

JANUARY

PSYCHOLOGY

Health

∴

Happiness

∴

Success

ESTAB-
LISHED
1923

The Magazine of Inspiration



“Life Gives If *You* Do”

Eddie Cantor Told Me!

Stop Forgetting—Here’s How

Hauptmann—What Motivated?

“Voice of Experience” I Object!

What Are Miracles? A Doctor Tells

“Let Profits Wait—People First”

You Dreamed! What Did It Mean?

Married Happiness—Its Secrets

“Rise Up and Walk”—

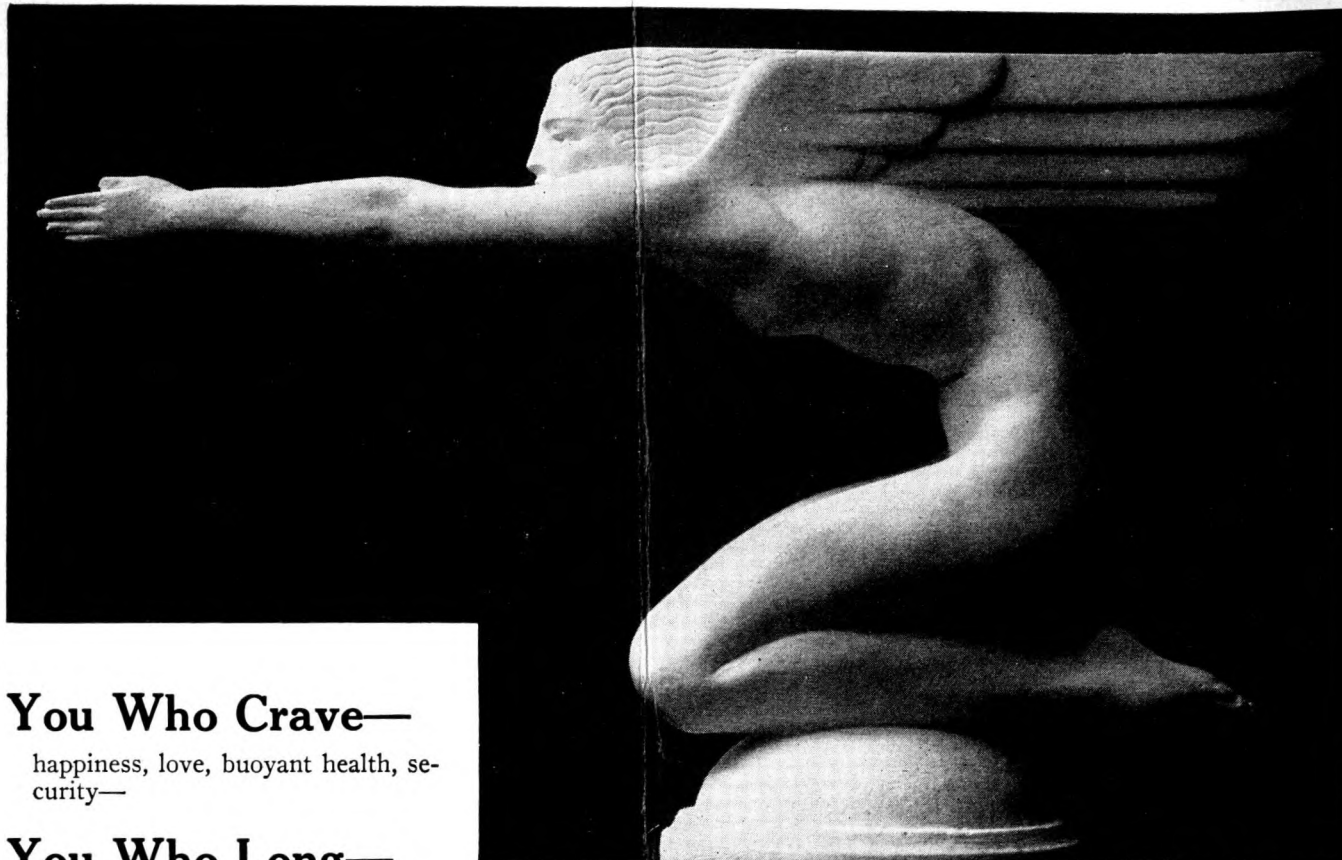
Who Has the Right To Say This?

“Contacts Club”—Letter Exchange

25c

Many Other Features

30 CENTS
IN
CANADA



Sculpture by Harriett Frishmuth

You Who Crave—

happiness, love, buoyant health, security—

You Who Long—

to be free of the fetters of fear—
worry—habit—inferiority complex
—failure—

Do You Realize—

that by using certain, scientific, yet quickly mastered psychological principles you can come to possess the amazing power of training and directing that "other self" of yours, so that it will do your every bidding—will get for you the cherished things of Life—*physical, mental and spiritual!*

THE complete key to Life's supreme prizes is held out to you here, *if you will but take it!* No idle theories, but sound, practical, invincible laws of life whereby thousands of people have climbed to superb heights of triumphant living. In simple, yet forceful language, you are given the principles whereby you may rise to complete self-mastery, you may throw off fear, inferiority, worry, disease. *In their place, health, happiness and splendid prosperity can easily be yours!*

Acclaimed by Thousands!

"This course is worth a million dollars." . . . "These lessons are the supreme inspiration of my life." . . . "This is the beginning of a new and happier life for me." . . . "This course has done what a dozen doctors have failed to do." . . . "For twenty years I was the abject slave of the tobacco habit. Since taking your course I am master of myself and have not smoked or wanted to." . . . "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 course. It reveals one's hidden powers and changes all life for the better."

A Great Master Course—Free

A BASIC course in practical psychology, written in simple understandable language and consisting of fourteen unique lessons, embraces the best that has ever been written. Thousands have acclaimed this course! Astonishing healings have followed its study. Domestic difficulties have been solved; divorces averted. *Cherished dreams of financial independence have come true.* Supreme happiness has been achieved. Countless men and women gladly paid a substantial class enrollment fee for the self-same lessons that are now presented in seven handy volumes and offered to you **AS A GIFT** with a special two-year subscription to **PSYCHOLOGY MAGAZINE**.

Latent Powers Revealed!

ARE you meeting with full success in life? This course shows you the infallible law of success. *Is perfect, radiant happiness yours?* These lessons teach you how to change or banish conditions that depress, discourage and defeat those who do not know the way. *Does your personality attract others to you, so that you are popular with all, a leader in every endeavor?* This course reveals the way to overcome every sense of inferiority and limitation. It shows you how to rise to supreme heights of personal and social power. **IT AWAKENS THE SLEEPING GIANT WITHIN YOU.** It tells you how to climb to the realization of your loftiest aspirations. It reveals the complete laws of self-mastery and the mastery of any hostile factor in your life.

Destructive habits can be broken at will through the technique unfolded. Sex can be understood, controlled and wisely used through the instruction given in this great master course. *You do not have to have faith!* You are the judge and jury. If you are not convinced that this is the most amazing message that has come your way, you may return the course at our expense.

FREE!

This complete, master course in practical psychology may be obtained by you free in connection with a full two-year subscription to **PSYCHOLOGY MAGAZINE**. For this two-year subscription, if you use the coupon attached below, you pay only the special reduced rate of \$4.50 cash-with-order. OR, you may pay one dollar with the coupon and one dollar per month until a total of five dollars has been paid. In either case, the course is sent you without delay and your subscription is started at once. *Get your free set of these master lessons by return mail!*

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

Inspirational Publications, Inc. 1-35
1450 Broadway, New York, N. Y.

Please enter my name for two-years' 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 10%. ☐

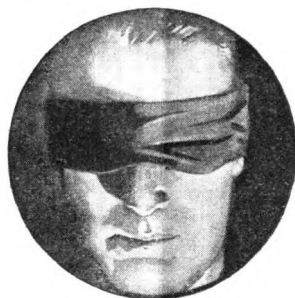
Name

Address

Subscriptions to Canada—50c extra per year;
To Foreign countries—\$1.00 extra per year.

Make Your Dreams Come True

Please use coupon or mention **PSYCHOLOGY MAGAZINE** when you write advertisers



A Startling Memory Feat That You Can Do

How I learned the secret in one evening. It has helped me every day.

WHEN Faulkner invited me to a dinner party I little thought it would be the direct means of getting me a substantial increase in salary. Here is how it all came about.

Toward the close of the evening things began to drag. Finally some one suggested that every one do a "stunt." Some sang, others played the piano, recited, told stories, and so on.

Then it came to Macdonald's turn. He said he had a simple "stunt" he hoped we would like. He selected me to assist him. First he asked to be blindfolded. Those present were to call out twenty-five numbers of three figures each, such as 161, 249, and so on. He asked me to write down the numbers called.

This was done. Macdonald then astounded us by repeating the entire list backwards and forwards. Then he asked people to request numbers by positions, such as the eighth number, the fourth number, and so on. Instantly he repeated back the exact number in the position called. He did this with the entire list—over and over again, without making a single mistake.

Then Macdonald asked that a deck of cards be shuffled and called out to him in their order. Still blindfolded, he instantly named the cards in their order backwards and forwards. Then he gave us the number of any card, counting from the top, or the card for any number.

We all were amazed. You might expect to see this done on the stage. But to see it done by an everyday business man is astounding, to say the least.

* * *

ON the way home I asked Macdonald how it was done. He said it was simply a memory feat, the key to which anyone could easily learn in one evening. Then he said the reason most people have bad memories is because they leave memory development to chance. Anyone could develop a good memory, he said, by following a few simple rules. And then he told me exactly how to do it. At the time I little thought that evening would prove to be one of the most eventful in my life!

What Macdonald told me I took to heart. In one evening I made remarkable strides toward improving my memory, and it was but a question of days before I learned to do exactly what he had done. At first I amused myself with my new-found ability by amazing people at parties. My "memory feat" surely made a hit. I was showered with invitations for all sorts of affairs.

But the most gratifying thing about the improvement of my memory was the remarkable way it helped me in business. I discovered that my memory training had literally put a razor edge on my brain. My brain had become clearer, quicker, keener. I was fast acquiring that mental grasp and alertness I had so often admired in men spoken of as "wonders" and "geniuses."

Next I noticed a marked improvement in my conversational powers. Formerly my talk was halting and disconnected. I never could think of things to say until the conversation was over. Later I would think of striking things I "might have said." But now I can think like a flash. I never have to hesitate for the right word, the right expression. I instantly find myself saying the very thing I want to say to make the best impression.

It wasn't long before my new-found ability to remember things attracted the attention of our president. He got the habit of calling me in whenever he wanted facts about the business. As he said: "You can always tell me instantly what I want to know. Others always dodge out of the office, saying, 'I'll look it up.'"

* * *

MY ability to remember often helped me in dealing with others, particularly in committee meetings. The man who can back his statements quickly with a string of definite facts and figures usually dominates others. Very often I have won people to my way of thinking simply because I could instantly recall facts and figures. It seems as though I never forget anything. Every fact I now put in my mind is as easy to recall instantly as though written before me in black and white.

We hear a lot about sound judgment. People say a man cannot begin to exercise sound judgment until he is forty to fifty years of age. But I have found that sound judgment is mainly the ability to judge facts in their relation to each other. Memory is the basis of sound judgment. I am only thirty-two, but have frequently been complimented on having the judgment of a man of forty-five. I take no personal credit—it is due to the way I trained my memory.

THESE are only a few of the ways I have profited. No longer do I suffer the humiliation of meeting men I know and not being able to recall their names. The moment I see a man his name flashes to my mind, together with a string of facts about him. I always liked to read, but usually forgot most of it. Now I find it easy to recall what I have read. Another surprising thing is that I can now master a subject in considerably less time than before. Price lists, market quotations, data of all kinds, I can recall in detail almost at will.

My vocabulary, too, has increased. When I see a striking word or expression I memorize it and use it in my dictation or conversation. This has put more sparkle and pulling power into my conversation and business letters. And I can now do my day's work quicker and with much less effort simply because I do not have to keep stopping to look things up.

But the best part of it is that since my memory first attracted the attention of our president, my salary has steadily been increased. Today it is much greater than it was the day Macdonald got me interested in improving my memory.

* * *

WHAT Macdonald told me that evening was: "Get the Roth Memory Course." I did. That is how I learned to do the things I have told you about. Its publishers are so confident it will also show you how to develop a remarkable memory that they will gladly send it on approval.

Send no money. Merely mail coupon, or write a letter, and the complete Course will be sent to you, all charges prepaid. If after examination you decide that you do not want to keep it, then return it and you will owe nothing. Or, if you find, as have thousands of others, that this Course will do wonders for you, then merely send \$3.50 in full payment.

You have always wanted a good memory. Now you can have it. Remember, you pay no money until you have proved that the Course will benefit you. You have everything to gain and nothing to lose. So mail the coupon NOW before this liberal offer is withdrawn. **Walter J. Black, Inc., Dept. 381, 2 Park Avenue, New York, N.Y.**

FREE EXAMINATION COUPON

WALTER J. BLACK, Inc. Dept. 381
2 Park Avenue, New York, N. Y.

Please send me, in its plain container, the Roth Memory Course of seven lessons. I will either remail the course to you within five days after its receipt or send you \$3.50 in full payment.

Name

Address

City State.....

The Standard Publication of Practical, Inspirational and Applied Psychology

PSYCHOLOGY

Health

Happiness

Success

VOL. XXI No. 3

E. Field, Editor

JANUARY, 1935

Associate Editors

Dr. Ellaine Elmore
George Rawlings

Contributing Editors

G. Arthur Gayer
Dr. William Charles O'Donnell

Contents

	PAGE
The Last Laughs.....	8
New Heights in the New Year.....	10
Eddie Cantor Told Me! Interview.....	12
Hauptmann—What Motivated? Psychological Study.....	14
For a Successful 1935! Ten Rules.....	17
Stop Forgetting—Begin Strengthening Memory.....	18
Let Profits Wait. Interview with Maurice Levin.....	20
"Voice of Experience", I object!.....	23
Progress! (A Poem).....	24
Psychology in Review—New Idea Fields.....	25
Lure of Life—A Soliloquy.....	27
You Dréamed! What Does It Mean?.....	28
Ultimate Religion—Principles of Character Building.....	30
Married Happiness—Its Secrets.....	32
What Are Miracles? A Doctor Tells.....	34
Fragments of Life.....	35
"Rise Up and Walk." Who Has the Right to Say This?.....	37
A Voice With Personality.....	38
"The World Is Seeking." Part II.....	39
"Contacts Club"—Letter Exchange Department.....	40
New Flashes—Odd, Scientific and Otherwise.....	42
This Happened to Me—The Blow Staggered But.....	43
What I Like and Dislike Most.....	44
"Our Corner"—Contributors' Column.....	45
Your Job and You—Vocational Problems.....	46
Psychology in Books—Reviews.....	47
Healthy Mind—Healthy Body.....	48
What Can We Do for You?.....	49

Personal Problems Department

of PSYCHOLOGY MAGAZINE

Last month we announced the opening of this department, designed to help our readers in solving their problems of life adjustment, character development, problems of love, marriage and divorce, child psychology, health, etc.

BY MAIL OR IN PERSON, YOU CAN MAKE USE OF THIS DEPARTMENT

Leaders in the fields of psychology, psychiatry, neurology, education, are here to help you. It's *your* service, so feel free to get in touch with this department, and no matter what your problem, you can have the understanding advice and consultation that will help you.

Please, however, state the exact nature of your problem, so that your request can be given to the practitioner best suited to understand. A self addressed, stamped envelope should accompany your letter.

Call or write,

PROBLEMS DEPARTMENT OF
PSYCHOLOGY MAGAZINE
1450 Broadway, New York, N.Y.

I. W. Ullman, President; Frank Z. Temerson, Vice-President; S. A. Craig, 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, 1935, Inspirational Publications, Inc.

Advertising representatives, Loyd B. Chappell, 511 South Alexandria Ave., Los Angeles, Calif.; F. W. Henkel, 75 E. Wacker Drive, Chicago, Ill.

These TRUTHS about SEX

Change Marriage into Romance

The ignorance of even cultured people in matters of sex adjustment is often amazing. Several years ago, for example, a confidential survey among physicians' wives revealed the surprising fact that even among these women, more than 50% confessed dissatisfaction with their love lives. In this unusually frank and INSTRUCTIVE volume, the art of married love is treated in detail and utmost sincerity. Here are some of the subjects covered which suggest the scope of this precious book:

OBJECTS OF MARRIAGE
ERRONEOUS VIEWS
NEED OF MARRIAGE
THE CAUSE OF MOST MARRIAGE
FAILURES
THE SEX MECHANISM
CONCEPTION—WHEN IT IS POSSIBLE
THE SEX IMPULSE
SEX LOVE, SEX DESIRE
INTENSITY OF THE SEX IMPULSE

Why are happy marriages so few?
What are the secrets of the ideal marriage?

Married 10 years - still honeymooning!



The ART OF MARRIAGE

NORMAL, SUB-NORMAL AND FRIGID CLASSIFICATION
SUPERIORITY OF THE WELL-SEXED
DEGENERATING AGENCIES
THE FUNCTIONS OF COPULATION
THE EROTIC DESIRE—ITS ORIGIN AND DEVELOPMENT
THE INSTINCTIVE DESIRE—ITS CAUSE
EROGENIC ZONES OF THE MALE AND OF THE FEMALE
THE ESPECIAL NEEDS OF MOST WOMEN
GENERAL DIFFICULTIES ENCOUNTERED
SUNDRY STIMULI ENUMERATED
EXPLICIT PROCEDURE FOR HUSBANDS OF SUB-NORMAL WOMEN
ILL EFFECTS UPON MANY WOMEN IF NEGLECTED
NATURAL LAWS OF SEX
DIFFERENCES IN MALE AND FEMALE SEXUALITY
DIFFERENCES IN DIFFERENT FEMINE INDIVIDUALS
THE SEX FACTORS
DETERMINATION OF PERFORMANCE
PROPRIETY OF THE ORGASM
DEFERRING OF THE ORGASM
BIRTH CONTROL
CUSTOMS AFFECTING MARRIAGE
FRIGIDITY
IMPOTENCE
PHYSIOLOGICAL IMPEDIMENTS

FREE
36 Page Catalog

Up to 75% off publishers' prices on hundreds of brand-new books. Write for our Catalog 256-PY, sent FREE on request.

By J. F. HAYDEN, B.Sc. (Revised and Enlarged Edition)

Too explicit and intimate for prudes—a revelation in print that will open the eyes of mature persons—this book tells how to make the honeymoon last a lifetime—in plain, ungilded language. No others have yet dared publish many of the wholesomely frank pages to be found in this volume.

Without doubt, the greatest unhappiness and “incompatibility” occur in the sex life of married people. Usually they are suffered in silence. It is safe to say that many of the breakdowns in marriages everywhere could be avoided; could, in fact be gloriously perfect, if both partners were aware of the art of love and marriage. “THE ART OF MARRIAGE” analyzes sex relations thoroughly and humanly—and points out how marriage can be made lastingly full and happy. Scientific but free from useless “technical” phrasing.

ORDER THIS BOOK TODAY AT THE
NEW REDUCED PRICE MADE POSSIBLE BY A HUGE PRINTING

Published at \$2.50
New Reduced Price **98c.**
POSTPAID

The Union Library Association PY-1
367-373 Fourth Ave., New York, N. Y.

Gentlemen: I am enclosing-----for which please send me-----copies of THE ART OF MARRIAGE, at 98c postpaid. I hereby certify that I am a member of the -----profession or that I am married or engaged.

I agree to assume full responsibility for safeguarding the book from falling into the hands of any improper person, especially minors, without their parents' consent.

☐ Please send Catalog 256-PY

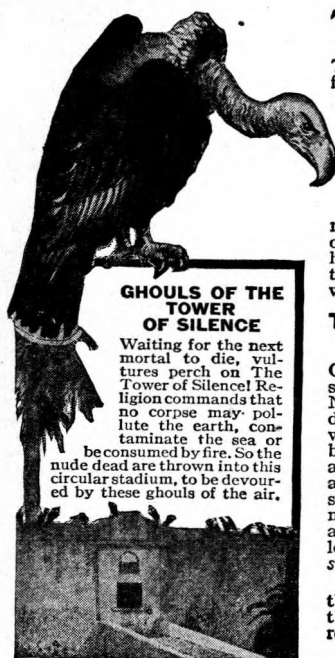
Name.....

Address.....

City and State.....

Please use coupon or mention PSYCHOLOGY MAGAZINE when you write advertisers

Every time he takes a Bath the Water turns to GOLD!



GHOULS OF THE TOWER OF SILENCE

Waiting for the next mortal to die, vultures perch on The Tower of Silence! Religion commands that no corpse may pollute the earth, contaminate the sea or be consumed by fire. So the nude dead are thrown into this circular stadium, to be devoured by these ghouls of the air.



BEAUTIFUL HOMES OF HORROR

Behind these carved temple walls are the idols before which priests perform unspeakable rites—and "wives of the gods" are carefully trained.

TO THIRTY MILLION PEOPLE the Aga Khan is so holy that even the water in his bathtub is carefully saved! Then, once a year, it is sold to his devoted followers! The price paid for this holy water is the Aga Khan's own weight, to the ounce, in GOLD. Fantastic? Yes—but it's TRUE! How would YOU like to journey to far Nepal? Guarded by the skyscraping Mt. Everest, this incredible kingdom has remained unpenetrated for over a thousand years. The Last Home of Mystery! Tourists, missionaries, are banned. On the fingers of one hand you can count the Americans who have ever been admitted. Out of a population of 6,000,000 there are only SEVEN white persons!

The Worship of Unclean Gods

Now, in this amazing book of adventure, Col. E. Alexander Powell tells the true story of the strangest land left on earth, NEPAL!—where gorgeous temples hide depraved ceremonies. Where men and women degrade their faces with vile symbols—and are insulted if you offer them anything with your left hand! Where orgies are the established services in shrines. Yet so gripping is this religion that a quarter million tattered fanatics crawl upward along the icy Chandragiri Mountain Pass, leaving their dead behind—just for a sight of the holy city!

"Unclean Gods," the third chapter of this astonishing volume, is a revelation of the abominations practiced in the name of religion. It tells the unvarnished truth about

heathen idols; about temple women who are the "wives of the gods"; about monstrous "marriage ceremonies"; about the training in viciousness that starts in the cradles of Nepal.

What Is "Serpent-Love"?

What is Serpent-Love?—the weird malady that produces a wild craving to be bitten by poisonous snakes in order to live! What prince owns forty-two Rolls-Royces? Why has another decorated his palace with American slot machines?

What happens to women in the Zenanas? What are the "religious" rites of dancers, temple girls, priests, holy men, fakirs? Why is the meaning of the Tantrist scriptures suppressed? What secrets are concealed in the dark retreats of palaces, temples, pagodas and monasteries of Nepal—under bronze and stone monsters?

"The Last Home of Mystery" tells authentically. Astounding facts cram its 325 pages. Illustrated with many exclusive photographs, handsomely bound in cloth with special map end-papers, this remarkable book is now only ONE DOLLAR! What is more, you may examine this best-seller free for 5 days before you decide whether or not 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!



DOMBER!
The earnings which fanatics of this caste make are used to further extend the "liberties" openly practiced in this Last Home of Mystery.

The LAST HOME of MYSTERY

Now \$1 only

... and Which of these Other Former \$2.50 to \$5.00 BEST SELLERS Do You Want for only \$1 Each?

17. THE STORY OF RELIGION—Charles Francis Potter. Tells true story of all faiths. Formerly \$5.00
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. Formerly \$5.00

WHAT REALLY GOES ON IN A NUDIST COLONY!

24. AMONG THE NUDISTS—Frances and Mason Merrill. Frank answer to questions Nudism has raised. Intimate experience of young American man and woman who tried it. Tells truth about motives, mixed companions, effects on modesty, health and emotions. 22 unchanged photographs. Formerly \$3.00
35. NEW BOOK OF ETIQUETTE—Completely Revised and Brought Up-to-date by Lillian Eichler, whose first

- famous book on this subject sold over a million copies! All the latest rules of etiquette... including the proper way to serve wines. Formerly \$4.00
46. THE STORY OF MAN—Hendrik Willem van Loon. Famous history of world with 188 illustrations in author's unique manner. Formerly \$5.00
61. THE OMNIBUS OF CRIME—Dorothy L. Sayers. 62 thrilling stories of mystery, crime, horror, by world-famous authors. 1,177 pages; unabridged. Formerly \$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, shock-

- ing "religious" depravity. Formerly \$1.00
72. A LAUGH A DAY KEEPS THE DOCTOR AWAY—Irvin S. Cobb. Inexhaustible fund of funny stories for longest, loudest laughs. Formerly \$2.50
- ACCUSED OF A NAMELESS VICE
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
99. THE DOCTOR LOOKS AT LOVE AND LIFE—Joseph Collins, M.D. Dangers and results of sex ignorance. Formerly \$3.00
113. NUDISM IN MODERN LIFE—Maurice Parmelee. 29 illustrations. A frank, authoritative, detailed discussion of the cultural, aesthetic and hygienic aspects of Nudism. Formerly \$3.00

STOP WORRYING ABOUT YOURSELF

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
137. THE DOCTOR LOOKS AT LIFE AND DEATH—By Joseph Collins, M.D. An extremely frank discussion of birth control, indulgence, mental and physical disturbances. Formerly \$3.00
161. ON GOING NAKED—Jan Gay. Adventures of a young American woman who turned from private to public practice of nakedness. Amusing, instructive. Over 50 illustrations. Formerly \$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. 561, Garden City, N. Y.

GARDEN CITY PUBLISHING COMPANY

Dept. 561, 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)

17 19 24 113 118 137 161 69 70 72

☐ Check here if you wish complete catalog of titles.

Name
Address
City and State
Canadian Orders, \$1.10 per book, cash with order.

Please use coupon or mention PSYCHOLOGY MAGAZINE when you write advertisers

The Mysterious Power of Pelmanism Disclosed

A new and easy process that practically forces men and women to succeed

WHAT is the mysterious power of Pelmanism? What is this great world-wide movement that is performing so many thousands of apparent miracles everywhere—that is enabling such great numbers of men and women to attain undreamed-of heights of financial, social and intellectual success?

First of all, Pelmanism is different from anything you have ever heard of. It is not an experiment. It is not a fad. It is not an untried theory—for it has stood the test of twenty-seven years. It is not a business. It is not a profession. It is not a "mind healer."

But it will prove to you, as it has proved to over 700,000 others, that you can achieve Success in a big way—that right now you have just as good a brain as most of the men who are earning from two to ten times more than you—then reveal a method of using it that will practically force you to succeed in spite of yourself.

Your Hidden Powers

Your brain has wonderful potentialities. Hidden in you are powers you never dreamt you possessed, which, if put to work, will bring results that will astonish you. Pelmanism will unfold these hidden powers to you and show you how to use them. It will make you acquire just those qualities that are necessary for success in every conceivable business or intellectual pursuit.

Just as there are certain personal qualities necessary to success, so are there certain definite and specific principles which are also absolutely essential. Without these principles it is impossible to rise above the levels of mediocrity—it is useless to even try.

Once you know them, however, vast opportunities will open before you. You will have chances for success beyond your fondest hopes. Obstacles will crumble before you. The pathway of financial independence will be laid wide open. Money will flow in on you. Apply these principles and you cannot help succeeding!

What Pelmanism Does for You

It has been the work of the founders of the Pelman Institute to make a thorough and complete analysis of the qualities and principles necessary to Success—then put them down in black and white, in clear, easy form that everyone can apply to his or her own needs.

This was not the work of a year—or of ten years. It was the work of a lifetime. It entailed endless research—countless experiments—tireless effort. Whether this effort was justified can best be judged by what Pelmanism has actually accomplished in hundreds of thousands of cases. Instances of quick promotion through Pelmanism are countless. Cases of doubled salary in less than six months and trebled salary in less than a year are by no means unusual. In exceptional cases there have been salary increases of far more.

But Pelmanism not only holds forth the promise of increasing your earning capacity. Its aim is broader than that. It points the way to cultural success as well as material.

It will enable you to gain a greater power of self-expression, in thought, word and action. It will develop

What Well Known Men Say About Pelmanism

A Vice-President of Cluett, Peabody and Company, manufacturers of Arrow Collars, says:

"Had I known at 30 what Pelmanism has taught me since 50, many things in my life that were difficult would have been easy. If you are dissatisfied with the returns you are getting from your outlay of effort, subscribe for the Pelman Course."

A merchant in Philadelphia, Pennsylvania, sums it all up in these words: "I have practically revolutionized my life by taking this course."

your originality and imagination to a surprising degree. It will teach you how to organize your thoughts and ideas; how to acquire a keen, infallible memory; how to acquire a masterful personality.

But best of all, Pelmanism will develop your thinking-power—your money-making power—and prove to you that your desires and ambitions can be easily and quickly made realities.

Secrets of Achievement

There is no "magic" about Pelmanism. There is no mystery about Pelmanism itself. Further, it does not promise anything but what it already has accomplished in thousands of cases.

It is not "high brow"; it is meant for everyone. It is easily understood; its principles are easily applied. You will find it of deep and fascinating interest. You will be gripped by its clear logic. You will begin to feel its mysterious effect almost immediately. Many

have said that even after the first hour they were conscious of a startling change in their whole attitude toward life.

To thousands Pelmanism has been the means of greater success in life. To thousands it has been a stepping-stone to financial independence. To thousands it has led the way to unexpected achievement.

Without the principles of success embodied in Pelmanism no one ever has succeeded—no one ever will succeed. This, of course, does not mean that no one can gain great success in life unless he is a Pelmanist. No, but it does mean that with Pelmanism your success will be surer; your success will come sooner; your success will be far greater!

How to Become a Pelmanist

The coupon below will bring you, without cost or obligation on your part, a copy of a new booklet which describes Pelmanism down to the last detail. This booklet is fascinating in itself with its wealth of original thought and incisive observation. It has benefits of its own that will make the reader keep it.

Your copy is ready for you. Simply fill out and mail the coupon. Don't put it off—Pelmanism is too big a thing to let slip through the hands without at least finding out what it is. Fill out the coupon NOW—mail it today!

THE PELMAN INSTITUTE OF AMERICA
Dept. 21, 271 North Ave., New Rochelle, N.Y.

THE PELMAN INSTITUTE OF AMERICA,
Dept. 21, 271 North Ave., New Rochelle, N.Y.

I want you to show me what Pelmanism has done for over 700,000 people. Please send me your free book, "Scientific Mind Training." This places me under no obligation whatever.

Name

Address



The LAST LAUGHS



Shameful

Young Son: "Father, I think it's awful. The baby is ten months old and hasn't a tooth yet—and you a dentist."

* * *

Ancestral Skill

While walking in a park an old woman noticed one of those men who go around jabbing a pointed stick into scraps of paper to gather them up.

Stopping she said: "Don't you find that work very tiring?"

"Not very, mum," was the reply, "you see I was born to it—my father used to harpoon whales."—The Forrester.

* * *

Have You Heard the Story—?

Of the doctor who treated a man ten years for jaundice, and then discovered he was a Chinaman?—Fishing Gazette.

* * *

Unassisted

First Student: "I see you're getting better marks lately. How's that?"

Second Student: "My dad's on a trip so I do all my work myself."

* * *

Discouraged

"Are the fish biting?"

"I don't know," replied the weary angler. "If they are, they are biting each other."—Slices.

* * *

Faith

Little Jewish Boy to Grocer: "I want a pound of animal crackers without the pigs."

* * *

Ask the Dentist

"I went to the dentist yesterday."

"Does the tooth still ache?"

"I don't know; he kept it."

* * *

The Reason

Foreman: "How is it that although you and Mike work together and started your work at the same time, he has a bigger pile of dirt than you?"

Jim: "He's digging a bigger hole than I am."—Exchange.

* * *

Loyalty

Mr. Smith—So you got a scare when you heard the burglar downstairs?

Mr. Jones—A scare! Why, I could hear my false teeth chattering in the glass of water.

Privacy

She (reading sign over box office): "O Phil, it says, 'Entire Balcony 25c.'"

Phil: "What of it?"

She: Let's get it so we can be all alone."—Missouri Showme.

* * *

Retaliation

"What's the matter with your feet?"

"I've got corns."

"Why don't you do something for them?"

"Why should I? They've never done anything for me!"

* * *

Fond Memories

Son: "Is this the New Year?"

Father: "Yes, son, what's the matter with it?"

Son: "Nothing—only the old year was pretty good around Christmas."

* * *

"Beastly Weather"

Boy—Dad, what do they mean by "beastly weather"?

Dad—When it's raining cats and dogs, my son.

* * *

Gilded Voice

Admirer: "Has she a golden voice—solid gold?"

Singing Instructor: "No. She paints her throat with iodine so it's only gilded."

* * *

Slow Service

Waiter: "Your coffee sir; it's special from South America, sir."

Diner: "Oh! So that's where you've been?"—Exchange.

* * *

Improvement

Father: Son, you're getting to look more like me every day.

Son: Yes, I know, but mother said if I take my medicine every day I'll soon be well.

* * *

The Last Straw

Mistress: "Now, Ada, if the master brings home some more friends to dinner, are you sure you're quite prepared?"

Maid: "Quite sure, mur—me bag is already packed."—Fishing Gazette.

* * *

Knew His Business

Neighbor: "Why are you letting your son study those dead languages in college?"

Father: "I'm expecting to make an undertaker out of him."

No Fear!

Snagge: "You look just the sort of sensible girl I'd like to marry."

Miss Sage: "Nothing doing. I'm just as sensible as I look."—Pearson's.

* * *

Quite a Philosopher

Sonny sat on the lower steps, rosy face resting in two chubby hands.

"What's the matter, Sonny?"

"Nothin,—just thinkin'."

"What about?"

"Thinkin' how dumb trees are take off their clothes in winter and put 'em on in summer."—The Pacific Woodman.

* * *

What's the Use?

"Mary," inquired the mistress suspiciously, "did you wash this fish carefully before you baked it?"

"Lor' ma'am," replied Mary, "wot's the use of washin' a fish that lived all his life in the water."—Tips and Topics.

* * *

Spank—Spunk!

Papa: "Bobby, if you had more spunk you would get along better in school. Do you know what spunk is?"

Bobby: "Yes, Papa, it's the past tense of spank."—Twin Twinkles.

* * *

Carelessness

"What's happened, Joseph?" she asked her husband, who had left the car to investigate.

"Puncture," he said briefly.

"You ought to have been on the look-out for this," was the helpful remark. "You remember the guide warned you there was a fork in the road."—Fishing Gazette.

* * *

Quick Results

She: "Did the doctor do anything to hasten your recovery?"

He: "Yes he told me he would charge me \$3 for every treatment."—W. O. W.

* * *

Eternity

I: "Eternity is something too vast for the human mind to conceive."

It: "Did you ever pay for a seven-hundred-dollar piano on the installment plan?"

Nervous and Mental Breakdowns!

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

The Psychology of Your Fears

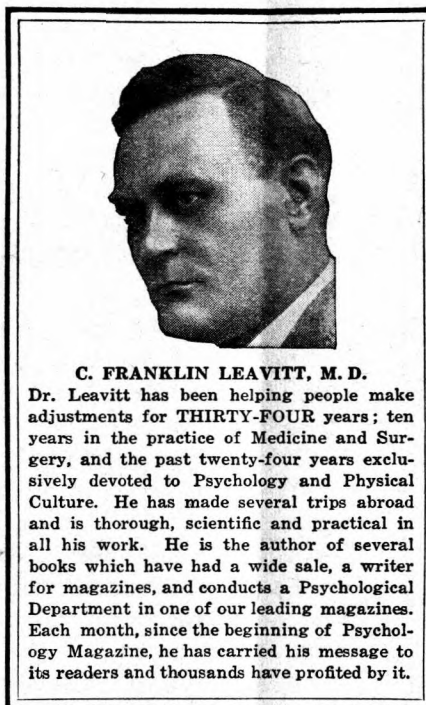
NERVOUS and Mental Breakdowns are primarily due to FEAR. These FEARS are due to your possessing a sensitive, emotional, impressionable nature. Such people are known as introverts. No one who has never experienced such a state can conceive of the suffering and torture which is possible. These FEARS become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

What Your Imagination Can DO

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

Your Fears as a Neurasthenic

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



C. FRANKLIN LEAVITT, M. D.

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

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

You Ask—"Is My Mind Weak?"

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

You Are Wasting Your Energies

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

A Personal, Individual, Human Service Is Offered You by Dr. Leavitt

Dr. Leavitt is able to bring you all that your case requires through an intimate, individual correspondence service. Letters are written for YOU, taking up YOUR individual needs. Quite the same instruction is furnished that you would receive were you calling on Dr. Leavitt in person. HIS BEST correspondence work is PERSONAL. Not the imitation type-written letters, or printed lessons that the usual course consists of. Your letters are delivered direct to HIS desk and opened by HIM. He will gladly answer any letter directed to him—WITHOUT COST. You can write him fully and freely, regarding the most intimate things in your life, without hesitation, for your confidences will be sacredly guarded. His work is not of the highly commercialized type. He will be glad to advise you what he believes is best in your case. Personal consultations at his office he makes a charge for.

Read What 25 Cents Will Bring You

Dr. Leavitt's book—SELF MASTERY THROUGH UNDERSTANDING—has been sold the world over. Over 200,000 copies have thus far been mailed. It is the most complete 100-page book on the subject of Mental and Nervous disturbances, and is pronounced priceless by thousands. It will teach you about yourself and YOUR powers and show you just how you have drifted into the unnatural state you are expressing today. Hundreds have found a NEW LIFE just through reading this book. It will tell you about that GIANT WITHIN YOU and of the effects of HABIT. This book, and a Preliminary Psychological Analysis, will be sent to you upon receipt of 25 cents in stamps or coin.

A Questionnaire will be mailed to you so that a complete history of your case may be secured. You will then receive an Analysis WITHOUT ANY OBLIGATION WHATSOEVER. Send for this book TODAY for this is a very REAL OPPORTUNITY that you will not want to miss. FILL OUT THE COUPON BELOW.

FREE ANALYSIS COUPON

C. FRANKLIN LEAVITT, M. D.
Room 1516-F, 58 E. Washington Street
Chicago, Illinois

Enclosed please find 25 CENTS to cover cost of SELF MASTERY THROUGH UNDERSTANDING and Preliminary Psychological Analysis. It is understood that this will in NO WAY obligate me.

Name _____

Address _____

City _____

State _____

New Heights



I WAS up in the clouds the other day. Literally. Airplaning.

This kind of traveling is still so novel to most of us that it's exciting to have the experience.

So, if nothing had happened, if we had traveled but three or four thousand feet above ground, smoothly, uneventfully, I should have thought I was having an adventure.

And nothing *did* happen of a disastrous nature, but circumstances turned the trip into something that long will stand out in memory.

WE had been up an hour or so when little bunches of clouds began scuttling by. Close they seemed, as if one could reach out a hand and touch them. Then we were passing through them. In and out at first. Then solidly. We were "flying blind."

We were very comfortable but, "Eleven degrees below zero just outside that glass," the co-pilot said, nodding at the window.

I was conscious we were climbing, climbing. "We have to get above the clouds or ice will gather on the wings and weigh us down," the young man added.

Then—almost suddenly it seemed—we were no longer "flying blind." We were above all clouds, floating along on wonderful feathery-looking billows. It was late afternoon and beautiful colors of a setting sun were streaking the sky to the right of us, and at times the billows we were floating on, were faint rose color.

YOU see the thoughts that came to me. Far, far below, two miles—although we couldn't see them—were little farm houses with people in them worrying over little mortgages and the what-nots that human beings give time to. And here we were, high above everything ugly and disturbing, traveling serenely along in loveliness.

"How analogous to all this," I reflected "is the process of thought we experience when we climb—sometimes with great effort and not very much hope—above menacing threatening thoughts that would pull us down into a 'what's-the-use?' condition of mind."

Although the confirmed realist loves to label such reflections "Pollyannish," a growing number know how provable it is that we can change the atmosphere of our thought-world—and in time our actual surroundings and conditions—by pulling up above the weighty negative line of thought.

Often it seems as if this couldn't be done. Perhaps almost everything annoying that possibly *could* happen *has* happened. There are days like that, when circumstances, inanimate objects, even the elements themselves have combined to "get your goat" and make you feel useless and futile.

in the New Year

THAT produces a condition where you're surely "flying blind." At such a time, of course, your judgment is apt to be miserably faulty, your perception and estimate of things entirely wrong. Many a fine business deal and many a valuable friendship has been wrecked when persons have attempted to steer forward in a fog of disturbed and confused thinking.

Right here is where we all can do exactly what *we* did in that airplane—pull up above the fog. Move up and out of the scuttling, frightening clouds—big or little—that produce the foggy condition.

How?

Well I know how one business man does it. Whenever he gets to the point where everything and everybody seems all wrong, he just closes up his desk and walks out awhile—to conquer, and by his own thinking, rise above the disheartening, disturbing condition. "I wouldn't dream of running along like that—I wouldn't *dare*," he says "and when I feel like that, if something positively prevents my getting away I defer making any decisions." When he can get alone, he tells himself something like this:

"NOW of course everything seems as rotten as hell itself. Seems as if my business competitors are cut-throats and thieves—most of them; that the business world is one grand mess and that there's no way out. Now that's the way it *seems*. But my past experiences, taking them in the aggregate, my judgment, tells me that this positively is not true.

"It's a fact that my keenest competitor has connived, used every dirty trick and for the time has 'put it over.' But again I know that this can't disturb me nor do me real harm *unless I let it*—by dwelling on the matter, and thereby undermining my own courage and initiative.

"Now this that has been bothering is already a thing of the past, even if it happened only an hour ago. It's past. I've got it under foot. I'm on top. I'm all right and I'm going to stay all right."

Call this autosuggestion or tomfoolery—anything you want to call it—it works.

HUMAN creatures that we are, swayed and constantly affected by our own thinking, we can do just about what we will with that which we call "I."

We practically can scare ourselves to death if we're foolish enough to do so, or we can "get on top" of our thoughts—and presently when we look out, it all seems a much brighter world.

This "getting on top" does not come from an inane "wishing" state of mind. It's more positive than that. We get in life, not so much

(Continued on page 63)



Eddie Cantor Told Me!

"Life Gives If You Do"

I WAS going up to interview a funny man who has rocked the entire world with his comedy—his exuberance—his fascinating rolling eyes.

I was still wondering what this man would be like off stage when I opened the door of a New York theatre.

A most impressive doorman tried to stare me down. Disdain fairly exuded from his whole person. Finally he condescended—"Mr. Cantor does *not* give interviews." And with that, slowly sat down muttering.

I stood, unperturbed, and just then the door opened and Mr. Cantor's secretary came out. Through the open door came the famous voice of Eddie Cantor, singing "Margie" as only *he* can sing it.

BUT victory for me still was not at hand—and well, I made the trip to that theatre three times before I finally got past that extremely efficient secretary and was told to come in and talk with the famous comedian.

A pleasant surprise was that I also got to meet his beautiful daughter Natalie. But for the first moments, I was watching the most startling pair of eyes I've ever seen—Eddie Cantor's. And they are such serious eyes!

Again and again I've been told that comedians are almost invariably quite rueful looking and I thought of this now for here was no jolly, smiling laugh-maker. Indeed if Eddie Cantor had lost his last dollar and his best friend I don't see how he could have added one bit more solemnity to his face.

I *had* intended asking how he made people laugh but for the moment the question seemed rather ridiculous. I'm afraid there was something of an awkward pause. Eddie and his daughter exchanged glances, which while not amused, or at my expense, were quite understanding.

Something there was in them made me know in even that split second that the two were great chums. Natalie has arresting eyes

too, but they are clear blue-gray with lovely curling lashes. Nobody told me then, nor after, but I'll wager that these two have especially happy times together.

I HADN'T meant to express a thought that had already struggled to the surface of my mind, but remembering that here was a man who was known to be quite financially independent, but at the same time was known to work harder than almost anybody one could think of—

Playing five shows a day, learning three songs a week, rehearsing for his Sunday radio hour, making pictures, pursuing activities at the head of two organizations—

Remembering all this, I murmured something about the fact that it was not easy to understand why, or how, he could keep up this never ending round of work.

"Don't tell me that you *enjoy* working so hard," I ended smilingly.

"But that's exactly what I *do* enjoy above all things—my work," he responded. His voice was very serious and convincing and while he didn't smile back there were tiny glints in the famous rolling eyes.

"SO many would say, 'Now I can take time to enjoy life, travel where I like, do what I want'—" I was still musing.

"But work with me *is* recreation," Eddie Cantor declared. "That is absolutely true. I get much pleasure out of giving people something to laugh about. Making them laugh is a kind of happy work, but after all, I guess it really gives me more happiness to feel that I've given them something to think about—seriously."

I knew what he meant, and what *he* was thinking about, for indeed this comedian doesn't always try to be funny, and really gives out much philosophy and many worth-while thoughts during his nation-wide broadcasts. "Eddie Cantor is one comedian who can make

"You get out of life what you put into it." Eddie Cantor's grandmother told him that years ago. "The thought stayed with me . . . its realization has affected my career . . . my home life . . . it has meant a lot to me."

Interview by MARJORIE BROWN

us think even while we're being entertained," I had heard someone say just a few hours before.

That prompted my next question.

"Just what would you say is your philosophy of life—or at least what is a thought which contributes to it?" I ventured.

"Well," he answered rather slowly, "I often remember what my grandmother—with whom I lived after my parents died—repeatedly told me. '*You get out of life just what you put into it.*'"

"Another way of saying, 'Life gives if you do.'"

"Yes. As time went on I realized how right she was in saying that. The thought stayed with me. I might say it was the realization of it upon which I planned my career. It has been with me in my home life. It's meant a lot to me."

He repeated the sentence.

"'*You get out of life what you put into it.*' Something I got from just that has always richly rewarded me."

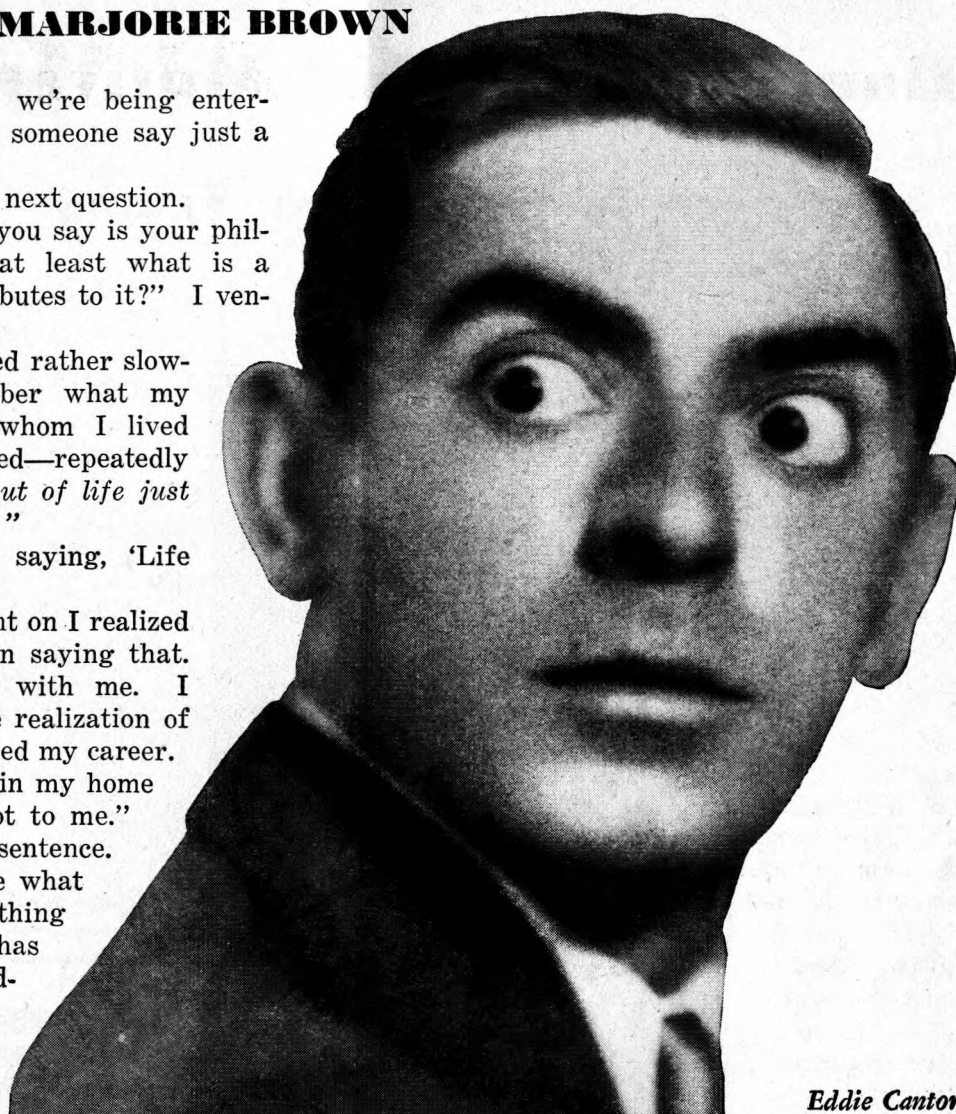
He was musing now and I wondered if he might be thinking of the

S.O.S. (Save Our Schools) movement which he has made so familiar over the radio. I remembered I had heard someone quote Eddie Cantor—"Spend more money on good teachers and you won't have to spend so much on policemen," and I was about to ask him to tell me more about the thousands of comments he has received from teachers and parents from different parts of the union—

But the dark-eyed little comedian is not one to dwell on his accomplishments and I heard him saying, "I get a lot out of life by *mixing* with life."

INCIDENTALLY most of us don't do that. We look up or down at people and out at them.

I felt that he must be thinking of his boys' camp which provides summer vacations, and a winter camp for poor and undernourished boys. I remembered how he himself had been such a boy in the crowded tenement district of a great city. "There's your camp," I ventured "and your family—it's rather a large family—"



Eddie Cantor

The little glints in those unusual eyes again. "My family—yes, there is plenty of life in my family circle—keeps me pretty busy, and the camp! Just watching those lads, many of them trying to get a good hold on life—it's given me many a thrill.

"That camp—working with it—is to contact an enormously interesting slice of life. Grandmother's statement, '*You get out of life what you put into it.*'—well, it more than applies in this instance, for I've certainly got very, very much satisfaction, interest, and thrill out of the boys' camp. It's surely paid big dividends in enjoyment."

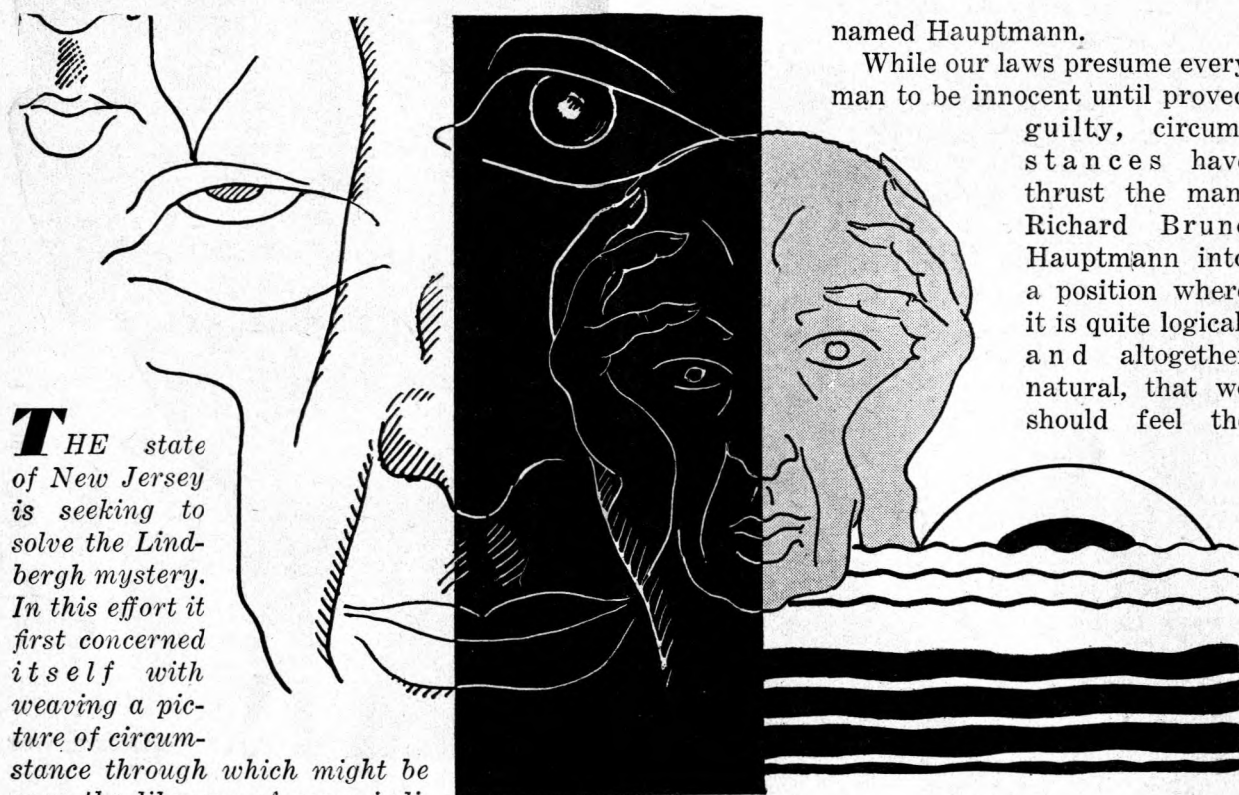
"Now Eddie Cantor is going to smile," my brain telegraphed but he didn't. Instead the big round eyes got bigger and rounder and I asked the next question that came to me.

"What valuable experience—on your way up the ladder of success—what bit of valuable experience have you gained from your failures?"

A spirited answer to this—an acknowledgement that they had (Continued on page 59)

Hauptmann—What Motivated?

by DR. ELLAINE ELMORE



THE state of New Jersey is seeking to solve the Lindbergh mystery. In this effort it first concerned itself with weaving a picture of circumstance through which might be seen the likeness of some individual, whose history for the period of the crime would exactly match the picture so woven.

The Federal authorities on the other hand determined to follow the flow of the ransom money as tabulated by the serial numbers of the bills making up the sum passed by Dr. Condon over the cemetery wall in the Bronx. In the net cast from Washington, we find Bruno Richard Hauptmann enmeshed.

ON a morning early in the year 1932, the whole world sat, coffee cup in hand, and with morning paper which announced the loss of Col. Lindbergh's baby.

The whole world dropped every other interest to propound the question: "Who could have done this—and why?"

Today, almost three years later, and in the turn of the new year, the world still asks the question, coupled with other questions that touch and have to do with a rather stern-faced young carpenter, of German extraction,

named Hauptmann.

While our laws presume every man to be innocent until proved guilty, circumstances have thrust the man, Richard Bruno Hauptmann into a position where it is quite logical, and altogether natural, that we should feel the

impulse to question his heredity, his mental and emotional capacity, his apparent goal.

* * * *

IT IS generally conceded that there are three great crimes which have followed man and which in some form or other are still with us; these are cannibalism, incest and murder. The third has existed from the beginning of time and usually results from an extreme expression of the aggressive tendencies of man.

We know that the determining factor in all crime is weakness. Sometimes this may be traced to some physical defect of an organic or functional nature. Originally, we had an idea that the criminal was a normal man, who yielded to wicked desires of his own free will.

We now know that one may start life with a distinctly unstable nervous system, or a tendency to unusual behavior. Indeed we might say that criminal conduct is an incapacity on

A Psychological Study

the part of the individual to make an adequate social adjustment; that is, criminal conduct is a maladjustment, at the psycho-social level.

Few had ever heard the name of Bruno Richard Hauptmann until the vigilant eye of our Federal forces sifted the sands of our millions and focused the light upon him.

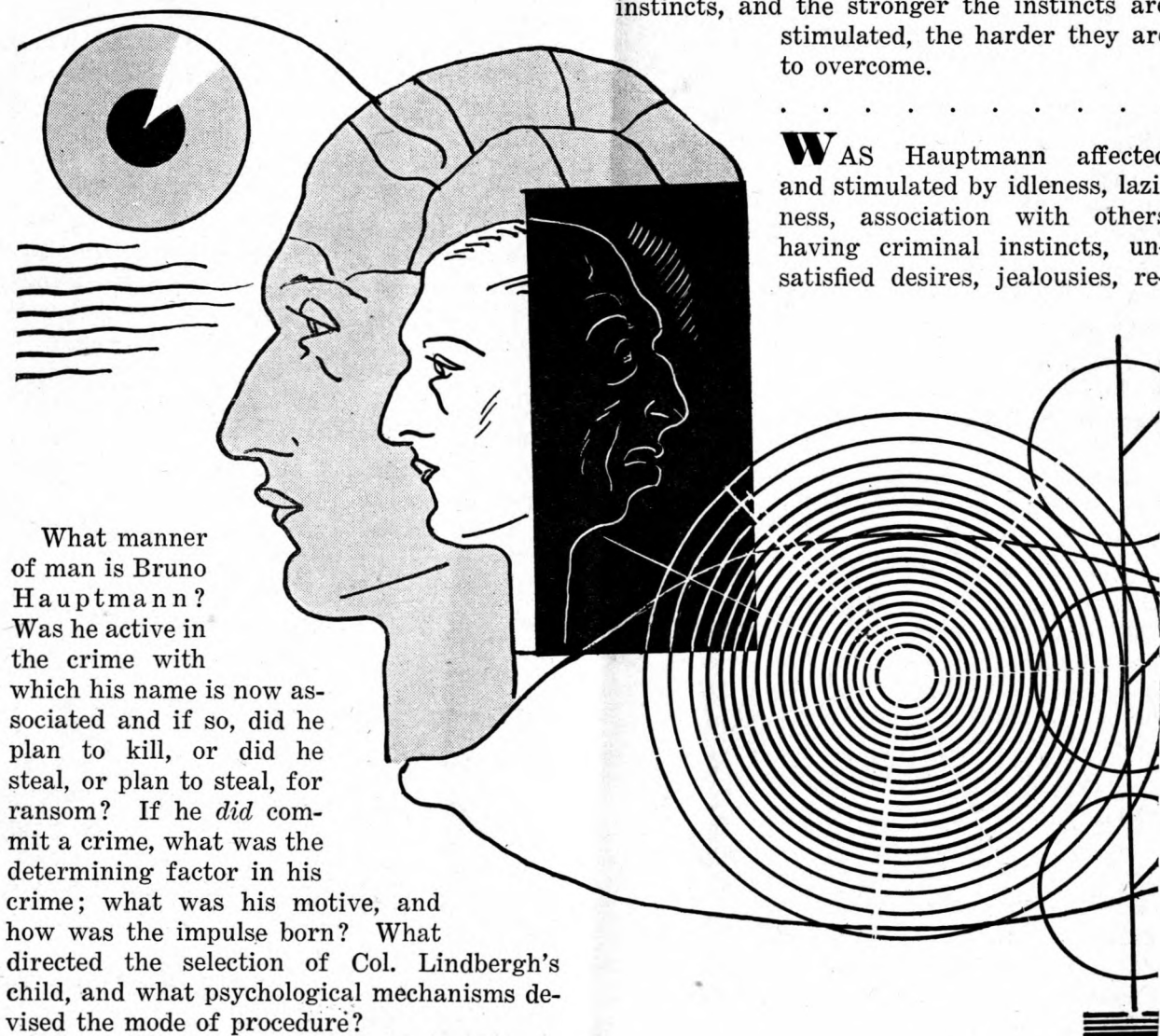
Consider then, this extremely self-contained young carpenter, stepping overnight from the penury of a daily wage into the place of money lender and investor; the dramatic transformation of his wife as she emerges from behind a bakery counter, where for a few dollars a week, she had handed out loaves of bread and fluffy cakes, now assuming the role of investor, sitting in the business office of a Brooklyn firm, buying up mortgages on real estate. A veritable Cinderella transformation it seems.

It would be interesting could we study the family constellation of Bruno Hauptmann—interesting if we could investigate, not only his parents and grandparents, but the generations which preceded them; to determine his parental and his family inheritance and in the light of this, to find possible transmission of a tendency towards crime.

We should like to know something of the natural tendencies with which Bruno Hauptmann was born, the surroundings and psychic atmosphere in which he grew up—for these essentials of destiny are also factors of the destiny by which the environment with its countless influences works to form natural tendencies into one whole.

We recognize that instincts are inherent, and are merely "stimulated from within." We know that the criminal instincts within all of us, need only to be stimulated; and if stimulated, demand to be overcome. We know that the longer one acquiesces with criminal instincts, and the stronger the instincts are stimulated, the harder they are to overcome.

WAS Hauptmann affected and stimulated by idleness, laziness, association with others having criminal instincts, unsatisfied desires, jealousies, re-



What manner of man is Bruno Hauptmann? Was he active in the crime with which his name is now associated and if so, did he plan to kill, or did he steal, or plan to steal, for ransom? If he *did* commit a crime, what was the determining factor in his crime; what was his motive, and how was the impulse born? What directed the selection of Col. Lindbergh's child, and what psychological mechanisms devised the mode of procedure?

vengeful tendencies?

Mental tests have shown the man Hauptmann to be perfectly sane and normal. It would be interesting to ascertain his mental intelligence quotient, and to attempt some method of emotional measurement and testing. It would be revealing to know his reactions under the stimulus of fear, anger, hunger or rage.

While we are studying this young carpenter, who has been pronounced sane, and while we weigh opinions and findings, we must not fail to recognize that the impulse to murder, sometimes seizes quite respectable and well-balanced persons. We know, too, that there are criminals by circumstance; those who do not mean to do wrong—and criminals by prime instinct. Hauptmann, perhaps, does not belong to the first class. Something more than a disturbance of the thyroid is evidenced by the fourteen letters—if they are his—demanding ransom for a beloved child.

We can measure mentality but so far there is no entirely satisfactory way of measuring the emotions. Yet the emotionality of the criminal is of far more importance than his mental state.

Rousseau has said that "Everything is good that comes from the hands of the creator; and everything is perverted by the hands of man;" that is, that society is the real malefactor Has society failed in its dealing with Bruno Hauptmann, and if so, *how* has it failed? In his native country was Hauptmann a day-dreamer seeking to find completion in his emotions, denied fulfillment in a world of reality? Some there are, who obsessed by the acquisitive instinct constantly try to escape from the drabness of reality; others of egotistic tendencies risk their own happiness and that of loved ones, in order to inflict suffering on their victims.

Did the criminal, in the Lindbergh case, take the baby from his crib, to murder him in cold blood, or was the death accidental? Many have felt that someone carrying the child, fell when the ladder broke, afterwards killing the child because it had been injured. Is it possible, to serve some obscure end, the child was deliberately killed before he was taken from the crib?

THE INDIVIDUAL AND THE SOCIAL GROUP

THE science of psychology has led us to understand that murderers are not necessarily dangerous criminals. Sometimes unusual circumstances reflect the conflict between the individual and the social group, to which he

belongs. Such a one may belong to a group of ambivalent opposites, for the needs of the individual and the group are not always parallel. Is it possible that Hauptmann has, or has had a grudge against society at large?

Society asks that every individual attain the high degree of sublimation, regardless of any mental conflict (which *might* be traced to a repressed sex complex). Hauptmann had been married for quite some years at the time of the taking of the Lindbergh baby. He then had no children, but within a year of the time, his own son was born. If it could be established that Hauptmann has had connection, active or passive, with the Lindbergh case, it would be interesting, could his emotional release be measured; interesting to ascertain what symbolic satisfaction was obtained by this act. There would seem perhaps to be a transposition from the sexual to the criminal realm.

ANTICIPATED FINANCIAL FREEDOM?

It is true that Hauptmann's acts and interests, subsequent to the crime, show a love for ease and pleasure; the car, the boat, the buried equipment for days of pleasant idling. Once before, in his own native land, Hauptmann had found a way to comparatively luxurious living before an unfortunate trend of circumstance closed with finality the doors of freedom.

* * * * *

Perhaps, as he approached the promised refuge of an alien shore, like many thousands before him, he anticipated a financial millennium. Disillusioning it may have been to plod his way through days of manual labor, with his old tools the only means to weekly wage and shelter.

Has Hauptmann's measure of success been material wealth? And has he perhaps hated those considered more successful than himself? Perhaps without right concept of the social body, he has failed to understand that each individual in a social organization may very properly be considered an investment of that society—and destruction of an individual constitutes destruction of capital interest.

.

May the day come when more resources of science can be directed to the discovery of the *causes* of every form of evil . . . In the meantime, emphasis has shifted from the act to the actor.

* * *

Is Hauptmann guilty? The world eagerly awaits an answer.

For a Successful 1935!

Ten Rules

by GENEVA HOLLAND

- I **R**EALIZE that the whole year does not need to be lived all at once. Live only one day at a time, only one hour—just now!
- II Determine to have strength and courage. If conditions seem intolerable, change them. Tactfully, if possible—if not, firmly and kindly. You have a work to do. You are important. Be confident.
- III As each problem arises, if possible, analyze it—its cause and possible cure.
- IV **D**ECIDE quickly. Of course your decision will not always be right, and no matter what you decide, there will be times when you will wish that you had decided the other way. But start. Hesitation is tragedy!
- V Do not worry. Work never killed anyone—not even overwork. Fear and worry are deadly enemies of health and happiness. Keep your mind open. Make changes if necessary.
- VI Do not repress yourself—your natural desires and emotions. Guide them into realization, as far as possible.
- VII **R**EMEMBER that the great Cosmic Power is love, and love is divine. Love people, love beauty, all things good. Above all things, be *lovable* yourself.
- VIII Welcome and enjoy change. The most important thing about life is living. Living is *continual change*. Don't be *afraid* to live, and change, and grow.
- IX Do not expect too much. The world, or people about you, will not act or react to suit *you*. Adapt yourself. Make yourself an important part of life, *just as you find it*.
- X Every day—forget yesterday! With its problems, petty trials, adverse experiences, limitations, heartaches. Let each mistake of yesterday be only a stepping stone to the blessings of today. Plan for a glorious tomorrow. Look forward and upward. Live each day—this day, daringly, fully and freely! Practice the habit of happiness!

Stop Forgetting!

WHY DO we forget?

Why do men and women often forget essential facts—facts that sometimes seriously affect their individual welfare?

The act of memory consists in duplicating previously experienced mental processes or formerly accomplished neural activities in the cortex of the brain.

Such activities are accompanied by and associated with a recollection of similar past experiences, related conditions and kindred facts.

RULE 1: THE LAW OF SUGGESTION, THE BASIS OF MEMORY

Sensations are the raw materials through which knowledge is derived. In common with all manifestations of intelligence, the human consciousness ever seeks to avoid the painful and to acquire and express the more pleasing sensations.

Memory is dependent upon clear, distinct and vivid sensations. An object may be used or seen every day and yet not *observed* with the keen, discriminating, perceptive faculties.

The tendency to forget is, according to Freud, an unconscious "defense mechanism."

This is set up by the subconscious mind to shield and protect the conscious mind from unpleasant recollections or associations.

Human consciousness is cowardly insofar as it fears to face reality and retreats when confronted with embarrassing or disturbing, reminders of circumstances which reflect discredit upon it. It is not chance that makes you forget why you tied a string on your finger to *remember*.

The subconscious mind is the great storehouse of memory. In it all pre-

viously experienced sensations, impressions and events are confined, awaiting the stimuli of appropriate circumstances to liberate them.

RULE 2: THE LAW OF PERCEPTION

The power of perception consists of the faculty of interpreting the sensory and motor activities of the individual.

The development of memory power, in last analysis, is dependent upon the strengthening of all five types of sensory perception; (a) Visual, (b) Auditory, (c) Tactile, (d) Gustatory, (e) Olfactory.

(A) VISUAL PERCEPTION

Most of our impressions are received through the eye or ear.

Your memory power depends largely upon your faculty of *seeing aright*. Cultivate this knack of observing intelligently.

Visual memory depends upon the intensity



*An object used every day but
observed casually*

Begin Strengthening Memory

with which original impressions are received; upon the ingenuity with which they are linked to other impressions previously received; upon the interest or concentration directed upon the original impressions. The rapidity and distinctness of recall are in proportion to the intensity of interest aroused to the matter, at the time the original impression is received.

If your memory is inclined to be unreliable, this defect can be overcome, although it will require faithful practice of the psychological exercises in sensory perception which follow.

EXERCISE ONE

Look about you, then make a list of ten interesting objects in plain sight. Strive to impress upon your mind a detailed image of these. Shut your eyes and recall all that you can; size, shape, color, special peculiarities.

Then look again, repeat the process and then write out all details you can recall. After this make a list of omitted details. Later, do this same thing until by this practice, you are able (and be sure you *will* be!) to construct complete mental images of any given object, picture or room in minute detail.

EXERCISE TWO

After you have mastered the above, make a list of five familiar rooms, five nature scenes, views of five different buildings, five paintings, five photographs, and five familiar people, and in each case, proceed as above.

EXERCISE THREE

Review exercise one and two; take each of the ten familiar objects utilized in the first exercise; spend one to three minutes in gaining a vivid detail mental picture.

Go into another room and concentrating on each of the mental images you have formed, take pencil and reproduce as completely as possible.



You've a string on your finger all right—but what was it to remind you of?

sible. Artistic factors are of no importance.

Eventually you will find that after but a brief glance, you are able to turn your back and draw a sketch which is at least accurate and complete in practically all its details. To avoid monotony, change your objects frequently.

EXERCISE FOUR

When riding in trains, buses, or subways, when seated in the theatre, or when walking along crowded streets, *strive to pick up stray bits of conversation which you may overhear.*

EXERCISE FIVE

Under circumstances such as those suggested in exercise four, *carefully classify, distinguish between and strive to recall, with your eyes closed, the specific qualities, tone, and individual characteristics of each different human voice to which you have frequent occasion to listen.* Give attention to individual pronunciation, accentuation, enunciation, deliberation, and other contrasting peculiarities of (Continued on page 63)

by
Bernard
Vincent
Grossman,
Ph.D.

To American Industry: "Put your dividends, dollars, men back to work, *now!* Then will you have the security of dividends—and of a business—tomorrow!"

Let Profits Wait!

A People-Come-First Project

"NO dividends are secure, no business is safe, until today's unemployed millions go back to work!"

Grimly and persistently this statement and many like it have reached forth into the world of American industry, as some of the convictions back of the "Hearn Plan."

Approved by some, uneasily received in some quarters and openly attacked in others, the plan (inaugurated by Maurice Levin) has attracted wide attention.

After two months' trial, facts and figures, rather startling in themselves, have been released and indicate that the "Hearn Plan" may possibly include a solution of paramount importance, to all the world of industry. Statements made are: "A thousand more employes at work; a million more customer transactions; two million dollars more in sales!"

"AN exciting adventure in human relations! Yes, that's exactly what our business has become."

It was Maurice Levin speaking—that practical, far-seeing humanitarian who is drawing the eyes of the nation to a famous old landmark on Fourteenth Street in New York City—Hearn's Department Store.

For nearly three months now the Hearn plan inaugurated by Mr. Levin as a concrete aid to President's Roosevelt's New Deal recovery program has been the talk of the country. Forward-looking statesmen and industrialists are hailing it as the one sure way to bring back prosperity. Reactionaries like the "two mournful colonels in Chicago"—to steal a phrase from Mr. James A. Farley—are decrying it as "downright revolutionary."

Revolutionary it is, all right, but the happy customers that throng the store aren't lamenting it. This "dangerous" plan is making it possible for them to enjoy necessities of life after years of utter deprivation. Watch them. The sights you'll see are both appalling and inspiring. Appalling to realize that, in the midst of over-abundance, people could be reduced to such dire want. Inspiring to know that courageous men like Maurice Levin are not afraid to cast aside tradition and cut through the red tape of orthodox business methods in order to help them back to their feet.

Physically, Mr. Levin is a mite of a man, slender and retiring. But take one look at his clean-cut features, the expression in his deep brown eyes—there's nothing small about his spirit. There's intensity in his eyes—decision in everything he says and does.

"Two and one-half years ago," Mr. Levin told me, "I stepped into what was left of one of the finest stores old New York ever had. At one time it enjoyed the patronage of the wealthiest families of the city. Yard goods sold as high as eight and ten dollars. Linen table covers for as much as a thousand dollars. Everything from pins to pianos radiated the essence of *quality*.

"Then Fourteenth Street began to go back. Society turned northward, and merchants of vision followed. But there was something sacred about this spot to the Hearn family. Here they had been rooted for decades. Here they wished to remain.

"About twenty-five years ago a new generation came into control. They saw no need to continue the endless pioneering of their elders. The store their fathers built would always be secure. They, unfortunately left

“Let dividends wait! Let profits wait! Lower prices now! Help people buy more—use more. That’s the way to stimulate trade—put men back to work.”

Interview With Maurice Levin

by GRACE M. KEEFFE

the business to run its natural course.

“Then the depression—and 1931 found this younger generation in serious financial difficulties. Finally, nothing remained but the reputation for integrity that had made the store outstanding in America.

“I was asked to come in by banking interests. I had never been in a department store in my life. My business was molasses, in which I still am interested. After devoting twenty years of my life to it, I thought I would step out and get acquainted with my family. But twenty-four hours of leisure convinced me that it wasn’t so easy to break away from something to which you long have been anchored.

“In the Hearn store, I saw an important institution tottering. Men and women, who had grown old in faithful service there, were confronted with the unhappy nightmare of being thrown out of their jobs.

“The more I looked about, the more I was gripped to do something to save this fine, old institution. A store that had served the community for over a hundred years, I reasoned, had a right to live in reward for the faithful service it had rendered. I wanted to insure that right. I wanted to preserve everything of its fineness and beauty. That is why I stepped in at a time when everybody else seemed anxious to step out.

“My first duty, I felt, was to reassure the people I found here. I told them that I had put my energy and purse at their disposal, with the hope that *together* we might build this store into the greatest institution of its kind in the world. Working in harmony, we could surmount a million obstacles. They promised to support me. I rolled up my sleeves and went to work.

“Since that time I have learned a lot about the retail business. From the first, I made it a custom to chat with clerks and sales people, dropping a word of encouragement here, helping to build a display there—trying to meet every man and woman in the store on equal ground and to make them feel that we are all partners in a common enterprise.

“This is one side of store-keeping. But it soon opened my eyes to another side—a very tragic one.

“Day after day I saw thousands of people coming in here to shop—and many of them were mothers with little children in their arms. Many times I have watched little lads in rags beg their mothers for a pair of shoes, and I have seen those mothers, with tears in their eyes, refuse their little ones’ requests for even such bare necessities.

“‘No, darling, not today. When daddy finds a job again, I’ll get you some nice, new shoes.’

“Words like these began to ring in my ears. Here were good, honest, worthy people crushed by a financial hurricane—deprived of everything that really matters to a human being.

“Here, then, was another problem—to help those thousands who came, with limited pennies, to buy the things that life should have given them. And then it dawned on me.

“The President of the United States is a good man—wholesome at heart and honest in purpose. He is working hard to straighten out this economic tangle, and he will succeed. It may take a little time, but he will revive prosperity for his people. Meanwhile, why not give them a lift? It won’t cost me anything, and I shall be rendering a double service. By helping Hearn’s customers to tide over this serious period, I shall contribute my

bit toward helping the nation emerge from its present chaos.

"Why not relinquish my salary? Why not permit my capital to work for one year without profit? Thus was born the 'Hearn Plan.' And, I decided, it must be put to work, to serve several purposes.

"By lowering our prices, we shall enable people with limited pennies to buy more of the things actually needed. As they buy more, we shall sell more. As we sell more, we shall buy more from our manufacturers. Increased sales will create the need for more employees. And with the wheels of industry moving more rapidly, there will be thousands of jobs for the jobless.

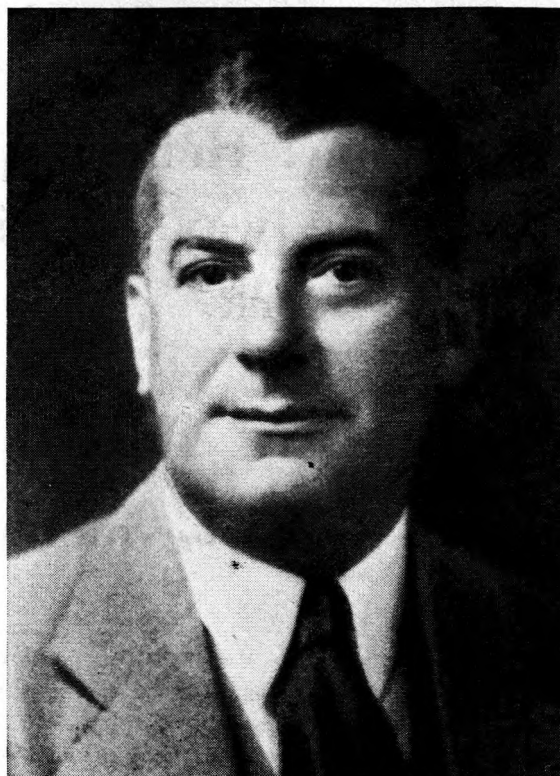
"I took my plan to Mayor La Guardia, to ex-Governor Smith, to General Johnson. They all approved. In fact, they blessed it because they felt that it would bless the country.

"But the plan was a new procedure and, like everything new, it was bound to meet with resentment. Competition was aroused, many elements incensed, but all the fury failed to weaken my stand. I had only two interests in mind—to give my customers a 'new deal,' and to increase the number of employees here. I knew that *they* would not resent it.

"In order that the 'Hearn Plan' should work effectively and smoothly, several things had to be done. Hearn had to be master of its own soul so that nobody could bring pressure to bear to change our course. That is why, on the eve of putting the plan into effect, *we paid off all our obligations to banks and cancelled \$176,436.88 due us from customers.* By doing this we were living up to the slogan: 'Nobody owes Hearn, and Hearn owes nobody.' With no stock- or bond-holders, and no banking interests to dictate policy, I was master of my own soul—master of the store.

"As president I am drawing no salary—not even expense money. My private secretary is not on the store's payroll. There isn't a soul to drain off dividends. Not one dollar of wasteful expenditure is tolerated. We have a fine army of buyers, who put the interests of Hearn's customers first. With their ears to the ground and their eyes to the future, they are making every dollar buy the most that a dollar can buy, and this full dollar's worth is being turned over to our customers.

"We have set up our budget to do a volume of business. In calculating these figures we have one definite purpose in mind—to *convert every dollar of the store's earnings in excess of operating expenses into lower prices.* Last year Hearn was one of the few retail estab-



Maurice Levin

lishments in New York to boast net earnings of nearly \$500,000. This year all that is going back to our customers, and more.

"We shall continue to operate under the 'Hearn plan' for one full year. In the eight weeks that have passed since its adoption we have served one million more customers than in the same period a year ago. We have bought millions of dollars worth more goods. We have increased our personnel from 485 to 2,200. Our clerks and executives are receiving a living wage. As to whether or not they are happy, *ask them!*

"Yes, the 'Hearn plan' is working, and hundreds of stores throughout the country are following our example.

"Dividends cannot be eliminated. Everybody knows that. But no enterprise, large or small, should hope to pay dividends while vast numbers of men and women remain unemployed.

"This nation would be far happier if we could forget about profits for a while and utilize them toward providing jobs for the jobless. Those who shirk their duty on this score are going to find themselves bled to death by taxation.

"Wealth is not just a hoard of shining shekels—but a continued flow of energy that must be utilized for the common good of mankind. When this is realized, then, and then only, will there be abundance for all—and security."

"Voice of Experience"

by **GEORGE W. RAWLINGS**

I Object!

APPARENTLY I started something in last month's issue.

My article, objecting to the teaching given forth over the air by the "Voice of Experience" on the subject of "living dangerously," has brought a veritable avalanche of letters to my desk.

To my astonishment, the majority of the letters are more or less hostile. It seems to be felt in some quarters that I should not have dared to be critical of such an established public institution as the Sage of the Air.

One utterly unexpected reaction to my article was that the "Voice of Experience" met my objections by a special talk about it in one of his radio broadcasts. I take this opportunity to place on record my appreciation of his fairness on that occasion.

BUT now I have another objection to put forward.

I find myself out of sympathy with the "Voice's" treatment of the social curse of intolerance.

When he discusses this subject, he enumerates the typically intolerant person as belonging to one of three classes: children or savages or neurotics. He tells us that in this matter nations are often like individuals. That is to say, they are either childish or uncivilized or behave in a manner that suggests a bad neurosis.

Up to a point, I agree heartily.

The history of the past twenty years gives ample evidence of the fact that an outburst of national intolerance, whether it occurs in the United States or in any country on the face of the globe, may be traced to one or other of these three origins.

The intolerant nation is either civilized or not. If it belongs to the family of civilized nations, then its manifestation of intolerance is due either to a passing fit of childishness or to a fear-neurosis or an anger-neurosis such as we all experienced during the years of the Great War.

But now the "Voice of Expe-

rience" goes on to tell us that the United States is the typical example of the "little boy" nation, and that our citizens are known all over the world for their intolerance, their vaunted and boasted superiority, their quickness to condemn everything new and different.

TO BE quite candid about it, this statement puzzles me.

In the first place, it does not square with my own personal experience of my fellow-citizens abroad.

Over a period of fifteen years I lived in various foreign countries. In those countries I not only was in constant touch with the resident American colonies, but I had plenty of opportunities of studying the alien environment in which they lived.

Whether that alien environment was English, French, Italian, Spanish, Belgian, or German, I always found that our people knew how to adjust themselves, that they were what are called "good mixers" and that they gave expression to no high-and-mighty notions such as the "Voice of Experience" seems to suggest.

In the second place, the statement is not, in my experience, one-hundred-per-cent true even as regards the American tourists. It is quite accurate to say that sometimes the ordinary tourist behaves towards foreign institutions and customs in a manner that a cultured American is likely to be ashamed of. This was especially noticeable during the boom years, when the hysteria of easy money caused many tourists to think they owned the universe.

BUT IT does not seem to me to be quite fair to indict the whole tourist class just because of a passing attack of hysteria manifested by some of its members.

Of course it will be said that the "Voice of Experience" is not lodging an indictment against any class of Americans. He is not pronouncing judgment at all. He (*Continued on page 62*)



Progress!

AEONS ago . . . some strong desire
Causes a nebula to spire.
It spires around, it spires around,
Its particles are fused and bound.
This blazing energy gives birth
To earth, and Life upon the earth.



FIRST carbon cloud and moisty crust
Create a living thing from dust,
Beneath the sun. How fruitfully
This creature populates the sea.
The dark, cold outer space around
Has made warm sea and sky and ground.



by **BEN FINGER, Jr.**

ASCENDING forms of Life are traced,
Revised and shifted and erased
For progress is the highest law.
The brute has need of fang and claw;
Yet even brute develops more
Through happiness to climb or soar.



A MILLION years, a million years,
Continue until Man appears—
The universe, which, span by span
Gains greater consciousness in Man,
Is vast and marvelous and new.
All things are ours to know and do.

Psychology in Review

by MARIAN MONTAGUE

"ROUND ABOUT FORTY"

NOT so long ago popular novelists were filling our hearts with dread at the thought of the "dangerous age"—

That period 'round about forty when a woman suddenly wakes up to find that her children no longer need her care; that her husband is completely absorbed in his business; that his secretary has won his heart; that the wife is "out in the cold."

This old-fashioned idea of the forties, by the way, was knocked to smithereens a couple of years ago when Walter B. Pitkin came forth with a grand little book which told us that life is only *beginning* at forty. And now Dr. W. Beran Wolfe, well-known psychiatrist, says that "the forties are a woman's best years." Dr. Wolfe speaks from a standpoint of experience. One of the most successful psychiatrists in New York City, for several years he has served as director of the Mental Hygiene Clinic of New York's Community Church.

IN "A Woman's Best Years," a thoroughly fascinating book, Dr. Wolfe takes great pains to convince the woman who is finishing the fourth decade that *beauty and youth are relative concepts*.

"Looking backward is what makes you old," he declares. "Looking forward keeps you young"

"The goal of eternal youth is now within the reach of every woman who learns to be the *master of her hours and not the victim of her years*"

"Don't stake everything in life on beauty and sex appeal You must develop something more permanent than physical beauty if you want your life to be serene and happy"

"The best investment for middle age is a wide horizon of interest, emotional vitality and elasticity, broad social activities, and a career of service to your fellow men."

To the faithful wife who suddenly finds herself face to face with "the other woman," Dr. Wolfe offers this advice:

"Husbands are like water. They run down hill, and they go to the woman who offers them the most ego-satisfaction. Perhaps you

have been taking marriage too much for granted, and thus have denied your husband that sense of adventure which is such an important element in any happy marriage."

Dr. Wolfe would have every woman take a page from the lives of the great courtesans. They were masters of the art of love, an art which every woman must master, if she would insure her marriage against monotony, boredom and disaster.

Dr. Wolfe offers a great deal of sound advice on that vexatious problem of the in-laws; he exposes the neurotic basis of homosexuality; he describes the psychological suttee of the Western world as quite as dreadful as the Indian custom of burning the widow on the funeral pyre of her dead husband.

"Avoid social isolation," Dr. Wolfe advises. "The human spirit cannot grow in a cell The only real safety that exists in this world is the safety that comes from being thoroughly connected with men, women and nature"

"The good life," he concludes, "is like a snow-ball. It accumulates happiness in almost intangible amounts as it rolls along."

POWER OF NON-VIOLENCE

I KNOW of a book that I should like to see read by every man and woman in the world—"The Power of Non-Violence" by Richard B. Gregg (J. B. Lippincott).

Today, when millions are languishing in direst poverty, the governments of the world are spending billions of dollars on arms, air-planes, battleships, and other deadly weapons of war.

Though the tragic effects of the first World War have not yet been erased, fumbling statesmen seem ready to precipitate another march to Armageddon. But are we, the people, going to follow them in their blind leadership—like sheep to the slaughter-house?

Haven't we learned that *force* gives rise to force and that *hatred* begets hatred? Even that military genius and advocate of war, Napoleon, admitted that nothing of perma-



"A sense of adventure."

Gleanings From New Idea Fields

nent value was ever attained by war. Will we, then, submit to it again?

These questions must be holding strong place in the mind of every thinking man and woman of today. The solution to the whole problem of war, national rivalry, and class struggle is contained in Dr. Gregg's scholarly presentation of non-violence as an effective weapon.

Only a few weeks ago we saw non-violence used quite effectively by starving Hungarian miners in wresting a living wage from their employers. This striking incident proved that non-violence is applicable in the Western world as well as in the Orient, where, of course, it originated.

Dr. Gregg is an American sociologist and economist of high standing. Several years ago a volume by Mahatma Gandhi aroused his interest in the principle of non-violence. Determined to see this principle in practice, he went to India and spent several years studying it at first hand.

"Peace imposed by violence," he tells us, "is not psychological peace but a suppressed conflict. It is unstable for it contains the seeds of its own destruction." Can we deny this when we see what is going on in Europe today?

"Non-violent resistance," he continues, "is based upon the idea of unity. The hypothesis of non-violent resisters is that the strongest factor in human beings is their unity—that they have more in common as a human family than as separate individuals. The basic assumption of these creative men of peace is that their opponents, no matter what their history, are at bottom decent, and have in their hearts at least a spark of good spirit which can eventually be aroused and strengthened into action."

"Fear is at the root of all the trouble in the world today." Fear, Dr. Gregg shows, is a divisive force. It must be supplanted by love, which has the power to unify.

"To love," he writes, "is to feel the unity of all life and things, and to feel and realize it so strongly that all people near us, however vaguely, come to sense it too, and thereby come to have a stronger sense of unity and security. To love is also to desire to create new and more abundant life To live as if we were eternal, would be to live in love. Love produces fearlessness Love enables us to transcend time and space, to realize our

essential eternity and infinity.

"Peace is a by-product of the persistent application of social truth, justice, and strong, intelligent love The price of peace is the price of justice We must have faith enough to act"

NEED OF LEADERS

Wanted: Men of genius.

The world is in need of leaders—great men who can think out and set up new moral values for mankind.

In his recent book, "The World As I See It," (*Covici-Friede*), Dr. Albert Einstein, world-famous scientist and philosopher, blames the present dearth of leadership upon the machine—the machine which, he says, has stifled man's individuality.

Dr. Einstein concedes that we exist for our fellow men—"in the first place for those upon whose smiles and welfare all our happiness depends, and next for all those unknown to us personally, to whose destinies we are bound by the tie of sympathy."

But he also firmly upholds the sanctity of the individual against the crushing tyranny of the dictator.

"The really valuable thing in the pageant of human life," he says, "seems to me not the political state, but the creative, sentient individual, the personality; it alone creates while the herd as such remains dull in thought and dull in feeling."

*"East is East, and West is West,
And never the twain shall meet."*

WHEN Rudyard Kipling wrote those famous lines, psychoanalysis was only an infant in the cradle. Today, however, it is a great psychological system, deserving of comparison with the Yoga of the Orient.

In "Yoga and Western Psychology," (Oxford University Press), Geraldine Coster examines this psychological newcomer in the light of the ancient body of rules contained in the Yoga Sutras of Patanjali.

Philosophers of all ages and all climes, she tells us, have regarded self-knowledge as the beginning of wisdom.

Psychoanalysis owes its sensational growth as a science to the fact that thoughtful men and women have begun to realize that salvation is essentially from *within* rather than a matter of supernatural intervention.

By salvation, Miss Coster means the security of genuine happiness, "for it is happiness, in the sense of poise (*Continued on page 54*)

Lure of Life

"TO be a genuine personality," writes Dr. Emerson Fosdick, "is to have a life not so much driven by circumstances from behind as drawn by purposes from before."

The man who is eager to free his soul, looks to the open sky for freedom like a bird that is caged. There lies the inspiration he needs and must have. The challenge to build a life, to grow unfettered, to enlarge his personality, to find the last of life for which the first was made, is the flame that licks at the wood of his soul!

Fear may drive us on to herculean endeavor, but victory thus won is only a shuddering relief. Worry may spur us to frantic efforts, but winning has lost its fine flavor when the fun of the contest is lost.

**By
EMIL
GOCKER**

WHAT it is that lures us to put forth our best, must appeal to our deepest joy and serve to promote joyful ends. Our ideal must never be mean or low. It must be a glowing star in our heavens, a high purpose to hold us to our course with its everpresent, overpowering appeal.

Some years ago, in the pages of *PSYCHOLOGY*, James Allan wrote: "Whatever your present environment may be, you will fall, remain or rise with your thoughts, your wisdom, your ideal. You will become as small as your controlling desire, as great as your dominant aspiration."

Here is a clue to greatness, a key to genius!

Petty ideals that serve only a selfish end, soon sputter out like a candle flame in the wind. But the ideal that is larger than ourselves, grows from a tiny spark to a consuming fire. It warms us at its hearth; it holds us tenderly in kindly arms.

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

A great purpose is never conceived in the crypt of a self-interred soul, for such as they are shrouded too closely in self-concern ever to be lured away from their littleness. A man who reckons not the cost to himself, thinks in terms of a large purpose and sets about the doing of it with all the generous ardor he is able to command Such a personality radiates his splendor of good deeds.

You Dreamed!

What Does It Mean?

STARK drama! Mystery! Surprise! Love! It is no wonder that the interpretation of dreams is fascinating.

Dreams come from our inner selves, almost unfailingly in times of stress, when we most need to know ourselves. They often come in the form of dramatic episodes—and we love drama.

A marvelous symbolization often makes their scenes as mysterious as are the scarcely translatable hieroglyphics of long buried civilizations—and we love mystery. They come without warning and slip away beyond recall, unless, immediately upon awakening, some conscious effort is made to retain them.

It is tragic to possess no key to the understanding of these brief glimpses into the depths of our unconscious, to miss some lessons which might lead to more sensible and happy living. So often, to shudder and try to forget is the only reaction to scenes which transcend those of the greatest dramatists.

Some dreams come only slightly altered, we may say censored, by conscience. Others come, so changed by this vigilant watchdog at the border of consciousness, that actors in the drama appear fearfully disguised and perform entirely out of character.

Probably no dreams come entirely uninfluenced by the censor. Some are not so objectionable and are permitted to pass essentially intact. At other times the censor seems satisfied that the symbolism is sufficiently unintelligible to the conscious ego it endeavors to protect.

Dreams which need little censoring occur frequently in the lives of people who are happily adjusted. For example, it is common for a lover to dream of making love to his beloved. His conscience sees no reason why he should not do so. No disguise nor symbolism is necessary. There are no great obstacles

to the realization of his desire, hence, no villain need enter.

This is the least dramatic type of dream. Only two main characters are necessary and there is no conflict. People who dream such dreams should thank their lucky stars and be satisfied with dreams.

Many dreams are horribly mutilated by the censor. For example, Mrs. B was deserted by her husband in the prime of life. Her religious faith forbade divorce and re-marriage. After her first year of loneliness she fell ill. A local doctor diagnosed her case as nervous breakdown and prescribed heavy doses of narcotics.

She grew steadily worse and night after night dreamed of being attacked by a vicious animal. Luckily, a physician was available who understood that the beasts who played the part of villains in Mrs. B's nightmares were gallant lovers in the uncensored versions of those dramas. With this new understanding of her situation Mrs. B could not believe that her faith required her to choose chronic illness rather than happy family life. The nightmares stopped abruptly and she recovered rapidly from her illness. She has now been happily re-married for twelve years and has two children.

In Mrs. B's case, her perfectly normal desires were symbolized by the fury of a wild beast because her conscience interpreted those desires as being wicked. Not satisfied with this cruel symbolism, Mrs. B's conscience further had her, again and again, almost destroyed by the beast as punishment for having such desires. There is plenty of drama here, but certainly not very pleasant entertainment until the victim understood her problem and the show was over.

Dramas with three characters present possibilities for more interesting plot developments. Miss T, a settlement worker, fell in

Psychologists assure us that everybody dreams every moment during sleep. Persons who think they do not dream are probably too severely repressed; their dreams would horrify them if they were remembered. . . . On the other hand, if your dreams are too vividly remembered, this, too, may disturb. . . . An understanding of your dream life will help you to organize and energize your waking life.

love with A, a very attractive but quite worthless and troublesome client of her agency. She carried on a relationship with him in spite of the protests of the Head Worker. One night she had a horrible dream:

Very late in the evening Miss T was walking back to the settlement with A. Suddenly A uttered a sharp cry and pointed to the nearest street corner. Miss T looked



and saw a dark shadow of uncertain form on the sidewalk. She assured A that it was nothing and reprimanded him for his anxiety. A cried out again, this time for her to run. She glanced back and saw the shadow gather itself into a misshapen bulk and pursue. She and A then fled in panic down the street. A escaped as the black monster pounced upon Miss T's back and bore her to the pavement.

The monster symbolized Miss T's fear of unemployment during the depression. It seemed that A cared enough for Miss T to warn her of what their continued relationship would mean. She assured him that it was not serious and refused to give him up. This dream should have warned Miss T that she was fooling her conscious ego and that her unconscious knew best. She insisted that it meant nothing and lost both A and her position within a month.

In this case it seems both Miss T's deeper consciousness and its censor cooperated to

warn her of impending danger. Her censor could not have made a villain of A because she had no conscientious scruples against their relationship. It is probable that her work represented to her a greater basic need than did her momentary passion for A, as A never had entered her dreams before. She very quickly recovered from her loss of A but will perhaps never recover from her greater loss.

In the following case the censor was satisfied but permitted a dream to pass which, when interpreted, was a very disturbing revelation. I requested Mr. L, a man of thirty-five and unmarried, to discontinue his interest in G, a girl of fourteen, on the ground that the relationship was not good for either of them.

Mr. L insisted that he was just guiding the young girl. I agreed, but stated frankly that I thought he was deceiving himself as to his real desires. He promised to cooperate in determining the true nature of his interest in the girl. I re- (Continued on page 62)

by Claude T. Burns

Ultimate Religion

Ten Principles of Character Building

VII. PRINCIPLE OF SELF-EXPRESSION

SELF-expression as a principle means infinitely more than vocal utterance, more than many declarations of opinion. We mean no disparagement of the power of words.

Clean-cut opinions forcibly expressed have been known to turn the current of thought and to open new epochs of history. The words we speak may reveal something of intellectual capacity and a degree of spiritual perception but the fullness of life cannot be condensed into a vocabulary.

Lip language is often futile in the presence of the deeper emotions and more profound convictions, but self-expression in some adequate form is essential to life's unfolding. Because of the fact that it is an indispensable factor in the problem of constructive living we must give it place among the more important principles of character building.

This principle operates in opposition to all unnatural repressions, needless restrictions, foolish concealments, timid hypocrisies and all forms of misrepresentation that stifle the spirit and warp initiative. Hope, ambition, affection, devotion, idealism and all the higher capacities and nobler passions must find expression or cease to be.

Again we relate ourselves to cosmic law when we own the indissoluble bond that holds us as individuals to the common interests of humanity. Character must be made articulate. Each life is to register in the records of other lives. A purely negative existence is unthinkable. Expression is life.

The central sun for unknown eons of time has been expressing its nature in radiations of heat, light and energy, a process essential to the continued existence of the solar system and indispensable to the perpetuation of its own supremacy.

INTERCOMMUNICATION is a principle of nature. It finds illustration in the soft note of the nightingale's song, the bloom and fragrance of the rose, the laughter of the leaping brook, murmur of wind, and swish of waves

on ocean shore. He who has not heard within him the humming of a responsive chord touched by these notes of nature's voice is insensate to the music of cosmic choirs. The universe is expressive of its own pulsating purpose. One has written:

*"I have seen eternity held for one sweet hour,
Caught within the petals of a lovely flower."*

Human life is inseparable from the life of the universe. It too, must find means of expression. We are not made to be shut up within ourselves. The life within must contact with life without. Expression is essential to expansion.

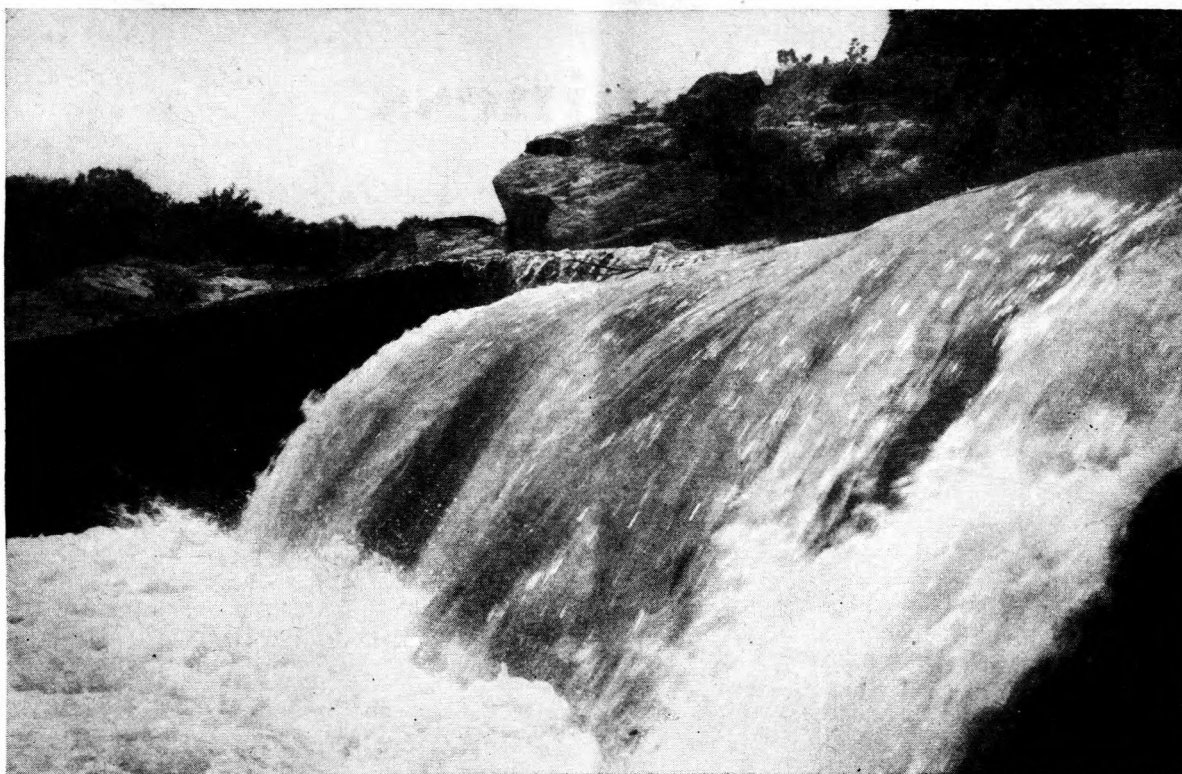
The philosophical background of this phase of character building is clear and convincing. Its practical application is supremely important. The value of loyalty to the self we seek to express is at once apparent.

We are familiar in these days with the colloquialisms, "Be yourself" and "Be your age." In more conventional form the admonition is "Be natural."

Naturalness in man or woman is the queen of graces. People endowed with this grace are willing to be known exactly as they know themselves. They are the salt of the earth. They ring true. They do not seek refuge in the current shams and pretenses, the petty hypocrisies, the artful alibis and the cunning camouflages of the day. They are sincere and their sincerity resounds in word and deed. They are grateful and their gratitude is a light that shines upon an ungrateful world. They have courage, patience and love, qualities that beautify the pattern of life. True self-expression can be realized only when the self is true.

TO BE natural means we do not pretend to be what we are not. It also means that we seek to dignify by our devotion the station we occupy, envying no man the prerogatives of the more exalted place. No two personalities can express exactly the same thing in exactly the same way. Whether we play the first violin, the second violin, the bass viol or the piccolo the notes we produce are caught

by William Charles O'Donnell, Ph.D.



. the swish of great waters

up by the harmonies of the orchestra and are essential to the triumph of the music.

"Thou shalt not covet" applies to the preferments of life as well as to possessions. Were there no valleys there would be no mountains. There are Himalayan heights and sacred Fujiyamas dominating the landscape of human affairs, catching the first glints of the sunrise, heroes receiving plaudits and winning honors quite beyond the expectation of the multitudes on the levels. We are not to be perturbed in spirit by life's inequalities. Out of the most humble heart may come the sweetest music; out of the simplest life may come the influence that will mould milleniums. Said the poet—

*"What shall I do to be forever known
And make the age to come my own?"*

The answer is that all the ages to come belong to those who faithfully express themselves to their own age. Piccolo, violin or drum we do our little part to complete life's orchestration of hope.

The menial task may express as much as the mighty effort. "This church was given to God by Euphrasia the widow" is the ancient inscription on the world famous Mosque of St. Sophia in old Constantinople. Euphrasia was an obscure woman who, when the Mosque was under process of construction, gave water to the oxen drawing stones up the hill. It is an appealing story. Seldom do inscriptions express so much. To perform our duty

well in the sight of man is to be honored as a donor in the sight of God.

WHEN man began to give concrete expression to his ideals, art was born. Painting, sculpture, music, architecture, literature are notable forms of self-expression that have adorned history with their memorials. We rightly admire the masterpiece and justly honor the master. The consummate form of human expression, however, is not to be found in the valley of the Nile, not on the Acropolis of Athens nor yet on the banks of the Tiber and the Arno.

We seek for it not upon the walls of the Louvre, not in the soul stirring climaxes of Lohengrin, not upon the printed page where scintillate the brilliant thoughts of the world's best writers. It is no mere rhetorical flourish but a gripping fact that spiritual ideals and capacities are best interpreted in terms of character.

Self-expression is therefore not only a principle of character building, it is the noblest of the arts. We need not despair because of the lack of genius. In but giving oxen to drink we are giving cathedrals to God.

Finally, we have to consider the paradox that the most perfect form of self-expression is self-surrender. There is a surrender which is weakness and defeat. There is a surrender which is strength and victory. This is the merging of individ- (Continued on page 55)

Married Happiness

What Are Its Secrets?

Dear Editor:

Love is a plant which only flourishes in the ground of respect.

Young people who marry are usually under the impression that they are "in love." Often that is a great misconception! They believe the thrills that they feel spring from the genuine emotion of love when it is mere infatuation; an urge on nature's part for them to mate.

Love is the beautiful child, the offspring of infatuation. Sometimes it is never born, or if it is, dies for the want of fertile soil, the soil of respect.

Either husband or wife may be guilty of the death of the love plant, and the insidious germ that most quickly kills it includes doubt, suspicion and jealousy.

True love is made up of understanding and perfect unity.

The insects that first attack the love plant are those in the impression that one or the other must be improved, made over or changed.

"Why do you do it that way?" "If I were you I would say so and so," "Why don't you?" etc., etc.

These criticisms indicate an unhealthy condition of the love plant, and sooner or later it will droop and die.

A thorough weeding out of the garden of our own hearts will often prove a true cure for the subtle beasts that attack our happiness; the most effective instrument is a spiritual mirror. Our love comes from, and is born of God; it is therefore fit that we examine our own souls, minds and personalities to see that we are worthy of the greatest of all gifts.

The spots, blotches and taints of pride, ego, carelessness and selfishness show up best when we take a very good look in that glass; no necessity for our loved one to call attention to them.

Man and woman can nurse the love plant by employing this mirror throughout their married life, creating with it a true self-respect, a sub-soil of tolerance, justice and generosity, and above all, do plant around the roots just a little sense of humor!

634 W. 135th St.

Mona M. M. Haars,
New York City.

SOME TIME ago PSYCHOLOGY published an article, "Secrets of Marital Happiness."

We asked our readers to express opinions of the article and to tell, if they wished, what their secrets of happiness included.

Dear Editor:

The old woman who told her daughter to take with her into marriage the two bears, bear and forbear, knew one of the secrets of a happy marriage.

The "I'll get even with him," spirit is a poor one to take into marriage.

Then there should be love, real love, not mere attraction, or passion; those die or burn out but love remains and grows with the years. It is much easier to bear and forbear if there is love present.

If one has a determination to make a success of marriage and a feeling that the vows taken are for life, one is going to try harder to find happiness in marriage. The couple who will take marriage vows with fingers crossed and a latent feeling that they can always get a divorce if the marriage does not "take," have a poor chance for even temporary happiness.

Even going seventy-five per cent of the way, as Mary Pickford suggested, will not bring the desired joy unless both are determined to go that far if it is necessary.

I like to think marriage is a partnership—equal responsibilities, equal investments, equal sharing of joys and sorrows.

I believe mine has been that—my husband and mine.

Not that we have always agreed! Quite the contrary. Not that we have not at times skirted the edge of the rapids, we have; the deepest happiness sometimes comes after just that, but always we have realized that we were going to make a success of life together; that both of us had faults and that we must be willing to bear with each other.

After all there are no secrets about a happy marriage. It means mostly common sense, loyalty, and the ability to forgive and go on loving!

And that done happiness comes. It is bound to.

MRS. GEORGIA M. EBERLING,
Pueblo, Colo.

Dear Editor:

There are so many people without any marital happiness that it might almost be supposed that any "secrets" there are, must be very difficult to come by.

Yet there are "secrets" that have been shouted aloud, probably since marriage was first instituted. Certainly to the end of time, they must be known to those who would be happily married. Secrets? They are fundamental laws, neither yours nor mine.

There must be first a love each for the other

that carries within itself the seed of growth.

There must be understanding not only each of the other, but even more, of themselves, so that the changes each must make for a happy partnership of marriage may be plain.

There must be, in each, the power to discipline, not the other, but himself—or herself. For the trouble with most of us, is not that we cannot see what we should do, but that we cannot make ourselves do it.

Philadelphia, Pa. (Mrs.) C. D. Cotton.

What Are Miracles?

by **ALFRED J. FOX, M.D.**

WHAT are miracles? The impossible? We frequently discover that the "impossible" merely means that which is unusual.

A comparatively short time ago broadcasting the human voice through space would have been regarded as positive evidence of witchcraft.

For many thousands of years messages have crowded the atmosphere pregnant with intelligence, a vast treasure house, the heritage of whomsoever would master the symbolic key to its hidden gates.

But until we knew it could be done—until the "impossible" was seen to be quite possible, no such thing as a radio could be ours. Now broadcasting sound through space has become a commonplace—the plaything of even little children.

Why should we regard the broadcasting of feelings, emotions, ideas, as impossible, and too absurd a possibility to engage the attention of serious students?

A DESIRE for something is the negative proof of that object's existence. For desire is an affinity or attraction between two objects—an interaction between two points, forces, or bodies.

Affinity for that which is non-existent is an utter impossibility. One craves for food, for sunlight, color, music, the perception of the God spirit, the awakening of one's own infinite self, the steady evolution of the finite towards infinity.

Anything and everything that one desires, exists, and is attainable—dependent on the elements of time and the volume and intensity of energy generated.

The main idea in desiring and realization, is to generate sufficient force to overcome resistance. Matter and substance are finite conceptions and often subject to hallucinations. After all, is not matter the positive and negative oscillations in the ocean of either?

If affinities may be electrical, electronic,

chemical, physiological, then why not spiritual?

Were our consciousness capable of desiring only necessities we undoubtedly would reconcile ourselves to the assumption that what we regard as the self or soul is but the chemical affinity of a mass of carbon, lime, sulphur, etc., for oxygen. But we must account for the continual creation and realization of purely spiritual ideals.

IN order to know, one must understand, and to understand is the imparting of infinite intelligence to mankind. We are still babies and our cosmic language but baby talk.

We are still animals to the extent that we submit meekly to the tyranny and exactions of our environment. Wake up—to your capabilities. To desire intensely without cessation, fear and doubt, is to tend to bring the object of your desire—goodness, wisdom, health, wealth and happiness into your sphere of consciousness.

So, stand up, you fallen gladiators, you incurable sufferers of incurable ills of the body and soul! Give yourself another chance. Make one more effort and consult old Doctor Common Sense—your own intense latent soul power.

Courage, will to live and get well, and faith in yourself, and—above all—a fixed determination not only to exist, but to live for a useful purpose—for the service and love of your fellow world-travelers, will give you a new lease on worth-while living.

Let none of the factors that seem to constitute social chaos disturb your faith in the ultimate outcome of happier living. After all, we are living in the greatest age of history.

Miracles are all around us and though hobgoblins of social and economic maladjustment press disturbingly at times, light is breaking.

The dawn of a new day appears. Let us tune in with its rhythm and give the world the best that is in us.

***W**AKE up to your capabilities. To desire without doubt or fear, is to tend to bring into existence the elements of health, wealth and happiness.*

***S**O stand up, fallen gladiators! Take heart, you who are sufferers of many ills. Give yourself another chance. Make one more effort!*

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—"***

SUBLIMATION

OUT of the hungry heart of me
May come a thing of transcendent beauty,
Like a waxen water-lily
Springing from a stagnant pool.

Alice Worsley.

CATCH THAT FLASH!

"THERE'S a good thought—capture it—
don't let it get away—don't wait—write it
down, now!"

Everybody has "flashes" of things unusual
and extraordinary, but the most of us say,
"Good; I'll remember that." But we don't.

Stevenson had a habit of jotting down his
stray thoughts; Mozart carried blank sheets
with him; Hall Cain took notes literally by the
barrel; Wordsworth would get up in the mid-
dle of the night to write down a good word.

Carry a notebook. "Catch that flash!"

Frank Arnold.

A PAT ON THE BACK

DO NOT despise the humble word "appre-
ciation." It is magic.

More constructive praise and less destruc-
tive criticism—these count.

Ever stop to think, Mr. Employer, how
when things appear to be running badly, you
invariably call attention to the fact—but when
things are running smoothly, you do not trou-
ble to give a word of praise. Oh yes, you are
paying wages, but money can't produce the
results and good feeling that a few words of
appreciation do.

And you, Mrs. Housewife, are you not al-
ways ready to tell the butcher, the baker and
the candlestick maker where he falls down?
Do you ever tell your butcher about the ex-
cellent meat he sent yesterday? Do you ever
tell your grocer you appreciate the little fa-
vors and considerations he gives you?

Try it—it works wonders.

Eva Rudd.

*"We are only beginning to recognize what
exists in the unseen and unheard world about
us."*

Walter C. Lanyon.

"FORGET TO REMEMBER"

"FORGET to remember."

Someone said that to me once. I didn't
catch the meaning then. I do now.

Forget to remember the things that would
otherwise rankle in your heart.

Forget to remember that someone once
slighted you, or cheated you, or has done you
great injustice. If you remember such things
as these you keep on harming yourself—in-
definitely.

If someone handed you a bottle containing
what you knew to be poison, you'd not will-
ingly feed yourself a dose—even a tiny one
—every few hours. Yet that's what you do
when you remember and dwell on the things
that disturb or enrage you. Physically and
mentally you hurt yourself.

So, if you're wise, you'll "forget to remem-
ber" many, many things.

V.M.B.

DAYS

COUNT this day wasted—

No new work begun,

No new flavor tasted.

No old battle won.

Count this day lost—

No bargain driven,

No mountain crossed,

No favor given.

Edith Cherrington.

COPS ARE HUMAN

I WAS waiting for a friend
on a busy street corner. People
and automobiles. A watchful
policeman on the opposite cor-
ner.

A small black dog had been
waiting restlessly to cross the
street. Down from the curb,
and hurriedly back, as a car
whirled around the corner
within a few inches of him.

Wistfully he scanned the faces of passers-by.



Then he tried another crossing. Back each time.

Suddenly, the policeman's whistle shrilled. People and cars stopped as the big cop walked out to the center of the intersection and called, "Come here, boy!"

The little dog, wiggling with joy, darted out in front of the halted traffic and bounded to the policeman's feet.

"Come on, I'll see you across."

The two of them walked to the other side. There the policeman again blew his whistle, waved his arm, and life went on as usual in the intersection.

The little dog bounded and wriggled happily. He was saying, "Thanks a lot," in dog language. Finally he trotted down the street and disappeared. I'd like to know that cop!

Mona Butler.

"IT CAN BE DONE"

TWO FROGS fell into a churn partly filled with milk.

The top of the churn was so high, that one of the frogs decided that any effort to get out was entirely futile, so he gave up all hope and sank to the bottom.

But the other frog was of different stuff. He kicked until the constant motion stirred up a ball of butter. On the solid surface, he was able to ride in safety until some one came along and rescued him. *The situation could be conquered.* The frog kept on until he won.

We can achieve our goals—but we must not be deflected on our way.

It requires a deaf ear to hindering influences. It takes faith in one's self, and a knowledge of the possibilities of one's own inner resources.

E.E.

"A NEW CONCEPTION"

I AM not discouraged—for I see a new social order slowly arising out of the present mess of private and public affairs.

A new day is dawning, offering hope and encouragement to the average man.

A new conception of wealth and its application, including its benefits, is slowly dawning upon man. He is realizing, "I am my brother's keeper."

I see selfishness slowly receding; I see religious differences fading away and a spirit of tolerance emerging.

Perry J. Morris.

GRANDMA

"I HAVE never had time for illness and unhappiness," she says. "When my children were small I was busy earning a living. Later, I found their companionship the most interesting thing in the world, so I had to grow up all over again—with them.

A little old lady, seventy-six years "young." Her shoulders are bent and time has written a life story in her face, but her walk is energetic, and her eyes gleam with interest. Best of all she radiates good health.

Age is not necessarily a thing of chronological reckoning. Very often it is a matter of habits of thought and actions.

Louise Millinger.

* * *

Dr. Rensis Likert, Assistant Professor of Psychology at New York University, says: "Psychologists have been paying too much attention to the behavior of mice, apes and other animals and not enough to human behavior."

* * *

"How would you like to hear the electrical activity in the living brain?" It has been heard by members of the Harvard Medical School, under the direction of Professor Walter B. Cannon, one of the world's leading physiologists.

* * *

Walter Damrosch received the honorary degree of Doctor of Humane Letters, which was presented by Dr. Frank P. Graves, Commissioner of Education, who referred to Dr. Damrosch as "a patriotic adopted son and beloved dean of Germany's masters of music."

* * *

Madeline Slade, Gandhi's disciple exclaims: "How a people so spontaneous, delightful, natural, as the Americans, can live in so appalling a civilization is a mystery to me!"

* * *

"Fine personality in women," as defined by Dr. Edwin G. Fleming, "is to have a sense of fairness, originality, liveliness and a pleasant voice."

* * *

\$100,000,000 drink—of water—for San Francisco. After twenty years, the Hetch Hetchy project has been completed—which brings water from the mountains of Yosemite National Park through a 150-mile aqueduct into the reservoir at Crystal Springs.

"Rise Up and Walk"

Who Has the Right to Say This?

C. FRANKLIN LEAVITT, M. D.

MAN is a miniature universe.

A thimbleful of water represents sufficient energy to split in twain the solid mountain; but it requires that the elements of the water and those of certain agents come into contact.

It demands that certain precedent conditions be established in order that a rapid and enthusiastic union take place and energy thus be liberated. Just so one soul may quicken another into action.

Knowing how to do a thing does not always communicate the faculty for doing it nor the zeal needed to carry it to a climax of completion.

There are so many unfriendly conditions to divert, to discourage, to frighten, that the strongest soul, if struggling alone, sometimes falls into a negative state and becomes powerless under the smarts and bruises of mental and physical life.

IS IT any wonder, then, that he who has a heritage of mental and physical weakness, even though he knows the ins and outs of modern hygienic thought, occasionally finds himself unable to maintain the posture of a master?

Many a noble soul have I found vainly struggling with inimical conditions, who, upon being given the warm hand of helpful sympathy, the suitable direction to energy and the word of strength and courage, has been able to stand erect in the divine image and to walk like a god among men.

The locomotive that has left the track is as powerless to do the work for which it was intended as is a fish to swim in the atmosphere. It may puff and whistle, but the more energy shown, the deeper in the sand do its wheels become embedded.

What it needs is a crane, a hoist from the wrecking car. When its wheels have been once more set upon the tracks it is just as ready for the big job as ever.

It is no humiliation to confess an occasional need of help. We are co-workers, each having his own distinct duties and responsibilities.

We are more or less dependent on our fellows. The hand cannot say to the foot, "I

have no need of thee." Both the hand and the foot derive their power and skill from the same source, but the power is differentiated in each.

MY own conviction is that true humanitarians, like true poets and musicians, are born, not made. The poetic and musical spirit manifests in varying degrees in all, but it is conspicuous in only the genius.

In every vocation there is always room at the top. Let those who are vainly striving alone to overcome their mental and physical weaknesses think not, because of their failures, that innate power has waned. There is abundant help for all when rightfully sought. He who makes a business of curing others and who himself has been occasionally defeated need not be shorn of one whit of his power, even over himself, save for the moment.

The teacher or practitioner, by virtue of his healing ministry, is not certified as an omnipotent dispenser of psychic power any more than a teacher of music, by virtue of the fact that he is able to teach the most advanced pupils, is necessarily an unsurpassed singer or player.

One may be a superior teacher or healer of others without being able to always exemplify in his own life the principles which others are better able to put into practice under his direction.

We are not quick to discern our own weaknesses nor to discover the causes of our own failures.

In the healing art there is room for infinite tact and skill. One must be severe and gentle; one must scold and praise, startle and soothe; drive and lead. But in the midst of it all he must acquire and hold the confidence and esteem of his patient.

People often think it strange that relatives of practitioners fail to heed the good advice they receive, advice which is often full of wisdom. This is not strange. A prophet is ever without honor in his own country.

But in the last analysis all cures are wrought by the patient himself. The amount of good he receives is exactly the amount he makes room for—is willing to accept.

A Voice With Personality

by ELOISE MOELLER

LAST month we discussed the importance of diaphragmatic breathing in relation to the development of a worth-while voice—a voice with personality.

We considered the breathing exercises. Let us now discuss the exercise which gives flexibility to the lips. This is important because many people with an inferiority complex type of voice bring their voices through tightly compressed lips that have absolutely no elasticity.

Stand before a mirror, exaggerating every syllable, emphasizing every letter in the word. Then clip off the word crisply at the end and take the next word *with emphasis on each*

fond of, something that stirs emotion in you. Say that *with as much feeling and emotion* as you can possibly put in it. Say it at least once with gestures into which you throw your complete self. Carry this poem or bit of prose with you during the day. Memorize it. The finest way to memorize is by reading the entire short article over many times, formulating on your mind a picture of what the author was endeavoring to say to you in each stanza or paragraph.

The important part of this exercise is putting every bit of yourself into the saying of the poem with gestures that are natural, not studied and stiff, the natural gestures that

The first step toward getting away from an "Inferiority complex" is to get it out of your voice—to build into your voice a ring of confidence that will stimulate and reach the innermost cells of your own mind

letter of the word, drawing it out to get the full value of sound in each letter of the word.

EXERCISES

B as in babe, bib, bubble, probably

P as in pipe, pepper, paper

D as in did, daddy, dude

Wh as in who, white, where, what

N as in nun, noon, anonymous

Ld as in bold, mold, cold

Ng as in rung, wing, sing

M as in main, mimeograph, meet

W as in woe, wow, wonder

L as in lull, lily, Honolulu

V as in valve, vibrant, vest, vivid

T as in tent, teeter, totter, titter

G as in gig, gag, rug

Z as in zone, whiz, zounds

TAKE a deep diaphragmatic breath and begin the exercise. Say as many words as possible as the breath slowly exhales. Then another deep breath and go on with the rest of the words. Say them as loudly as you can. Throw your voice out, centering it near the heart. Accustom your ears to the sound of your natural voice.

Say it with Gestures—Now comes the fourth and last step in this lesson. Find a poem or a bit of lyrical prose that you are

flow from the heart as the words flow from your mouth. A splendid poem to start with is "The Joy of the Hills" by Edwin Markham. That particular poem has in it life and light and feeling, a sense of relief that does wonderful things in helping you out from under the load of inferiority.

THE fact that you have this inferiority feeling shows not only in your voice but also in your bearing, in your manner of approaching people. The first step is to get it out of your voice so that you will hear the ring of confidence in your own voice. This ring of confidence stimulates the cells of your mind and your body to a new energy and to a new purpose in life.

This method will not work for you if you doubt it. For that reason, convince yourself first.

It takes effort to acquire anything that is worth while in life, but if you will persistently follow the different steps as outlined here, you will soon find emanating from you a *new voice*, low, but with a magnetic quality of sureness, peace and love.

To possess such a voice—a "voice with a personality" is one of the greatest satisfactions.

"The World Is Seeking—"

Part II

MAN finally realizes that he cannot become one with anything, and remain separate from it. As he becomes aware of his *oneness* with God, the Father within, he co-operates with the Father, and all power is given to him in heaven and in earth.

Michelangelo said, when gazing at a block of marble: "There is an Angel in that marble." One need not add that there was a devil also in the same block, had he seen fit to draw it out. Whatever he saw in the marble, he first beheld in himself.

When man through absolute faith accepts the inspired word, and knows that God's work is finished and complete, he becomes desireless. You cannot conceive of heaven as a place where the least thing is wanting. It is a place where every desire is instantly fulfilled. And this is the state that actually exists within us—here and now—when we understand life as changeless.



KEEP constantly before you the fact that it is the *nowness* of life that counts. The time element does not enter into your realization, because all that is, or ever will be, is *now*.

Faith is the opening wedge, the "open sesame," to the kingdom. If you have doubts as to what it will accomplish, read Hebrews II. Little is left over to be added to the accomplishment of absolute faith.

"For without faith it is impossible to please Him," that is, it is impossible to get into harmony with the law. To be in harmony with the law, you must come to an acknowledgment that the law actually is.

"When you pray believe that you receive a thing and it shall be so." How can you believe that you will receive a thing if it does not already exist? That would be impossible. Yet this is the *law*, and in no other manner shall we gain the rich reward that is ours.

We cannot take the Kingdom of Heaven by violence; we cannot coax it down to us by affirmations; but by the acknowledgment that

it exists—here and now—finished and complete, we automatically take our place in the divine scheme of things and function harmoniously along all lines.

The ability to attain the kingdom is given to the child. Think about this. Do you know any child who has studied material sciences, theology, occultism, and religion? Yet it is given unto the child. This would indicate, then, that our struggle to attain harmony through the intellect is wholly wrong.

A CHILD is not able to enter into an argument in defence of his faith, for in reality it needs none. Truth needs no champion. The child is not able to couch his faith in words, but can show you ample proof by works. No one knows *how* the law works, but it works.

We are not concerned with the process of transmutation that goes on in our stomachs when we have eaten. It is sufficient to know that it takes place. We have absolute faith that it is going to take place or we never would dare to eat again.

Ninety per cent of our living is done by faith. We post a letter with faith. We do not worry or wonder about its delivery. We drop the whole matter as completed and finished.

And so it is with thousands of things. The seed undisturbed in the ground will grow, but if you dig it up every few days it will make little progress. The prayer of realization works the same way. We do not keep wondering about the outcome.

DURING the war pigeons were carried to the front, and when necessary, messages were bound to them and they were sent back, and then reinforcements would come in answer to the message. Suppose a string had been tied to one of the bird's legs and it was only allowed to fly twenty feet, then jerked back to see if everything was all right, and this was repeated before it (Continued on page 54)

by **WALTER CLEMOW LANYON**

“Contacts Club”

Letter Exchange Conducted by David Cole

WE WISH all our Club members a Happy and Prosperous New Year! And we hope that they may find many new and helpful friendships.

This month South Africa and Switzerland are calling for air-mail wings to fly to them from America—with letters.

In all parts of our own country, too, are lonely people watching for the mail man. So we hope our readers will carry out their New Year's resolutions and send messages of cheer to those seeking them.

Or, if you are lonely yourself, see if you can send us in a letter for publication which will draw unto itself a flood of answers. Only your initials and city and state will be printed.

Editor's Note: Letters sent to us to forward should each be in a plain, stamped envelope preferably left unsealed in order that it may be inserted in typewriter for addressing. Foreign letters require 5c stamp.

Dear Editor:

Because I lack the possibility to talk well in English, I feel rather lonesome here.

I have spent three years in the United States and traveled a lot, though I am only thirty years old. I love your country and the American people and would therefore, be greatly pleased if some readers of your wonderful magazine all over the world would get in touch with me. I shall promptly answer all incoming mail and since I am especially interested in air-mail, I certainly would be glad to receive some from different points. In return I shall also send my letters by air-mail.

I am a graduate of the Philadelphia Polytechnic Institute and am interested in everything pertaining to commerce, agriculture, gardening, travel, psychology, etc.

(Mr.) E.P.S., Basel, Switzerland.

Here is an appeal to let your thoughts fly to Switzerland and receive a return by air. Mr. E.P.S. you have made an irresistible appeal which will, we wager, draw full response from our readers. That is good psychology!

Dear Editor:

How queer, of all the nice friends a person may have, rarely indeed is there one to whom we may fully respond.

I love to write letters and, moreover, love to receive them—hence this entrance in your “Contacts Club.” I would like to hear from those who are interested in art, music, literature and nature. Especially to hear from those who may have traveled abroad or, better still, may live there. Yet I would be just as happy to hear from those at home in our good old U.S.A.

So write me, readers, soon and often, and I will bend every effort to make my answers interesting and worthwhile.

(Miss) H.F.H., Indiana.

Perhaps Miss H.F.H. has voiced the thought of many of our readers who seek wider contacts and ever new interests. We know that the Letter Exchange is bringing happiness to many people.

Dear Editor:

I am a young man, interested in good literature, sports, and the study of human relations. I am manager in a Pittsburgh beauty shop, unmarried, and enjoy travel and the forming of new and interesting friendships. My work is a continuous study of human nature.

Corresponding with people who are interested in psychology will be a pleasure as I am truly enthusiastic about the subject. I hope for your continued success and I also hope a lot of readers will write to me as I enjoy receiving letters.

(Mr.) C.A.H., Pittsburgh.

Perhaps Mr. C.A.H. will tell some of the ladies the secrets of beauty—inner beauty as well as outward, since he is interested in both psychology and facial enhancement.

Dear Editor:

I am very interested in the Contacts Club column and would like to get in touch with any reader of PSYCHOLOGY who is interested in hypnosis with a view to healing. I

have read books on the subject and am also interested in hearing from those acquainted with Hindu philosophy.

(Miss) D.S., Long Island.

I am sure that our good readers in India will respond to your wish, Miss D.S. Why not write to our friends whose letters have been published in this column?

Dear Editor:

I am unemployed but for a long time have been interested in metaphysics and practical psychology. I think your department is a wonderful opportunity for those who are interested in climbing up out of the common run of thinking. It throws us directly in contact with studious people of like interests. I am a widow and get very lonely. I am full of interest in the higher things and can write interestingly to those whom I hope to meet through your kindness.

(Mrs.) P.S., Detroit, Mich.

Spending one's unemployed time training the mind is sure to bring results, Mrs. P.S., and we hope that many letters will come to you through your appreciation of the Contacts Club.

Dear Editor:

I am a middle-aged man and have read a little in psychology and metaphysics. I would like to hear from someone in this locality interested in the same. I have a few books on the above and would lend them to others who would care to have them.

(Mr.) W.A.O., Rochester, N.Y.

Short but to the point! Who in Mr. W.A.O.'s neighborhood would like to contact him and his interesting books? Our Rochester correspondents take notice!

Dear Editor:

I am a girl of sixteen, a junior in high school and I would like to correspond with someone near my own age. I am interested in dancing, sports, and most things which interest a high school girl.

(Miss) L.S., Smithfield, Utah.

Sweet sixteen! Who can resist this call? But notice, however, that Miss L.S. asks to hear from those "near my own age." I'm afraid not many can qualify.

Dear Editor:

Had a serious accident last June and through reading PSYCHOLOGY I have gained the hope of recovering the use of my right arm. I regret that I have not known of your magazine earlier in life, but would be very pleased if you would be able to insert this letter in your Contacts Club.

I would be very interested to hear from readers of PSYCHOLOGY about their hobbies. I am interested in wood carving, floriculture, the making of fancy wire and fabric lamp shades. South African plants and minerals offer interesting study to those who want information about this sunny land of unbounded possibilities. I desire to extend my contacts wherever it is of mutual advantage.

(Mr.) B.A.B., Johannesburg, S. Africa.

Here is a chance for some of our readers who are seeking friends in far countries to learn about interesting life in South Africa. We hope many friends will send a word of cheer to Mr. B.A.B.



Dear Editor:

Your very splendid magazine has helped me so much during the past year when life has been hard. I am suffering from a nervous breakdown and am tormented night and day by memories of an association

that is lost. I am thirty-five years of age, have two children and a profession which once meant everything to me. But now I feel I cannot go on. Fears encompass me until I feel I shall lose my mind if I cannot find relief. I read PSYCHOLOGY religiously and feel an uplift each time. Perhaps there will be someone who can write me and tell me how to master myself.

(Mrs.) M.S.T., Oklahoma.

I am sure that there are many readers who can write a few words of cheer to Mrs. M.S.T. The bogies of a nervous breakdown seem very real while they last but they dispel as one grows stronger—as many can tell this good friend.

Dear Editor:

I cannot tell you how much your magazine has helped me in my chosen profession. I have been reading it regularly for the past year and it gives me something to look forward to each month. (Continued on page 61)

News Flashes

Odd, Scientific and Otherwise

by J. BRUCE EDDINGTON

THE visible changing world of today is a mirror of what man is feeling, thinking and doing.

Wherever we see failure and retrogression, we find that man is thinking negatively. Or dreaming without putting his dreams into action. And vice versa.

The present is a time of decided transition. Progress is always accompanied by change. "The half-gods go that the gods may arrive." Everything useless is now being relegated to the discard. And gradually but surely life is rendering up her great secrets. But only to the diligent seeker!

Those who are ready to receive *inwardly* and desirous of expressing *outwardly*—for the benefit of humanity—are in line for the mental blueprints from which will come the great discoveries of the future.

Pausing for a moment's retrospective thought toward those whose names have filled the constructive news of the past year, we realize that to them and to those who are destined to walk by their side during the new year, we owe a debt of gratitude. Their ideal is truly that of bettering the world in which they live.



DR. HAROLD CLAYTON UREY, youthful professor at Columbia University, has been awarded the Nobel Prize in chemistry. This award was bestowed upon him for his discovery of deuterium, or "heavy water," which promises to rank among the greatest achievements of science, according to leading chemists.

From Dr. M. X. Sullivan of Washington, D.C., comes the discovery that arthritis patients have a deficiency of sulphur in their finger nails. Injections of sulphur make up the deficiency and relieve the suffering—according to reports from Dr. Sullivan's experiments.

The Philadelphia College of Pharmacy and Science has sponsored a five-year search for the causes of hay fever. During the hay fever season, daily flights will be made by investigators who will collect the microscopic, air-

borne grains of pollen which produce hay-fever symptoms.

During the flights a study will also be made to determine the effect of rain, electrical storms, humidity and wind.



AMERICAN Veterans Association denounces Treasury raiding by war veterans, except those with bona fide disabilities.

If present plans of the Post Office Department materialize, Dr. Eckener will use the huge new Zeppelin LZ129—now under construction—for experimental flights in transatlantic airmail service, beginning next July.

Delphi—of oracle fame—is staging a comeback. Once a center of Greek art, it gives promise of again becoming a rendezvous for the intelligentsia and artists of all nations.

Those who are sponsoring the comeback are hopeful that the erection of a large library, meeting halls, and probably a new hotel, will transform the community into "a Geneva of thought and the arts."



SOME folks say there's nothing new under the sun. But note this: On Staten Island, New York, is a German shepherd dog upsetting pet theories that dogs cannot learn to write. This unusual specimen reads, spells, distinguishes colors, and solves arithmetical problems!

Listening to a radio rendition of that old favorite "In the Blue Ridge Mountains of Virginia" reminds me:

A National Glider Camp has been established at Big Meadows on the crest of the range, not far from Luray. A new American soaring record of 6,500 feet has been reported. This section is said to have possibilities of powerless flight hitherto unknown in America.

Air-consciousness is assuming the form of a world epidemic. Even the Siamese are evidencing the contagion.

Although wild animals still roam through Siam's secluded jungles, thousands of well-educated Siamese are not interested solely in herding elephants (Continued on page 59)

This Happened to Me

The Blow Staggered But—

By ERNEST B. SMITH

FOUR years ago the undertakers of my town were eyeing me speculatively. Today they seem to have lost interest in me—at least, temporarily. For this latter condition of affairs, I have to thank the late and famous depression.

To get a broader view, we'll go back to 1925. After some years of happy married life, my wife and I had bought a lovely new home. A mortgage, but with my good salary—why worry? The next few years we rode high on prosperity's wave.

Then—well, you know the story. I lost position, stocks, home. I am not sure but that the creditors called for my shirt. It was astounding, blighting, unbelievable. For a little while—well you know about how we felt. As if the bottom had dropped out of almost life itself.

EMERGED WITH A SHACK

AFTER the smoke had begun to clear away, Mary (my wife) and I found that, out of the wreck, we had emerged with a boarded up shack on a ten-acre tract fifteen miles from the city. A sacrifice? Yes. But since then, gradually, we have discovered that we traded a *house* for a *home*. And that's *something*!

When we moved out from the city we drew up a set of rules which have proven their worth in helping to restore our mental and physical equilibrium. No wailing, complaining or looking backward.

We decided that, when the weather permitted, six hours of each working day should be devoted to some out-door activity. Another rule was that we were to work side by side in whatever enterprise we were engaged.

Poultry, vegetables, fruit, flowers, bees. These varied interests kept us busy, intent, and, after a short while, happy. The sport roadster which I had used to drive to the office has changed into a little truck of doubtful age, with a chronic wheeze. However, it served us well when we went to the city to sell our surplus vegetables and produce.

A hundred yards away the road wanders diffidently past our house. The mail carrier waves to us as he goes by. But nowadays he doesn't leave a sheaf of unpaid bills on the first of each month.

Out here the installment collector has become "the forgotten man." There are no shiny faucets from which we get water at so much a thousand gallons; but out in the back yard we have a well whose cool depths supply us with a drink more refreshing than any nectar of the gods.

DIG ANOTHER HILL

DOES the family larder need replenishing? We don't call upon the phone and pay delivery charges on groceries that we seldom relish after we get them.

Oh, no! We just step out and dig another hill of potatoes or spear an extra head of cabbage and there you are!

In the summer we go fishing at least twice each week. There is a deep wide pool at the bend of the creek a few hundred yards from our door. There, during long, lazy summer afternoons while the bees drone overhead, we make many successful attacks on the finny tribe. I am not going to risk telling a fish story here. But with a little persuasion Mary will describe how, one day last summer, she captured a six pound catfish and the angling championship of our family at one and the same time.

Last summer we tried an experiment which was so satisfactory that we plan to repeat it each year. We closed our house and for two weeks roughed it in the woods along the river ten miles from home.

We lived in a lean-to and did all our cooking over an open camp fire. We had a glorious time. What if we did come back with a few mosquito bites? We were more than compensated for this discomfort by learning something of what our forefathers must have endured that we might enjoy our present heritage.

WE GO ADVENTURING

IT HAS always been my ambition to visit the far corners of the globe. Not so many years ago Mary and I agreed that, when financial conditions and freedom from business ties permitted, we would go adventuring in strange out-of-the-way places. Our dream is now being realized. When we are ready to

depart we simply visit the nearest library, borrow a book of travel, and off we go. Maybe it is a *lazy* method; but it is quite easy on the nerves and—pocketbook.

Please do not think that we have cut ourselves off from the rest of the world. We have not become hermits. Across the little bridge that spans the creek we go each Sunday to a tiny white church which sets in a grove of ageing oaks. There we sing the old hymns and renew our long-neglected supply of faith. A lay member does the preaching.

We encounter no controversy over creed and practice. Nor are we reminded that the pastor's salary is far in arrears. Just a gathering of friendly souls who have come there to worship the God of our fathers.

TONICS—PEACE AND CONTENTMENT

PERSONALLY, I have discovered that peace and contentment are the best tonics in the world. My mind, eyes, heart, and conscience are clearer than they have been for months. When I go to bed I sleep instead of performing mental gymnastics.



And my appetite—well, ask my wife about that! In fact, I have gained sixty pounds in less than two years. Not fat, either. Just solid flesh and muscle.

I never hear the wailing notes of a jazz orchestra anymore; but I am lulled to sleep at night by the plaintive cry of the whip-poor-will far up on the hillside above our cabin.

Instead of being awakened each morning by a jangling alarm clock, I am happily reminded of the new day's advent by a mocking bird high in the old sycamore outside our door. I do not envy him. For I, too, can whistle while I work without having some neighbor complain about "that confounded racket."

... ..
All in all, we have found a plane of sane and joyous living. Ten years ago we would have laughed at the suggestion that we could be happy and contented living the life which we enjoy today. Maybe it's just that famous "silver lining." At any rate, we are satisfied to go on as we are.

What I Like Most

What I Dislike Most

by Grenville Kleiser

1. Crackling log fire.
2. The blue of Naples Bay.
3. Jasmine.
4. Song of a kettle.
5. An absorbing book.
6. The Acropolis by full moonlight.
7. Smell of crisp bacon.
8. An ocean voyage.
9. Breeze in the trees.
10. Sunset on the Nile.

1. Dentist's chair.
2. New shoes.
3. Odor of garlic.
4. Tedious telephone talkers.
5. Any form of injustice.
6. Needless noise.
7. Desk in disorder.
8. Chronic pessimists.
9. Gossip.
10. Alarm clocks.

Grenville Kleiser, well known writer, has sent in this list of "likes" and "dislikes." He says, "I think it would be interesting to know what some of your readers like and dislike most." We think so, too. Let us hear from you. The most interesting lists will be published.

"OUR CORNER"

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

A New Deal

Let's be normal! What do you say?
Whisk the cobwebs from our brains
away,
Give a lusty shout, "Hurrah,
We've found a brighter day!"

Let's be normal! What do you say?
Spread the old smile from ear to ear,
Speak to your neighbor a word of cheer,
Make a heaven around us right here!

Let's be normal! What do you say?
Take a full deep breath of tonic—air,
Why we're happy again—gone is our
care,
Vanished by magic into nowhere!

Florence Leila Luhr

5236 Williams Ave., Portland, Oregon.

* * *

Smiles

I know of no single thing in life that
pays as large a dividend in happiness
as a—genuine smile: A smile which
springs spontaneously from the heart
of the giver.

It enriches, first,—the owner, then all
others who come within the radius of
its kindly beams.

As a pebble dropped in water causes
ever widening circles, so is the far
reaching influence of a—smile. Folks
are drawn instinctively to a smiling
face, as the petals of a flower reach
forth toward the sun.

Can one withhold this expression of
good will when it costs so little and
means so much to lonely hearts in need
of cheer?

Let us be good traders in the mart of
life—exchanging smiles for smiles—the
more we give the more we get.

Harriet Batdorff

12036 Clifton Blvd., Cleveland, Ohio

* * *

My Goal

To be as free and courageous as a pine,
Is the desire that stirs in this heart of
mine.

So condescendingly straight and tall it
stands,
Neither making nor accepting rash de-
mands.

Would that my heart were as brave and
true

As this gnarled pine which bravely
stands through
Years of winter bleakness and summer
rain,
Ne'er acknowledging sorrow or pain.

Whene'er I gaze on a lonely pine,
A gentle breeze both pure and fine
Comes seeping through my very soul—
Urging it on towards a higher goal.

Margaret Kaufmann

207 Franklin St., Bronson, Michigan

* * *

Perseverance

When bruised and beaten and trampled
by the rabble and the throng—
When the courage is worn to tatters
and strength is almost gone—
It takes a remarkable fellow
to rise with his second wind
And say "Do or die, I still can try—"
and enter the race again.

Some such there be, who understand
the folly of wealth and fame;
That it isn't the trophy alone that
counts,
but how you play the game.
That the thing of most importance,
is to keep on keeping on—
Like the snail that raced the tortoise,
and the snail finally won.

Are you weary and worn my brother,
and seeking a resting place?
The rules are, you cannot pause to rest
until you have finished the race.
When the ledger of life is opened
where the record is straight and
true—
You may find that you truly have won
the race
and a trophy awaiting you.

J. M. Hunter

P. O. Box 437, Amarillo, Tex.

* * *

Let Me Live

Let me dance with a moonbeam
Or flirt with a silver star,
Or fall in love with the North Wind,
And follow him near and far!

Or sail all night on the river,
When lightning reigns on high—
Let the rain beat in my face,
And winds around me cry.

Take me away from sordid things
That happen every day.
Let me live, let me laugh—
Let me be mad, and gay.

Jane August,

1618 Ruby St., Kansas City, Kans.

* * *

Oh, Tell Me, Sage!

Oh, thou, sage, with furrowed brow,
Say! of life what thinkest thou?
Hast thou e'er found that missing key,
Which opes the door of things to be?

Or dost thou, blindly, e'en like me,
E'er grope thy way across life's sea?
Hast thou e'er thought, that from the
vine, -

Comes the vinegar, comes the wine?
How comes the sour from the sweet?
And why should evil good defeat?
Good and evil, shadow and light,
Are one, thou sayest, like day and
night?

Then, why, as two, should these ap-
pear?

And hatred men know not as fear?
Pray, why should all things dual be?
And ever sealed man's destiny?
The law, thou sayest, makes it so?
And man must grow; if he would know?
Then, this last question, I would ask:
Pray, where begins, where ends life's
task?

J. P. Gimenez

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

* * *

"In Passing"

As I see the years in motion
Changing the present to the past,
I pause with tense emotion
As some faces fall at last;
Never more in mortal raiment
Will they pass this way and smile
By their fruits they are the claimant
Of a home, well worth the while.

Then with all determination
Let us live as we would die,
For each future generation
Must upon our past rely,
Knowing well that for our living
Easier paths are left to tread,
Extent of pleasure is all in giving—
Truth, it is, our Master said.

Arthur T. Church

902 N. Tennessee St., McKinney, Texas

* * *

Law

Thought, thought, how far do you
reach?

To the utmost peak—then return
again?

I sow—I reap.

Jean Ashland

545-85th St., Brooklyn, N.Y.

* * *

Plea

When my aching legs do stretch and try
To leap to a place unknown,
When my numb hands reach out
To grab things oddly—strange,
And my brain wanders through an
Endless, painful space:

O, spirit of my soul and heart,
When my entire body becomes chafed
Fling out that dormant power, and
Haunt these restless ambitions,
That will not cease, to help a
Leaping body and quiet soul,
From perennial peace.

Catherine Campagnone

226 Audubon Ave., New York City

Your Job and You

by CORDELIA MAKARIUS

THE first letter I want to discuss this month comes all the way from Singapore.

It is true that the problem which this young man presents may not be particularly applicable in the United States.

But the principle underlying his troubles is the same—whether it be in the teeming streets of New York City or in that far-away city of Singapore, whose strange fascination conjures up dreams of wanderlust in the hearts of those who love the places beyond the horizons.

This young man, whose name falls from the lips in silvery syllables instead of in the harsher consonants of a John Smith, finds himself at sea.

His educational background is all that could be desired. To many less fortunate, it would seem that fate was more than kind in giving him so many advantages. And what has he done with them? Let us read over his letter.

"Please advise as to my vocation. I was in Medical College, Singapore, for four years. I left the college because of financial troubles. I did not care for the studies and hence I do not regret much. I have studied medicine, psychology, physiognomy, drawing and I like to write. What vocations are open to impoverished students? I am a very hard worker when interested, but so far have always given up after a time, through loss of interest."

An answer which would apply to anyone who is as mentally lazy as this young man appears to be, is to point out that each one should search his own heart and mind to see if he is blaming the world, instead of blaming himself, for his troubles.

To Mr. L., halfway around the world, I have this to say. From the outline which you gave me in your letter, your greatest trouble is intellectual laziness. How many are as fortunate as you, in your background of education?

You are still quite young and therefore in the stage of experimentation, as it were. But the time has come when you should decide

what you want most to do. All I can do is to offer suggestions which are up to you to follow, if you are sufficiently interested.

You should prove an admirable guide and mentor to foreigners, who come to your city for study and knowledge. An advertisement placed in the leading newspapers and a card left at the leading hotels should put you in touch with Americans or Englishmen, who would find you a great help to them.

I might suggest teaching. This would allow you leisure time in which to write. Remember that the only way to learn to write is by writing something every day. At least five hundred words a day should be your quota. Then, according to your subject matter, choose your market.

You see—there are still many interesting vocational avenues open to you. Choose one and stick to it.

How many of us are torn between two desires—one which means money in the pocket and a solid place in business and another which—appeals to our souls and emotions, but does not earn a living. Instead of being a problem which causes us sorrow, the whole thing can resolve itself down into a full life of joy and accomplishment.

Let me give you Mr. H.'s letter. He writes:

"I have been a constant reader of your department in PSYCHOLOGY MAGAZINE and have enjoyed your discussion of the problems of the ones who have come to you for advice. I also have a problem—a vital one to me—can you advise me?"

"I quit school at an early age in order to go to work to help my family and prepare to do something toward my life's one ambition—that of being an artist. I have studied art and am considered quite talented. I have also become a business success—but, my present education won't permit me to go farther in the business field."

"I am not satisfied. My conscience is always reminding me that (Continued on page 55)"

If you wish a personal reply to a vocational problem, write Miss Makarius, including a self-addressed, stamped envelope, care of Psychology Magazine, 1450 Broadway, New York, N.Y.

Psychology



In Books

TELLING IT TO JUNIOR

IF YOU are a parent you must sooner or later face the problem of answering the questions on matters of sex which the children are sure to ask. Nowadays few of us are really satisfied with the pernicious practice of trying to evade such questions or with the traditional habit of telling lies to the inquiring boy or girl. We know that the children are naturally inquisitive about such things and that they will inevitably ask embarrassing questions. Our difficulty is to know precisely how we can meet such inquiries with the minimum amount of hedging.

Here is a book that will help. It is called *Answers to Awkward Questions of Childhood* by Theodore F. Tucker and Muriel Pout. It covers the field very thoroughly and is to be highly recommended, not only for parents but also for school-teachers and ministers and for all who are entrusted with the education of the young.

Claude Kendall

SEX EDUCATION

ALITTLE book that covers the same ground is *Sex Education*, consisting of ten essays by child specialists attached to the Child Study Association of America. This tiny volume is invaluable. It proceeds on the principle that the person to instruct the child is the parent, for sex-education in its fullest sense grows only in the atmosphere of a consistent and constructive parent-child relationship. Teachers are in this problem merely parent-substitutes who are of the greatest help in cases where the parents fall down on the job. But the duty of imparting the necessary sex-education falls primarily on the father or mother.

The ten essays in the book are simple and practical, and have been chosen for their wide range and varied approach. Written from the viewpoint of day-to-day parent-child relationships, of the emotional basis of those relationships, and of the historical perspective in sex ethics and sex conduct, they represent the carefully considered beliefs of experienced specialists in this subject.

Child Study Association of America

MAINLY "INSIDE STUFF"

TWENTY-FIVE of the leading psychiatrists of the country are the contributors of the essays in this book on

by **DR. CHARLES SOUTHWELL**

The Problem of Mental Disorder. Much of the matter discussed is "inside stuff," but there is quite a great deal which the ordinary educated reader can follow with keen interest. Certainly no practicing psychologist, no matter to what school of scientific procedure he belongs, can afford to be without this excellent book.

In its pages there is expounded much of the teaching that our readers have been studying for years in the pages of this magazine. Matters like the scientific principles underlying the rearing of the child, the mental care of the sick, the diagnosis of incipient madness, the psychological value of habits of behavior and the scientific warnings that are conveyed in idiosyncrasies and whimsies and peculiarities of conduct, all this is here handled in objective by the specialist.

McGraw-Hill Company

KEEP YOUR HEART UP

TO THOSE of us who are approaching middle age *That Heart of Yours* should be a welcome book. Written by Dr. Calvin Smith it is a triumph of simplicity, being without any of the technical language that so terrifies the layman.

The whole tone of the book is optimistic, and the author tells us that a "bad heart" is much less common than is generally supposed, there being only one actually impaired heart in every five heart-conscious patients who come to the consulting room of the ordinary heart specialist.

Heart protests are not heart diseases, and almost without exception the beginning of heart trouble is to be found in some circumstance outside the heart itself. As the author says, the heart is far more sinned against than sinning.

Starting off with an exposition of the anatomy and physiology of the normal heart, the book goes on to consider the heart in childhood, in adolescence, in middle life, and in old age. We are told the signs that may indicate for us the beginning of heart trouble, the use and abuse of what is called heart-rest, and the general principles to be put into operation for the care of the heart all through life.

There is also an excellent section on

the routine of life to be followed in regard to special heart conditions. Coffee addicts will be glad to learn that the doctor has a good word to say for caffeine as a help in certain cardiac afflictions. The book closes with a delightfully optimistic chapter on what the author calls the psychology of reconstruction.

Lippincott

YOUR VANISHING HAIR

IN THIS little book on *Our Vanishing Hair*, Charles Nessler, the inventor of the permanent wave and the author of various treatises on the care of the hair, utters a solemn warning that many of us would do well to heed. His startling prophecy is that a few generations hence the white race will be comparatively bald unless our present misconceptions about hair and its treatment are radically modified. His equally startling thesis is that what we call premature baldness can be completely eradicated as soon as our educational authorities give a helping hand.

The opening sentence of his book is certainly provocative of thought, for he tells us, without any qualification whatsoever, that the story of civilization is the record of man's progress along the road to baldness.

In elaboration of this opinion he attacks our habit of cutting our hair with such frequency as fashion ordains. Hair-bobbing among women, it is Charles Nessler's belief, is decidedly harmful, and the time will certainly come when premature baldness will cease to be a male prerogative.

Nessler has devoted more than thirty years to the scientific study of the human hair. His analysis of all the hoary theories about hair-growth and hair-falling, his denunciations of so-called systems for preventing falling hair, his ridicule of the shower-bath and the shampoo as part of hair-hygiene—all this makes stimulating reading. His knowledge of the subject is unquestionable. He writes well and the book is especially easy to read.

Alwyn-Schmidt Publishing Company

THAT VITALITY OF YOURS

MOST of us know that our hope of enjoying a long life and a full, happy existence is dependent upon a physiological balance that is called vitality. Boris Sokoloff in his stimulating book *Vitality* gives us an illuminating study

(Continued on page 58)

Healthy Mind—Healthy Body

by H. H. RUBIN, M.D.

IT IS an undisputed axiom that without health, joy and happiness are unattainable.

Wealth, talent, position and social standing often fade into insignificance in the absence of normal health. For this is the greatest gift that can ever be bestowed upon us.

The question arises how much does the average human being appreciate this most precious gift of health—and the wonderful construction of his body? How can he prove that he deserves to be entrusted with so marvelous a mechanism?

We know how and when to seek the help of the shoemaker, the tailor, the plumber or the electrician. We grasp the limitations of our automobile and we consult a mechanic in order to repair minor defects, or to prevent its going to pieces entirely. Yet how few there are who have the common sense to inquire into their bodily defects before that body is at the breaking point—

Or to seek the aid and advice of a competent psychologist or psychoanalyst for some functional neurosis, or for some long-standing phobia or inhibition?

FEW things are more pathetic to the average doctor than the slacker-patient, who neglects his ailment—perhaps for years—without making any effort to ameliorate his condition. And the owner is stupidly surprised when he finds that, not infrequently, his disorder has progressed to a dangerous point.

I am thinking specifically of certain disorders which are quite readily curable, when diagnosed in their early stages, and thereafter properly treated.

I am thinking also of various ductless gland disorders—relatively easy to correct when they first manifest their presence, but difficult to remedy, once they have unbalanced the delicate adjustment of the endocrine chain, or ductless glands.

However, since mankind started to walk on two legs it has almost universally given due respect and attention to its medicine-man, no matter how savage and how fantastic his treatment might have been.

FOR instance, two score centuries ago, when a wealthy Egyptian was taken sick he sent a bull to the temple by a messenger.

The messenger described the symptoms of his master. The priests then diagnosed the case by the symptoms thus described.

After killing the bull, the priests wrapped the skin around the messenger, and kept him snugly wrapped up for many hours. They then sent him home to his master, who was immensely benefited by this treatment of his servant.

Throughout history, results similar to those secured by Egyptian priests have been obtained by almost all the races of men, from the philosophical Greek to the American Indian, who implicitly obeyed the medicine man of his tribe—no matter how exacting or how revolting his prescriptions might have been.

But mankind is wiser nowadays. Every informed person knows of the tremendous progress made in the conservation of life and health.

No one disputes the relationship between good psychology and good health, for psychology is closely interwoven with physiology. The study of the mind is incomplete without the study of matter, for these two are invariably associated.

Thought and action originate from some stimulus, conscious or subconscious. Thus psychology emerges from the vague and imponderable into the field of science. Scientific psychology is based on the fact that there exists a definite physical mechanism of the human mind and, therefore, the dictum "*Mens sana in Corpore sano*" ("Healthy mind in healthy body") will never lose its truth and value.

Unproductive

He who dreams nobly
But follows not his dreams
With noble deeds,
Is like the diseased fruit tree
That blossoms
But bears no fruit.

—Elinor C. Woolson.

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:—K. W. A. writes:

I possess a very sensitive nature, am suspicious and far too ready to criticize; I am envious of the knowledge and accomplishment of others; jealous and often quick to condemn. I believe I have a fair intellect, and I have always read the best literature, have traveled considerably, yet, try as I may, I cannot seem to eliminate these ruinous traits in my nature. If it is within your province to help me, I will be forever grateful.

ANSWER:

You are indeed your own worst enemy. You are deliberately robbing yourself of some of life's most precious gifts. Back of your trouble is jealousy and envy, but back of that is an inferiority complex you have developed. You have formed the habit of viewing people, and perhaps accomplishments, from a destructive standpoint.

A wrong viewpoint of self or life or others is merely a habit we have formed through permitting some weakness to develop and express itself too freely. Strive to show tolerance, kindness, thoughtfulness, try to forget yourself more and be interested in the other fellow's problems and conversation. You will soon find people showing love and attention on you.

QUESTION:—W. A. M. writes:

For the past several months I have found it impossible to work, due to the fact that my work calls for writing and I cannot write without my hand trembling. I have been carefully examined by physicians and they say

it is just nerves. But how in the world is one to overcome such a state?

ANSWER:

Another case of loss of confidence. Something in the beginning called your attention to a slight nervousness you may have had which caused your hand to tremble some, and you began to watch yourself when writing and gradually developed a stronger and more acute fear that you would not be able to write. If I were to begin concentrating on my hand and my ability to write, and have a fear toward it, it would not be long before I too would be unable to write.

Practice writing with a careless attitude toward it. Crush this fear by going right in the face of it. It is *only the fear* that keeps you from writing as you formerly did. When you have reached a state where you have faith that you can write, you will have no trouble.

QUESTION:—"In Trouble" writes:

I am a business girl and find it very easy to talk to people in all things pertaining to business, but I am not able to meet people socially. I can't think of anything to say and something inside of me seems to hold me back when I do have a thought. What can I do to overcome this?

ANSWER:

Your trouble is a plain case of self consciousness. You haven't the right opinion of yourself and are too concerned over just what others will think of you. You dislike to pass an opin-

ion for fear of possible criticism. It all represents an inferiority complex.

If you were forced to meet people daily in social ways you would lose your fears in this direction. Sensitive, self conscious people usually seek lines of least resistance along social lines, and through this non-use of the power of confidence, their faith continues weak. We develop through use.

Running away from trials is weakening. Facing them and doing things in spite of your fears, is developing.

QUESTION:—L. B. H. writes:

I have been told that I lack iron in my system and have been instructed to use pills which contain iron. Would you consider this a good tonic?

ANSWER:

The iron contained in pills reaches the blood stream in only a very small quantity, for it is to a great extent absorbed before it reaches the blood and thus does little good. Iron injections may be administered which helps for the time being, but there is some lack in your system which must be supplied through natural channels if you are to be permanently benefitted. It is possible your diet is not right.

QUESTION:—M. G. writes:

I am thirty years old, still I need advice about love. I am a single girl, holding a good office position; I am attractive, refined, intelligent, and am well liked by those who know me. Don't you think that with all these good qualities it is rather surprising

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

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

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

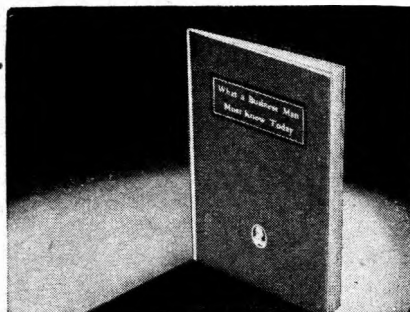
We should like to put into the hands of every such man a copy of a little book that contains the seeds of self-confidence. It is called "What a Business Man Must Know Today," and it will be sent without obligation. It contains the Announcement of the Institute's new Course and Service for men who want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

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

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

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

MERRYLE STANLEY RUKEYSER, *Eco-*



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.

nomie 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?

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

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

Name _____
Business _____
Address _____
Business _____
Position _____

I am single, when I would much prefer to be married?

ANSWER:

It is just impossible for one to give a clear picture of herself in a short letter and I am afraid I am not in a position to give you any definite advice. One thing I would suggest is that you talk this over with some of your girl friends and ask them to tell you just why you have failed socially, and to do so without fear of your resenting what criticisms they have to offer. There is some good reason for your failure, but I would have to have a lot more facts before I could ascertain your weaknesses. I wish I could answer your question in a more definite manner.

QUESTION:—E. B. A. writes:

I often read your articles in PSYCHOLOGY. Perhaps you can help me. I've been engaged to be married for six years. Now that we are financially ready for marriage, my future husband's health has failed. What can I do? I don't want to give him up, yet the doctors say he is incurable.

ANSWER:

You are in a very trying situation, my dear, but you must not let your heart run away with your head. You must consider your future, as well as his. If the physicians have pronounced his case "incurable," you have good reason to believe it to be so.

We have the power to forget the deepest sorrows in time, and I assure you if you will just be brave and adjust yourself to this terrible loss, you will in time be happy and probably find some man whom you will love deeply enough to marry. I know such a thing seems impossible now, but time will change your viewpoint and feelings. I have had under my care many who have had to make just such adjustments, and have witnessed many successfully do so. So can you.

QUESTION:—B. N. E. writes:

What about stammering? What in your opinion is the most satisfactory method of treatment? Do you know of any medical treatment for the trouble?

ANSWER:

Stammering, except in the few instances where there is some anatomical malformation, is a problem for the psychologist to help the sufferer solve. There is no medical treatment that can help. Stammering is due to fear and emotion, and a nervousness which has been created by fear.

Fear ties this to one in the form of a habit. Most people afflicted with this handicap find that they are able to read alone in their rooms without

stammering, but when in the presence of others, the stammering starts.

A cure lies in establishing confidence. If one were able to forget himself, he would not stammer for long. Through habit he probably would experience a little of it for a time, but it would soon vanish. This confidence must be created through a process of reeducation through which the viewpoint is changed so that the fears are eliminated from his mental picture. You will cure your stammering only through building up a wholesome faith in yourself, with a strong foundation for that faith to rest on.

QUESTION:—"Hopeless" writes:

I have been pronounced a neurasthenic. I can work hard all day, sleep soundly at night, eat everything, but I can't go any distance from home without getting those awful feelings of fear. I constantly hold the thought while I am out that I may not be able to get back. I am not unmindful of

the fact that I bring these fears on myself to a great extent, but I don't seem to be able to help it. Would you kindly advise me?

ANSWER:

Yes, yours is a case of neurasthenia. The nervousness and the physical feelings you have are reactions caused by fear, and fear is a mental state. The regular physician is probably not in a position to help you to any great extent. A cure in a case like yours must come through mental training, brought about through a process of reeducation and carried to a point where you are able to view yourself and life from quite a different angle. You must have a good understanding of the nature of these unreasonable fears and just what is causing them. All doubt must be removed from your mind and the habit of fear broken up through establishing a habit of faith. You must be gradually brought to the light of day so that all these unreasonable thoughts of yours are shown up in their

William A. Engle

says:



To make obstacles *vanish*, face them.

~

Good *deeds* and kind actions beautify the character.

~

The *remedy* for all human ills lies *within* self.

~

He makes the most of his *opportunities* who prepares for tomorrow.

~

The kindly deed that looks for a *return* is *wasted*.

~

Give to others the respect to which you consider yourself *justly* entitled.

~

The finer *fruits* of life can only be *plucked* from the tree of honest endeavor.

Hips rolled away in 20 minutes a day

Back come curves—graceful, womanly curves. Once more fashion recognizes a natural, girlish, youthful figure as being more beautiful, more smart than all the artificial figures she tried to produce.

MOLD your body to alluring lines. Get rid of unnatural bulging hips—huge unlovely arms and thighs—lose that double chin—do all these easily.

In 20 minutes a day you can do all that an expensive masseuse could do for you in many weeks of hammering and pounding. Science has discovered a way—an almost magical method of taking off pounds where pounds SHOULD be lost. Fit your figure to the most modish gowns, become a "model" of loveliness and charm.



Figure More Important than Weight

The scales alone are no judge of body beauty. It's your **FIGURE** that counts today. If you are tall you may weigh 160 pounds or more and still be in perfect trim but you MUST get rid of unsightly bulges.

The Hemp Body Molding Method is REAL FUN and GUARANTEES reduction where such reduction is most needed. It embodies ancient principles known to the Greeks hundreds of years ago. With new body beauty comes improved health and well being. Complete instructions for reducing both size and weight are included with Mr. Hemp's Patented Miracle Reducer.

Everything is sent at our risk. If you do not take inches off the hips in 10 days, every penny you have paid us will be promptly refunded. No drugs—no diets—no back-breaking exercises—no confining rubber corsets—just a safe, sane, scientific method.



Works Like Magic

The Hemp Body Molding Method gets results almost immediately.

Three or four

pounds a week may be lost easily if you follow the simple instructions. Get thin right in your own home. Mold your body to grace and loveliness. You can do it without the use of drugs, diets or other unsafe or unreliable methods. Write quick for this special offer.

Reduced Hips Four Inches in Four Weeks

Mrs. R. R., N. Y. City, writes: "I have had wonderful results with the Hemp Body Molder for I reduced my hips 4 inches in 4 weeks and my waistline 2½ inches at the same time."



Free Trial

Let us send you, without any obligation to buy, the complete Hemp Body Molding Method. Deposit only \$4.75 with the postman, plus a few cents postage, upon delivery and if you are not more than satisfied, if you do not take inches off your hips or reduce where you wish, return it and every penny you have paid us will be returned to you immediately.

The Hemp Massager (included in this offer) is easy to use, the method is simple and results guaranteed!

The Conley Company, Inc.

559 First Ave., N.W., Rochester, Minnesota

THE CONLEY COMPANY, Inc.

559 First Ave., N.W., Rochester, Minnesota

You may send me Mr. Hemp's Body Molding instructions, together with complete equipment, including Massager, on your "results guaranteed" offer. I will pay the postman \$4.75, plus postage, upon delivery but if I am not more than satisfied, I may return the outfit in 10 days and every penny I have paid you is to be promptly refunded.

Name.....

Address.....

City..... State.....

NOTE: If you prefer you may send money order or check for \$4.75 with this coupon and everything will be sent POSTPAID with the same "money back guarantee."

A Money-Making Opportunity for Men of Character

EXCLUSIVE FRANCHISE FOR
AN INVENTION EXPECTED TO REPLACE
A MULTI-MILLION-DOLLAR INDUSTRY

**Costly Work Formerly
"Sent Out" by Business Men
Now Done by Themselves
at a Fraction of the Expense**

**This is a call for men everywhere to handle
exclusive agency for one of the most
unique business inventions of the day.**

Forty years ago the horse and buggy business was supreme—today almost extinct. Twenty years ago the phonograph industry ran into many millions—today practically a relic. Only a comparatively few foresighted men saw the fortunes ahead in the automobile and the radio. Yet irresistible waves of public buying swept these men to fortune, and sent the buggy and the phonograph into the discard. So are great successes made by men able to detect the shift in public favor from one industry to another.

Now another change is taking place. An old established industry—an integral and important part of the nation's structure—in which millions of dollars change hands every year—is in thousands of cases being replaced by a truly astonishing, simple invention which does the work better—more reliably—AND AT A COST OFTEN AS LOW AS 2% OF WHAT IS ORDINARILY PAID! It has not required very long for men who have taken over the rights to this valuable invention to do a remarkable business, and show earnings which in these times are almost unheard of for the average man.

**Not a "Gadget"—
Not a "Knick-Knack"—**

**but a valuable, proved device which
has been sold successfully by busi-
ness novices as well as seasoned
veterans.**

Make no mistake—this is no novelty—no flimsy creation which the inventor hopes to put on the market. You probably have seen nothing like it yet—perhaps never dreamed of the existence of such a device—yet it has already been used by corporations of outstanding prominence—by dealers of great corporations—by their branches—by doctors, newspapers, publishers—schools—hospitals, etc., etc., and by thousands of small business men. You don't have to convince a man that he should use an electric bulb to light his office instead of a gas lamp. Nor do you have to sell the same business man the idea that some day he may need something like this invention. The need is already there—the money is usually being spent right at that very moment—and the desirability of saving the greatest part of this expense is obvious immediately.

**Some of the Savings
You Can Show**

You walk into an office and put down before your prospect a letter from a sales organization showing that they did work in their own office for \$11 which formerly could have cost them over \$200. A building supply corporation pays our man \$70, whereas the bill could have been for \$1,600! An automobile dealer pays our representative \$15, whereas the expense could have been over \$1,000. A department store has expense of \$88.60, possible cost if done outside the business being well over \$2,000. And so on. We could not possibly list all cases here. These are just a few of the many actual cases which we place in your hands to work with. Practically every line of business and every section of the country is represented by these field reports which hammer across dazzling, convincing money-saving opportunities which hardly any business man can fail to understand.

**Profits Typical of
the Young, Growing Industry**

Going into this business is not like selling something offered in every grocery, drug or department store. For instance, when you take a \$7.50 order, as much as \$5.85 may be your share. On \$1,500 worth of business, your share may be \$1,167.00. The very least you get as your part of every dollar's worth of business you do is 67 cents—on ten dollar's worth \$6.70, on a hundred dollars' worth \$67.00—in other words two thirds of every order you get is yours. Not only on the first order—but on repeat orders—and you have the opportunity of earning an even larger percentage.

**This Business Has
Nothing to Do With
House to House Canvassing**

Nor do you have to know anything about high-pressure selling. "Selling" is unnecessary in the ordinary sense of the word. Instead of hammering away at the customer and trying to "force" a sale, you make a dignified, business-like call, leave the installation—whatever size the customer says he will accept—at our risk, let the customer sell himself after the device is in and working. This does away with the need for pressure on the customer—it eliminates the handicap of trying to get the money before the customer has really convinced himself 100%. You simply tell what you offer, showing proof of success in that customer's particular line of business. Then leave the invention without a dollar down. It starts working at once. In a few short days, the installation has actually produced enough cash money to pay for the deal, with profits above the investment coming in at the same time. You then call back, collect your money. Nothing is so convincing as our offer to let results speak for themselves without risk to the customer! While others fail to get even a hearing, our men are making sales running into the hundreds. They have received the attention of the largest firms in the country, and sold to the smallest businesses by the thousands.

EARNINGS

One man in California earned over \$1,600 per month for three months—close to \$5,000 in 90 days' time. Another writes from Delaware—"Since I have been operating (just a little less than a month of actual selling) and not the full day at that, because I have been getting organized and had to spend at least half the day in the office; counting what I have sold outright and on trial, I have made just a little in excess of one thousand dollars profit for one month." A Georgia man made \$802.50 his first two weeks. A Connecticut man writes he has made \$55.00 in a single day's time. Texas man nets over \$300 in less than a week's time. Space does not permit mentioning here more than these few random cases. However, they are sufficient to indicate that the worthwhile future in this business is coupled with immediate earnings for the right kind of man. One man with us has already made over a thousand sales on which his earnings ran from \$5 to \$60 per sale and more. A great deal of this business was repeat business. Yet he had never done anything like this before coming with us. That is the kind of opportunity this business offers. The fact that this business has attracted to it such business men as former bankers, executives of businesses—men who demand only the highest type of opportunity and income—gives a fairly good picture of the kind of business this is. Our door is open, however, to the young man looking for the right field in which to make his start and develop his future

No Money Need Be Risked

in trying this business out. You can measure the possibilities and not be out a dollar. If you are looking for a business that is not overcrowded—a business that is just coming into its own—on the upgrade, instead of the downgrade—a business that offers the buyer relief from a burdensome, but unavoidable expense—a business that has a prospect practically in every office, store, or factory into which you can set foot—regardless of size—that is a necessity but does not have any price cutting to contend with as other necessities do—that because you control the sales in exclusive territory is your own business—that pays more on some individual sales than many men make in a week and sometimes in a month's time—if such a business looks as if it is worth investigating, get in touch with us at once for the rights in your territory—don't delay—because the chances are that if you do wait, someone else will have written to us in the meantime—and if it turns out that you were the better man—we'd both be sorry. So for convenience, use the coupon below—but send it right away—or wire if you wish. But do it now. Address

F. E. ARMSTRONG, President
Dept. 4023-A, Mobile, Ala.

**RUSH FOR EXCLUSIVE
TERRITORY PROPOSITION**

F. E. ARMSTRONG, Pres., Dept. 4023-A, Mobile, Ala.
Without obligation to me, send me full information on your proposition.

Name _____
Street or Route _____
Box No _____
City _____
State _____

proper forms. When you view them through the eyes of understanding they appear very different.

QUESTION:—Mrs. S. R. writes:

Would you be kind enough to advise me in my case? If any one tells me any kind of startling news, I just go all to pieces mentally and physically. I will brood over it for days and be very miserable. I get so weak and nervous and think of all sorts of things that probably will happen to me.

ANSWER:

You were born with a sensitive, impressionable, emotional nature, with a tendency toward nervousness. Such a nature represents very real power, but unfortunately, unless it is understood and given proper direction, it can work against you and make you feel very miserable. Your present condition represents this power in reverse. You are thinking from without inward, instead of from within outward. Everything you hear that is depressing, all the little annoyances of life, you at once associate with self and become introspective. And such a nature as you have is an imaginative one, and with such habits as you have formed your imagination flows through destructive instead of constructive channels. You must first gain a good understanding of yourself, your own powers, thought reactions, both the constructive and destructive side of thinking—and the laws underlying life as lived to the fullest. With this information and practice, you can in time reach a point where you are in command of your powers and direct-

ing them in helpful ways. See how much courage and confidence you can show in meeting your unreasonable fears.

QUESTION:—H. M. writes:

There is something which bothers me that I wish you would help me with. My mind seems too active. My thoughts run away with me. I'm never relaxed mentally. I can't make my mind a peaceful blank. When I'm doing one thing, I'm thinking of something else. At night when I go to bed I am not sleepy and after a couple of hours I drift off into a sleep that is disturbed by dreams. Please assist me through your column.

ANSWER:

Be glad that you have an active mind. No one with a good mind like yours finds it possible to make it a blank for any great length of time. The trouble with you is you haven't that power under your control and direction. You too have become too conscious of the fact that your mind is active and have perhaps developed some fear toward self in consequence. Don't try to make your mind a blank, but try to direct it and strive to give attention to the things that you have on hand at the moment. Live one minute at a time. You are in need of mental training, nothing more. Refuse to take yourself or this condition seriously. Get away from all fear in connection with it; but instead, encourage yourself and picture the fact that you have a good mind and that all that is required to make it constructive in action is just confidence and control.



The chains of habit
are too weak to be felt
till they are too strong
to be broken.



Do You Realize The **POWER** that Hypnotism will Give You!

ARE you aware that hypnotic power lies dormant in all of us... in you? You have complete control over anyone under your hypnotic power...they must say anything...tell anything...do anything that you command. Think what that means!

● The ancient, astounding art of hypnotism is no longer a mystery conquered only by a few. It is now in YOUR power to draw people to you...to hold them spellbound by your magnetism...to make them obey your every wish!

HYPNOTIZE AT A GLANCE!

● Hypnotism is surprisingly simple as described in this scientific text book. You learn how to hold an audience enthralled...how to influence difficult business associates into giving you what you want...how to put across an important deal...how to apply hypnotic suggestion to the art of selling...how to become a leader among men, a social success. ● Train your latent hypnotic powers to make you the master of any situation! Overcome diffidence and self-consciousness! Bend men and women to your will!

MIND READING and CLAIRVOYANCE POSSIBLE

● Hypnotism has a multitude of uses in our everyday lives. It may be used for the magnetic relief of headache, toothache, neuralgia and to break bad habits. Self hypnotism overcomes insomnia when you know how.

● Fear often causes disease. By overcoming fear through the power of mind over matter, you can prevent many illnesses and cure others. In numerous instances, hypnotism has taken the place of anaesthesia. As a matter of fact, hypnotism is being taught in medical schools!

● By hypnotism it is possible to detect crime, to transmit thought, to acquire clairvoyance. YOU have the slumbering power...this clearly written book tells you how to use it.

● Would you like to read the innermost thoughts of your loved one...to influence those thoughts? You can, with a little practice and the knowledge contained in Dr. Cook's book.

A FEW OF THE SUBJECTS

Self-Anaesthesia	Auto-Suggestion & Selling
Affairs of the Heart	Changing Others' Opinions
Animal Magnetism	Mind Reading
Hypnotism & Disease	Overpowering Enemies
Popularity & Success	Fascination
Overcoming Bad Habits	Clairvoyance
Betraying the Emotions	Post-Hypnotic Suggestion

FREE! That startling aid to hypnotism "The Hypnotic Eye" included FREE!

Mail the coupon TODAY to Pioneer Publishing Co., 1270 Sixth Ave., N.Y.C. Pay the postman \$1.98 plus a few cents postage, or enclose \$1.98 and we will mail it prepaid. Money back if not completely satisfied.



NOW ONLY \$1.98

SEND FOR IT TODAY!

PIONEER PUBLISHING CO.
Dept. 196H, 1270 Sixth Ave., N.Y.C.

Gentlemen: Send me your book "Practical Lessons in Hypnotism" by return mail. Include FREE copy of the "Hypnotic Eye". I have checked below how I wish shipment made.

☐ Enclosed find \$1.98. Ship prepaid.
☐ Ship C.O.D. I will pay postman.

Name _____

Address _____

City _____ State _____

Orders from Foreign Countries \$2.25 in Advance

Second Birthday for a Best Seller!



FOR two years LIFE BEGINS AT FORTY has been a best seller throughout the country. Today, as it celebrates its second birthday, over one thousand people are buying copies every week! How's that for a two-year-old? Two years ago when LIFE BEGINS AT FORTY was published it was just another book. Then . . . almost overnight . . . it became Chicago's leading best seller. New York followed. Soon every city in the country

was reporting it as a best seller—and they have continued to do so ever since. Doctors and educators have recommended it. Ministers have preached about it. More than 150,000 readers who have benefited by reading it are singing its praises. LIFE BEGINS AT FORTY! It has become a national catch phrase, a message of good cheer for millions of men and women.

NOW, as a reader of PSYCHOLOGY, you can obtain a copy for your very own—by return mail—in an unusually attractive combination including a full twelve-month subscription to PSYCHOLOGY.

LIFE begins at FORTY By Walter B. Pitkin

"The Book that is changing the Life of the Nation," together with "the Magazine that is the Hope of the World!" Both for \$3.65! Use the attached order coupon today!

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

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

1-35

Please send me "LIFE BEGINS AT FORTY," and also enter my name for a full year's subscription to PSYCHOLOGY. New..... or Renewal.....
Enclosed find check (or money order) for \$3.65.

Name

Address

On Canadian subscription please add 50c; Foreign \$1.00

The World is Seeking

(Continued from page 39)

started on its journey—the result would be that the bird would be exhausted and would probably die. The enemy would advance and the day be lost, because of the failure to let go—in faith.

Why is it when we pray we become so anxious about results? Why do we keep on repeating our prayers? Is it not because we doubt the possibility of fulfilment? When we know we take up our place in a finished kingdom, and in that kingdom we become aware of everything that is necessary to make it harmonious and happy. Not a thing can be wanting. Not a thing can be lacking. Because it is.

Small wonder, then, that "A little child shall lead them."

"All power is given unto you in heaven and in earth" through your absolute faith, for "faith is the substance of things hoped for"—the very essence of the desired thing—and it is also the "evidence of things not seen."

That is, it is the acknowledgment of the isness of the kingdom here and now.

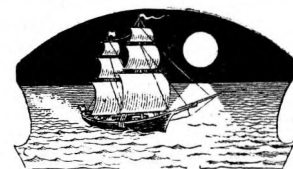
Psychology In Review

(Continued from page 26)

determined by one's own inner life," she says, "that all the world is seeking."

The true adventurer in the world of the spirit, by casting aside all external trappings, achieves security by finding a center of gravity within himself. In the East, this has been the way of the many; in the West, it is the way of the few.

But in times such as the present, people develop a power to understand anew the wisdom of antiquity and restate it in a way to meet the needs of the present.



Most men have sailed into the harbor of success on hardships, not dreamships.

"SCIENCE of COLORS"

80-page Color Text Book for Beginners and Healers, Teachers and Students
—8 Chapter Lessons and Appendix as follows:
1—Forma Sounds, Science of Colors—Tones and Music.
2—Wonderful Color Cures at Stevens' Light and Color Research Institute.
3—Colors, Music and perfume for Healing and Soul Development.
4—Psychic Powers, Body Color-Charting, Etc.
5-6-7-8—Records of Marvelous Color Cures.
Part II—Color Rhythms and Inspirations.
Deluxe illus'd \$1.35 (though listed \$2.) In Leatherette Bound \$1.00 or Plain 60c by the world's greatest Color Expert. A still smaller book entitled "Color" 25c. Satisfaction Promised. (Agents wanted but no free samples.) (See our 6 other book ads) (M. O. or stamps accepted.) We Supply Larger Text Books on Colors; also Color Lessons.
Stevens PSY. Color Inst., 242 Powell St., San Francisco, Calif.

HEALTH STRENGTH

and 10 to 25 inches solid rippling super-muscle in 30 days—or your MONEY BACK! My world-famous Stebbing 4 in 1 Course guarantees Dynamic Energy, Doubled Stamina, Virile Manhood, Robust Health, Normal Weight, 2-5 inches on Chest & Arms, Iron Will, 100% Nerve Force, Rigid Self Control, Personal Magnetism—or no cost. Complete Course only \$2.00 or particulars FREE.

LIONEL STEBBING, Dept. P. I.
Forest Hills New York

Please use coupon or mention PSYCHOLOGY MAGAZINE when you write advertisers

Ultimate Religion

(Continued from page 31)

ual fortune with the fortunes of a great cause.

To appreciate the meaning of self-surrender as the consummate act of self-expression we must consider life in its fullest measure of challenge and opportunity.

It may be opportune to reiterate that in discussing the fundamental principles of character building we are not at all interested in formulating specific rules of conduct applicable to conventional living. We are not trying to paint a pretty picture of a sweet and innocent existence with its pacific piety undisturbed by the earthquakes and typhoons of this storm-battered world. Mindful, too, must we be of the fact that no matter what may be suggested as basic in the moral structure it will be appraised by some as "just one man's opinion."

The law of gravitation was once just one man's opinion as were also the speed of light, the rotation of the planets, the lunar tides and the circulation of the blood through veins and arteries.

These principles of character building are offered as indicative of the fact that we have to deal with cosmic laws operating in the realm of morals. We wish to hold not to opinions but to realities.

Deeply imbedded in the very nature of man is the necessity for self-expression in the form of self-surrender as a

condition of self-perfection. And we use the term perfection in no merely academic sense but as indicating the rounding out of the individual to the proportions of ultimate power and success.

Years ago, at a national Democratic Convention William Jennings Bryan declared "The humblest citizen in all the land, when clad in the armor of a righteous cause, is stronger than all the hosts of error." The cynic will sneer and claim that there is no such thing as service without ulterior motive. We have the long record of the centuries to rebuke the cynic's sneer. Making all allowance for the ardor of his oratory, Mr. Bryan spoke with convincing truth.

Fox's "Book of Martyrs" is little known to the present generation and it cannot be recommended as cheerful reading but it must not be forgotten that martyrs live on in the causes for which they died.

Self-surrender may not result in martyrdom but it is beyond question that life unselfishly and intelligently given to worthy pursuits represents the glorification of character and is essential to the salvation of society. It is self-expression on its noblest triumph. It is fully accredited by the experience of mankind from earliest times to the present day.

Your Job and You

(Continued from page 46)

I am wasting my time. I should be studying art—painting. I know I will have to suffer, go hungry and want for the nickel cigar that I enjoy so much,

if I give up my business. But maybe I will find that peace that I can't find anywhere but in search for the means to express some of the beauty that I find in the world—and place it on canvas, in the only way an artist can express it. I appeal to you—can you tell me what it is all about?"

I bow my head in the face of such desire for soul expression and ask the powers that be to grant me the wisdom, for a moment, to give this boy something that will help him to find happiness and to give to the world the talent that he so evidently possesses. To but few come the courage to face the price that each of us must pay for our talents, if we obey their demands.

There is only one compromise to make that I can see unless this boy throws away that which the world calls good—to follow his dream of greater joy and grandeur. And I offer this solution humbly.

Mr. H., truly you have an artistic

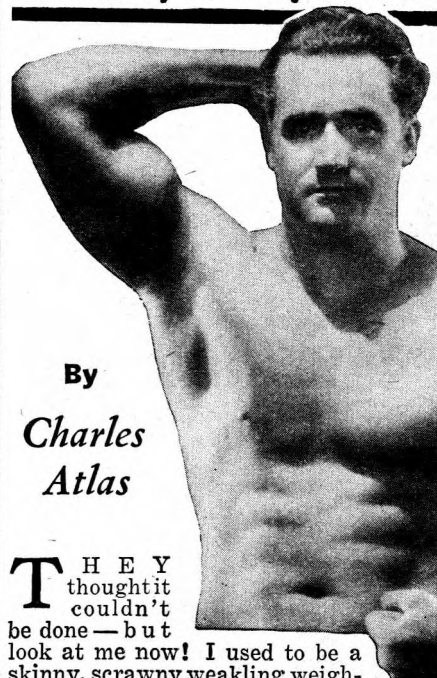
Heroic Service

PRAISE God for the vision that calls you to heroic service. The very purpose you feel will make you humble, and will give you confidence. So long as you are true to yourself, you cannot fail. Men may ridicule and mock, but they cannot take from you what you feel to be your call to service. The world still needs men and women like that. And what if the crowd is too slow to grasp your meaning, now! Some future day, when the procession catches up, your goal will have been reached, and your course vindicated.

—Wouter van Garrett.

"97 lbs. of SKIN and BONES!"

but now The World's Most Perfectly Developed Man...



By

**Charles
Atlas**

THEY thought it couldn't be done—but look at me now! I used to be a skinny, scrawny weakling weighing only 97 pounds. Only half alive; too sickly for sports; afraid to put up my fists. THEN I discovered *Dynamic Tension!*—the amazing method that gave me the body which twice won the title, "The World's Most Perfectly Developed Man." And thousands of other fellows who have put my secret to work are today the envied, he-men **LEADERS** in any crowd!

Proof in 7 Days that You, too, can Have a Body Like Mine!

Now I actually *guarantee* to show you **PROOF** in just 7 DAYS that I can give you a body that men will respect and women admire. Let me make you a **NEW MAN**—with a body of might and muscle, afraid of nothing, ready for the good things and good times of life. I'll put solid layers of rippling muscle on your back and shoulders. I can build out your chest to husky, he-man size and give your arms and legs handsome muscles of powerful strength. I'll give you vigorous new *health*, too—banish pimples, blemishes, bad breath, poor digestion, etc.

Send for FREE BOOK

Mail the coupon now for my valuable illustrated book, "*Everlasting Health and Strength*," filled with actual photos, vital body facts and full details of my "Proof in 7 Days" *Dynamic Tension* Guarantee. There's no risk, no obligation. It's **FREE**. Clip and send coupon **TODAY** to me personally: **CHARLES ATLAS**, 115 East 23rd St., Dept. 602, New York, N. Y.



**CHARLES ATLAS, Dept. 602,
115 East 23rd Street, New York, N. Y.**

I want the proof that your system of *Dynamic Tension* will make a New Man of me—give me healthy, husky body and big muscle development. Send me your free book, "*Everlasting Health and Strength*."

NAME _____
(Please print or write plainly)

ADDRESS _____

CITY _____ STATE _____

© 1935 C. A. Ltd.

MARRIED AT 120

Thomas Parr married second time at 120. You grow old solely because "age" is in your consciousness. **YOU NEED NOT GROW OLD.** Learn rationale of Pranic Power and Creative Intelligence . . . be healthy, successful in all conditions, solve your life problems—Live by Knowledge.

Our free, sealed Book is of priceless value if you have studied either Astrology, Psychology, Mental Science, Correct Living, New Thought, Humanism, Metaphysics, Religion with Science, Health Living, Christian Science, Yogi or Hermetic Philosophy, Theosophy, Numerology, The Science of Christianity, Psychic Research, Suggestive Therapeutics, Mental Healing, Psychoanalysis, Rejuvenation, The Art of Living, Edwin J. Dingle, F.R.G.S., Founder of The Institute, 21 years in India, China and Tibet, was taught the secrets by Masters of Far East.

INSTITUTE OF MENTALPHYSICS, DEPT. P-I



Second at Hobart, Los Angeles, California, U.S.A.

"SEX AND LOVE FACTS"

(RARE SECRETS REVEALED)

"BOOK II," of the "Social Science Series" includes: Marriage, Its Uses, Control; Sex-MAGNETISM, Loves, Joys, Danger Signs; Instinct, Music, Odors, FRIENDSHIP, Kissing; Phallic-Worship, WHY WOMEN USE PERFUME, etc. 42 Chapters. Unusual Data. Illus'd. Deluxe ed. \$1.00 prepaid. Plain 55c. We sell a "Body Building Function of Sex" booklet, for 25c. Prof. P. Stevens, Ph.D., 242 Powell St., San Francisco, Calif. (m. o. or stamps.) (See our 5 other ads.) De Luxe eds well worth the difference.

See Page 4!
Announcement

PROBLEMS DEPARTMENT of

Psychology Magazine

"Contacts Club"

A local branch of the "Contacts Club" of *Psychology Magazine* is holding informal group meetings every Sunday evening at the Hotel Iroquois, 49 W. 44th St., New York City.

Music, short address, questions and answers, general discussion. Friends welcome.

"Contacts Club" of *Psychology Magazine* in other parts of the country, please note.

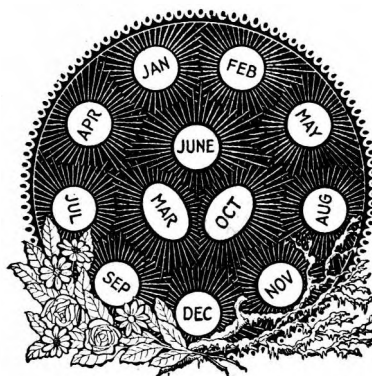
soul or you would not consider giving up a life of ease for that of instability and want.

On the business side, consider that your lack of actual school education does not necessarily hold you back from rising further in business. Charles H. Schwab had less education than you; Edison was an uneducated man, as far as actual schooling was concerned and Lincoln tutored himself at nights. So much for the business side.

Now for the artistic. Did you know that one of the most prominent bank-

ers in New York City is also an artist and gives exhibits of his art work? You, no doubt, know that our late Secretary of Treasury, William S. Woodin, was a musician as well as a financier. There is no reason why you cannot continue your studies and art work together with your business.

Your trouble at present is that you are sublimating your artistic side to your business side. You can compromise them. Start out today and pick up your brushes in the free hours and your troubles will drop away.



Now While the Year Is Young

By JULIA BOYNTON GREEN

NOW while the year is young we speculate
Idly upon its possible events,
Envisioning matters big with consequence
Is joy just round the corner? Is the gate
Unbarred to high prosperity? Will Fate
Forbear now from her long malevolence
And clouds disperse that gathered gray and dense?
Will problems clear, and poverty abate?

Heaven grant! But Wisdom bids, since earth is earth
And offers mingled potions to our lips,
Reliance on the simple, stable things,
Virtues of wide esteem and proven worth—
Love's flame kept bright for Fortune's chance eclipse,
The sweet rewards of mutual ministerings.

—American Mutual Magazine



HOUSEHOLD SUGGESTIONS

RECIPES by BETTY BARCLAY

Homemade Lap Board

WORKING with a heavy book, certain kinds of sewing, and many other home, office, and studio tasks often become back-breaking and vexatious from long leaning over a table. The simple lap board, which once enjoyed quite a vogue, is a practical answer.

This useful article is little seen now except in the costly hardwood types, or in the paper board types which quickly ravel and split. Good lap boards made of laminated wood to prevent warping, or of seasoned hardwoods, are well worth their cost, but



strangely enough there seems to be little demand for them, as a survey of department stores in a large city recently revealed.

The ease with which pressed wood may be worked by anyone halfway clever with a saw makes it possible to turn out in almost as little time as it takes to tell about it, an economical one-piece lap board—one that will be durable, warp-proof and waterproof besides.

From your building supply dealer obtain a section of pressed wood 3/16 of an inch thick from which a piece 36 by 19 inches can be sawed out. It comes in large strips, and most dealers usually have "shorts" in stock. Then with a fine-tooth saw cut out a design along the lines of the diagram shown. Round off the edges with a file or sandpaper, and that's all there is to it. No painting, oiling, or waxing is necessary.

For some the utility of a lap board can be increased by fastening, about four inches from the top, a thin hickory yardstick. It may be glued or screwed to the board.

With the lap board resting on the arms of a chair, either straight or rocker, one may lean back and relax while reading, writing, sketching, or sewing. They are useful to serve invalids. Children will find them useful in doing their home work. Stamp collectors will find them ideal to use while mulling over their collections.

Meat Dish and Dessert

The humble prune is humble no longer. This inexpensive laxative fruit is utilized in the following recipes:

Baked Veal Heart with Prune Dressing

2 veal hearts	2 cups bread crumbs
1 cup prunes, boiled 10 minutes	3/4 teaspoon salt
1/2 cup sweet green pepper, cut fine	Pepper
1 cup celery, cut fine	1/4 cup melted butter
	1/2 cup liquid in which hearts were boiled

Wash hearts, carefully removing all blood clots. Trim out all large veins and arteries. Cover with water, add 1 teaspoon salt and boil for 2 hours or until tender. Cut hearts through center so they will lie flat.

For the dressing, cut prunes from pits in small pieces. Combine all ingredients and mix thoroughly. Place dressing in covered baking pan or roaster, forming into a loaf. Place hearts cut side down on top of dressing, brush outside of hearts with melted shortening or oil. Cover and bake in a hot oven (425° F.) for 1 hour and 20 minutes.

Prune Peach Custard Pie

1 1/2 cups cooked prunes	1/4 teaspoon salt
1 cup dried peaches	Baked pastry shell
5 tablespoons sugar for fruit	2 eggs (whites for meringue)
Custard	2 tablespoons cornstarch
1 1/2 cups milk	1/2 teaspoon vanilla
3 tablespoons sugar	

Pit prunes and cut prunes into small pieces. Wash peaches, cut into strips, boil 15 minutes in 2 1/2 cups of water; add sugar and prunes to peaches and boil 3 or 4 minutes longer or until sugar is dissolved, stirring continuously to prevent burning. For custard, beat milk in top of double boiler. Combine sugar, salt, egg yolks and cornstarch which has been moistened in 2 tablespoons cold water; beat until well blended, then add to hot milk and cook until thick, stirring occasionally. Remove from fire, add vanilla and cool. Pour fruit mixture into baked pastry shell, cover with custard and top with meringue. Brown in a moderate oven (350° F.) for 10 minutes.

Mock Duck

2 pork tenderloins	1 cup thick sour cream
2 tablespoons butter	2 apples
1 cup sweet cream or very rich milk	Salt and pepper
5 boiled prunes	

Cut tenderloins half through lengthwise. Open and pound flat. Cut apples in thin slices, cover the tenderloin. Remove stones from prunes and put over apples, add seasonings and cover all with second tenderloin. Roll and tie securely. Brown in butter. Pour on a little broth, the sweet and sour cream, and cook slowly for one hour.

How You Can get into Broadcasting



FLOYD GIBBONS
Famous Radio
Broadcaster

BROADCASTING offers remarkable opportunities to talented men and women—if they are trained in Broadcasting technique. It isn't necessary to be a "star" to make good money in Broadcasting. There are hundreds of people in Broadcasting work who are practically unknown—yet they easily make \$3000 to \$5000 a year while, of course, the "stars" often make \$15,000 to \$50,000 a year.

An amazing new method of practical training, developed by Floyd Gibbons, one of America's outstanding broadcasters, fits talented people for Broadcasting's good paying opportunities. If you have a good speaking voice, can sing, act, write, direct or sell, the Floyd Gibbons School will train you—right in your own home in your spare time—for the job you want. Get your share of the millions advertisers spend in Broadcasting every year. Our free book, "How to Find Your Place in Broadcasting," tells you the whole fascinating story of the Floyd Gibbons Course—how to prepare for a good position in Broadcasting—and how to turn your hidden talents into money. Here is your chance to fill an important role in one of the most glamorous, powerful industries in the world. Send the coupon today for free book.

Floyd Gibbons School of Broadcasting,
2000 14th St. N. W., Dept. 5A43, Washington, D. C.

Without obligation send me your free booklet "How to Find Your Place in Broadcasting" and full particulars of your home study Course.

Name..... Age.....
Please Print or Write Name Plainly

Address

City..... State.....

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. It will send the complete illustrated book by return mail without a penny in advance.

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 stamp).

When package arrives, hand the postman only \$1.00, plus delivery charges, and the wonderful information is yours. Guaranteed exactly as represented or money cheerfully refunded. Send your name NOW.

"CALOSTRO" PUBLICATIONS,
Dept. PY, Box 76, Times Square Station
New York City, N. Y.

Learn Photography at HOME

Make money taking pictures. 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 book, Opportunities in Modern Photography, and full particulars.

AMERICAN SCHOOL OF PHOTOGRAPHY
Dept. 5891, 3601 Michigan Ave. Chicago, U. S. A.

"NULIFE, SEX & DIET"

A Priceless, Unusual Book, every Adult should own. Worth its weight in Precious Jewels. 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. Why pay several dollars? Our limited offer popular illus'd DeLuxe edition only \$1.00. Cheaper ed. 50c. Psy. STEVENS PUB., 242 Powell St., San Francisco, Calif. (See our 5 other ads.) Above book is our "No. III."

WHAT YOU DESIRE

DON'T yearn this year—learn to get what you want. Read "How to Manifest What You Desire." It brings a world of good things within your grasp. It's a book of victory for 1935. Matthews Dawson, 6506 Western Ave., Washington, D. C.

25c

CALM YOUR NERVES:

The Prevention and Cure of Nervous Breakdown

by W. BÉRAN WOLFE, M.D.

author of

HOW TO BE HAPPY THOUGH HUMAN

A HANDBOOK of commonsense advice, written for the layman by a doctor who not only knows how to treat a nervous breakdown, but who knows how to write about it. Scientifically sound, but written for *you*, so that you can understand and benefit by it, CALM YOUR NERVES is a book the general practitioner can safely put into the hands of his nervous patient—a book for the family of a nervous patient—a book for the man or woman in the throes of a nervous breakdown.

Illustrated with carefully written case histories that not only show how and why the nervous breakdown occurred, but how it was cured, this book will let you look at the structure of the nervous breakdown with the X-ray eyes of a psychiatrist. You will find your case described as accurately as if the author had examined *you*. CALM YOUR NERVES is written with full sympathy for the tortures of the nervous patient, and written for the man or woman who wants to know how to be normal.

Bad Curves!

ELSIE ROBINSON, whose famous column LISTEN WORLD! is syndicated the world over, says: "Every person must have certain things or he cannot live. He must have food, water, air, rest. These are his animal necessities. But he has certain human needs which are just as vital. He must have a balanced program of work and play . . . something to love . . . something to worship . . . a sense of safety . . . and a sense of success. Unfortunately few of us know how to plan our lives. Often we mess things up through our own stupidity or greediness. That's why you need this book. All America needs it. It isn't merely a doctor's treatise on sick nerves. It's a road map through the muddle of modern life . . . with a sign post for every bad curve and dangerous detour."

Save \$1.50

The price of CALM YOUR NERVES is \$2.50, or you can get it by using the attached coupon in combination with a year's subscription to PSYCHOLOGY for \$4.00—to cover both the book and the magazines!

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

Inspirational Pubs. Inc., 1-35
1450 Broadway, New York.

Please send me CALM YOUR NERVES, for which I enclose \$2.50 (check or M.O.) ☐
OR, send me the book and enter my subscription to PSYCHOLOGY for one year, for which I enclose \$4.00. ☐

Name

Address
Canada 50c extra; Foreign \$1.00 extra.

Psychology In Books

(Continued from page 47)

of the whole subject. Vitality is a physiological balance that is dependent, it seems, upon the state in which our endocrine glands are at the moment. Its chief basis is a little gland which is scientifically known as the adrenal cortex gland and which Sokoloff names the Gland of Life.

This particular gland affects all our bodily activities, all our functions. It is a dictator over more than five billions of cells, a war-lord whose enemies are all the invaders which we call diseases. Among the chief of those diseases are to be numbered typhoid, diphtheria and such like. The gland's activity is restless against all those enemies of our life.

To maintain the Gland of Life in healthful functioning, Sokoloff gives us a definite prescription that we must follow faithfully if we desire to live long and happily. In this prescription the first element is that of non-fatiguing exercise, combined with the habit of bodily relaxing. This is certainly a reaction from the muscular philosophy that issues in daily-dozens, in violent exercises, in back-breaking gymnastics. Exercise of some sort we must have, but we have it only in moderation. Above all, we must learn how to be relaxed, to let go both mentally and physically, to release all and every tension. This brings us to the third element in the Sokoloff prescription, namely the cultivation of a mental attitude that is purged of such destructive constituents as worry, anxiety, fear.

Upon such practical elements as these we depend for the secretion of lactic acid, which has been found to be the natural stimulant to jaded nerves. Nerves which are poisoned by fatigue are quickly cleansed of their harmful

toxins by lactic acid. It is of interest to note that this bodily secretion, long supposed to be a poisonous waste-product of muscular activity, is actually our great natural antiseptic. A very readable book.

Dutton Company

HERE IS A GREAT HOBBY

TALKING of relaxing reminds us that readers of this magazine know well the value of a hobby. The trouble with most of us is, however, that we are unable to go out and pick up a hobby right away. Dr. H. Bennett's *Practical Everyday Chemistry* may solve the problem.

The book is designed for the man or woman who wants to dabble and putter with chemicals in the home. Wouldn't you like to be able to make your own photographic materials, soaps, cosmetics, inks and so forth? In this book you will find all the recipes to the number of hundreds. As for a laboratory or workshop, the attic or basement or even the garage may suit your purposes. In a pinch you can always use the kitchen, but in that case you will have to overcome the objections of the goddess who presides in that region.

Dr. Bennett has assembled all the latest and most accurate information on the manufacture of the various chemical products you habitually use in your home. The recipes he gives are, for the most part inexpensive and easy to procure. The volume would be a delightful gift to an adolescent boy or girl who wants to make experiments in chemical research of a domestic nature.

Chemical Publishing Company of New York

The Pines . . .

By HAZEL GUSTAVSON



THE pines are not afraid;
They stand straight and tall,
They have nothing to hide.

There are other trees
Who hide themselves
In voluminous skirts of leaves.

There are people who hide themselves
In thoughts and manners not their own.

If their lives had been worth-while,
They, too, could stand straight and tall,
Unafraid—

The pines are not afraid.

Eddie Cantor Told Me

(Continued from page 13)

gotten valuable experience—had never failed me before when the question had been put to successful persons, but this amazing little man gave me an amazing answer.

"I COULDN'T answer that," he said briskly, "because I never have had a failure."

Of course I know what he meant—that he never had acknowledged a failure—had never labeled any experience by that ugly name. But he was adding what he evidently thought was an explanation:

"I learned a long time ago—very early in life—that if I did a certain thing a certain way, I would get a certain result. It's inevitable."

"You were using psychology, weren't you, Mr. Cantor?" I remarked.

"I know now that I often did," he admitted—and almost smiled!

"About luck now—what would you say of that?" I pursued when I saw the smile wasn't going to materialize.

"Luck? I don't think luck plays an important part in anyone's life even though it sometimes seems to. What I think, is that people—most people—mistake hard work, perseverance and brain application for luck!"

"Many wouldn't agree with me but I'm convinced that it all goes back to us—that we are quite directly responsible for our own success or failure."

"THERE'S a homely old adage about cream always rising to the top—that is, merit is bound to appear and be recognized if it really is merit. Do you believe that statement?" I queried.

"Well I guess that's a companion to 'Water always finds its own level,'" he countered. Again the smile threatened to break through but a serious little thread of thought intervened. "Yes, I believe that's true," he concluded.

But just here, Natalie was handing him some pictures to autograph and the faint sound of music from the orchestra pit wavered to us. The big dark eyes registered a busy signal as he started humming.

His mind was already bounding forward to his next performance and I am not sure he quite realized that I had said, "Goodbye." "You're a happy man, Eddie Cantor," I was mentally telling him as I went down the stairs. "Happy because you're so very, very busy. You show that you've put a lot into life—because you're taking so much out of life."

And from far away, floated threads of the song, "Margie, Margie," and I went on, out into the world of affairs.

Almost the Key

THE man himself is almost the key to the situation.

A prompt and responsive and diplomatic and cooperative spirit and manner and procedure almost unlocks the doors of opportunity and success.

In other words, the commendable spirit and initiative and procedure on the part of the man go a long way toward his success.

—E. W. Gilles.

News Flashes

(Continued from page 42)

and baiting tiger traps. By means of newly-extended airplane lines, many isolated districts of Siam have been brought into close touch with Bangkok, its capital city.



POSTMASTER GENERAL FARLEY in reporting a \$12,161,000 surplus for the fiscal year ended June 30th, says that this surplus, the first in fifteen years, was more than double his expectations.

According to R. K. Greene, rehabilitation director for the state of Alabama, the wealth of ten counties in that state has been increased by \$286,389 through operation of the rural rehabilitation program during the past season.

A survey by Association of Reserve City Bankers reveals that in the nation's banks reposes from \$8,000,000,000 to \$10,000,000,000 of unused credit, waiting to be employed by business.

The government's rehabilitation program resulted in more than 80,000 families being taken from direct relief rolls and helped toward independence during the past six months.



REPORTS from the Pacific Coast inform us that commercial interests in that section are projecting an ambitious program designed to stimulate trade with the Orient. The movement is signalized by the proposed establishment in each of the four leading coast ports of a "House of the Orient," which would be devoted to educational work in the field of oriental markets and exhibits of Pacific Coast products for the benefit of oriental buyers.

"A good book for the discouraged... the author simply tells you how to succeed... without any ideas." —Portland Oregon Journal.

THROUGH FAILURE TO SUCCESS

By James Alexander

"The author sets forth in simple and logical fashion the method which experience has shown will lead to increased accomplishment."

—Boston Globe.

A LITERARY DIGEST BOOK

\$1.50; \$1.64, by mail

All bookstores, or the publishers
FUNK & WAGNALLS COMPANY
356 Fourth Ave., New York

Analyze Your Personality

Learn your real character and that of your friends from this New Character Analysis Chart showing the 24 basic elements of handwriting and how character can be read from them. Chart also reveals character from faces, features and heads of 20 different types of men and women. Fully illustrated in colors. Makes amazing disclosures. Furnishes valuable personal information in the simplest, most scientific and entertaining way. Sent post-paid on receipt of 50 cents.

THE ALPHADICE COMPANY
Division of Psychology

136 West 52nd Street New York, N. Y.

POVERTY A DISEASE
ITS CURE AND BY VITVAN

Do you know that destructive influences in our individual and racial consciousness create disease?

Do you know that POVERTY is such a disease? It is given to you in this manuscript, as one of the great secrets of the INNER LIFE REVEALED.

Send for it now. Price \$1.00 postpaid.

School of the Sacred Science, The Po-Ahtun, Box 67, Shawnee, Colo.

DEAFNESS IS MISERY

Many people with defective hearing and Head Noises enjoy Conversation, Movies, Church and Radio, because they use Leonard Invisible Ear Drums which resemble Tiny Megaphones fitting in the Ear entirely out of sight. No wires, batteries or head piece. They are inexpensive. Write for booklet and sworn statement of the inventor who was himself deaf.

A. O. LEONARD, Inc., Suite 820, 70 5th Ave., New York

BEWITCH OTHERS
Make Them Love You

Wield powerful love control. Secure clever woman's private methods (confidential). Get secret charm. Revealing book, introducing you to new power, only 10c (sealed). Gardin Co., Dept. 2881, Box 352, Grand Central Annex, New York City.

"Colors, Breath & Forces."

"Book I" of the "Social Science Series" includes: Feminine Colors & Appeal, Vital Influence of Colors, Auras, Emotions, Right Breathing, Dreams, Thoughts & Passions, on Health, Love, Success, Marriage, Perpetual Youth and Happiness. Illustrated Deluxe ed. (50 chapters) now just \$1.00. (A genuine bargain.) Plain ed. 55c (Agents no free samples.) Prof. P. Stevens, Ph.D., 242 Powell St., San Francisco, Cal. (See our other 5 ads.) (m. o. or stamps accepted.)

SAVE 50% Write today for FREE Mail-Order price list of sanitary necessities of all kinds for men and women. Goods sent in plain sealed envelope, postage paid by us.

P. O. BOX 353, Dept. W-9, Hamilton, Ont.

Study Astrology by Correspondence
The most successful method known.

LA VERNE ASTROLOGICAL COLLEGE
P. O. Box 521, LONG BEACH, CALIF.
AUTHORIZED COLLEGE, of A. C.



This NEW FREE BOOK Will Tell You

ABOUT interesting inventions that have proved successful and will show you important mechanical principles that inventors frequently use in working out ideas—how some successful inventors have secured financial assistance to help them in the development of their inventions—what simple steps you may be able to take *right away* to help claim your right to your invention—what to do to make application for a Patent and what kind of a sketch or model is needed—how the U. S. Patent Laws protect you and many other interesting facts.

Many Little Ideas Have Big Commercial Possibilities

Every year thousands of patented NEW articles are brought on the market. And often it is the little, simple inventions—things like you see on the counters of a 10c store—that are among the most successful financially. So whether your invention is simple or complex—large or small—if it will make money, save time, save labor or give pleasure, find out how you can protect your rights to it. This new book, **PATENT PROTECTION**, brings you this information. A copy will be mailed to you **FREE**.

Avoid Delays—They May Be Costly

In inventive matters, delays can prove very costly. That is because often two inventors will be working on the same idea without each other's knowledge and the Patent Laws place the burden of proof on the man who files his application last. Decide **NOW** to know the **FACTS**. For thirty-five years, we have been in the business of helping inventors. Through experience with thousands of other men, we know just what to do to be of greatest help to you. But **YOUR VERY FIRST STEP** is to read **PATENT PROTECTION**. Start the coupon back to Washington today.

With the book we also send you an interesting Evidence form—Free



Be sure to write or print your name clearly—that helps us help you

MAIL THIS COUPON Today

VICTOR J. EVANS & CO.

Registered Patent Attorneys.
MAIN OFFICE: 517-A Victor Bldg., Washington, D. C.

Other Offices: 1640 M Conway Bldg., Chicago; 1007 M Woolworth Bldg. New York; 514 M Empire Bldg., Pittsburgh; 1010 M Hobart Bldg., San Francisco.

Send me your **FREE** book, "Patent Protection" and a Free copy of your Evidence form.

Name.....

Street and No.....

City..... State.....

Health—and Vigorous Activity

Walk a mile in the open air twice a day. It will add ten years to your life; if you don't believe it, try it and see. Keep the windows of your bedroom wide open, day and night, even in winter. You can't overdose yourself with fresh air, and disease germs can't endure it.

A Plain Question

ARE you giving yourself the benefit of health education? Are you giving your family the benefit of learning how to live intelligently?

Do you read or let your family read even one publication that deals on the most important subject in life—health?

Are you 100 percent in physical development? Are your children going to be 100 percent?

Are you interested in the health of other children, of the community, the state, the country—in short, are you a real citizen of the greatest country?

If you are, you must have an interest in those who will conduct it in the years to come.

Keeping Slim in Winter

MOST people exercise more in summer than in winter. Most people eat more heavy food in winter than in summer. The sum of these two is the fatness that creeps upon us during cold weather.

We need more heavy food in winter in order to keep the body fires going, but we do not need as much as most of us procure. Although few give such a thing a thought, it is very probable that the ice in the refrigerator, or the lack of it, has considerable to do with our avoirdupois when warm weather comes.

During hot weather we see to it that the ice-box is well-filled with ice. During winter we may get a trifle lax, assuring ourselves that it is "cold enough anyway." But lettuce in a cold pantry or in an otherwise empty refrigerator will never appeal like a head of lettuce that has been wrapped in a wet cloth and placed upon a large cake of ice to chill. When we allow our supply of ice to get low we unthinkingly rob many of our most valuable balancing foods of much of their lure. Fruit should be cool. Greens when eaten raw should be cold—and in many cases even brought to the table in dishes of crushed ice. The man or woman who would not taste a radish in a dry radish dish, will often eat several if they may be plucked from a mass of crushed ice—and this applies to many other foods that we need in winter even more than in summer.

Keep up your supply of fresh fruits and green vegetables during the cold weather—and you will find that a well-filled ice-box will help wonderfully.



● **THERE** is only one real asset in this world, and that is your health. Bet on it and you can't lose if you are careful. The strangest thing about this bet is that Nature lets you be the stakeholder. She trusts you, but in spite of this advantage, many continue to lose the bet too early in the game of life.

The Amount of Food

THE amount of food required varies greatly with conditions. In civilized communities, where cooking is a fine art, the number, the variety of food preparations are so great that the appetite is often stimulated beyond the requirements of the system, and consequently more food is eaten than is necessary or desirable to maintain the best bodily health and vigor. Gluttony results in overdevelopment and overwork of the digestive apparatus; the stomach and bowels become enlarged; the liver is engorged, and a predisposition is established to degenerative changes, fatty heart, etc. The quantity of food required to maintain the body in vigor varies with the climate and season, clothing, occupation, work and exercise, the state of individual health, age, sex and body weight.

Both overeating and overdrinking may be temporary or chronic. When chronic it may lead to such diseases as obesity, gout, lithemia, oxaluria, or the formation of kidney, bladder, or gall stones. It is very certain to cause congestion of the liver and the condition known as biliousness, in which the stomach and intestines are engorged, constipation results, the tongue is heavily coated, the bodily secretions are altered in composition, the urine especially becomes overloaded with salts, and the liver becomes congested, and finally the nervous and muscular systems are affected, which result in headache and feelings of fatigue, lassitude, drowsiness, and mental stupor.

Contacts Club

(Continued from page 41)

The Contacts Club interests me and I would be pleased to hear from those interested in the higher things of life. I am twenty-six years of age.

(Mr.) L.R., Concord, N.H.

That which we call the "higher things" of life are all about us when we look for them and learn how to contact them, Mr. L.R. Perhaps your letter will bring to you some sign of them from others who have gained light upon the subject.

Dear Editor:

I have been a reader of PSYCHOLOGY for some time and I like the hope and cheer it gives out.

I am a business woman and am very lonely as I have no family. My work brought me here and I find it hard to make friends in a big city, so I would be interested to hear from some of your readers. My hobbies are reading and good movies.

(Miss) B.L.D., Rochester, N.Y.

The loneliness of a large city is one of the things which brought this department into existence, Miss B.L.D., and I have no doubt but what you will find there are many others who feel in the "same boat" and who will send you a word of cheer.

As we receive so many more letters than space will allow us to print we thought it might interest some of our readers to know of those who are anxious to hear from new acquaintances. Therefore here's a partial list of letters on our desk at this time. Hope that some of our readers will prove a good friend to these additional correspondents.

Miss H.E.S., Pittsburgh, Pa.

Mrs. F.B.C., Santa Monica, Calif.

Miss Stranger, Providence, R.I.

Mr. F. T. D., Clayton, N.Mex.

Miss L. B., Wadley, Ala.

Mr. H.C.H., The Soo, Ontario.

"Things" and Happiness

HAPPINESS is as much a matter of being able to do without things as it is of having things. It is important to recognize this fact because life is so constituted that we will be miserable much of the time if our happiness is contingent upon having things to make us happy, even if we are blessed materially far above the average. Most of us are reasonably resigned about not having some of the things we feel are essential to our happiness, but we need to go further. We must manage to be as happy without those things as we feel sure we would be with them.

—John J. Lutke.

Man Can Talk

With God, Says Noted Psychologist

A new and revolutionary religious teaching based entirely on the misunderstood sayings of the Galilean Carpenter, and designed to show how we may find, understand and use the same identical power which Jesus used in performing His so-called Miracles, is attracting world wide attention to its founder, Dr. Frank B. Robinson, noted psychologist, author and lecturer. "Psychiana," this New Psychological Religion, believes and teaches that it is today possible for every normal human being, understanding spiritual law as Christ understood it, to duplicate every work that the Carpenter of Galilee ever did—it believes and teaches that when He said, "the things that I do shall ye do also," He meant what He said and meant it literally to apply to all mankind, through all the ages.

Dr. Robinson has prepared a 6,000 word treatise on "Psychiana," in which he tells about his long search for the Truth, how he finally came to the full realization of an Unseen Power or force so dynamic in itself that all other powers and forces fade into insignificance beside it—how he learned to commune directly with the Living God, using this mighty, never-failing power to demonstrate health, happiness and financial success, and how any normal being may find and use it as Jesus did. He is now offering this treatise free to every reader of this paper who writes him. If you want to read this highly interesting, revolutionary and fascinating story of the discovery of a great Truth, just send your name and address to Dr. Frank B. Robinson, Dept. TA, Moscow, Idaho. It will be sent free and postpaid without cost or obligation. Write the Doctor today.—Copyright 1933, Dr. Frank B. Robinson.

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.

BRAIN MAGIC

The keynote of your life is money and knowledge. Knowledge teaches you exactly how to live. Money enables you to live where, as, and how you wish. The Futurist Society, created to teach you how to master civilized problems, gives advice on how to increase your wealth regardless of your environment. In a year your knowledge will equal the average college graduate's. Write today for information.

FUTURIST SOCIETY, 416 Frankfort Ave., Cleveland, Ohio

Yours for HEALTH!

Metaphysical Analysis of the Sixteen Elements of the body. Write M. E. H. C. Health Club, Box 60, Mansfield, Ohio.

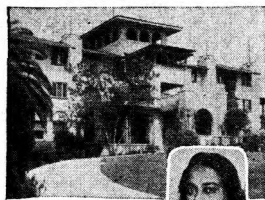
WILL ANSWER FIVE QUESTIONS FREE

With large 1935 Astrological forecast for \$1.00. Mme Mary La Verne, Cyclone Racer Pier, Long Beach, Calif.

TALK WELL

Before groups. "Public Speaking Simplified" is an amazing new, practical way to learn to talk before small and large groups. With this course (as given at our resident school) you will gain immediate self-confidence and start making talks or speeches. Complete course formerly \$5.00 now only \$1.00, while they last. Send dollar now or write for further details. Money back guarantee.

NIAGARA SCHOOL, INC., 155A B. L. E. Bldg., Cleveland, Ohio



New DESIGN FOR LIFE

Live YOUR LIFE the new way. Learn the method whereby you can answer the most intricate problems that deal with your health, peace, and prosperity. Self-Realization Fellowship brings the proper technique to you through its masterful teachings. Learn to create at will what you need. 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. An eye-opening book, "Highest Achievements Through Self-Realization," will be sent *free*. Send coupon today.

SELF-REALIZATION FELLOWSHIP

Mt. Washington Estates Los Angeles, Calif.

COUPON
S. Yogananda
Self-Realization Fellowship
Mt. Washington Estates, Dept. P7
Los Angeles, California

Dear Sir: Please send free book, "Highest Achievements Through Self-Realization." I am truly interested.

Name.....
Street.....
City..... State.....

Win With Words Increase Your Income MAKE New Opportunities

THE most valuable single ability you can have is the power of effective speech. TALK CONVINCINGLY, and you can get the things you want. Today—to make the most of your cashable opportunities you must be able to speak well, whether you address a large audience or merely one or a few individuals. Even in the public-speaking field, we live in a new day—a day of swift and radical change. The old oratorical style of a generation ago would not be tolerated now! Even the methods of a few years ago do not fit in with present day needs!

Public Speaking Simplified

Written by C. W. Chamberlain, Ph.D., brings to you the newest basic psychological discoveries and the latest technique, strategies and tactics that have been found effective on modern day audiences. Endorsed by the foremost speakers and debaters in America, it is written in simple, informal, interesting style with the one purpose of simplifying the art of effective public speaking. The author, C. W. Chamberlain, Ph.D., is an experienced speaker and a practical psychologist and he bases his teachings on the laws of scientific psychology.

Free

Get your copy of PUBLIC SPEAKING SIMPLIFIED free, as a gift with a year's subscription to PSYCHOLOGY by mailing the attached coupon by return mail. Don't delay—we have only a limited number of copies!

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

Inspirational Publications, Inc., 1-35
1450 Broadway, New York, N.Y.

Send me a free copy of PUBLIC SPEAKING SIMPLIFIED and enter my name for one year's subscription to PSYCHOLOGY. I enclose my check (or M.O.) for three dollars to cover the subscription.

Name.....

Address.....

Canada—50c additional; Foreign \$1.00 additional.

Please use coupon or mention PSYCHOLOGY MAGAZINE when you write advertisers

You Dreamed

(Continued from page 29)

requested particularly that he remember his dreams and discuss them with me. He proved to be a good sport and amazingly honest.

About a week after this consultation Mr. L dreamed that he was to be married. The guests were assembled and the bride came in her wedding garments. She was a very young girl and her features, even her hands and arms, were those of G. At this point Mrs. L, the man's mother, who for very selfish interests was bitterly opposed to his interest in G, created a scene and the intended bride was sent away.

The curtain then dropped and rose immediately for act two. The guests were present as before and there was no evidence of any previous commotion. This time the bride was a young lady whom Mrs. L approved of and whom L held in high respect because of her intellectual accomplishments,

but whom he did not love. During the march to the altar the new bride disappeared in thin air. In act three L was disgusted to find himself married to a fat, ugly woman whom he did not know and wanted nothing to do with.

In this dream the censor permitted L to be reminded only in a very gentle manner that his interest in G was not altogether brotherly or parental. Also that he was still so under the domination of his mother that he would have married the young lady of her choice had not this young lady been beyond his reach. And that hasty marriage with easily available prospective mates would not be a satisfactory solution to his problem.

These cases illustrate the amazing extent to which the interpretation of dreams may be the key to an understanding of ourselves. With understanding comes hope for the happy solution of our problems.

Voice of Experience

(Continued from page 23)

is merely reflecting on the general reputation of intolerance our fellow-citizens possess all over the world.

But, now, have we any such reputation?

My own knowledge of European opinion of Americans is that we have a reputation for being "go-getters," hard workers; eminently practical in all our affairs, and inordinately devoted to the cult of the dollar.

European thinkers credit us "with having given to the world a new philosophy of living. They call that philosophy Americanism and they speak of the Americanization of modern life. Indeed, Americanism, in the European sense, may be defined as the sum-total

of the ideals that characterize the world's newly emerging civilization.

I cannot believe that the "Voice of Experience" is unmindful of all this. Yet he tells us that we are a typical "little boy" nation. I am frankly puzzled to know what he means.

By way of criticism I would venture to say that, even if the charge were true, it could readily be accepted as a compliment. We live in an age when youth is coming to the fore everywhere. To be a "little boy" in such a generation would seem to be a decided advantage.

But my trouble is that the "Voice of Experience" did not seem to mean it as a compliment. I wonder why!



Emerson said: "Write it in your heart that every day is the best day in the year."

Stop Forgetting

(Continued from page 19)

speech. The natural voice indicates much of the character of the speaker.

EXERCISE SIX

All of the senses respond to varying forms and degrees of vibration. The function of the human sense organs is to receive, interpret and respond to the innumerable vibratory sensations which constitute the environment of man.

In the following exercises, we shall consider and deal with only those tactile sensations which result from "thigmotropism," or response to the stimuli of material contact, friction or touch.

The sound we make as we walk also has its distinctive characteristics. With practice one can learn to differentiate between the sound of the footsteps of different individuals. Re-read exercise five, substituting "human footsteps" for "human voice."

EXERCISE SEVEN

Carefully select ten small objects varying in texture and quality from extreme smoothness, (such as glass or velvet) to extreme roughness (as coarse cloth or sand paper). Have someone blindfold you. With your finger tips, palm of hand, muscle of forearm, shoulder, the neck, chin, cheeks, top of the head, contact the various objects with uniformly light movement and pressure.

After a while you will be able to recognize each of these objects instantly on contact and your sense of tactile perception, "thigmotaxis" or sensitiveness and responsiveness to the sensation of feeling or touch will become highly specialized and keenly developed.

During the above experiment, make three attempts to identify each object before allowing your assistant to correct them, should correction be necessary.

New Heights

(Continued from page 11)

what we wish for so much as what we mentally earn. Our prayers are granted in proportion as they are justified by our prevailing inner emotions and lines of thought.

There's no use railing at circumstances, and letting it go at that. Alter the cause *within* and we will change—in fact we can't help but change—the circumstance *without*.

Anyway, I wish every one of you could have taken that trip with me

the other day. For a long time I'm going to remember how it seemed, first to be riding in that fog of ragged, threatening clouds, then rising far above, and from the new height seeing clear beauty, freedom, loveliness.

Perhaps the analogy will help us in the coming New Year to feel assurance that we can, when "blind flying" confronts us, rise to new heights—and freedom of mind.

Give It a Thought

- You complain.
You say you are down and out;
What's the use.
How much will you take for your left eye?
Your right arm and leg?
Won't sell, eh?
Price too high?
Well, you are still quite rich, aren't you,
Compared to him who by neglect
(as you are tempted to do), lost them.
Just look at yourself,
And see how rich your ground for new sprouts.
Why not look up at the sunshine,
And let it do its best to show you
That God was not mistaken in His will that you exist.

Joseph A. Sadony.

fascinating, profitable PROFESSION



NOW open to MORE men and women

If you are looking for a NEW and BETTER way to make a living, take up Swedish Massage, for now you **Can Learn at Home**. This interesting, big pay profession was for years available only to a few. Its secrets were guarded jealously and fabulous prices were paid for instruction. This same instruction is now available to you at a mere fraction of the former price and you need not leave your present work until you have qualified as an expert and can command an expert's pay. The demand for both men and women has shown a steady increase and few, if any, have ever lacked employment.

You CAN learn at home

Turn spare hours into money. Use spare time at home to master a profession which has made thousands of dollars for ambitious men and women. Many graduates have completed this training in **less than two months** but you can take your own time. It need not interfere with other work or pleasure. All instruction has been prepared by the teachers in our famous resident school—the same material is used and the same diploma awarded upon graduation.

Swedish Massage Pays Big!

A few years ago treatments were given for health only, but NOW seekers of body beauty have learned that here is the best way to secure youthful grace as well as health. Hollywood's stars pay enormous fees to men and women in this profession. Swedish Massage has been credited with almost miraculous results in reducing weight, regaining health and halting the results of passing years. Magazines and newspapers are full of such stories—you can profit by this publicity.



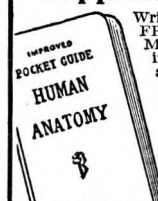
College Building,
Chicago, Illinois

Reducing Course alone of Great Value

Many of our students become specialists in reducing. Thousands of men and women pay huge sums to take off fat. Enroll now with the National College—get the benefit of instruction by the teachers in our famous resident school. This course includes lessons in Dietetics, Reducing Diets, Hydro-Therapy, Anatomy, Medical Gymnastics, in fact everything you need to know to qualify for a Diploma (same as given by our Resident School). Everything is written in simple language easy to understand.

Supplies included FREE

Write Now for our amazing offer of FREE SUPPLIES. Anatomy Chart, Medical Dictionary, Patented Reducing Roller and Hydro-Therapy supplies are all included without one cent of extra cost. Send the coupon for complete details—there is no cost or obligation.



The National College

Dept. 134
20 N. Ashland Ave., Chicago

The National College, Dept. 134
20 N. Ashland Ave., Chicago.

You may send me Free and Postpaid your Illustrated Catalog and complete details of your special offer.

Name

Address

City State

Let Yourself Go!



Few of us are more than one half alive, most of us are not that much.

The Self knows how to live, but we refuse to give it an opportunity.

.....
We keep it shut up in our house of bondage.

We are afraid to let it go.

We have our Fears, which limit and hamper the Self.

The Self is the Unconscious and in its bosom dwells Eternal Life—the Here and the Now.

It knows! It is keyed to the Universal!

It does not need to think, to reason, to plan—it knows! It knows—no matter how petty, how unharmonious your life may seem to be.

It is YOU.

.....
These Fears that spring from the Conscious are not YOU.

They never were, they never can be YOU.

They are YOU no more than is Your Body, Your Clothes.

These are only YOURS.

Stand aside! Let the YOU come through.

Like Diogenes, this SELF, this YOU, asks no more of you than that you do not stand between it and the sun.

The Sun is the Infinite—the YOU receives its rays.

Stand aside!

Let the Cosmos play upon this YOU, and you will be surprised how great is this YOU that is within you and that is YOU.

BY ELIOT KAYS STONE



NEW "HOME FACTORY"

MAKES

PERFECT POTATO CHIPS—DONUTS—SALTED NUTS

Stop looking for something difficult. Turn potatoes into cash. I show you just how with my newly perfected outfit. Start anywhere. Very little cash needed. Exclusive location. Profits pour in. No experience needed. I furnish the plans. Begin anywhere—village, small town, city or suburb. A big opportunity is waiting. Business permanent.

MAKE UP TO 500% PROFIT ON RAW MATERIALS

Raw materials are plentiful and cheap. Highly perfected outfit and confidential plans make operation simple, with startling profits certain.

WE HELP FINANCE YOU

and locate you. Send no money, just name, for book of facts and free opportunity.

Newly perfected, rapid, direct - to - fat slicer with outfit at no extra charge.

LONG-EAKINS COMPANY

176-S. High St.

Springfield, Ohio

WHAT DO YOU WANT?

I am contacting a Great Invisible Power which is bringing me health, happiness, success and prosperity.

***And I want to PROVE TO YOU that this same power can help you RIGHT NOW.

***At my own risk I offer to bring you proof that this power will help you if you will let it.

WANT TO TRY IT?

Then ask Disciple Belle to send you free "THE WAY OF M-IT." Address, STUDIO OF M-IT, Box 4081, Station B, Miami, Florida.

MOON SIGN BOOK



DON'T DO ANYTHING

Until you consult the

"Moon Sign Book" for everything of importance. Business, Social, Planting, Gardening, Poultry, Fishing, etc. 256 pages of vital information. 30th annual edition. \$1.05. Send stamp for new, large, descriptive catalogue of books on Astrology.

LLEWELLYN PUBLISHING CO.
8921 National Blvd., Dept. PI
Los Angeles, Palms, California.

SOCIAL SCIENCE For GIRLS, BOYS

The Five Science Lessons "How Shall I Tell My Daughter?" (What a girl should know) "How Shall I Tell My Son?" (What a boy should know) "Flower Lessons, Sex Dialogue," Breath Control Lessons, etc. The most sensible and graceful Social Science Story on Sex. Price 25c each brochure lesson or the five lessons combined for 50c. M.O. or stamps to Desk Psy. Stevens Pub., 242 Powell Street, San Francisco, Calif.

SPECIAL EXPERT ANALYSIS

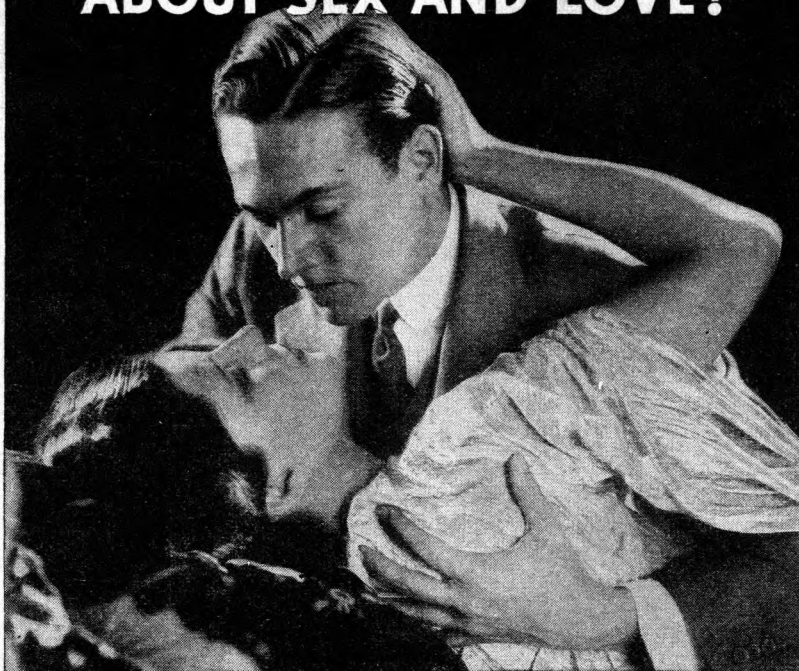
Combination reading from Numerology—Astrology—Graphology. Send full name, birthdate, \$1.00 fee and ink specimen of your handwriting. Special "Question Box"; three questions \$1.00. Confidences respected.

E. J. WEST. G.E., H.E.,
3784 Sacramento St. San Francisco, Calif.

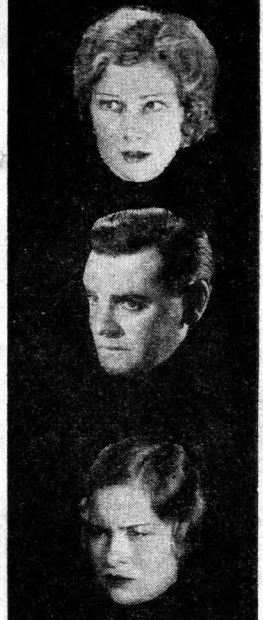
Banish Fear
Prevent Disease
End Self Denial



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 ecstasy 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

WHATEVER WOMAN SHOULD KNOW

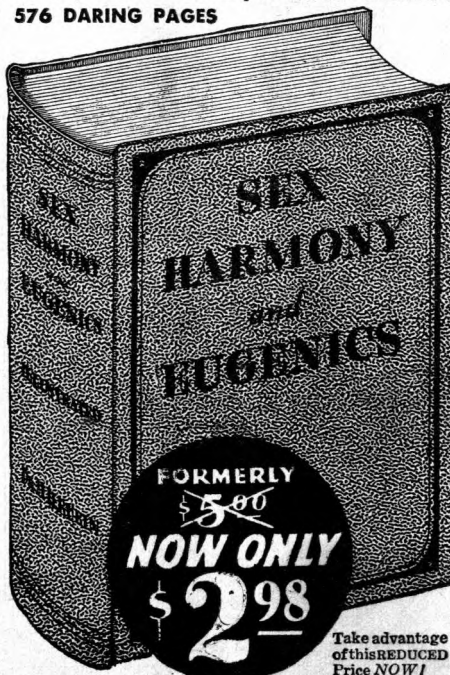
Joys of Perfect Mating
What to Allow a Lover
to do
Intimate Feminine Hygiene
Prostitution
Birth Control Chart

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



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!



SEND NO MONEY...MAIL COUPON TODAY!

PIONEER PUBLISHING CO.

Dept. 196, 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 15 Shillings in Advance

THIS BOOK WILL NOT BE SOLD TO MINORS

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.

Take advantage
of this **REDUCED**
Price **NOW!**

Enrich Your Life Thru "Knowing"

These Books Lead the Way

- Order by Number** **Price**
1. 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.

2. 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.

3. 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.

4. Hypnotism—Its History, Theory and Practice \$3.00
by J. Milne Bramwell

Readable and interesting accounts of medical and surgical cases selected from the author's own practice of more than twenty years.

5. Sex In Civilization \$1.00
Calverton and Schmalhausen, introduction by Havelock Ellis. 30 authorities take taboos out of sex. (Formerly \$5.00).

6. Through Failure to Success \$1.64
by James Alexander

The author sets forth in simple and logical fashion the method which experience has shown will lead to increased accomplishment. A good book for the discouraged.

7. The Secret of Victorious Living \$1.50
by Harry Emerson Fosdick

Speaking for our spiritual enrichment, this nationally known clergyman meets our most searching problem: how in our modern world to live victoriously.

8. That Mind of Yours \$1.75
by Daniel B. Leary, Ph.D.,
University of Buffalo

This book will enable you to see thru the eyes of the modern psychologist and thru a complete understanding to work toward the new life which is developing from the "new psychology."

9. 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.

10. NAKED TRUTH* \$3.00
by Luigi Pirandello

*Awarded the Nobel Prize for Literature... 1934 "Stimulating entertainment for those who are prepared to think as well as read—its simplicity and charm will delight you—its depth and challenge will stir you!"

Limited edition... De Luxe Binding

- Order by Number** **Price**
11. Calm Your Nerves: The Prevention and Cure of Nervous Breakdown \$2.50

by W. Beran Wolfe
Common sense advice written for the layman by a doctor who not only knows how to treat a nervous breakdown, but who knows how to write about it.

12. 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.

13. 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.

14. "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.

15. 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.

16. "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.

17. "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.

Inspirational Publications, Inc. 1-35
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 totalling \$5.00 or more,
you may deduct ten per cent.

- Order by Number** **Price**
18. "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.

19. "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's Method—The Miracle Within—Notes on the Journey of M. Coue to Paris in October, 1919—Everything for Everyone! Formerly \$2.95.

20. "Be a Prize Winner" Now \$1.00
Lon J. Haddock, A Call to Radiant and Zealful Living.

Man The Thinker—You and Your Consciousness—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.

21. "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.

22. "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.

23. "Subconscious Power—Secret of Achievement" \$2.00
Prof. Eugene V. Legaren

Six-volume course teaching how thru self-psychology to overcome all minor nervous troubles, as well as more serious nervous afflictions.

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



Awaken The Self Within and Conquer The World

Look beyond the horizon! The vista before you now may be only a mirage of the senses—a delusion. Your place in life may be higher, richer, and more commanding, if you raise your viewpoint and widen your understanding.

Life Is Not a Mystery—But a Challenge

You can rise above the slavery of labor and the drudgery of toil. You can meet the obstacles in your life and challenge them to submit to your personal power. You have the same mental forces to use which have helped thousands of others to become real masters of their destiny. There is no power to hold you back, but yourself. Discover the power within you—and use it! Money, influence, friends, education—will not do for you what you can do with the simple releasing of activities in your mind and psychic faculties, which may now be dormant and awaiting the magic touch of your own determination.

I Will Help You With This Free Sealed Book

Let me introduce you to the kindly offerings of the Rosicrucians—that old, dependable, non-religious Brotherhood of sympathetic cooperation. I will send you, without obligation, the remarkable book that has helped thousands in all parts of the world. Just write a letter (not a post-card of curiosity), and ask for a copy of the Sealed Book, which tells how a great work which started in Egypt has spread throughout the civilized world. It has become the Great Light in the lives of millions of persons who are masters of their own destiny and in command of their greater careers. It will explain how you may receive this most helpful information for study in your own home. Use coupon at right.



HERE IS THE WAY—

Scribe R. P. U.
ROSICRUCIAN BROTHERHOOD
AMORC
SAN JOSE, CALIFORNIA

"The Only Authentic Rosicrucian
Organization in North America.
Recognized by world federation of
ancient orders."

Scribe R.P.U.
Rosicrucian Brotherhood (Amorc)
San Jose, California

Please send me without obligation a FREE
copy of the SEALED BOOK. I am not merely
curious but actually searching for knowledge
for the betterment of my life.

Name

Address