographic work and managing them together with your direct mail and business experience should enable you to secure something in the publicity line, with a company. This would line you up on the *inside* of film work and afford you—through connections which you could make while already on the inside—an opportunity to get transferred to the other division. It is worth trying.

But in my opinion you should try the first suggestion and I believe that you will get somewhere with it. Don't be afraid to start with a little job. It's the "in" that you want and you can rise with your own ability afterward.

Now that business has turned the well known corner so many new and interesting avenues of usefulness are opening up. Are you prepared to meet these new conditions or are you going to sit back and bemoan the good old job that folded up with the era of speculation and frenzy?

There is a place for every man, woman and child in this universe. Health, happiness and prosperity are your birthright. They are yours if you make the proper effort.

The May-Tree

By HYLDA M. WEARN

THE May-tree is a tent of white
That here and there lets in the light
Of Heaven's bluest canopy.

Within, the happy honey bee
Receives the largesse of the tree
With humming murmurs of delight,

Till, laden for the homeward flight,
He leaves with buzzes most polite
For her kind hospitality.

—*Answers.*

Glands of Survival

(Continued from page 39)

of the adrenals to respond instantly to these poisons. For if they fail in this response the increased circulation and the improved oxidation which their activities bring about are conspicuous by their absence.

The result is that the toxins accumulate in the system, lowering resistance to "colds" and infections and depleting the vitality of the body in general.

If your circulation is poor, if you are troubled with cold hands or feet, tire easily, or have low blood pressure and a feeble pulse, if there is lack of ability to work or play with vim, you are most likely suffering from adrenal insufficiency.

Overactive Adrenals

PATIENTS who have too much adrenal secretion exhibit exactly the opposite group of symptoms from the hypo-adrenal type. They are aggressive, combative, pugnacious; the real fighting type, whether in the prize ring, at the head of an army, or battling in commercial and industrial life.

These are the type of men frequently described by Conrad and Jack London—flannel-shirted, upstanding, two-fisted men, who battled their way with obstinate nature or with equally obstinate humans. The muscles in this type are usually hard and firm. Among young girls, there is apt to be an overplumpness, or decided obesity. Among women there is noted a fairly heavy growth of hair on the back, as well as on the upper lip. In point of fact, if women tend too much toward the adrenal type, they are apt to develop a full growth of beard, topped off with a heavy mustache.

The blood pressure is hyper-adrenalism is the most alarming condition, as it is almost invariably above normal. This, coupled with the short, thick neck, the stocky build, the extreme activity, the choleric temper, the gormandizing tendencies, the hard-drinking, hard-smoking, hard-eating habits, often combines to develop in these patients a stroke of apoplexy, which is generally the beginning of the end for them.

Adolescent girls of the hyper-adrenal type usually have mannish tastes. They are the sporty, mountain-climbing, slim-hipped girls, who combine in their make-up a tremendous number of masculinity units.

The hormones or secretions of the adrenals possess life-saving qualities. In acute attacks of asthma where the patient is gasping for breath, an injection of a few drops of adrenalin

will invariably relieve the distressing bronchial spasm.

In some cases of apparent heart failure, even a few minutes after the heart has stopped beating, an injection of adrenalin directly into the heart muscle has restored the beat to the heart and thus actually reclaimed the patient from the throes of death.

In cases of giant-urticaria (hives) or angioneurotic edema, an obscure condition characterized by periodic redness and swelling of the skin, is often relieved by adrenalin.

Until recently, Addison's disease, which is a tuberculosis condition of the adrenal glands, has been classed as an incurable and fatal disease. Today the newly-discovered adreno-cortin, renders this dreadful ailment amenable to treatment and cure.

Untiring investigators and researchers are still diligently searching for more life-saving elements in these marvelously complex glands. More power to them!

**Author of "Your Mysterious Glands."*

The Parade of Religions

(Continued from page 25)

seventh place we find the Jews to the number of 15,000,000—a race and a religion affecting human affairs beyond all proportion to their numerical strength. Go back 2500 years before the Year One of the Christian Era, to the great progenitor Abraham. History perpetuates the name of Abraham's son Isaac, of Isaac's son Jacob, and of Jacob's twelve sons who became the founders of the Twelve Tribes.

Immortal are the names of those great leaders—Moses, liberator and law giver; Joshua, gallant soldier; Samuel, first of the Judges; Isaiah, greatest of all the prophets; Saul, the first king; David, the royal poet; Solomon, the kingly architect, symbol of a golden age. The Hebrews were called Jews after the Babylonian Captivity. They are in very fact a marvelous people, marvelously preserved, rich in literature, unique in history, preeminent in religion.

Conspicuous in their history and a glittering fact in all history is the development of the One God idea, characteristic of Jewish aptitude for religion, their crowning contribution to the evolution of religious concepts. Even more noteworthy was the full flowering of all that was ideally noble in Jewish personality, that incomparably beautiful character, the greatest figure ever to cross the stage of history, even Jesus the Jew called the Christ . . .

So many are the followers of this wonderful Christ and so wide flung the frontiers of his Kingdom that world-wide Christianity constitutes the Second Grand Division of the Parade of Religions. It is not so easy to think of our own religion with the same degree of frankness and impartiality as may be employed in reference to the faiths of other men. The situation now calls for detachment and impersonal judgment.

It is safe to assume that our readers are either Jew or Gentile. We know what Judaism has done and what it has failed to do. We know what Christianity has done and wherein it has failed. Jew and Gentile . . . Gentile and Jew . . . Too long have we been shackled by the trammels of traditionalism. Our common religious origins should be the pledge of our common hope and our mutual endeavor in these later days.

We shall be true to the faith of our fathers not by walking the paths they so nobly trod but by following their example in blazing new paths to untried summits. See the rainbow arching against the thinning clouds. . . . It is the promise of happier days when Christian and non-Christian shall find exultation in a blending of beliefs, a world rejoicing in the cosmic harmonies of the Ultimate Religion.

Light lies along the horizon . . . Daybreak is at hand . . . 682,400,000 Christians are on the march.

William A. Engle *Says:*

The *open* mind *metes* with the *golden rule.*

Bad habits are *easy* to form and *hard* to break.

His head is *level* who keeps his *feet* on the ground.

Those who *jump* at conclusions, usually *leap* in the dark.

Only in the *milk* of human kindness may be found the *cream* of life.

A state of joy and happiness is one of *attraction;* only the foolish *pursue* it.

'Tis the Mind

(Continued from page 18)

and dwarf his body, cramp and pinch his brain, narrow his ideas and contract his faculties, darken and shorten his life, and finally send him to an early grave, long before his allotted time.

If we consider the lives of centenarians we preceive how a serene and abiding faith in their own inner powers has helped them to overcome conditions and conquer environments to which thousands of others would have succumbed.

Baron Waldeck, who died in Paris, in 1875, at the age of a hundred and nine, never ceased to entertain the suggestion that he would live for a long time. At the age of a hundred and two he undertook a three-volume encyclopaedia treating of archeology.

Baron Waldeck, and many other famous centenarians, demonstrated most clearly, that health and long life are blessings within the power of every human being to realize.

Too many people age prematurely by settling down and planning to grow old. They lose faith in their health and strength, their ability and opportunity, and poison their minds and bodies with pessimistic suggestions.

Let me give you just one example of what wrong self-suggestion can do. A few months ago a gentleman was picked up in a street in Chicago, crying, "I have been poisoned." He was hurried to a hospital, but no trace of poison could be found. He died within two hours, suffering acutely to the end. The autopsy showed no poison had entered his system. All his organs were in good condition.

That this man was a victim of wrong auto-suggestion was the firm belief of the hospital staff. His widow stated that he had eaten a meal with his wife and children which tasted a little peculiar. No illness was felt by the rest of the family.

We have here a case of pure self-suggestion. The man really thought he had been poisoned; he dwelt so strongly upon this belief that the symptoms of poison actually developed

and were sufficiently powerful to kill him.

George McDonald tells of a castle in which lived an old man and his son. Although they owned the castle, they were so poor they could scarcely get bread to keep from starving. Yet there were concealed within the castle, by remote ancestors, for future necessity, very costly jewels. Although close to abundance, they were in a starving condition because they did not know of their wealth.

So man, in the very possession of the most God-like faculties and powers, is starving because he does not know of, or does not believe in, the immortal forces within himself. The man or woman who is in perfect control of this force, can make good all the old concepts of magic and miracles.

It is the study of inspirational psychology that enables us to tap hidden and unsuspected resources of power within us, which, through the instrumentality of ardent and sustained interest, we could habitually use, to our great advantage, in all the affairs of our lives.

Nothing is more true than that the study and practice of inspirational psychology tend to release man's highest and noblest powers.

Given a working knowledge of this most important of all subjects, it would be easy to predict whether a man or a woman would make of life a success or failure.

Don't Save Money

(Continued from page 14)

is not doing anything to improve the conditions of the less fortunate man. Instead of helping to create new jobs, jobs that eventually will absorb all the people for whom they believe they have a deep sense of pity, they simply are denying vital, much needed help to the unfortunate.

Those people who are spending freely, buying new cars, new clothes, new furniture, improving their homes, and traveling *are the real supporters of the New Deal.* By putting their dollars into circulation, they are increasing private spending. And private spending has to be substituted for public spending.

The CWA is beginning to lay off men. In order that these men will not be forced to return to the ranks of the unemployed, it is necessary to provide them jobs in industry. And the wheels of industry depend upon the motive power of the dollar.

The economic system of this country is largely built upon people's desire for luxury. A ten per cent decrease in thrift will mean a ten per cent increase in the standard of living for all.



After all is said and done it's really the work that praises the workman.

We cannot afford to be thrifty. Thrift on an excessive scale would convert us into a nation of peasants, such as we find in France. It's all right to have your sous in your sock, if you want to confine your ambitions to a postage stamp in the country with a two-room cottage without even the semblance of modern conveniences. But if your ambition is a modern home with an automobile and a college education for your children, then spend as you live, holding back ten per cent of your income for a rainy day.

If everybody will do this, there will be little cause for worry. If we don't, worrying will not help matters. For the present system of private ownership may go the way of Czarist aristocracy.

Many thoughtful persons now believe that this is truth which we, as a nation, would do well to seriously consider—and heed.

Contacts Club

(Continued from page 40)

real "dyed in the wool" optimist, Miss Elma, and we do like them!

Dear Editor:

I wonder if any of your readers would be so kind as to give me some information or advice about a rather difficult and very personal problem? I have always been troubled by an extreme shyness when I am with people, especially women. I have tried hard to overcome it for I know that it is a foolish thing. I even tried to learn to dance and took lessons for quite a while. That helped a lot, but I wonder if there isn't something else I might do that would dissipate it? Perhaps, your readers could offer some suggestions?

I am thirty-four years old, have never married, and am not what you would call a financial success. I am a mere clerk. But I believe I will be able to make some headway before long in my work.

Thanking you in advance for any attention you may care to give this query, and expressing in advance appreciation for any letter any one might write me, I am, A. F., Rockford, Ill.

Surely many readers could give A. F. some helpful advice or encouraging information.

Dear Editors:

I think it is wonderful that you suggest that readers of the magazine write to each other. If you will print my letter and then send me any replies that might come, I will be very grateful.

I am a young woman in the twenties, and am interested in theatricals, good reading and some sports. In spite of the fact that I live in one of the biggest cities in the world, I don't know many persons and am often lonely. Writing to others in different parts of the country would surely broaden one's world. —Jean M., New York, N. Y.

Indeed, Jean M. it is the person who has only a few interests who finds the world a small and uninteresting place. Doesn't the radio, especially, give us some idea of what a marvelous and infinitely interesting world we are part of?

Dear Editor:

I have often wondered if other people get "fed up" with their own little narrow circle as I do? In this college town of the old Southland, vigorous and stimulating contacts are few and far between. A man must take refuge in a book or leave all intellectual pleasures entirely aside, and take part in the sleepy though gracious social life that this town affords. There are times when I feel positively hungry for a sincere and thoughtful discussion, an honest expression of things worthwhile.

I am a college graduate, thirty years old, and would thoroughly enjoy a contact with some of your readers.

With best wishes for the continued success of your splendid magazine.— E. S., Lynchburg, Va.

Give It a Thought

By JOSEPH A. SADONY

NEVER climb a mountain that reaches nowhere, and which is more difficult to descend than to ascend. The reward of curiosity is but to forfeit energy that might have furthered happiness and brought joy.

If you have no interest in life, reserve your smallest strength in silence, solitude and rest, and there will be revealed to you your work, that thoughtlessness and wrong environments hid from you. There is nothing on earth with life that does not strive to enlarge, beautify and perpetuate itself through desire, vanity and love.

Never steal from another man what he has. Seek rather where he obtained that which you would like to possess, and then you will have what you seek, without robbing another of anything. Remember the duality of things—where is weakness, must be some strength; where a root, there will a blossom appear; and where a blossom, there must be a root . . .

Never profess to do more than you can. The effort to maintain your assertion will be greater than the reward from your deception. With the same amount of energy you could do better things in your own way—the things that are yours to do. . . .

Never be in haste to express. You may be wrong and embarrassed a moment later. Even in warning of drowning, be silent. Save the life, and later, feel glorified by silence.

Never possess anything unless you cannot willingly relinquish for there is ever a question as to whether it belongs to you—unless it be love. All else is visionary.

Never go to sleep angry, or without an understanding before you close your eyes. Never wait until "tomorrow" to settle a question. We all must come half way. We cannot have everything we want, so let's make our wants be what we can have.

The Tiger Speaks

(Continued from page 27)

convinced, as is the tiger, that the idea for the Struggle for Existence is only a fantastic invention of man. It is an excuse to cover his atrocities. If you believe in this theory, you can forgive the white man for killing the black, and the yellow race for killing their weaker tribes. You put it down to a law of nature and you let it go at that. But in reality it is only the reasoning of a guilty conscience. Theories are invented to support prejudices.

"True enough there can be found things in nature that tend to support such a view of life. But to bring the dog-eat-dog facts to the foreground and suppress all the others is a grave mistake. It is making a little truth into a great universal law. This view of life may be spectacular and dramatic, looking swell before those glamorous scientific footlights. But it is hardly true."

He paused, long enough to fill the glasses to the brim, and then spoke softly: "In reality, it is only the boast of the strong and an excuse for terrorizing the weak. It says that might is right; that war is a part of nature and therefore good; that force and advantage are justified. And so the beast with the longer tooth is only a lame excuse for the man with the longer gun. Nonsense," he exclaimed and then lowering his voice, he added softly, "Yes, pure balderdash."

Voice of Experience

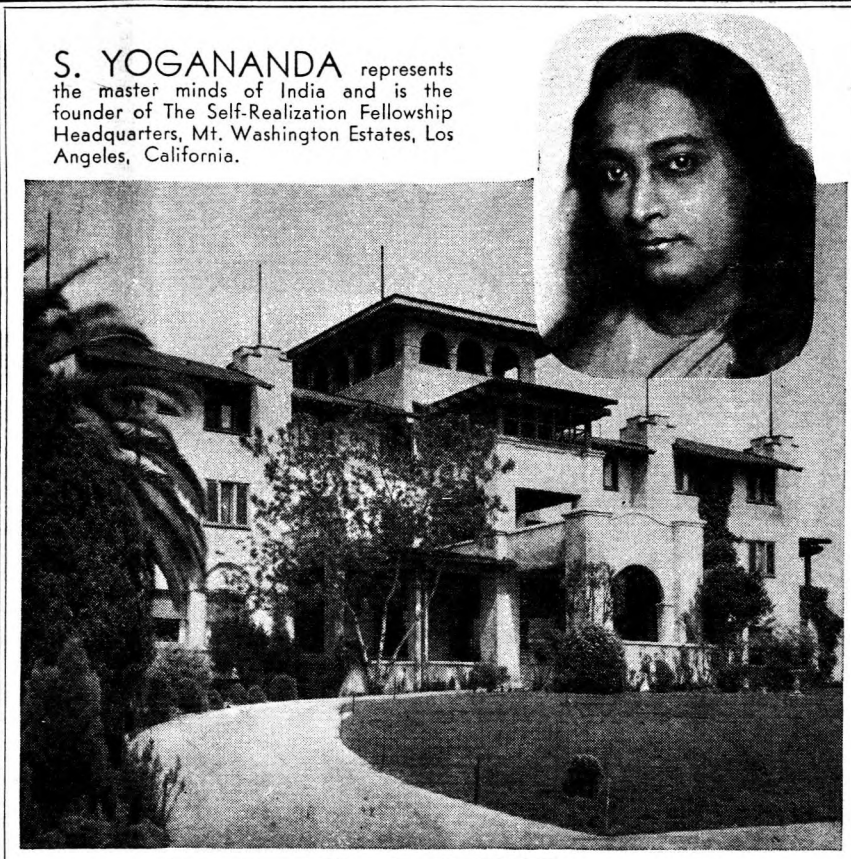
(Continued from page 23)

lutionize her thought *modus operandi.* Every phase of our existence is the resultant of compensating laws. Every one should strive to realize this. And that the body is not the real ego but the instrument or vehicle through which it expresses—just as the piano is not the pianist but merely the means by which the pianist expresses himself.

"Whenever an individual grasps the vital underlying principle that all afflictions, all experiences—sad or joyous—all opportunities, are the results of some action in his immediate or far distant past, and that his reaction to them determines his entire future, he has learned one of life's great lessons.

"Instead of being depressed, resentful, fearful, this woman should utilize every opportunity to become more beautiful *within.* Plato said: 'Beauty is the splendor of truth.' And that beauty is within reach of every resolute soul. If each individual will make a game of life, become absorbed in lifting the burdens of others in a far

S. YOGANANDA represents the master minds of India and is the founder of The Self-Realization Fellowship Headquarters, Mt. Washington Estates, Los Angeles, California.



The POWER of SELF-REALIZATION

WILL MAKE YOU MASTER OF EVERY SITUATION

A remarkable and revolutionary method of instruction in usable metaphysical truths has been developed by India's past master of the art, S. Yogananda. These teachings make it possible for you to be the master of your own life; to guide your career; to experience the satisfaction that comes from genuine success in all worthy undertakings. Through this technique, you can make youth lasting, retard old age, and retain health, happiness and contentment. S. Yogananda brings to you the art of super-concentration by which you can consciously use your inner powers which will remove fatigue and ill health at will. He teaches you the long, hidden law of "how to create at will what you need."

Learn Revolutionary Methods from India's Master Minds

The revolutionary methods brought out in S. Yogananda's instruction have been handed down from generation unto generation by India's greatest Masters. These profitable and educational facts place you in direct, daily contact with the vibrations of these same master minds. If you are serious; if you really desire aid, you can acquire the art of demonstrating the power of mind, over body, destiny, prosperity and the very soul itself. The Self-Realization Fellowship movement was founded by the great Masters of India. They are supremely qualified to scientifically develop your inner powers that you may use in daily life to solve all your intricate problems.

Grasp the Key to Abundance, Wisdom, Happiness

If you have earnest desires for all-round success through your own convincing Self-Realization, S. Yogananda, personally, invites you to fill in the coupon at once. Do it now and mail without delay. You will receive, absolutely free, a fascinating book, dealing with this international movement. If everything else has failed to bring back health, peace and prosperity, try this.

SELF-REALIZATION FELLOWSHIP
Mt. Washington Estates Los Angeles, California

SEND → for this FREE and interesting BOOK "Highest Achievements Through Self-Realization"

COUPON

S. Yogananda, Self-Realization Fellowship
Mt. Washington Estates, Dept. M1, Los Angeles, California
Dear Sir: Please send me free book pertaining to the Self-Realization Fellowship Movement. I am truly interested.

NAME _____
STREET _____
CITY _____ STATE _____

Enrich Your Life Thru "Knowing"

These Books Lead the Way

Order by Number **Price**

1. More Power to You $1.75

by Walter B. Pitkin

A working technique for making the most of human energies. Discovers to you how you may *double* your physical endurance, to be happier while more efficient, thru proper diet and exercise.

2. Psychoanalysis $2.75

by Sigmund Freud

An entirely new book, addressed as much to the layman as to the specialist. New developments and improvements have taken place in psychoanalytic theory during the fifteen years of silence since Freud gave the world his former work on psychoanalysis. *Get your copy at once!*

3. Modern Man In Search Of A Soul $3.00

by C. G. Jung

The reader sees a new vista of wide horizons opening out in psychology. One of the three leading exponents of psychoanalysis puts his finger upon the shortcomings of both Freudian and Adlerian psychology.

4. Voice of Experience $1.50

A unique book based on the questions most frequently asked by the more than two millions of people who have submitted their problems to the "Voice of Experience" in response to his radio broadcasts.

5. The Shape of *Things to Come* $2.50

by H. G. Wells

A "speculative spree" by the author of *The Outline of History* and of the expression, "Psychology is the Hope of the World!" Out of the chaos of the present and of the immediate future, the author builds an imaginary World State of amazing proportions and wise policy.

6. Life Begins at Forty $1.50

by Walter B. Pitkin

You who are crossing forty are the luckiest generation ever. After forty, life begins! A national best-seller by a Professor of Columbia University.

7. Life Triumphant $2.50

by Henry K. Miller

A most beautiful gift, or a treasure for your own library. Twenty-three beautiful inspiring essays bound into one handsome blue and gold volume.

8. The Fast Way to Health $3.00

by Dr. Frank McCoy (Eleventh Edition)

In plain understandable language, Dr. McCoy gives the A. B. C. of food chemistry and physical mechanics. The reading of this book may prevent a needless operation. It clearly explains and teaches you the simple way to avoid and remove human ailments.

9. Fourteen Lesson Course in Practical Psychology $2.00

by Henry K. Miller

A complete course teaching how to apply the principles of psychology to the problems met in every day life. It comprises seven handy volumes, in the back of each of which there is to be found a self-questioner.

Order by Number **Price**

10. You, Too, Can Make Money $2.00

by Pauline Cleaver

One hundred true stories of ideas that have been put to work and have removed financial worry from the lives of those who conceived them and put them into operation.

11. "Suggestion—Its Laws and Application" $2.50

Dr. Chas. F. Winbigler

Sets forth the principles and practice of Psychotherapeutics and covers every phase of the great Law of Suggestion and its application to physical, mental and spiritual problems. A veritable gamut on the subject.

12. Self Healing Thru Auto-suggestion $1.25

by Dr. Chas. F. Winbigler

A valuable book by a reliable physician, teaching how to rid yourself of sickness, fear and worry, no matter what the cause. Banish forever insomnia, constipation, headache, nervousness, anger, self-consciousness.

13. "Practical Psychology" $2.00

Frank Channing Haddock

An Advanced Manual in the Science of Mental Development of particular value to those who already have studied Henry K. Miller's fourteen lessons as a ground work. Teaches how to use one hundred per cent of your brain instead of the customary ten per cent.

14. "How to Get What You Want" 75c

Orison Swett Marden (formerly $2.00)

—That is what mankind has been trying to learn ever since the creation. There is always a best way to get what you want. Dr. Marden reveals this by apt story and illustration.

15. "Heading for Victory" 75c

Orison Swett Marden (formerly $2.00)

Training for Masterfulness or Backing Up the Brain—How to Measure Your Ability—Until A Better Man Comes Along—Foundation of Success—Timidity and Sensitiveness—To Be Great, Concentrate. 18 Other dynamic chapters.

16. "Self Mastery Through Conscious Auto-suggestion" Leather $1.00

Emile Coue

Proving that our actions spring not from our Will, but from our Imagination. Self Mastery Through Conscious Auto-suggestion . . . Thoughts and Precepts—Observations on What Auto-suggestion Can Do—Education As It Ought To Be—A Survey of the "Seances" at M. Emile Coue—A Survey of the "Seances" at M. Emile Coue's Method—The Miracle Within—Notes on the Journey of M. Coue to Paris in October, 1919—Everything for Everyone! Formerly $2.95.

Inspirational Publications, Inc. 4-34
1450 Broadway,
New York, N. Y.

Please ship me at once the following books.

No. .....

Name .....

Address .....

Attach your check or money order.

10% On all orders totaling $5.00 or more, you may deduct ten per cent.

Order by Number **Price**

17. "Be a Prize Winner" Now $1.00

Lon J. Haddock, A Call to Radiant and Zestful Living.

Man The Thinker—You and Your Co sciousness—Beginning Mental Growth—Don't Alibi—How Men Are Made—How to Direct the Energy of the Subconscious—How We Got Our Mind—Man and His Habits—Thought Habits—Cultivate Your Thought Power—Tuning Up for Victory—What is Personality—A Chapter on Looks—What To Read and Why. Formerly $2.00.

18. "Live and Grow Young" Now $1.00

Arthur Edward Stilwell

Do you Desire to Prolong Your Life? This book is the key to youth. It shows the way to health and happiness. It destroys the mesmeric belief that *three score years* and ten are the allotted span of life. "Live and Grow Young," will help you immeasurably. Formerly $2.00.

19. "National Success Course" Now $2.50

A Guide to Business and Personal Efficiency (formerly $25.00)

How to Get The Best Results—First Steps in Business Efficiency—How To Do Business With Banks—The Principles of Business Achievement—How To Write Business Letters—How To Easily Develop Your Memory—How To Advertise Successfully—The Power of Right Thought—How to Become a Successful Salesman—How To Prepare Sales Talks—How and Where to Find Customers—Psychology of Advertising and Salesmanship—Managing Men for More Profit—The Money Value of System. *Other vitally important chapters.* A Course in 24 Sections all in one binder.

20. "Subconscious Power—Secret of Achievement" $2.00

Prof. Eugene V. Legaren

Six-volume course teaching how thru self-psychoanalysis to overcome all minor nervous troubles, as well as more serious nervous afflictions.

21. The Mother $2.50

by Pearl Buck

For artistry of conception and execution, for profound feeling, "The Mother" takes its place as outstanding among present day novels.

22. Turn Your Imagination Into Money $2.50

by Ray Giles

Just off press! Based on Ray Giles' experience as sales consultant for Mobiloil, Keds, U. S. Tires. Says Bruce Barton: "A mass of fact, anecdote and colorful information of value to all sorts of men in business.

23. The Mystery of the Cape Cod Tavern $2.00

A blind man witnesses this murder! A voice from Berlin establishes the alibi. With its salty Cape Cod humor, the strangest and most puzzling of Down East mysteries!

24. Public Speaking Simplified $1.00

by C. W. Chamberlain, Ph.D.

Effective public speaking often helps win life's best prizes—honor, fame, achievement, progress. *You will be eternally grateful for this book.*

INSPIRATIONAL PUBLICATIONS, INC.

1450 Broadway **New York, N. Y.**

worse condition than himself, there will be no time for self-pity and misery. His resultant *inner* gladness and wisdom will more than compensate for any outer ugliness, in addition to giving an indestructible knowledge and assurance that a future foundation for beauty is being laid each day of the present.

"Referring back to what this woman says of her ugly voice: by careful study and practice anyone can develop a beautiful speaking voice so that others will be affected pleasantly by its vibrations and forget, to a great extent, the appearance of the speaker. As for 'the joys of other women'—and love—they do not always pass the ugly woman by. To the contrary. Perhaps these words from the works of F. M. Mayor may help the 'ugly' woman:

"'I believe the great passions and the lasting ones are for the plain women. They're the ones who can keep men, because they're loved for something *inside* them.'"

Observations

(Continued from page 34)

dulges not in gossip, irony, sarcasm. It looks into the "mud and scum of things" and knows that even there "alway, alway something sings."

The educated heart is unswervingly loyal. Faith is its watchword. It possesses an intensified sort of sixth sense which enables it to feed the soul. Its memory records the things others like. It knows how to put a telephone call across the wire, send a little gift of flowers, a marked poem, a book to be treasured—at the psychological moment to cheer some lonely spirit. And always it speaks the word of praise, love, encouragement.

The educated heart thinks always of others—it will ultimately create a race of super men and women!

Fragments of Life

(Continued from page 21)

And the serenity of mind that results is priceless.

Georgia Moore Eberling.

No Defeat!

RECENTLY a salesman remarked plaintively to me, "There's no sense in my seeing the buyer in the ..... Store. Jim and Alfred saw him yesterday. *They* couldn't crack a sale—what chance have *I*?"

Defeated—without putting forth one effort!

Who can imagine Edison with such an attitude when he was experimenting with filaments, magnets, and electrocells! Or Newton complaining that it



MAGNETIC HEALING

Are You Interested in Healing the Sick

by New and Progressive Methods?

If you are a physician would you like to become more efficient in your work?

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 1932 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 few minutes.

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

I have known of these radiations for 25 years and used them in office and sanitarium practice and found they produced results where all other systems had failed. 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.

Literary Digest's Second Article

In the Literary Digest of May the 20th of 1932 appears another article concerning several national scientists, who no longer question the existence of these human radiations, but are now devoting their study to determine the ORIGIN OF THESE RADIATIONS we call Magnetism.

Amazing Power of Magnetism

The amazing power and effectiveness of Magnetism is seen best in the treatments of cases of infection, inflammation of any part of the body. Its quickness and effectiveness is almost unbelievable in cases of tonsillitis, sore throats, inflamed eyes, abscessed teeth or ears, gall bladder troubles, asthma, inflammation of the female organs, prostate gland, all children's ailments, bowel troubles, fevers of all kinds, blood poisoning, ptomaine poisoning, bruises and wounds of all kinds.

It is the quickness of magnetism to produce relief that has won its place in the hearts of its users.

Home Remedy

We are not urging you to study some insignificant system but one of the greatest laws ever given to man for his personal use and health.

Parents can treat their children and then in turn treat each other with the greatest degree of success.

Mrs. B. writes:—Since studying your course on Magnetic Healing we have not spent one dollar for drugs or doctors in the last two years. Where we were always calling a doctor several times monthly our children are now well and remain so. All due to our knowledge and use of magnetism.

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.

Church Clinic

Rev. H. of N. Y. writes that he has maintained a clinic now for two years and that he had secured 90% cures. Also that the work had grown till he was now treating 45 to 50 each week. He concluded his letter by saying "Our great success during the entire life of our clinic I attribute to the secret of healing obtained from your course of instructions."

A Connecticut pastor writes, describing his success with our system in his church work in treating many ailments such as toothache, earache, stomach troubles, and many other ailments. Among them he tells of overcoming a case of paralysis, liver troubles and concluded by saying that he had always found the results to be as taught in our course.

Drugless Physicians Testify

A Chiropractor writes: I have doubled my volume of work and increased my results 100%.

Another chiropractor writes: I have practiced all other systems for 20 years and now find I can secure better results with your system than all others combined.

Another Chiropractor writes: I have a large practice and have put your system to a most rigid test. The results were marvelous. Your work is a revelation, it has certainly opened my eyes. It no doubt furnishes the basis of all drugless healing.

A Naturapath writes: Your Course is wonderful. I am able to produce results that are declared to be almost miracles.

An insurance agent writes, stating that his wife was suffering from high blood pressure, stroke of paralysis and sleeping sickness. The M. D.'s declared there was no hope. I said nothing and applied your treatments and now she is well on the road to a complete recovery. They now say they never saw anything like it and cannot understand how it happened. There is no doubt in my mind as to how it was brought about. Your system receives all the credit.

Valuable Book Written

I have written a small booklet on the subject Magnetism, Its Origin, History and Use. Any one not acquainted with this great law will find it a revelation, giving you some astonishing facts concerning the treatment of many diseases. This book has started many on the road to health and success. It will teach you how to treat twelve (12) different ailments.

Many report marvelous success in applying these instructions. They are on acute diseases and those that are difficult for any of the other systems to successfully treat with any degree of certainty.

The knowledge of how to treat these twelve diseases will enable you to treat many other ailments successfully. We have on file in our office many testimonies showing the wonderful things they have accomplished since sending for this book.

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 pa'ns 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?

Let me send it to you for
Only 25 Cents (Foreign Orders 35 Cents)
Money refunded if not satisfied. No C. O. D. orders filled
When answering this advertisement, please PRINT your name and name of your street and city.

DR. E. L. SWICK
Tacoma Hotel—B Tacoma, Wash.

HOME-STUDY COURSES

Our Extension Department offers Home-Study Courses leading to Degrees of Bachelor and Doctor of Psychology, Bachelor, Master and Doctor of Laws, Arts, Science, Philosophy and Theology. Over 50 other Courses including Business Training, Management; Banking; Advertising; Salesmanship; Bookkeeping; Accounting; Engineering; Chemistry; Public Speaking; High School; College; Short Story-Creative Writing; Navigation and Seamanship. Write for outlines of courses desired. Low Cost. Easy Terms.

McKinley-Roosevelt University, 4244 Clarendon Ave., Chicago

"The Science of Sex-Attraction"

NEW! CLEAN! TRUE!

Tells definitely how to attract the opposite sex. Single and married of both sex use it. Happiness is within reach when you know this technique based on fact, law, and human experience.

Order Today! Price $1.00
M. Franklin, Box 500, St. Charles, Iowa

How to get the **VOCABULARY** you want **WITHOUT** using a **DICTIONARY**

Regular $5 Course Only **$1**
A complete, amazingly simplified and practical $5 course (exactly as given in our Resident School) to increase and broaden your vocabulary. Results immediate. Mailed postpaid for $1. Money back guarantee.
NIAGARA SCHOOL, INC.
155 B.L.E. Bldg. Cleveland, O.

VITAL SEX AND LOVE FACTS (RARE SECRETS REVEALED)

"BOOK II," of the "Social Science Series" includes: Sex Origin, Uses, Control; Sex-MAGNETISM, Loves, Joys, Danger Signs; Instinct, Music, Odors, FRIENDSHIP, Kissing; Sex-Worship, etc. 42 Chapters. Rare Data. Illustrated. Deluxe ed. $1.00 prepaid. Plain 55c (no stamps accepted). (Agents Wanted). We sell a "Body Building Function of Sex" booklet for 25c. Prof. P. Stevens, Ph.D., 242 Powell St., San Francisco, Cal.

$1 PAYS FOR $3000 LIFE PROTECTION

Even If You Are Past 55

The National Security Life Assn., 204 S. Hamilton Dr., Dept. B-69, Beverly Hills, Calif., the largest association of its kind in this State and subject to examination of the Insurance Department, is offering to men, women and children, between the ages of 10 and 75, a new Life Protection Certificate without medical examination for $1, which pays up to $1500 For Death From Any Cause; $2000 to $3000 for accidental death. SEND NO MONEY. Just your name, age, name of beneficiary, and a Life Certificate, fully made out in your name, will be sent to you for 10 Days' Free Inspection. NO AGENT WILL CALL. If you decide to keep it, send only $1 to put your protection in force for at least 45 days—then about 3c a day. If not, you owe nothing. OFFER LIMITED. So write today. No obligation.

How to Attract and Hold Your Man



Attract and fascinate the man of your choice. Any woman or girl of ordinary intelligence, beautiful or plain, can learn from "Fascinating Womanhood" how to be and remain attractive to men. It tells you how to develop the power that is in you. Learn the principles of Charm that men cannot resist. Most cases of social failure and spinsterhood are due to lack of understanding man's psychology. Married or single you cannot afford to be without this secret knowledge. Send only 10c for the booklet, "Secrets of Fascinating Womanhood," an interesting outline of the secrets revealed in "Fascinating Womanhood." Mailed in plain wrapper. PSYCHOLOGY PRESS, Dept. 65-D, 585 Kingsland Ave., St. Louis, Mo.

Are You Getting the Most Out of Life?

Have you any fears that are defeating your happiness and success? Are you discouraged? Have you lost your grip? Does the world look dark? Does life seem futile? Is there something you wish to do, or get, which seems to be just out of your reach? Are you sick? Has your religion failed you? Does God seem unreal?

Our brochure, "The Key to Abundant Living," will interest you. A stamp to pay postage will bring it. It is free. It tells about the road to happiness and confidence and power.

The Adelphic Guild

Suite 614-B The Gilbert Grand Rapids, Mich.

HYPNOTISM AND SUGGESTION

Nervous disorders, bashfulness, inferiority complex, fixed ideas, alcoholism, drug addiction, phobias, habits, etc., successfully treated with hypnotic suggestion. Twenty-five years experience France, England and America. By appointment only.

DR. THOMAS L. GARRETT

33 West 51st Street, New York City

SEX DIET BOOK

"Book III" of the "Social Science Series." A Priceless, Unusual Book, every Adult should own. Sex-Diet Control. Tables and Menus included. How Diet Influences your Creative Power and Rejuvenating. Magnetic Attraction. Vigor and Perpetual Life Forces inestimably enhanced. Diet influence on skin, etc. It is color-vibrations that Charm, and Corrective Diet that Vitalizes, etc. Scientific, Understandable Data (29 Chapt's.) Why pay several dollars? Popular Deluxe edition only $1.00. Plain ed. 50c (no stamps accepted). **Prof. P. Stevens, Ph.D., 242 Powell, San Francisco, Calif. (Agents Wanted.)**

was senseless to experiment with the law of gravitation, simply because another had failed at the same task!

Turn back the pages of history and observe those whose glories and successes were outstanding and you will note that the victories invariably followed countless failures. Consider the problems that beset such men as Lindbergh, Roosevelt and Einstein. Yet failure was an unknown quantity to them.

Marcus Aurelius poured the wisdom of his age into the pithy saying, "Do not think what is hard to thee to master is impossible for man; but if a thing is possible and proper to man, deem it attainable by thee."

Maurice R. Turet.

Faith—the Key

"I LOST my wife. Not because I'm a cripple but because of my lack of faith."

The speaker was a passenger occupying the seat beside me in a suburban bus. A good-looking young man beside whom rested a pair of crutches. Sensing a story I gave him a nod of friendliness and said,

"Yes, faith plays a big part in our lives."

He continued: "I married the sweetest girl in the world. But I'm very sensitive about my—er—infirmity. I feared for my happiness and began to brood. Every time we went anywhere I'd watch my wife's face to see if she was ashamed of me. I imagined all sorts of ugly things, such as—Did she marry me just because of pity? Was I a burden to her? Perhaps she'd meet some one she could be happier with, some one with *straight legs!*

"She tried to comfort me, but her sweetness only made me worse. You see, I was afraid to believe in her love. And in my torment I made her suffer too. After it was too late, I realized that it wasn't because of my crippled body that she left me. But because of my crippled, doubting way of thinking."

"Perhaps it isn't too late to make amends," I suggested gently. "Your wife may understand better than you think. Have you tried to get her back?"

The bus was pulling into the depot now. His anxious eyes searched the milling crowd around us as he replied: "Yes, I have tried."

Suddenly the stricken look vanished from his face as if by magic.

"She *has* come back! . . . See—the little girl in blue! The one waving!"

The two embraced—his dark head bent toward her eager young face. Their eyes were radiant—with renewed faith!

Nella Mae Esty.

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, 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.

I've Time To Be Happy

(Continued from page 28)

everything a doctor has said fit with all the other things, like pieces of a jigsaw puzzle? It can't be done. Medicine is not an exact science, doctors are human. Their reactions change as well as those of the patient. The state of the case changes. We must take the general trend of our doctors' advice and follow it faithfully. Certainly they do not know everything, and the finest is the quickest to admit it, but they know a thousand times more than the average layman.

I often feel as though I stand on an isolated peak, with an enviable opportunity to look about on scrambling humanity, circling below my feet, hardly knowing what it seeks so feverishly; or to look farther across distant lands; or down deep into the chasms of the ages. I feel that I need not get caught in the everyday eddies of fads, fancies, theories, but have a chance to select the best in words and thoughts of all the ages, to speak fine English, exercise wise judgment, initiate ideas, and see

the beauties, not alone of the physical world, but of the soul.

When we have used all our philosophy, all our resources of mind, body, and spirit, we have need of the largest courage we can summon. For human beings were not made for invalidism. The spirit longs to be up and doing. If you are blind or paralyzed, then indeed may folks be very tender and God seem very near. But with great trouble comes great courage. A noted scientist has recently suffered the loss of his left arm. He constantly has an assistant, to handle necessary apparatus. When condoned on his great loss, he answered brightly, "My mind is still as good, and my courage is better."

When, in spite of everything, the dark times come, as they so often do, then we can often bring to mind those secrets of ours, little words of personal appreciation that have been said at times, setting higher standards than we ever knew we had attained.

I have in mind a young woman who had been ill for months in a sanitarium, accepting her lot without comment for good or ill. Suddenly one evening she was amazed, as the debonair little nurse, settling for the night, said, "Miss ——, I think you are *wonderful!*" When questioned as to what she could possibly mean, she said, "Why, you are always so cheerful!"

Little had the patient dreamed that this nurse ever gave her a thought beyond her daily task. If such bits of appreciation sometimes come to us, we can appreciate how much further our influence has gone than we had ever dreamed possible.

Women I Wouldn't Marry

(Continued from page 29)

pleaded for an evening off now and again, I was met with a storm of tears and reproaches. Luckily for me she got an offer of a job in a Mid-Western college. Married within the year, she divorced her rancher husband; she is now married to an automobile man somewhere in South America. A great girl, Carlotta. I hope she's happy.

. . . . . .

There are men who like baby-talk and all that goes with it. I thought I was one of them, but Betty cured me. She was a little wisp of a thing, gloriously feminine, full of the so-called intuitions, ever ready with sympathy, and gifted with a strange lure for men. She was the kittenish sort. Though a clever woman, she loved to play the baby. But she was far from being a dumbbell.

Betty was a very efficient secretary to a hard-boiled executive. She never tried any of her tricks during business hours. But after five o'clock she was ready to be kissed and mussed and mauled. No harm whatever in her, but I got sick of trying to keep tab of Betty's men. She said I was stupidly jealous. Maybe I was, but I was not content to look forward to being merely a meal ticket. Betty was the only one of my girl friends to make a scene when the whistle blew for the close of the game.

. . . . . .

The only one of my girls who was my own age. Her hair had greyed prematurely and she had learned how to wear clothes well. Meet her any old time, and she was garbed and gowned and groomed to the moment. She had come up from nothing and was proud of it. College courses in the evenings, wide reading in her spare time, market investments that were strangely lucky, all this had made Mary Catherine a delight to the serious man of thirty-three. At first I was proud to be able to show her off before my friends. Eight months of her gave me a vicious inferiority-complex. She knew it all. I was only the poor dumbbell. Had I married her I might have achieved success as the husband of the great Mrs. Rawlings. That role didn't appeal to me. At the finish it was she who had the last word. She told me that I was only a boy and that I would never grow up.

. . . . . .

A year ago yesterday I met her at a party in the Fifties, a tall and elegant figure of a woman with her dark head proudly poised. Her eyes were warm, and when she smiled it seemed as if a lamp had been suddenly lighted in a darkened room. All the boys "fell" for her and I most of them all. Here was something that I had been looking for, here was the dream come true. Refined, educated, poised, a woman shrouded in self-respect. I am afraid that I rushed her, or tried to. But at last the night came when I confessed my love of her. Shyly, she admitted that she loved me.

I asked her to marry me, and her eyes suddenly veiled. Then her little chin was bravely lifted and she told me the secret of her life. There had been, it seems, a man, many of them. Of course, that ended things for me then and there. I don't mind men having affairs, but a well-bred woman ought to be different, it seems to me. I have had my own little adventures from time to time, but I would never think of marrying a casual woman. Margaret and I parted.

So here I am, back where I started,



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.

A Chance to Test Yourself

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.

Newspaper Institute of America
1776 Broadway, New York

Send me, without cost or obligation, your *Writing Aptitude Test* and further information about writing for profit as promised in Psychology, May.

Mr. }
Mrs. }
Miss }

Address .....

(All correspondence confidential. No sales-
27E364 men will call on you.)

Why don't you write?

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

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

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

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

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

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

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

MERRYLE STANLEY RUKEYSER, *Economic and Financial Writer*, New York American; *Lecturer*, Columbia University.

FRED W. SARGENT, *President*, Chicago and Northwestern Railway Company.

COLBY M. CHESTER, JR., *President*, General Foods Corporation.

BRUCE BARTON, *Chairman of the Board*, Batten, Barton, Durstine & Osborn, Inc., Advertising Agents.

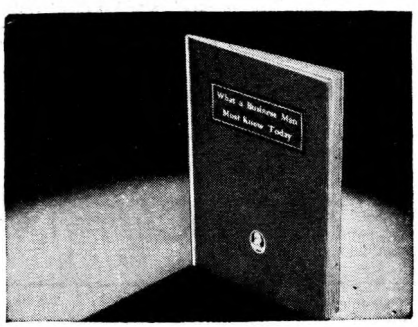
JOHN T. MADDEN, *Dean*, School of Commerce, Accounts and Finance, New York University.

M. H. AYLESWORTH, *President*, National Broadcasting Company.

THOMAS J. WATSON, *President*, International Business Machines Corporation.

DEXTER S. KIMBALL, *Dean*, College of Engineering, Cornell University.

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



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

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

SEND FOR THIS BOOKLET

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

Why not investigate NOW? The booklet which the coupon will bring you costs nothing and places you under no obligation.

Alexander Hamilton Institute

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

NRA WE DO OUR PART U.S.

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

Name_____

Business Address_____

_____

Business Position_____

as far as women are concerned.

Sometimes I fear I'm on the way to being a confirmed woman hater. Say what you please, they are spoiled—these American women of ours. They have a superiority complex that is amusing. To use the slang of the street, "How do they get that way?"

Of course American husbands are to blame. Still, it *does* seem that the women should be intelligent enough not to take advantage of the exaggerated courtesy and consideration accorded them by the men.

I suppose I may seem a grouch to some of PSYCHOLOGY'S women readers. However, I'll bet most of the men realize I'm right. What about it?

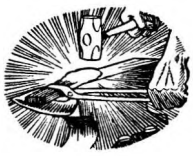
Tomorrow's Prosperity

(Continued from page 32)

him find himself, and the encouragement of confidence and faith does more than any tangible aid.

If your desire is a dominant one, it is a proposition made to you, and to you alone, by that "something" within you and the necessary experiences to bring success will come to you at the proper time.

If you are desiring success along any line, keep clearly in mind exactly what you want and direct every effort toward bringing it into form instead of milling around in a circle as the greater part of the human family is doing today. Don't worry about inharmonious conditions and unpleasant environment—you have helped to create them and you are able to change them. If you are busy in the right



"When The Iron Is Hot"

By FRANK A. MUNSEY

EVERYTHING in life is more or less a gamble. Timidity never accomplished anything in this world. Faith is the mainspring of enterprise. It is the easiest thing in the world to reason the merit of a new idea. The man who "gets there" is the man who has the courage to make the plunge when the thought is fresh in his mind—to strike while the iron is hot. Ideas, like time and tide, wait for nobody. They must be taken at the flood. The man who attempts to argue all the way to the finish is lost. Difficulties are not at their worst in perspective. The world's real benefactors are its brave men; the men who have the soul to dare, to risk everything—fortune, reputation and life itself.

way, you will think less about them and they will either gradually change, or you will eventually drift into the one that will push you along.

Right where you are is the best starting point—the field is vast but intelligent and willing workers are not too plentiful—those who know that "today's thought is tomorrow's harvest."

Our Beauty Psychologist Says

(Continued from page 43)

tions to them. Find the scents that breathe the essence of what you want to personally express. And use them to accentuate your moods. You can make perfumes a delightful hobby, aside from making it enhance the charm of that intangible thing we call your "personality."

**In this department, questions of beauty are considered from the psychological angle.*

"They Say"

I enjoy your magazine and am truly grateful for the wonderful help it contains. By putting into practice the lessons within its pages, I have overcome one of the greatest obstacles of my life. Mrs. A. J. Bedford,
Thompson, Tex.

I can never tell you all that PSYCHOLOGY meant to me during the darkest days of my life. God bless you for publishing such a practical and inspirational magazine.
(Mrs.) Mary Williams,
Starke, Fla.

PSYCHOLOGY has been the means of making me into a new being. It started me thinking along entirely different lines from the negative trend I had been following all my life. It changed me from a neurotic pessimist into a happy optimist.

I have been following numerous articles in PSYCHOLOGY MAGAZINE and am in sympathy with the teachings. Words cannot express the good I have derived and I am wishing that literature of its character will be read and practiced the world over. It would be one of the means of overcoming all our difficulties.
Miss Avis M. Allen,
Port Elgin, N. B., Can.

PSYCHOLOGY MAGAZINE is one of my dearest friends. I anticipate its visit with lively interest. From the moment of its arrival, I absorb its pages until

NEW GLAND LIFE FOR MEN PAST 40!

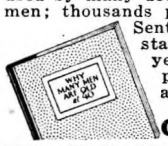


Scientist's Discovery Re-stimulates Important Prostate Gland

Used by Anyone at Home— Brings Amazing Relief from Getting Up Nights and Other Weakening Symptoms

WOULD you like to again enjoy life with youthful strength and health? Now science has made an amazing discovery for you—a new home treatment for the prostate gland—a most essential gland in men.

Do you suffer night risings—pains in back, legs and feet—fits of weakness and discouragement? These symptoms are traced in untold thousands of men past 40 to degeneration of this vital prostate gland. Now comes Thermalaid. No drugs, diets or exercises. Safe and easy as washing your face. Endorsed and used by many doctors. Used by over 100,000 men; thousands praise it in glowing reports. Sent on trial with this understanding: If you don't feel ten years younger in 7 days, you pay nothing. Write for offer and daring free book of facts for men past 40. **W. J. Kirk, Pres., The Electro Thermal Company, 5776 Morris Ave., Steubenville, Ohio.**



Confidential Book FREE

If you live west of the Rockies, address The Electro Thermal Co., 500 Wm. Fox Building, Dept. 57-G, Los Angeles, Calif. In Canada address The Electro Thermal Co., Desk 57-G, 53 Yonge St., Toronto, Canada.

W. J. KIRK, Pres., The Electro Thermal Co., 5776 Morris Ave., Steubenville, Ohio.

Without obligation to me, please send my copy of your confidential book "Why Many Men Are Old at 40," with details of your simple home treatment for prostate gland weakness and 7-day Trial Offer.

Name .....

Address .....

City ..... State .....

SCIENTIFIC SALESMANSHIP

by CHARLES BENNETT, A.M.Ph.D.,—Sales Counselor Explains selling under the Recovery Act.

This book gives scientific preparation for business leadership. Every phase of selling—history, economics, philosophy, psychology, sales procedure, buying behavior, advanced scientific theory of salesmanship—**explained fully for practical use.** Adopted as text-book by Ohio State University. Containing 702 pages, this book was produced to sell for five dollars. We offer it to you at only three dollars; or, in conjunction with PSYCHOLOGY for one year—new or renewal subscription—$4.50! **BE A STEP AHEAD OF THE CROWD—GET YOUR COPY NOW!**

INSPIRATIONAL PUBLICATIONS, Inc., 1450 Broadway, New York, N. Y.

SUGGESTION

Its Laws and Application or the Principles and Practice of Psycho-Therapeutics

Covers the entire field of Suggestion—covers every phase of the great Law of Suggestion and its application to the problems, manifestations and helpfulness related to the whole life—physical, mental and spiritual.

Under extraordinary phenomena such subjects as Genius, Dreams, Telepathy, Marvelous Religious Movements and Revivals, Wonderful Cures, and many other subjects are presented.



CHAS. F. WINBIGLER Ph.M.

TESTIMONIALS

"It is a veritable gamut on the subject. It covers the whole field of suggestions."—The Nautilus Magazine.

"It is the most complete and best work on the subject."—Dr. J. W. Brougher.

"The most complete, scholarly, interesting and practical book on Suggestion ever written."—Henry Knight Miller.

"It is the best book on Suggestion published."—Prof. E. B. Warman.

"It is the sanest and most comprehensive work of the kind that I have seen and the best work of the kind in print."—E. E. Purinton.

YOU cannot afford to miss this great book. It is the first, last and entire word in suggestion. Contains more usable information than all of the suggestion books combined. It is written in simple language, direct, free-flowing style. *You must read this book to appreciate it.*

INSPIRATIONAL PUBLICATIONS, INC., 1450 Broadway, New York, N. Y. 4-34

I enclose my check (or money order) for $2.50, for a copy of Winbigler's "SUGGESTION," beautifully bound. Or, I enclose $4.00 for the combination of both the book and a full year's subscription to PSYCHOLOGY.

Name .....

Street .....

City .....

State .....

Add $1.00 on Foreign subscription for postage; 50c Canada.

Save $1.50

You might as well save $1.50 by taking the combination including this book and a full year's subscription to PSYCHOLOGY Magazine at the **special combination** price of $4.00. Since the regular price of the book is $2.50 and the price of a full year's subscription is $3.00, by taking advantage of this limited time offer you save $1.50.

Don't miss this opportunity to get your copy of Winbigler's "Suggestion," and to have PSYCHOLOGY, the inspiring magazine of health, happiness and success, mailed to your own doorstep every month.

Inspirational Publications, Inc., 1450 Broadway, New York, N. Y.

Nature's own Birth Control . . . .



● Simply understand Nature's cycle in bringing about conception and birth, and regulate the size of your family. No contraceptives, no violation of the laws of man or God.

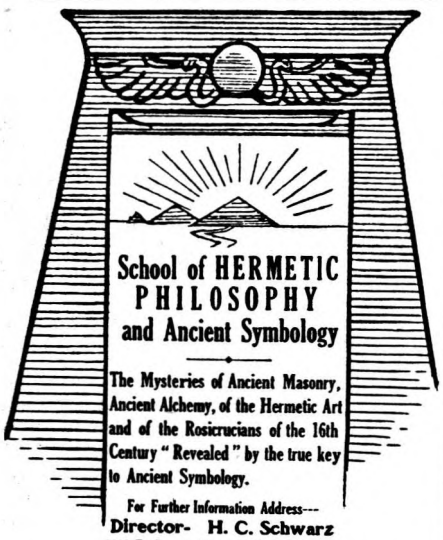
An eminent scientist made the discovery. Leading ecclesiastical and medical authorities endorse it. In the interests of Humanity every thinking man and woman should read the amazing information in this booklet, *Control of Family Through Natural Laws.*

Send coupon and 10c today

SCIENTIFIC INSTRUMENTS, Inc.
Dept. P.M.4, Lincoln Tower, Fort Wayne, Ind.
Gentlemen:
Enclosed please find 10c in full payment, for which send me one copy of the booklet *"Control of Family Through Natural Laws."*

Name _____

Town _____ *State* _____



School of HERMETIC PHILOSOPHY and Ancient Symbology

The Mysteries of Ancient Masonry, Ancient Alchemy, of the Hermetic Art and of the Rosicrucians of the 16th Century "Revealed" by the true key to Ancient Symbology.

For Further Information Address---
Director- H. C. Schwarz
1228 E. Genesee Street - Syracuse, N. Y.

This ancient Wisdom restores a long lost Truth regarding Nature, Man and the Scripture



WOULD YOU LIKE A PROFESSIONAL CAREER?

Scientific research has opened a vast field for a few qualified men and women willing to take a short course of training at home.

THERMOTHERAPY

is a method of treatment recognized by the medical profession. Astounding results possible in all chronic and acute conditions: Tuberculosis, Cancer, Arthritis, Asthma, Gland trouble, Influenza, etc. An exceptional opportunity for great human service and an income of

$100 to $300 a WEEK

A FINE, DIGNIFIED, SCIENTIFIC PROFESSION.

Start at Once — Necessary Equipment Inexpensive!

WRITE FOR PARTICULARS.

HEALTH EXTENSION INSTITUTE, MONROVIA, CALIF.

I am strengthened and enriched with its wisdom.

The articles written of and by well-known persons, furnish a great stimulus, resulting in the dormant mind being awakened to energetically seek new ideas and means of successfully traveling over the rough spots of life's journey.

I hold your magazine in my deepest affection and believe it is a great contribution to the mental and spiritual well-being of mankind.

(Miss) Edith Williams,
353 W. 56th St.,
New York City.

In the Psychologist's Office

(Continued from page 30)

one, "You are a martyr. Everyone is against you."

That blunt statement of Helm's adviser had administered one of those mental shocks that make up a part of the psychologist's strategy. The individual is forced out of his self-complacent attitude about himself, compelled to realize a few painful facts. Something like iodine in a wound—unpleasant but healthy.

Had he remained a child, mentally? And did that have something to do with his feelings about how the world treated him? His thoughts wandered back to his mother and father, the home in which he had been a child, and half-forgotten experiences of childhood.

. . . . . .

In following Helm's thoughts of his childhood we can discover how so many who think the world is cruel come to feel persecuted and misunderstood. Whether for good or evil, the early years of life are vital; in those years happiness or unhappiness is determined for human beings.

Even further back the story begins. In the life of the unborn infant is found something very remarkable—a state of absolute perfection. He has no unsatisfied desires; warmth and protection are always present. Life starts with the illusion that there are no problems.

"They're only children once," Helm's mother used to say. "There's time for worries later on."

But when was there a preparation for these worries? When was there a suggestion that young Helm would have to face the world without his mother at his side, be taken for what he was worth and find most people too busy with their own problems to have much time for sympathy?

There was no such preparation. With the best intentions and deep love, Mrs. Helm allowed Allen to live on in the

Hotel Belleclaire . .

Broadway at 77th Street
New York City

A QUIET Refined Home-like Hotel with Spacious Rooms Attractively Furnished. Adjacent to all Attractions.

●

WEEKLY RATES

Room with adjoining bath
$7.00-$10.00 per week

Rooms with private bath
$12.00 per week and up

Two room suites
$15.00 per week and up

Three room suites
$25 per week and up

●

Convenient to Subways, Elevated Lines and Surface Cars. Only a few minutes to all theatres and principal stores. An inspection of our rooms is invited.

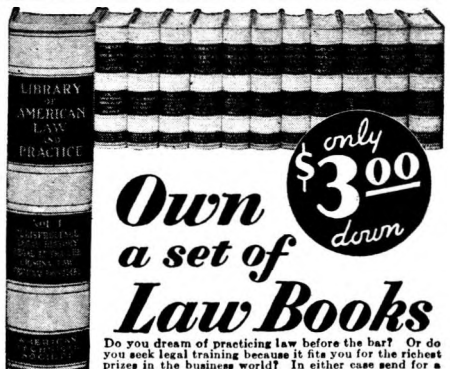


VOICE

100% Improvement Guaranteed

We build, strengthen the vocal organs—*not with singing lessons*—but by fundamentally sound and scientifically correct *silent exercises* . . and absolutely *guarantee* to improve any singing or speaking voice *at least 100%* . . . Write for wonderful voice book—sent free. Learn WHY you can now have the voice you want. No literature sent to anyone under 17 unless signed by parent.

PERFECT VOICE INSTITUTE, Studio 56-55
308 No. Michigan Ave., Chicago



only $3.00 down

Own a set of Law Books

Do you dream of practicing law before the bar? Or do you seek legal training because it fits you for the richest prizes in the business world? In either case send for a set of "American Law and Practice" and see how you may read your way, quickly, at home, in your spare time to the fulfillment of your ambitions. Thousands of men have shown you the *law way* to power and financial success—you have but to follow their example. Take advantage of this amazing free examination offer to look over the great new edition prepared and revised by America's keenest legal authorities. Don't send a penny; just mail the coupon. The complete library will be shipped to you at once. You make a deposit on arrival of only $3, which will be returned to you if you are not more than satisfied.

12 LARGE VOLUMES

Compiled by over 50 brilliant professors and authorities of every branch of legal practice. Handsomely bound in law buckram, 6000 pages, written so the laymen can understand every principle.

FREE with Coupon

for a limited time only — 200 page book to match the 12 volumes containing all standard legal forms. Also a Case Book series and Reading Course in 25 parts including supplementary lectures, illustrative cases, court decisions, forms and glossary.

American Technical Society
Dept. L-2365
Drexel Ave. at 58th St., Chicago

AMERICAN TECHNICAL SOCIETY
Dept. L-2365, Drexel Ave. at 58th St., Chicago

I would like to have for 10 days' free examination the famous library of American Law and Practice. I will deposit $3 with the express agent, plus the small express charges, and if I keep the books I will send you $3 in 30 days and only $3 a month until the special price of only $40.80 is paid. If I decide not to keep the books and return them, my deposit is to be returned to me immediately.

Name .....
Address .....
City ..... State .....

Note: If you prefer you may enclose $3 with this coupon, every penny of which will be returned to you if you return the books.

dreamworld she created for him. Then suddenly, she died. His childhood world of illusion crashed.

Let us look at the matter objectively. All of us can understand why Allen Helm grew to feel that the world was cruel. *But had he a right to condemn the world because he had not been prepared for it?*

The fact that his early environment was kindly, loving, and excusing toward faults was no guaranty that the rest of the world would be likewise.

Yet we cannot blame Allen Helm. He had been trained in early years to regard something near perfection as the normal state of things, and was bound to be disappointed. The contrast between his early impressions and his later experiences was great.

If Helm's early years had been years of unrelenting hardship and cruelty, the world outside his home might have seemed gentle and mildly inclined. But usually childhood remains protected too long, and is shattered too suddenly. Parents prolong a little boy's childhood for years, then suddenly stand off and say inconsistently, "Now be a man!"

All the help and affection Mrs. Helm gave Allen was good and necessary. But he should have been gradually trained toward independence. Beginning with simple little problems, he should have learned the confidence and satisfaction of meeting situations unaided. Then there would have been no shock, no sudden disillusionment.

It was useless for him to worry about the cruelty of the world. In itself the world was neither cruel nor kindly. It simply was what it was, to be accepted as such.

The architect cannot waste time worrying because the building he is designing presents more difficulties than his previous assignment. He must face the present situation and accept it. That is the only way he will get ahead.

Wistful, persecuted people of Allen Helm's type really resent the world and wish to return to their childhood. They do not like to go out into life; they shut themselves in with their sorrow. They do not wish to marry. They know that marriage makes demands on both partners, while in the childhood they long to re-enter there would be only receiving, no giving.

For Allen Helm, and others with similar difficulties, there is hope. That hope lies in the realization that the trouble is not to be found in the world, but in themselves. It is not easy to admit that there is something amiss with one's attitude; but there is a world of new mental health in such an admission.

The will to be well must come first. Surrender to the cure is the next step.

Thinking over what his adviser had said, Allen Helm made the difficult conquest of his pride. He determined to go back to inquire further into the matter. He realized a fundamental requisite in every adaptation of life—that calling down the world is just a way of excusing oneself. That accepting the world as it is and tackling it is the one way to satisfaction.

Robert J. Cone, Ph.D.

Psychology Has Helped Me

(Continued from page 45)

should not take ourselves too seriously. That we should not hold hatred or bitterness toward anyone. Psychology knows neither race nor creed. It shows us that others in the world are really better than we supposed. That if we know them well we will understand and forgive many of the things we might otherwise hold against them.

Psychology has made life infinitely fuller, simpler, and more worthwhile for me.

Elizabeth J. Little,
68 Bennett Avenue, Binghamton, N. Y.

I Found the Secret!

My discovery that psychology is something besides a college subject—something of use in practical life—was largely responsible for my learning that happiness is entirely a matter of mental attitude.

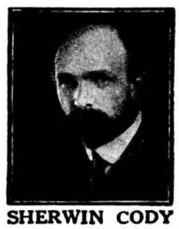
Spinoza once mentioned something about pleasure being "man's transition from a lesser state of perfection to a greater." As I look back over my life and then at the lives of intimate acquaintances, I am convinced that the only true pleasure to be found is defined in those words. But it is not the means taken by most of us to attain pleasure. It is such an easy matter to be misguided into the belief that we find pleasure in the mad whirl of present day social activities.

In youth my ambitions were stirred by almost every person, prominent in his particular profession, with whom I came in contact. I was grappling, unsuccessfully, with the problem of choosing a vocation. I went through school having at various times ambitions to become everything from a mining engineer to a musician. The only thing I ever seemed to be persistent in was a firm conviction that I could do whatever I wanted to and be a success.

After I completed my schooling I began to have some doubts about be-

Do You Make these Mistakes in ENGLISH?

Sherwin Cody's remarkable invention has enabled more than 90,000 people to correct their mistakes in English. Only 15 minutes a day required to improve your speech and writing.



SHERWIN CODY

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.

Every time they talk or write they show themselves lacking in the essential points of English.

Wonderful New Invention

For many years Mr. Cody studied the problem of creating instinctive habits of using good English. After countless experiments he finally invented a simple method by which you can acquire a better command of the English language in only 15 minutes a day. Now you can stop making the mistakes which have been hurting you. Mr. Cody's students have secured more improvement in five weeks than previously had been obtained by other pupils in two years!

Learn by Habit—Not by Rules

Under old methods rules are memorized, but correct habits are not formed. Finally the rules themselves are forgotten. The new Sherwin Cody method provides for the formation of correct habits by calling to your attention constantly only the *mistakes you yourself make.*

One of the wonderful things about Mr. Cody's course is the speed with which these habit-forming practice drills can be carried out. You can write the answers to fifty questions in 15 minutes and correct your work in 5 minutes more. The drudgery and work of copying have been ended by Mr. Cody! You concentrate always on your own mistakes until it becomes "second nature" to speak and write correctly.

FREE—Book On English

A new book explaining Mr. Cody's remarkable method is ready. If you are ever embarrassed by mistakes in grammar, spelling, punctuation, pronunciation, or if you can not instantly command the exact words with which to express your ideas, this new free book, "How You Can Master Good English—in 15 Minutes a Day," will prove a revelation to you. Send the coupon or a letter or postal card for it now. SHERWIN CODY SCHOOL OF ENGLISH, 345 Searle Building, Rochester, N. Y.

SHERWIN CODY SCHOOL OF ENGLISH,
345 Searle Building, Rochester, N. Y.
Please send me, without any obligation on my part, your new free book, "How You Can Master Good English—in 15 Minutes a Day."

Name .....

Address .....

.....

This valuable book can not be sent to children.

Please use coupon or mention PSYCHOLOGY MAGAZINE when you write advertisers

SPARE TIME TRAINING that helps you SPEED UP PROSPERITY!

Do you want to speed up prosperity—insure your early and large participation in the new jobs, promotions and salary increases—get fullest benefits from business pick-up? You can do it. For months, individual competition will be tremendous. Employers—up against new problems, fighting for survival and profits—will be able to pick and choose. Naturally they will prefer trained men—men who have special ability to offer. If you wish this advantage, simply check the field of business in which you are interested. We will send full information about the opportunities in that field, tell how our complete success-building program helps you plan your future, trains you in your spare time, and works with you all through your career. Send the coupon NOW.

LaSalle Extension University

Dept. 563-R **CHICAGO**

Please tell me—without cost or obligation—about your plan to help me insure and speed up my prosperity, in the business field I have checked.

☐ Business Management ☐ Modern Business Correspondence
☐ Higher Accountancy
☐ Traffic Management ☐ Expert Bookkeeping
☐ Law: Degree of LL.B. ☐ Modern Salesmanship
☐ Commercial Law ☐ Business English
☐ IndustrialManagement ☐ Effective Speaking
☐ Modern Foremanship ☐ C. P. A. Coaching
☐ PersonnelManagement

Name _____

Address _____

Town _____ *State* _____

Asthma Was Choking Her



Illustration

Got Immediate Relief!

Seventeen Years Later—"Still Enjoying Splendid Health"

December 8, 1916.—"I had asthma for 17 years. I coughed most of the time and couldn't rest, day or night. I tried everything, but grew so weak I could hardly walk across the room. After taking one bottle of Nacor, I could do most of my housework. That was 8 years ago. I am still feeling fine, with no sign of asthma."—Mrs. Mary Bean, R. 3, Nashua, Iowa. July 31, 1933—"I continue in good health and am still praising Nacor. I have no signs of asthma."
—Mrs. Mary Bean

FREE — No need to suffer asthma torture when blessed relief can be yours. For years Nacor has helped thousands. Their letters and booklet of vital information sent FREE. Write to Nacor Medicine Co., 398 State Life Bldg., Indianapolis, Ind.

STOP Your Rupture Worries!



C.E. Brooks, Inventor

Why worry and suffer with that rupture any longer? Learn about my perfected invention. It has brought ease, comfort and happiness to thousands by assisting in relieving and curing many cases of reducible hernia. It has Automatic Air Cushions which **bind and draw the broken parts together as you would a broken limb.** No obnoxious springs or pads. No salves or plasters. Durable, cheap. **Sent on trial** to prove it. Beware of imitations. Never sold in stores nor by agents. Write today for full information sent free in plain, sealed envelope.

H. C. BROOKS, 604-K State St., Marshall, Michigan

Success

By RAY MACKENNEY

Each day, as you wake and lie after that first delicious awakening, and sense the beginning of a new day, full perhaps, of wonders unknown, take a glorious stretch and say as you do so: "Everything good happens today!" and don't you know it will happen! for unconsciously you will start the day with bodily vigor and mental harmony of thought: with a point of view that only can bring good to you!

There is no doubt whatever, but in this age of mental science, that thought controls a goodly percent of our successes. This, personally applied, brings results. And AS it IS the power of thought rightly applied which visualizes your ideal, You are Success!

ing successful in anything I undertook. Of eight or ten jobs, none satisfied me. I became more miserable as time passed. My morale was in the lowest possible depths of despair.

Financially, I was not exactly a failure. By hard work I managed to increase my income as I tackled more difficult jobs. But down in my heart I regarded myself as a failure.

One day I read an article which cast a new light on psychology as something to be applied in every-day life—something which we all employ consciously or unknowingly, to our benefit or detriment. It stressed the value of looking forward confidently toward a fixed goal so eagerly that fears and unpleasant thoughts are excluded.

The words seemed to apply directly to me—to give me heart, and fire the dying embers of ambition. I convinced myself that I was going to find the occupation and station in life that would mean success—and happiness. I stopped worrying and regretting. I made a beginning in profitable study and thoughts of success.

Call it religion or psychology or just plain old-fashioned concentration, the constant visioning of a definite goal, coupled with a burning ambition that makes us do everything possible to realize that goal is ninety per cent of the battle—and that is the ninety per cent which psychology pointed out to me.

I can yet remember the elation I experienced when I received the offer of the city editorship of my home town newspaper. Here was just the work for which I had been hoping and praying—the work in which I was to find success and happiness.

I tell this, not because I believe it anything outstanding or astonishing or even new. Hundreds and thousands have done many times more. It is not the material success that has contributed to my contentment. The peace



HEALTH STRENGTH VIGOR!

BIOCHEMISTRY Offers Them All To YOU

Be the Man or Woman You Want to Be!

MEN! Have that strength and vigor every man wants. Regain that virility and vitality that marks you as a real man. Enjoy again the activities of youth, as you can, when you have health—vim—strength.

WOMEN! Develop that charm and grace and beauty that is the essence of true womanhood and which perfect health alone can give. Say goodbye to aches and pains and that tired, "worn out" feeling.

Nervous exhaustion—weakness and debility—indigestion, constipation and other various forms of so-called "deficiency diseases"—nervousness, acid stomach, auto-intoxication, biliousness, sick headaches, bladder and liver trouble—all who suffer from these conditions may be helped back to health by a knowledge of Biochemistry. VITALIN, a Biochemic Food Tonic supplies the body with those valuable mineral elements and vitamins, lack of which cause dread deficiency diseases.

VITALIN is a highly-concentrated food compound containing those important mineral elements known to be absolutely necessary for health and vigor.

VITALIN contains the active principles of those all-important vitamins which help protect the body against infection and various forms of ill health.

VITALIN contains the minerals which are known to give endurance—the minerals which are necessary for the preservation of youthful energies—the elements that enable the body to heal itself—that alkalinize and so combat acidity—that act as a cleanser for the system—that help to renew worn-out cells and aid the general body metabolism. All these valuable mineral elements are contained in VITALIN—in pure organic form—absolutely free from drugs of every kind.

VITALIN Must Help You—or back goes your money!

Try VITALIN for 30 days. If you have the same experience as most VITALIN users, you will observe almost immediate improvement. You will feel better than you have in years. You will eat with relish, sleep soundly and restfully, and your body will function with an energy you cannot realize until you experience it for yourself.

Send the coupon and we will ship a full 30 days supply fully prepaid. Deposit only $2.00 with the postman which will be returned to you if you are not more than satisfied. Send NOW and we will include our famous book on Biochemistry and its relation to Health, absolutely FREE.

VITALIN PRODUCTS
510 North Dearborn, Chicago. Dept. 230.

Gentlemen: You may send me 30 days treatment of VITALIN on your money back offer. I will pay the postman $2.00 upon delivery, but if I am not satisfied you agree to refund every penny of my money at once. Be sure to include free copy of your book on Biochemistry.

Name .....

Address .....

Town..... State.....

Of course, if you care to do so, you may send $2.00 with this order, under this same "money back" guarantee.

Get Readjusted

By MILETUS GARNER

The men who made the United States the greatest country on earth worked—worked whether the going was easy or whether it was difficult.

He who is saturated with gloom *spreads* it. He aggravates the conditions which he deplores.

There are men today who need jobs. There are *more* men today who need to readjust their mode of living—their way of thinking.

Our country is not going to hell. It has dipped deeply in times agone. It has always emerged stronger than before. Its citizens just readjusted themselves to real work—to right thinking.

Man cannot stand still in the current of life.

Man drives up stream. He drifts down stream.

GET READJUSTED.

of mind and contentment that comes with a satisfied conviction and belief in ourselves and our missions are the chief contributing factors to happiness. What I have accomplished materially is subordinate to what I have accomplished in mind.

Only one who has experienced it can know what it means to become freed from fears and misgivings—to learn to meditate on success. Thoreau must have felt something of this when he wrote, "Sometimes I cease to live and begin to be."

Howard F. Grossman,
115 E. Jackson St., Plymouth, Ind.

Molnar and Child Psychology

(Continued from page 33)

psychology. Gereb chaffs under the leader's captaincy. As a result of thwarted ambition, he turns traitor and attempts to sell out his former comrades, seeking thus in another camp the glory which his little soul craves.

Molnar thus illustrates one after another the motives embedded in the child mind which are certain to have an influence on the adult—patriotism, ambition, jealousy, pity; they parade in continuous procession before the mind of the observing reader. And we are forced to an ultimate conclusion that these traits, allowed full development in the minds of these children will play important part, if not to dominate their motivations in maturity.

How necessary it is, then, for us to train the minds of the very young—train them, not merely into habits of study and the acquiring of useful occupations, but into right thinking along social lines.

The mental habits of maturity are extremely difficult to change; it is in youth that training can best be accomplished. This conclusion brings an obligation—that of providing such systematic training as will eradicate from the child mind ideas which we know to be anti-social, instilling in their place those points of view which are likely to lead to a high ideal of usefulness for humanity, and through it, of personal happiness.



Now Comes the New Shorthand

FOR years there has been a crying need for a new system of shorthand—for a really modern system, a scientific system—one that could be written more RAPIDLY than the conventional sign systems that would be more ACCURATE—and that could be learned EASILY and QUICKLY.
Now at last it is here—the new shorthand. The business world has hailed it with enthusiasm. Already it is saving time and increasing efficiency in offices everywhere. Busy executives are using it themselves. So are professional men and women, lawyers, writers, clergymen, public speakers, engineers, doctors, reporters, students. Experienced stenographers as well as beginners are adopting it.

DEARBORN SPEEDWRITING

You use only the ordinary letters of the alphabet—the same A B C's you have always used. Speedwriting is simply a scientific condensation of the English language, based on your natural habits of speech.

Quickly Learned at Home

No need to memorize a "foreign language" of dots and dashes, hooks and curves. Once you understand the simple, scientific principle of Speedwriting, you can start using it almost at once. Amazing speed is quickly developed. Speedwriting was originated by Miss Emma B. Dearborn, famous authority on shorthand. She has taught practically all systems for eighteen years in such institutions as Columbia University, Rochester Business Institute, Simmons College and the University of California.

Send for Free Book

Let us tell you more about Speedwriting—how employers are requesting their experienced stenographers to learn it—how they are employing beginners who have studied it—how presidents of firms, salesmanagers and other important executives have learned Speedwriting themselves in order to jot down their valuable thoughts when no stenographer is at hand—how all kinds of professional men, college students and office workers are increasing their efficiency through Speedwriting. The booklet here offered will give you detailed information and explain fully just what Speedwriting can do for YOU. SEND FOR IT NOW!

DEARBORN SPEEDWRITING
Dept. 84
200 Madison Avenue, New York City

Dearborn Speedwriting
Dept. 84, 200 Madison Avenue,
New York City.

Gentlemen: Without cost or obligation I should like to receive a copy of your interesting Booklet on Speedwriting. The Natural Shorthand.

Name .....

Address .....

City ..... **State** .....

Please use coupon or mention PSYCHOLOGY MAGAZINE when you write advertisers

Consult Yogi Alpha

About Your FUTURE



What will be your lucky days? Will you win in love? What occupation should you follow? Yogi Alpha, internationally known philosopher who has amazed thousands by his uncanny predictions, offers a big 1000 word Life Reading for only 25c. Covers marriage, love, health, partnership, lucky days, etc. You can follow this guide day by day throughout your lifetime and consult it before making any important changes in home, social or business affairs. J. T. writes, "You have given me new faith and hope." M. B. writes, "Everything you predicted came true." R. M. writes, "Have found your forecast absolutely correct. It seems uncanny that one can have that power."

FREE

300 WORD NUMEROLOGY READING with order for Astrological Reading.

Send only 25c in coin or stamps and exact birth date for your Astrological Forecast. Numerology Reading included FREE. Money returned if not satisfied. Mail coupon NOW.

BIG READING ONLY 25c

YOGI ALPHA, Box 1411, Dept. 43-B, San Diego, Calif.

Enclosed is 25c for my big life Reading. Money back if not satisfactory. My Numerology Reading (300 words) included FREE.

NAME.....BIRTH DATE.....

ADDRESS.....

CITY.....STATE.....

If you have a friend who wishes a reading, send 50c for TWO Readings

PRIVATELY PRINTED

MATURE READERS AND COLLECTORS OF AMATORY CURIOSA OF ALL RACES

SEND FOR FREE CATALOGUE OF BOOKS ON SCIENTIFIC SEXUALIA ANTHROPOLOGICAL ESOTERICA UNEXPURGATED CLASSICS EXOTICALLY ILLUSTRATED

RACIAL ARTS OF LOVE

MAGICA SEXUALIS

LIMITED EDITIONS

All FALSTAFF anthropological books on the Love Relations of Mankind are enthralling, highly informative documents by authorities of international repute. That is why the FALSTAFF list of permanent subscribers reads like a "Who's Who" of

America's Sophisticated Intellectual Aristocracy

FALSTAFF PRESS

Dept. 5P, 230 Fifth Ave., New York, N. Y.

Please send me free illustrated catalogs of Amatory Curiosa.

Name _____ *Age*

Address _____

City _____ *State*_____

BUSINESS TRAINING *fits you for important* **Executive Positions**

Climb FAST in the business world. Learn facts instantly that it took successful men years to master by bitter and costly experience.
You can do this Easily if you'll make up your mind NOW to use just a few minutes a day in reading our up-to-date Home Training Business Course. Business Management, Sales and Advertising Management, Higher Accounting, Commercial Law, Salesmanship, Cost Accounting. Special training for Private Secretaries. all are included in these money-making courses.

Low Cost Easy Work Certain Success

Success is assured to men and women who qualify as **authorities** in any line of business. Write for **FREE** information on how you can become an expert. Text books, lesson sheets, employment service are all included as a part of each course.

AMERICAN SCHOOL, Dept. B288
Drexel at 58th Street, - Chicago

I Want To Be Neurotic

(Continued from page 20)

Neurotics of this type can never condone the facts of reproduction, nor forgive himself or herself for instinctive desires. In fact, this type goes the limit, even denying the existence of the sexual impulses. They do this subconsciously, of course, that is, in the realm of the soul. They thus become chronic repressers, forever anxious, unhappy, discontented. Their only hope is a change of this false attitude.

There are neurotics who inherit both tendencies to a marked degree. Their souls are forever torn in a violent conflict between their morals—their ideals—and their instinctive desires. This continues until the proper adjustment is made.

Lastly, a neurosis is always caused by a violation of one's morals, one's ideals, or one's religion, or else is caused by the desire to transgress these. There can never be any other basic cause.

So, the big problem of modern civilization is the adjustment of the moral laws and established customs of society to the instinctive desires of the reproductive instinct. This adjustment, it has repeatedly been proved, can be made successfully.

**Author of "The Unmaking of a Neurotic."*

Happiness In Little Things

(Continued from page 44)

he had a premonition of death, but regretted nothing for he "had supped well at the banquet of life."

We work out our own happiness at this banquet, we choose our own food, and carry our own faculty of enjoyment within us. When the feast is ended, and the angel of death comes to us with the last bitter draught, let us raise the cup gallantly to our lips realizing that we have "supped well at the banquet of life."

It's the Spark Plugs

(Continued from page 41)

Whenever you meet up with a human engine that takes all the hills on high; that always carries with it that little extra punch that takes you in and out of slow traffic; that has a get-away that marks the difference in humans; when all this is evident, you had better follow him, he is shopping at the right stations.

Learn Advertising at Home

Make money in advertising. Prepare quickly during spare time. Also earn while you learn. No experience necessary. New easy method. Nothing else like it. Send at once for free booklet—"Win Success in Advertising", and full particulars. No obligation.

Page-Davis School of Advertising
3601 Michigan Ave., Dept. 5895, Chicago, U. S. A.

TYPEWRITER ½ Price



Save over ½-Rock Bottom Price on all standard office models—Underwood, Remington, Royal, etc.—Easiest terms ever offered. Also Portables at reduced prices.

SEND NO MONEY

All late models completely refinished like brand new *Fully Guaranteed.* Sent on 10 days' trial. Send No Money. Big Free Catalog shows actual machines in full colors. Greatest bargains ever offered. Send at once!!

10-day Trial

231 W. Monroe St.
International Typewriter Exch., Dept. 471, Chicago

Suggestive Treatments Under Hypnosis

Tobacco habit, drug addiction, alcoholism, nervous disorders, bashfulness, stuttering, stammering, phobias, habits, etc.

DR. F. H. BERG **RIPON, CALIF.**

GOV'T JOBS

SALARY TO START
$105-$175 MONTH

Men-Women, age 18-50. Common education. Short hours. Paid vacations. Cut out ad. Mark jobs desired, mail with name, and full details will be sent you at once about how to qualify.

INSTRUCTION BUREAU
Dept. 159 St. Louis, Mo.

- Railway Mail Clerk
- City Carrier
- Rural Carrier
- Customs Inspector
- Statistical Clerk
- Post Office Clerk
- Immigration Insp.
- Meat Inspector
- File Clerk
- Watchman
- Postmaster
- Typist

STUDY FOR THE DEGREE

of Doctor of Psychology (Ps.D.) Doctor of Metaphysics (Ms.D.) or Doctor of Divinity (D.D.) by correspondence in the quiet of your own home. Write for further information.

The College of Divine Metaphysics, Inc.
2811 N. Illinois St., Dept. 2, Indianapolis, Ind.

Become a doctor of

BIO-PSYCHOLOGY

Bio-Psycho-Analyst ***Ortho-Geneticist***

Authorized by Diploma from high-grade Chartered Institution. All through correspondence personally conducted by Dr. William Marcus Taylor. Lecture. Teach. Counsel, Analyze. Resident treatment for mental and physical ills. For particulars write Taylor School of Bio-Psychology, Inc., Dept. C., Chattanooga, Tenn.

STOP SMOKING IN 48 HOURS

New discovery by Viennese Physician. His method is simple but positive. No medicine, no diet, no exercises. It costs $1.00. Write for free facts.

CLIFTON J. LAMB, DIRECTOR
Broad Street, Meriden, Conn.

Essays

By Henry K. Miller

A LIMITED number of beautiful essays available in booklet form.

"The World You Live In"
"Secrets of Supreme Success"
"The Blue Bird of Happiness"
"The Fountain of Youth"
"Wings of Imagination"
"The Will To Do"
"Triumphant Marriage"
"Now Abideth These Three"

25c single title; 5 for $1.00; 8 for $1.50

Inspirational Publications, Inc.,
1450 Broadway **New York, N. Y.**

CLASSIFIED ADVS.

EDUCATIONAL

USED CORRESPONDENCE COURSES and educational books sold or rented. Inexpensive. Money-back agreement. Catalog listing 3000 bargains—**FREE.** (Courses Bought.) **Lee Mountain, Pisgah, Alabama.**

Hypnotism: Clear, concise, easy lessons, practical guide to everything in psychology. Ask Fernando, Dept. E, Springfield, Mass.

LEARN DOCTOR OF THEOTHERAPY. Worldwide instruction. Seminary "P", South Whitley, Ind.

HEALTH

The Van Valen Sanatorium, Yonkers, N. Y. Psycho-Therapeutic treatment for mental, nervous, functional disorders and addictions. Also receive patients needing care with or without treatment. Booklet upon request.

PERSONAL

MAKE NEW FRIENDS. CALIFORNIA LETTER CLUB MEMBERS everywhere. Private or general membership. P. O. Box 3642, San Francisco.

JOSEPHINE A. HANSCHE, Metaphysician, Consultation and treatment (any problem) $1.00. Clayton, Wisconsin.

CRYSTAL GAZING

Learn Crystal Gazing and Clairvoyance. Typewritten In-structions $1.00. J. Tillberg, 140 Eighth Ave., New York.

ARE YOU INTERESTED in Stage and Parlor Mind Reading Systems, for One and Two Persons. Crystal Gazing Methods, Blindfold Drive and other Tests? Particulars 10c. BOX 76, TIMES SQ. STAT., NEW YORK

MAKE MONEY *At Home!*

EARN steady income each week, working at home, coloring photos and miniatures in oil. Learn famous "Koehne Method" in few weeks. Work done by this method in big demand. No experience nor art talent needed. Many become independent this way. Send for free booklet, "Make Money at Home."

NATIONAL ART SCHOOL, Inc.
3601 Michigan Avenue, Dept. 5895, Chicago, Illinois

Sex and Blackmail Rackets Exposed!

Astounding information covering the sex and blackmail rackets of upper and lower worlds. Every trick of extortioners exposed in this thrilling, informative book. Covers life as it is lived in 1934, with its sex plots, blackmail, Mann Act trickeries, badger games, gigolo stunts, alimony robbery, prostitution, Red Light methods, and every other activity in the world of scarlet passion. Included with above is a second volume, entitled "The White Slave Traffic Exposed." Send 50c for both wrapped plain.

HALDEMAN-JULIUS CO., Box 1944, GIRARD, KANSAS

You Can Now Make More Money

Let us show you how easy it is to make special, individually fitted foot supports. New System. Supports bring ten to twenty times their small cost. No capital or store needed. Highly profitable, respected occupation, full or part time. You can learn quickly in your own home. Send your name for full information free.

A. J. METZDORF, 50 W. Illinois St., CHICAGO

Lucky Coupon
Worth $2.00
Good 30 Days

This coupon, good for thirty days, will entitle you to a reduction of TWO DOLLARS from the regular rate of five dollars for a straight two-year subscription to PSYCHOLOGY Magazine (no premiums). Pin your check or money order for only three dollars to this coupon and you will receive the next twenty-four issues of PSYCHOLOGY mailed to your doorstep.

DON'T PASS THIS BY—IT MAY NOT COME AGAIN!

PSYCHOLOGY 4-34
1450 Broadway, New York

Name.....

Address.....

Add $1.00 PER YEAR Foreign postage; 50c PER YEAR Canadian.

What Can We Do For You?

(Continued from page 48)

QUESTION: "S. O. S." writes:

For years I have been in a nervous, run-down state. My trouble seemed to begin at the birth of my first child. Child-birth was followed by an infection and my physician held out no hope of recovery. But in eight weeks I was able to return home and do a little light housework. I have never been strong since. I have been examined by a number of physicians who tell me there is nothing organically wrong, but say it is only my nerves. I have taken the different remedies faithfully they have prescribed, without any apparent results. I am now in a very discouraged state and unhappy. Isn't there any way of coming back and being myself again?

ANSWER:

Sensitive people are impressionable and suggestions and events in life sink deeply, and this fact is really back of your downfall. Such an experience as you had caused great anxiety and you drifted into an over-serious, nervous state which, through its being continued in, formed a very real HABIT. Your power to get well is still present, but it has lacked the impetus that confidence and great hope give to it. Your faith was badly shaken during the time you were hovering between life and death. This means that your attitude has been one of fear and hopelessness, in viewing the future. Such a mental state acts in a very material way on your Sympathetic Nervous System and you can in time become physically quite weak. From the statement you make I feel SURE that you can completely recover, but to do so, you must gradually add to hope and faith and assume an expectant attitude. Your change must come through a mental readjustment which will give you an entirely new outlook on self and life and you must gradually carry yourself through a process of mental and physical training and development. You will have to add to your control and will-power as well. All these powers can be developed through USE. Use what power you NOW have—hopefully, confidently—and begin to hold thoughts which will cause you to feel optimistic, so that the future will seem more alluring. Weak nerves must be strengthened through your becoming MASTER over them in place of slave. You have just a lot to say about running that little kingdom of yours—your mind and body—so exercise that right and BE BRAVE.

Enthusiasm is the best shortening for any job—it makes heavy work light.

THIS MAN CAN READ *YOUR* MIND!



He is DUNNINGER, the best known mind-reader and the highest paid exponent of this fascinating and mystifying art. There is nothing supernatural about the work which has made him a famous celebrity. YOU CAN BECOME A MIND-READER if you but KNOW the quickly learned underlying principles. A form of entertainment which you can practice FOR PLEASURE OR TO MAKE EXTRA MONEY. Win new popularity at social functions. Hundreds of dollars worth of secret methods and systems fully disclosed. Gain an enviable reputation in your neighborhood as a "MAN OF MYSTERY," and astonish large or small audiences. My book of instructions is the most authoritative ever published. Endorsed by Houdini, Blackstone, and others, including Harry Price, the world-famous authority on Psychic phenomena. SEND NO MONEY—Just send your name and address. I will send the complete illustrated book by return mail without a penny in advance. When package arrives, hand the postman only $1.96, plus delivery charges, and the wonderful information is yours. Guaranteed exactly as represented or money cheerfully refunded. Send your name NOW.

SPECIAL OFFER
A closely guarded secret of the mystery man.—HOW TO START OR STOP THE PULSE AT WILL. Mysterious, startling and easy (Catalogue value, $2.50) SPECIAL PRICE, ONLY $1.00. (Cash or stamps).

"CALOSTRO" PUBLICATIONS,
Dept. PY, Box 76, Times Square Station
New York City, N. Y.

TOBACCO HABIT
BANISHED
FOR THOUSANDS OF MEN
QUICK, SURE, LASTING RESULTS

In most cases *Tobacco Redeemer* relieves craving for tobacco completely in a very few days. An absolutely safe, dependable, and thoroughly reliable treatment. No matter how long the habit, or in what form used, all craving for tobacco usually vanishes when this pleasant, inexpensive treatment is used according to simple directions. The treatment has helped thousands and should help you. Your money returned without argument or question if not satisfied Write for free explanatory booklet and proof of what *Tobacco Redeemer* has done for men addicted to the tobacco habit. Send post card or letter today.

NEWELL PHARMACAL CO.
Dept. 714 Clayton Station St. Louis, Mo.

"Colors, Breath, & Creative Forces."

"BOOK I," of the "Social Science Series" includes: Sex Appeal, Vital influence of Colors, Auras, Emotions, Right Breathing, Dreams, Thoughts & Passions, on Health, Love, Success, Marriage, Perpetual Youth and Happiness. Illustrated Deluxe ed. (42 chapters) $1.00 (1c stamps accepted). Plain ed. 55c (Agents Wanted). Prof. P. Stevens, Ph.D., 242 Powell St., San Francisco, Cal. (See our other 2 ads.)

Financial Independence, Health and Happiness Can Be Yours

A Wonderful NEW Discovery, "*DYNAMENTAL* or THE POWER WHICH THINKS," will open your eyes. It is a real Revelation. WONDERFUL and AMAZING.

Gives the real *Secret* of Mind Power and Control. How to develop Memory Powers. Concentration. Mental-Poise. Personality, etc.

NOTHING LIKE IT EVER BEFORE OFFERED.

What you are today is the result of what you have done in the past. What you will be tomorrow is the result of what you do today.

Thirty years of intensive study and research of all the Mental Faculties and Powers; their actions and reactions; *THEN!* Like a bolt from a clear sky came *DYNAMENTAL.*

As simple as A, B C—No rules to learn.

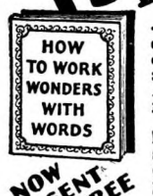
Also another NEW Discovery "How to Contact the SUBCONSCIOUS at WILL."

"I wouldn't lose the Secret of this Discovery for many thousands of dollars, as it has brought to me the most EXTRAORDINARY, WONDERFUL and EXTREME pleasure Imaginable."

Write today for full details—No obligation.

DYNAMENTAL FOUNDATION
Box 130 Cleveland, Ohio

Public Speaking—Has Its Rewards



NOW SENT FREE

If you are interested—

—to develop the ability to speak effectively in public or in everyday conversation—to forge ahead twice as fast as you are now doing, read *How to Work Wonders With Words* now sent free.

This new booklet, recently published, points the road that thousands have followed to increase quickly their earning power and popularity.

It also explains how you can, by a new, easy home study method, become an outstanding speaker and conquer stage fright, timidity and fear. To read this booklet will prove to be an evening well spent.

Simply send name and address and this valuable free booklet will be sent at once. No obligation.

NORTH AMERICAN INSTITUTE
3601 Michigan Ave., Dept. 5895. Chicago, Illinois

Banish Fear
Prevent Disease
End Self Denial



KNOW THE AMAZING TRUTH ABOUT SEX AND LOVE!



Stop Worrying
Conquer Ignorance
Overcome Shame



The Forbidden Secrets of Sex are Daringly Revealed!

AWAY with false modesty! At last a famous doctor has told *all* the secrets of sex in frank, daring language. No prudish beating about the bush, no veiled hints, but TRUTH, blazing through 576 pages of straightforward facts.

Love is the most *magnificent ecstacy* in the world . . . know how to hold your loved one . . . don't glean half-truths from unreliable sources. Now you can know how to end ignorance . . . fear . . . and self denial!

MORE THAN 100 VIVID PICTURES

The 106 illustrations leave nothing to the imagination . . . know how to overcome physical mismating . . . know what to do on your wedding night to avoid the torturing results of ignorance.

Everything pertaining to sex is discussed in daring language. All the things you have wanted to know about your sex life, information about which other books only vaguely hint, is yours at last.

Some will be offended by the amazing frankness of this book and its vivid illustrations, but the world has no longer any use for prudery and false modesty.



A FAMOUS JUDGE SAYS THAT MOST DIVORCES ARE CAUSED BY SEX IGNORANCE!

Normal, sex-suited young people are torn apart because they lack sex knowledge.

WHAT EVERY MAN SHOULD KNOW

- The Sexual Embrace
- Secrets of the Honeymoon
- Mistakes of Early Marriage
- Homosexuality
- Venereal Diseases
- How to Regain Virility
- Sexual Starvation
- Glands and Sex Instinct
- To Gain Greater Delight
- The Truth About Abuse

WHAT EVERY WOMAN SHOULD KNOW

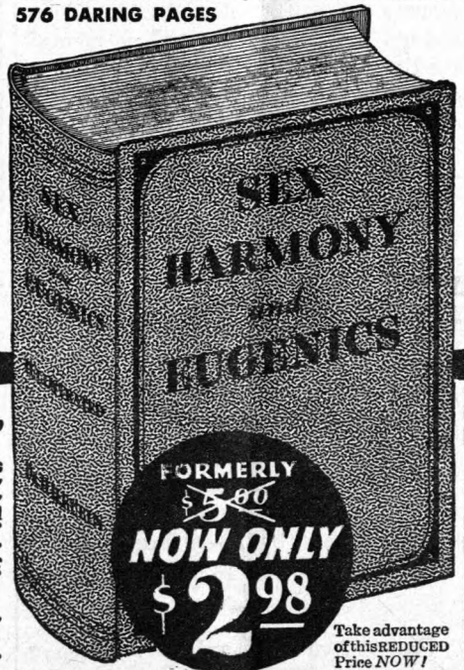
- Joys of Perfect Mating
- What to Allow a Lover to do
- Intimate Feminine Hygiene
- Prostitution
- Birth Control Chart
- How to Attract and Hold Men
- Sexual Slavery of Women
- Essentials of Happy Marriage
- The Sex Organs

HOMOSEXUALITY...SEX ABNORMALITIES

Do you know about the astounding world of "half sexes"? They crave the companionship of their own sex... their practices are unbelievable to the normal mind...yet you should understand them.

Money back at once If you are not satisfied!

576 DARING PAGES



Take advantage of this REDUCED Price *NOW!*

Don't be a *slave* to ignorance and fear. Enjoy the rapturous delights of the perfect physical love!

Lost love . . . scandal . . . divorce . . . can often be prevented by knowledge. Only the ignorant pay the *awful penalties* of wrong sex practices. Read the facts, clearly, startlingly told . . . study these illustrations and grope in darkness no longer.

You want to know . . . and you *should* know *everything* about sex. Sex is no longer a sin . . . a mystery . . . it is your greatest power for happiness. You owe it to yourself . . . to the one you love, to tear aside the curtain of hypocrisy and learn the *naked truth!*

ATTRACT THE OPPOSITE SEX!

Know *how to enjoy* the thrilling experiences that are your birthright . . . know how to attract the opposite sex . . . how to hold love.

There is no longer any need to pay the *awful price* for one moment of bliss. Read the scientific pathological facts told so bravely by Dr. Rubin. The chapters on venereal disease are alone worth the price of the book.

IS SEX IGNORANCE DRIVING THE ONE YOU LOVE INTO THE ARMS OF ANOTHER?

Let "Sex Harmony" teach you how easy it is to win and hold your loved one!



THIS BOOK WILL NOT BE SOLD TO MINORS

SEND NO MONEY • • • MAIL COUPON TODAY!

FREE! NEW BOOK "WHY BIRTH CONTROL?"



This startling book discusses birth control in an entirely new way — Tells you many things about a much discussed subject. "Why Birth Control" —will be a revelation to you— Sent free to all those who order "Sex Harmony and Eugenics" at the reduced price $2.98.

PIONEER PUBLISHING CO.
Radio City
1270 Sixth Ave., New York, N.Y.

PIONEER PUBLISHING CO.

Dept. 496. 1270 Sixth Ave., New York, N.Y.

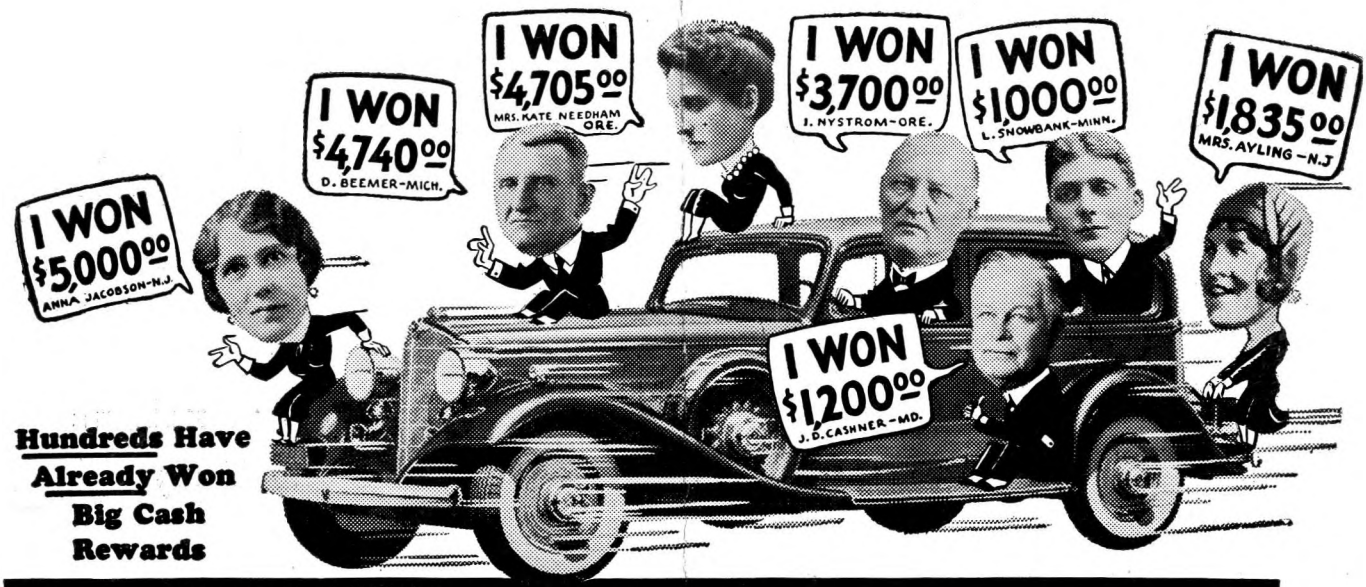
Please send me, "Sex Harmony and Eugenics" in plain wrapper. I will pay the postman $2.98 (plus postage) on delivery. If I am not completely satisfied, I can return the book and the entire purchase price will be refunded immediately. Also send me FREE OF CHARGE, your book on "Why Birth Control?"

*Name*_____

*Address*_____

*City and State*_____ *Age*_____

Orders from Foreign Countries $3.45 in Advance



Hundreds Have Already Won Big Cash Rewards

Now—100 MORE Cash Prizes Being Given Away

Would YOU, TOO, Like to

WIN $2,500.00

or Buick and $1,000.00 ?



Over $5000.00 in Cash Prizes

DO you want money?—a small fortune?—$2,500.00 in real cash? Here's your opportunity! And not one cent of your money is required now or ever to win. This is our sensational new way to advertise. We want people everywhere talking about our company quick. So we are actually **giving away thousands of dollars** — real fortunes — **100 cash prizes totaling over $5,000.00 — besides thousands of dollars in EXTRA cash rewards. Everybody** may share in these big cash rewards. Why not **you?** Wouldn't you, too, like to win a Buick and $1,000.00, (or $2,500.00 all Cash)?

Can YOU Find 4 Dogs in Picture at Right?

Some are upside down. Some sidewise. Can **you** find 4 dogs? Mark the dogs you find, clip picture and mail quick. **Many have already won** thousands of dollars in other advertising campaigns conducted by men in this big company. Above are pictures of a few. Now comes **your** chance. Maybe this great opportunity sounds like a **dream** to you—but I'll be happy to send you $2,500.00 all cash or Buick Sedan and $1,000.00 the minute you win it. Rush your reply.

Not a Penny of Your Money Needed Now or Ever

All these thousands of dollars in prizes are being given **outright** to winners. You don't need to put in a penny of your money now or ever to buy **anything.** This is not a lottery—no luck or skill needed—nothing to write. Imagine the joy of receiving a letter from me with $2,500.00 in it! Oh, boy, what a thrill! Hurry—get started quick by finding the 4 dogs.

You Are SURE to Win

a Cash Reward If You Do As I Ask

I don't care how many people are rewarded. The more the **merrier!** You are GUARANTEED to win a cash reward if you take an active part. But I want **quick** advertising—**quick** action. **First active, first rewarded!** So hurry. Think of all the happiness $2,500.00 can bring you! A new start in life. Pay bills. Marriage. Education. Travel. New clothes. New furniture and many other things you long for.

All Prize Money Now in Bank

All the thousands of dollars to pay every single prize winner is now deposited in a big, strong bank in Des Moines. Read the bank's letter at right. **That's** proof! We are a big, reliable firm. I invite you to look us up through any credit agency, any bank in Des Moines, any business house, railroad, express company, magazine, newspaper. We are well known national advertisers.

$1,000.00 EXTRA for Promptness

Promptness pays! So hurry! I will pay $1,000.00 EXTRA to First Prize winner just for being prompt—a Buick and $1,000.00 (or $2,500.00 if all cash is preferred). Do **you** want it? Act NOW! Not only **one** person, but **hundreds** will win cash rewards. In case of ties duplicate prizes will be given.

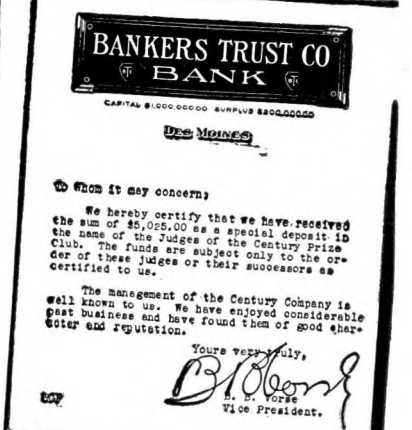
$10,000.00 REWARD

will be paid if anyone can prove that we do not really give away all these thousands of dollars in cash prizes.

MERROLD JOHNSON
Prize Mgr.
Dept. 341
Des Moines
Iowa

Send No Money RUSH COUPON

Many who won prizes in other campaigns like this thought they didn't have a chance. Imagine their surprise when they won! Mark dogs you find, clip picture and mail quick with coupon below —or write on a penny postcard how many dogs you find. **Don't send a cent.** For replying I will tell you how you may **also** share in thousands of dollars in EXTRA cash rewards and win $2,500.00 too. Nothing for you to lose — **everything** to gain. Answer NOW! Tell me which you desire to win — $2,500.00 all cash or Buick Sedan and $1,000.00.



BANKERS TRUST CO
BANK
CAPITAL $1,000,000.00 SURPLUS $200,000.00
DES MOINES

To Whom it may concern:

We hereby certify that we have received the sum of $5,025.00 as a special deposit in the name of the Judges of the Century Prize Club. The funds are subject only to the order of these judges or their successors as certified to us.

The management of the Century Company is well known to us. We have enjoyed considerable past business and have found them of good character and reputation.

Yours very truly,
H. D. Vorse
Vice President.

MAIL COUPON NOW!

MERROLD JOHNSON, Prize Manager,
Dept. 341, Des Moines, Iowa.

I have found 4 hunting dogs in picture which I am enclosing, and I am anxious to win.

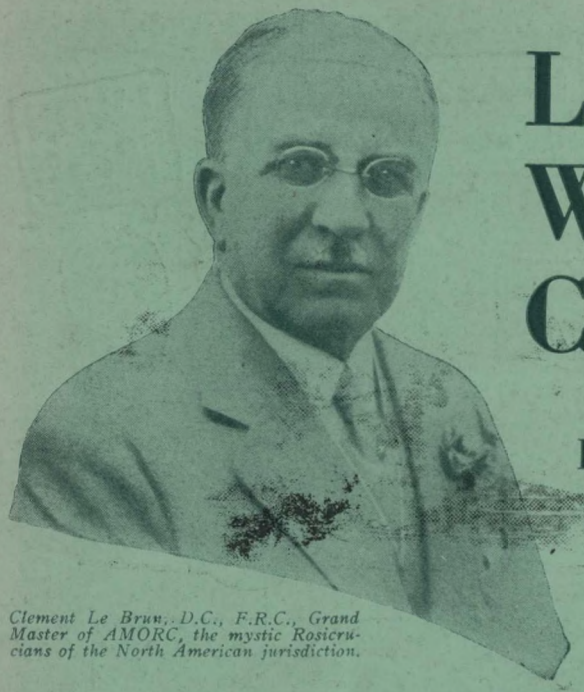
Name.....

Address.....

City.....State.....

(Mark in square which you would prefer to win)

☐ Buick & $1000.00 or ☐ $2500.00 Cash



Clement Le Brun, D.C., F.R.C., Grand Master of AMORC, the mystic Rosicrucians of the North American jurisdiction.

Let Me Prove What YOUR Mind Can Demonstrate

Eminent Rosicrucian Mystic Explains Secret Method Used by Many Thousands

ARE you weary of reading the books that tell you about the wonderful things accomplished by the master minds of the past? Are you tired of hearing what **can** be done with the mystic laws of mind and matter, without being told how YOU can do these things, easily and surely?

If you are like thousands upon thousands of others, you will want to be MASTER of your own life, your own career. You will cease believing the fantastic tales of the adepts of the Far East and the Mystics of the Orient, and will demand that you be shown **how to do these great demonstrations of occult power.**

For ages man has accepted the doctrines of church and school on faith. Today man demands the **knowledge** of the methods for self demonstration. His life and his fate are in his own making. He no longer believes that God has damned some to hell and some to Heaven before birth. **He wants to rise, master, succeed and create for himself.** He has discovered that it is his Divine Heritage. Telling him that it is possible for man's mind to accomplish miracles without explaining how and revealing the secret laws, has brought discouragement, sorrow, failure, and doubt into the hearts of millions.

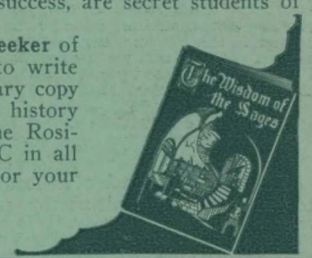
But the great truth of the matter will never be found in books. This fact is not frankly told to the seeker, and he is led to buy books, and buy, and buy. Lecturers, teachers, writers and self-appointed guides continue to talk about what CAN BE DONE, and leave a host of hopeful but blind searchers for the knowledge they seek.

Certainly there must be some truth in the claims made and the stories told. For hundreds of years, in all countries, there have been noted men and women who demonstrated a rare and dependable system of **creative mind power,** and whose rise to success and attainment was miraculous. It is because we contact today those who seem to possess some unusual knowledge and a secret key to nature's bounties, that thousands still have hope and believe in the pot at the end of the rainbow.

The real knowledge, however, is not publicly distributed to the worthy and unworthy alike; nor is it offered on a commercial basis like some earthly commodity of man's manufacture. The knowledge is from a sacred source; it is a priceless gift to the pure in heart and the deserving. Its value has been preserved by its careful protection from the sordid and completely selfish minds. This rare and secret wisdom of the higher laws of mind and nature has remained in the charge of one very ancient Brotherhood, the Rosicrucians, who proved years ago their great love for mankind, their broad tolerance and their willingness to help all to attainment and success if worthy.

Today the fraternity of Rosicrucians, existing in all lands and known as the AMORC, offers the real and true knowledge of man's potent powers over matter and mystery. Those who are ready to study, practice and master, step by step, may have the complete knowledge under a very liberal arrangement that is not inconsistent with the high ideals of the Great School of the Great White Brotherhood. It will mean the complete change of fortune for any man or woman who follows the instructions and lives the happy, creative life of a Rosicrucian. Thousands in all parts of the world today, in the highest position of power and demonstrated success, are secret students of the Rosicrucian methods.

I personally invite every **real seeker** of worthy mind and sincere heart to write to my librarian for a complimentary copy of a book that will explain the history and methods of instruction of the Rosicrucian Order known as AMORC in all lands. **Use the Coupon** below for your copy of the FREE BOOK.



—IMPORTANT FACTS ABOUT THE—
ROSICRUCIAN BROTHERHOOD
(AMORC)

There is but one International Rosicrucian Brotherhood throughout the world perpetuating the ancient and genuine principles and ideals of Rosicrucian revelations. This organization is known as AMORC in every land. Thousands of successful happy students of these helpful teachings live in every part of North America and in all the large cities of the world. Perhaps those nearest to you who are the most successful in life are ready to help you if you take the first step and show a sincere interest in wanting to have their help. Always remember the Mystic Key Word—AMORC.

Remember—The Rosicrucians are NOT a Religious Organization.

HERE IS THE WAY

Friar, F. R. V.
Rosicrucian Brotherhood (AMORC)
San Jose, Calif.

Please send me without obligation of any kind, a FREE copy of "Wisdom of the Sages." I am really sincere—not merely curious.

Name .....

Address .....