

Can Women Be "Great Lovers"?

PSYCHOLOGY

Health • Happiness • Success

JUL 2 '37 Adler, Master Psychologist

Today's Opportunities—Pitkin

"I'm So Worried" Obsession *23 Aug 1937*

Darrow, "Optimistic Pessimist" *Feb 1937*

"Border Line", Body—Soul Clinics *24*

Real Life Stories!

"I Was Going Insane!"

He Broke With the Past

I Live With My "In-Laws"

Vacation Thrills at Home

"Half-way Stations"

Story of Mental Medicine

Dr. Claude William
Chamberlain

Worry Kills Beauty

J. Howard Crum, M.D.

Young for a Century!

There's No Dead-Line

Scrap Basket Secrets

Your Scribbling Tells All

These Books Are Paving Stones

On the Road to Successful Living

- 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. **Wake Up and Live!** \$1.75
A FORMULA FOR SUCCESS
by Dorothy Brande

Thrilling and inspiring—not full of pollyanna platitudes—it contains a real message for real people—for all those who want to get more out of life than they are getting. A best-seller highly endorsed by Dr. Arthur Frank Payne and Dr. Joseph Jastrow.

3. **Uncommon Sense** \$1.50
THE LAW OF LIFE IN ACTION
by Garland Anderson

Warmly commended by the Voice of Experience, you can prove the validity and worth of these basic principles in your own life.

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. **Life Triumphant** \$1.25
by Henry Knight Miller

A treasure for your library—23 beautiful essays in one volume. These powerful essays point the way to complete happiness.

6. **Man, the Unknown** \$3.50
by Dr. Alexis Carrell

Unique and inspiring—this amazing book by the renowned scientist of Rockefeller Institute is opening new worlds to hundreds of thousands of readers. A best-seller in the non-fiction field—proof of popular appreciation.

7. **Scientific Salesmanship** \$3.00
Dr. Charles Bennett, A.M., Ph.D.

Every phase of selling explained fully for practical use. Adopted as text-book by Ohio State University. Contains 702 pages; produced to sell for \$5.00. Be a step ahead of the crowd and get your copy today.

8. **An American Doctor's Odyssey** \$3.50
Victor Heisel

Critics have called it the "most entertaining chronicle in a decade." Another non-fiction top-notch that you will be delighted to add to your permanent library!

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. **Calm Your Nerves: The Prevention and Cure of Nervous Breakdown** \$2.50
by W. Beran Wolfe

Written with full sympathy for the nervous person, and written for the man or woman who wants to know how to be normal

- Order by Number Price
11. **Psychology of Dealing With People** \$2.50
Mendel White (Univ. of Minn.)

Successful living necessitates the ability to deal with people. This book offers you practical and authoritative help that you can put to immediate use.

12. **How To Win Friends and Influence People** \$1.96
by Dale Carnegie

Try Dale Carnegie's simple method of dealing with people. See for yourself, in your daily social or business life, how easily whatever you do, say, or write can win the friendship and the hearty cooperation of others—instead of arousing resentment, friction, and either a negative response or no action at all.

13. **Mark Your Words—A Manual for Vocabulary Building** \$1.75
by E. L. Yordan

The author proves that success in many fields depends largely on word command. In 11 chapters that read like fiction his new method enables you quickly to gain a thorough knowledge of words. Dr. F. H. Vizetelly, famous lexicographer, and Prof. E. L. Thorndike of Columbia, eminent educator, endorse this book.

14. **"Suggestion—Its Laws and Application"** \$2.50
by 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. **The Return to Religion** \$1.75
by Henry C. Link, Ph.D. (Yale Univ.)

The author, an outstanding psychologist, has studied religion, science, education and social life in relation to modern problems of adjustment. His book is a product of profound practical acquaintance with human nature.

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.

- Order by Number Price
18. **The Glands of Life** \$1.50
by Herman H. Rubin, M.D.

The story of the mysterious Ductless Glands. Their effects on our mental and physical health, appearance, personality, and behavior. Fascinating and instructive.

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 Zestful 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 Lead 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-psychanalysis to overcome all minor nervous troubles, as well as more serious nervous afflictions

Note: Foreign customers: Please add 15c to price of each book to cover Registered Mail.

PSYCHOLOGY MAGAZINE

404 Fourth Ave., New York, N. Y.

PSYCHOLOGY MAGAZINE, 404 Fourth Avenue, New York, N. Y. 8-37

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.

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

Are you going FULL SPEED TO SUCCESS

SOME OF THE SUBJECTS
COVERED IN THIS BOOK

WHERE WILL YOU BE ONE MONTH,
ONE YEAR, TEN YEARS, FROM TODAY?

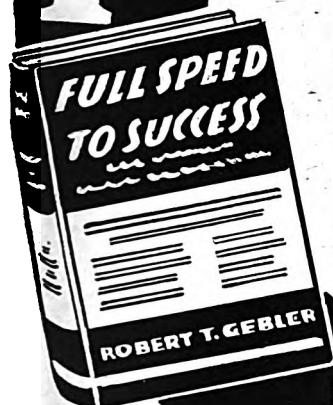
SUCCESS IS A MATTER OF CHOICE NOT CHANCE

Success will never say "No" to you, if you are in earnest, if you are made of the stuff that isn't content to remain a wage slave, a nobody all your life. No matter what you are or have been—a factory employee, student, office worker, salesman, farm-hand, mechanic or business man—regardless of whether you are or are not schooled or skilled—you have within you a hidden, bottled-up capacity for brilliant achievement, for tremendous accomplishment in the thrilling game of life! This remarkable book will open your eyes to your own possibilities, will put your feet on the path, will clearly indicate the way, will practically force you to attain all those things you have always wanted and dreamed about having. It will show you how to capitalize your ordinary everyday abilities so that no power on earth can keep you from the things you want. It offers you a definite, workable success pattern. Written in language that you can easily understand, it presents ideas and steps that you can easily follow. It is rich with example and anecdote.

WHO IS ROBERT T. GEBLER?

The author of this book is nationally known for his personnel, vocational and helped thousands to wealth, fame and power. He has made an intensive study, for the last 25 years, of the essential ingredients that make for success, and has put them down in his latest and greatest book, "Full Speed to Success"!

Only
\$1.97



responsibility school in the world, of actually hundreds of examples and peeps into the lives of successful men and women. It will tell you how you too can go towards your own success goal! Nothing has been overlooked—no single thing that contributes to the making of a successful career.

SEND NO MONEY!

Just your name and address, and we will mail you a copy of "FULL SPEED TO SUCCESS" at once. On delivery, deposit with postman only \$1.97 plus postage. Read it for 7 days, and if you do not agree with us that it will do more for you than we claim, return the book and we will refund your money immediately. A copy of this great book is waiting for you. It will point out the way to success and happiness plainly. Don't put this message aside expecting to send for it later. Fill out the coupon and mail NOW!

Will Start You
On the Road
to Success

Contains 302 pages—68 chapters, of important and fascinating reading matter. Touches on every conceivable matter that may have a bearing upon reaching business success, and financial independence.

Have you ever asked yourself,—Why do some men succeed? Why do others fail? What are the things I must do to be successful—to make money—to reach high position—to make a name? HERE IS YOUR ANSWER! In "FULL SPEED TO SUCCESS" one of the most amazing books ever written you will find clearly noted and explained those simple factors which inevitably lead to Success. These same ingredients and principles are always found present in one degree or another in the life of every successful man or woman. These same principles or rules which you will be able to follow, and which will lead you to success!

Here Is YOUR SUCCESS PLAN!

Success is not a mysterious goal or a chance reward—which falls to some lucky mortals and passes others by. Success is an objective, which has been attained by countless men and women who have definitely sought and worked for their aim. In reaching their objective they have followed certain precepts and rules. These principles are found in every Success Story that you have ever read or heard about. THESE PRINCIPLES ARE CLEARLY EXPLAINED AND THE WAY TO ADAPT THEM INTO YOUR OWN SUCCESS PLAN IS DISTINCTLY SHOWN—YOU CAN SURELY ATTAIN SUCCESS—for this book will outline and smooth the way towards that goal.

DESIGN FOR SUCCESS

This book raises the curtain so that you can look behind the scenes and see just how the wheels which lead to success go around. Read how a young, inexperienced boy came upon a simple idea which saved a newspaper from ruin; of the "notebook habit" which made one man president of the company he worked for; how one man conquered his fear of speaking in public; how a shoe salesman, founded from a simple idea, what later developed into the largest cor-

Self-Consciousness
Sleep
Selling Yourself
Leadership
Concentration
Good Manners
Exercises for Health

Enthusiasm
Imagination
Personality
Initiative
Judgment
Patience
Worry

Don't Delay—Mail Coupon Today!

Mayflower Book Co., Dept. P-144,
151 Fifth Ave., New York, N. Y.

Send me a copy of "FULL SPEED TO SUCCESS" for free examination. I will deposit \$1.97 and a few cents for postage when the book arrives. Full purchase price to be refunded if returned within 7 days.

☐ CHECK HERE if you enclose \$2.00 only, and we will prepay shipping charges. Same money back guarantee.

NAME

ADDRESS

CITY STATE

Note: Foreign and Canadian orders \$2.00 payment with order.

MAYFLOWER BOOK CO.
151 Fifth Avenue, Dept. P-144, New York, N. Y.

Please use coupon or mention PSYCHOLOGY MAGAZINE when you write advertisers

Digitized by Google

PSYCHOLOGY

Health Happiness Success

The original and standard publication in the
field of psychology. Established in 1923

Eldorado Field, Editor

*Martin Panzer
Associate Editor*

*Emile E. Allen
Associate Editor*

Contributing Editors:

C. Franklin Leavitt, M.D.
Dr. Claude W. Chamberlain
Samuel Kahn, M.D., Ph.D.
Rufus Mitchell Reed, Ps.D.
Joseph Jastrow, Ph.D., LL.D.

Contributing Editors:

Alfred J. Fox, M.D.
William A. McKeever, Ph.D.
Mrs. Elberta Wilson
William C. O'Donnell, Ph.D.

ALFR ED ADLER! How proud we always have been when we could announce to our readers that we were publishing an article by this good man and great psychologist. Some of his fine thoughts are included in this issue and with regret we must record with them, the fact of his passing. . . .

Says Walter B. Pitkin: "Suppose you find that the world today has little use for your temperament, outlook, and special skills"—and then the author of "Life Begins at Forty" and a late best seller, "Careers After Forty" tells you what to do about it. . . .

J. Howard Crum, M. D., is an extremely successful plastic surgeon living in New York City. His work has taught him how much the mind has to do with the appearance and he gives us valuable conclusions in "I'm so Worried Obsession." . . . Highly controversial that article "Women not Great Lovers?" Write in if you're indignant. . . .

"I feel that my mind is slipping. I fear I am going insane." What would you say if someone told you that? "Half Way" Stations tells of a striking humanitarian movement. . . . Clarence Darrow at 80 is inspiring to read about. . . . Almost everybody has an "in-law." This Rebentisch article is illuminating. . . .

It's often wise to break with the past! Read about the man who did. . . . Your unconscious scribbles. "Scrap Basket Secrets" says they mean something. . . . "Don't Rob Yourself" says Elberta Wilson. . . . Dr. Claude W. Chamberlain has another fine installment of the story of mental medicine. . . . Mental telepathy in Ed Bodin's column. . . . Walter Clemow Lanyon. . . . Many features, departments. . . . Letter exchange. . . .

Published monthly by RESOLUTE PUBLICATIONS, INC. Executive, Business and Editorial Offices, 404 Fourth Avenue, New York, N. Y.

I. W. Ullman, President; F. Z. Temerson, Vice-President and Secretary; Herbert Mensch, Treasurer; Irene Kenney, Circulation Manager.

Entered as second class matter October 12, 1935, at the postoffice at New York, under the Act of March 3, 1879.

Additional entry at Richmond, Va.

Subscription price \$3.00 per year. Canada, \$3.00. Foreign, \$4.00. Subscribers may send remittance by check, money order or registered letter. Please notify promptly of any change of address, giving old as well as new address. Telephone: Murray Hill 4-5321.

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

Copyright, 1937, Resolute Publications, Inc.

Advertising Representatives: Loyd B. Chappell, 530 West Sixth Street, Los Angeles, Calif. F. W. Henkel, 75 E. Wacker Drive, Chicago, Ill.

AUGUST, 1937

Vol. XXIII

No. 1

CONTENTS

	Page
A Vacation Dissertation.....	8
A Great Psychologist Passes.....	11
Thoughts on Alfred Adler	
Women Not "Great Lovers"?.....	13
Psychological Observations	
Today's Big Chances.....	16
Walter B. Pitkin	
Soul and Body Clinics.....	18
Martin Panzer	
"I'm So Worried" Obsession.....	20
J. Howard Crum, M. D.	
Mother Image in Man.....	22
Dr. John Coignard	
"A Pessimist with Hope".....	23
Interview with Clarence Darrow	
Thinking Into Success.....	25
Lillian D. Milner	
An "In-Law" at Home?.....	27
Alice Rebentisch	
Mental Poverty.....	28
Pearl M. Holmes	
Young for a Century!.....	30
He Broke with the Past.....	32
Dorothy Rockwell	
How Suggestion Cures.....	35
Alfred J. Fox, M. D.	
In the Psychologist's Office.....	37
Arthur L. Bain	
Scrap Basket Secrets.....	38
Don't Rob Yourself.....	41
Elberta Wilson	
There's No Dead-Line!.....	42
James S. Collins	
The Story of Mental Medicine.....	44
Dr. Claude William Chamberlain	
"Life and Life Hereafter".....	47
Ed Bodin, Chairman	
Judging from Appearances.....	49
Walter Clemow Lanyon	
The Healer (A Poem).....	50
Martha Haskell Clark	

SPECIAL DEPARTMENTS

Psychology in Books.....	6
Reviews	
"I Think"—Comments and View- points.....	15
"Contacts Club".....	29
Letter Exchange	
What Can We Do For You?.....	51
C. Franklin Leavitt, M. D.	
"Our Corner".....	53
Contributors' Page	

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 that 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 forms fixed HABITS which trap you. Some of the more common fears are: Fear of a loved one, fear of crowds and closed insanity, fear of suicide, fear of injuring

places, fear of being alone, fear that something might happen to you, fear of death, fear of disease, fear of germs or dirt, fear that people may recognize your trouble, fear that you might lose control of yourself and make a scene. You find it practically impossible to forget yourself and you assume an overserious and overanxious attitude toward most everything. You lose interest even in life, and each morning you get up to—"just another day." Where the fears and feelings are acute the nerves become extremely sensitive and weak and you have peculiar sensations, such as uncertainty in locomotion, a slight dizziness, 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 alone 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.

Life Is What We Make It

Nature does not say at birth to one child: you are to live a life of misery, be full of fears and make a failure of what you undertake; and to another—you are to be showered with life's richest blessings and be most happy and successful. In the

early period of development training, environment, companions, etc., of course play a big part in forming good or bad habits. But what this represents is ONLY HABIT and tendencies, and habits can be broken and new ones formed. We do not come into this world with the power of thought, but more as a piece of clay which the potter (which is represented by our early training) moulds into one type or another. This may at this moment seem rather vague to you, but I assure you we are NOT "fate-driven" but to a great extent MASTER OF OUR OWN DESTINIES. It is a matter of understanding just what to do, and then of being willing to pay the price in effort.

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 St.,
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 -----

PSYCHOLOGY

in

BOOKS



ALL those who have read Josephine A. Jackson's "Outwitting Our Nerves" will eagerly approach her latest work, "Guiding Your Life."

Here in vital chapters are the common sense verities of living for which people of all ages are seeking. Dr. Jackson, from a background of scientific knowledge, practical experience and keen analysis, has produced simply and forcefully a formula for happiness and health.

The book is a key to guiding one's life with psychology; discussing the problems, both physical and psychological which arise from the days of infancy, up through the years of maturity, it offers practical and expert advice on the ways and means of living a satisfactory mental and physical life.

Always the book is practical and balanced as when it discusses "The Moral Code." Dr. Jackson says: "It may be that some of us subscribe to the phases of the penitential Psalm: 'I was brought forth in iniquity and in sin did my mother conceive me.' Deep down in our hearts, however, we know that nothing is sin except that which is an offense against nature and against nature's God, and that by no wildest stretch of the imagination can the functions of reproduction come under the ban of sin.

"It is true that civilization does put under the ban, such traits as stealing, killing, lying, unrestrained and promiscuous sex activity, human traits which were in evidence in the childhood of the race. The Ten Commandments, however, may be regarded as having been less a fiat from high heaven than a pronouncement from the unfolding spiritual sense of civilized man." The book carries chapters on such widely divergent experiences as "Pre-school Days," "The Business World," "Married Life," etc.

D. Appleton-Century Company

"Educational Psychology" by W. D. Commins, Ph. D., is a well-organized, well-digested survey of the wealth of experimental findings which today form the scientific groundwork of educational psychology.

It is based on the central theme of the mental development of the child and regards education as a concrete expression of the individual's

total growth, and most satisfactorily applies to the psychology of education and development, certain basic concepts which have evolved from many converging trends in thought.

The work, however, does not duplicate the field of general psychology. In its references it considers the most recent experimental material and the viewpoints of Gestalt and related American schools. The book forms an admirable text for courses in educational psychology.

The Ronald Press Company.

FOR those who have self-problems, "Conquer Yourself" by Fritz Kunkel, M. D., constitutes a sincere, vigorous and simple guide. For those who often must make character diagnoses to help others out of mental and physical difficulties it will prove invaluable.

Dr. Kunkel brings the serious matters of the child's adjustment into the open, carefully explaining how these maladjustments can be avoided, and how, if they are already formed, they can be overcome.

To the teacher, those in authority over others, it includes a plea to fully understand the disturbances in each individual entrusted to his care, and an explanation of how these disturbances can be overcome, developing thereby a normal healthy attitude.

The poorly adjusted adult who is willing to face facts squarely will find much in this book to help him. He will perceive that his problems are not personal to himself alone, but general. The book will give him the tools to conquer his inner self and enable him to become a free and unburdened man with courage toward self and society.

Ives Washburn Company.

"Beyond Normal Cognition" is a study of records from sensitives (mediums) with central emphasis on the question: "Are there undoubted instances of super-normal information?"

A foreword by Professor William McDougall assures that the author, John F. Thomas, Ph. D., has here collected twenty-four records unmatched for variety of (Continued on page 61)

Thousands Rush to Avail Themselves of HEALTH - VITALITY - YOUTH

The Secret of Which is Offered You

John X. Loughran, Ph. D., Chairman of the Science Board of the 20th Century Health Foundation, Inc., is known throughout the world as a brilliant exponent of nutritional science—a man whose success in reclaiming and revitalizing the bodies and minds of men and women everywhere has been nothing short of phenomenal.



DR. JOHN X. LOUGHRAN

"One of the great names in Food Science and Nutritional Research today is DR. JOHN X. LOUGHRAN. For years he has been the most sought after consultant to physicians and chemists." — EDWARD McCOLLUM, Ph. D., Sc. D., World-famous authority on Nutrition.

Men and women everywhere have burst the shackles of illness and are walking forth from the shadows of "half-alive" into the sunshine of full living. They have begun to learn and apply the **LAWS OF SPECIFIC CELL NUTRITION** that are now, for the first time in history, within humanity's grasp. They have found the key that unlocks now and forever the mysteries of cells, foods, metabolism, regeneration, **LIFE**. They have found that life is not a matter of fate or chance, but a matter of proved principle, obeying logical planning and artless direction.

Be the master of your body, not its slave!

Join the happy company of these fortunate men and women who are learning and applying the scientific facts of life to their own persons, their own health, their own welfare, to the destiny and well-being of every member of their families.

You, Too, Can Have A DYNAMIC Body and Mind

Perennial youth—joyous health new-found—a sound mind in a sound body—effortless functioning of each and every cell of your body through appropriation of its preordained, ultimate *food chemicals*—here is the substantial promise of the 20th Century Health Foundation, Inc., which towers above weak, sick, struggling humanity and bears aloft the great white light of the burning truth of science to bring to mankind invincible health—youthfulness!

Out from the bondage of sickness! Rise up and go forth as one who knows the meaning of POSI-

TIVE HEALTH! Feel the spring of eternal youth and health in every fiber and strand of your *living* body. Here is YOUR opportunity to LIVE. Decide now—Will you LIVE OR DIE? Science says: YOU CAN BE MAGNETICALLY ALIVE!—YOU CAN OVERCOME THE ENEMY—OLD AGE!—YOU CAN CONQUER DISEASE!—YOU CAN RE-CREATE YOUR BODY! Science now gives YOU the SECRETS of CELL CONTROL—the basic, understandable **FACTS of LIFE**.

KNOWLEDGE IS POWER. MAN, KNOW THYSELF! LEARN THE SECRETS!

FREE

My Secret

"AMAZING POWERS OF CELLFEEDING"

Use this coupon. Send TODAY for your FREE copy of this amazing booklet, "My Secret." Learn Science's answer to the riddle of LIFE. DO IT NOW. Every moment lost is a victory for dark DEATH. A ravenous public quickly consumed the first printing of this booklet. The second printing is now ready. GET YOUR FREE COPY. BEFORE IT IS TOO LATE.

20TH CENTURY HEALTH FOUNDATION, Inc.
Dept. 6

742 So. Hill St., Los Angeles, Calif.

Please send me, without obligation, a FREE copy of the booklet, "My Secret."

NAME _____

ADDRESS _____

CITY _____ STATE _____

20th CENTURY HEALTH FOUNDATION, Inc.

742 So. Hill St., Dept. 6 Los Angeles, Calif.

A Vacation Without *Time Off*

YESTERDAY we met a man who told us that he hadn't had a vacation in five years, and he looked wonderfully fit.

"Tell us how you do it," we said, "and keep from getting stale."

His answer was, "I believe I get more rest and recreation than most people. I'm far from being a machine, and if I didn't strike the right balance between hard work and comparatively easy going, I'd soon crack."

"Then what's the secret?"

"Circumstances compel me to keep at my job six days out of the seven—if I want to stay in business. But I have found out how to refresh and restore myself in a simple way. I have learned how to switch my mind off affairs, and this I think you will agree is much more valuable than mere physical removal, transporting yourself bodily from the scene of operations. I think of having glorious leisure, with nothing in the world to do but idle and take my ease—and then I work on. It is a question of not running too much in one channel. You can get away from the grind while still to all intents and purposes at it by training your mind.

"Too much thinking over business is a mood that is responsible for much modern trouble. You can become confirmed in a certain state of mind and be unaware that it is mastering you and shutting you in, even in the field of business itself, when you might expand. Check the concentration on one subject and set up an opposite mood. It is difficult, I know, because affairs may be in such a state that there is real cause for worry and you feel that it is ill-advised to divert your attention from them even for a moment. You think that a way out of trouble may occur to you if you keep the problem uppermost in your thoughts. My experience is that this is not the most likely way to find a solution. . . . Acquire the trick of flinging a problem right out of your head, even when the outlook is blackest. Give a new mood its full chance, let it run its whole course. Then when the other mood comes back you are ready, physically and mentally ready, with energy waiting to be spent, and hope, confidence and poise re-established. And thus renewed and re-created you will see the way out if there is a way out, or you will know definitely that the difficulty cannot be overcome, that you must put up with it, and that your splendid new strength must be constructively directed elsewhere.

"I am fresher today than five years ago. And I know that my business has benefited, not suffered, through my refusing to be obsessed by it, yet always I have been personally at the helm to steer my business through its long crisis, at my best and ready for great matters and small."

A NEW LIFETIME BUSINESS OPENED TO EARNEST MEN



**NO HIGH PRESSURE SELLING
NO HOUSE-TO-HOUSE CANVASSING**

**Income Equal To Requirements
of the High-Grade Business Man**

G. F. Pegram, Texas, clears \$315 in his first 5 days in this business. J. C. May, Connecticut, cleared \$262.35 in 9 days. H. C. Powers, Sr., New York, made nearly \$2,000.00 in 3½ months, working spare time. C. W. Ferrell, Ohio, writes: "My earnings have run well above \$1000 in a month's time,"—he has made over 1,000 sales, paying him \$5 to \$60 profit each sale. J. Clarke Baker, Connecticut, sells 13 firms in 3 days' time, netting \$151.71 clear profit—over \$50 a day profit. Writes that 9 of these 13 firms are already using second or third repeat refill order. And so on. These men had never sold this item before they came with us! How could they enter a field totally new to them and earn such remarkable sums in these times? Read the answer in this announcement. Read about a new business that does away with the need for high pressure selling. A rich field that is creating new money-making frontiers for wide-awake men. Those who enter now will pioneer—to them will go the choicest opportunities.

FOUR \$15 SALES DAILY PAY \$280 WEEKLY

INSTALLING NEW BUSINESS SPECIALTY ON FREE TRIAL—MAKING TREMENDOUS CASH SAVINGS IN OPERATING COSTS FOR THOUSANDS OF CONCERNS THROUGHOUT THE UNITED STATES AND CANADA

**\$4,707 Returns for One Kansas
Store in Three Months**

Sanders Ridgway of Kansas invests \$88.60 and shows returns of \$4,707 between April 6th and June 25th! Bowyer Lumber and Feed Co., West Virginia, invests \$15, reports returns well over \$1,000! Fox Ice and Coal Co., Wisconsin, returns \$3,564! Baltimore Sporting Goods Store invests \$46, returns \$1,600! Follow & Son, Indiana, in 45 days turned \$15 installation into \$2,250 cash. With these and scores of similar results to display, our representatives interest business men from the very smallest to the very largest. No one can dispute the proof in the photo-copies of actual letters which our men show.

**No High Pressure
—Simply Install—
Let It Sell Itself**

Here is a business offering an invention so successful that we make it sell itself. Our representatives simply tell what they offer, show proof of success in every line of business and every section of the country. Then install the specialty without a dollar down. It starts working at once, producing a cash return that can be counted just like the other cash register money. The customer sees with his own eyes a big, immediate profit on his proposed investment. Usually he has the investment, and his profit besides, before the representative returns. The representative calls back, collects his money. **OUT OF EVERY \$75 BUSINESS THE REPRESENTATIVE DOES, NEARLY \$60 IS HIS OWN PROFIT! THE SMALLEST HE MAKES IS \$6 ON A \$7.50 SALE!** And the deal has been made without a dollar down, without high pressure, without drug-store, without argument! Nothing is so convincing as our offer to let results speak for themselves! While others fail to even get a hearing, our men are making sales running into the hundreds. They are getting the attention of the largest concerns in the country, and selling to the smaller businesses by the thousands. **Business is GOOD, in this line, in small towns or big city alike! It's on the boom now. Get in while the business is young!**

START ON SMALL SCALE

You can start small and grow big. This is the field that the young man should enter and grow with. The mature man has the seasoning of experience which should be exceedingly valuable in this business. You can get exclusive rights. With profits from your first business you may open an office, hire salesmen, branch out into open territory where available, after you get going. Exclusive contract puts you in position to build an established permanent business which can be sold like any other business. Give your customers satisfactory service and they will be your prospects for repeat orders as long as they are in business. You can pay your salesmen double what they make in many lines, and yet have a big margin left for yourself.

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

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

A BRILLIANT RECORD OF SUCCESS

Many of America's foremost concerns are among our customers. As well as selling thousands of installations to small merchants, professional men, etc., we number either the parent companies or branches, or dealers, etc., of many world-famed concerns among our customers: Cities Service Oil Co., Great Lakes Fisheries, Inc., National Malesic Radio, Chevrolet, Chrysler, Daimler-Benz, Steel Products, Public Utilities, Consolidated Motor Lines Corporation, Coca-Cola Bottling Co., National Radio, Central States Petroleum, United Aluminum Corp., Street Railways Advertising Co., Great American Life Underwriters, National Paper Co., and scores of other nationally known. Universities, newspapers, doctors, etc., buy substantial installations and heavy repeat orders.

CUSTOMER GUARANTEED PROFIT

Customer gets signed certificate guaranteeing cash profit on his investment. Very few business men are so foolish as to turn down a proposition guaranteed to pay a profit, with proof from leading concerns that it does pay.

**PORTFOLIO OF REFERENCES FROM
AMERICA'S LEADING CONCERNS**

is furnished you. A handsome, impressive portfolio that represents every leading type of business and profession. You show immediate, positive proof of success. Immediately forestalls the argument. "Doesn't fit my business." Shows that it does fit, and does make good. Closes the deal.

**RUSH THE COUPON FOR FULL INFORMATION
Territory Filled in Order of Application**

If you are looking for a man-size business, free from worries of other overcrowded lines of work, get in touch with us at once. Learn the possibilities now before the franchise for your territory is closed. This specialty is as important a business opportunity today as the typewriter, adding machine, and dictaphone were in their early days. Don't lose valuable time, and let this slip away from you. Use the coupon for convenience. It will bring you full information and our proposition immediately.

MAIL FOR FULL INFORMATION

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

Name
Street or Route
Box No.
City
State

World's Best Peace

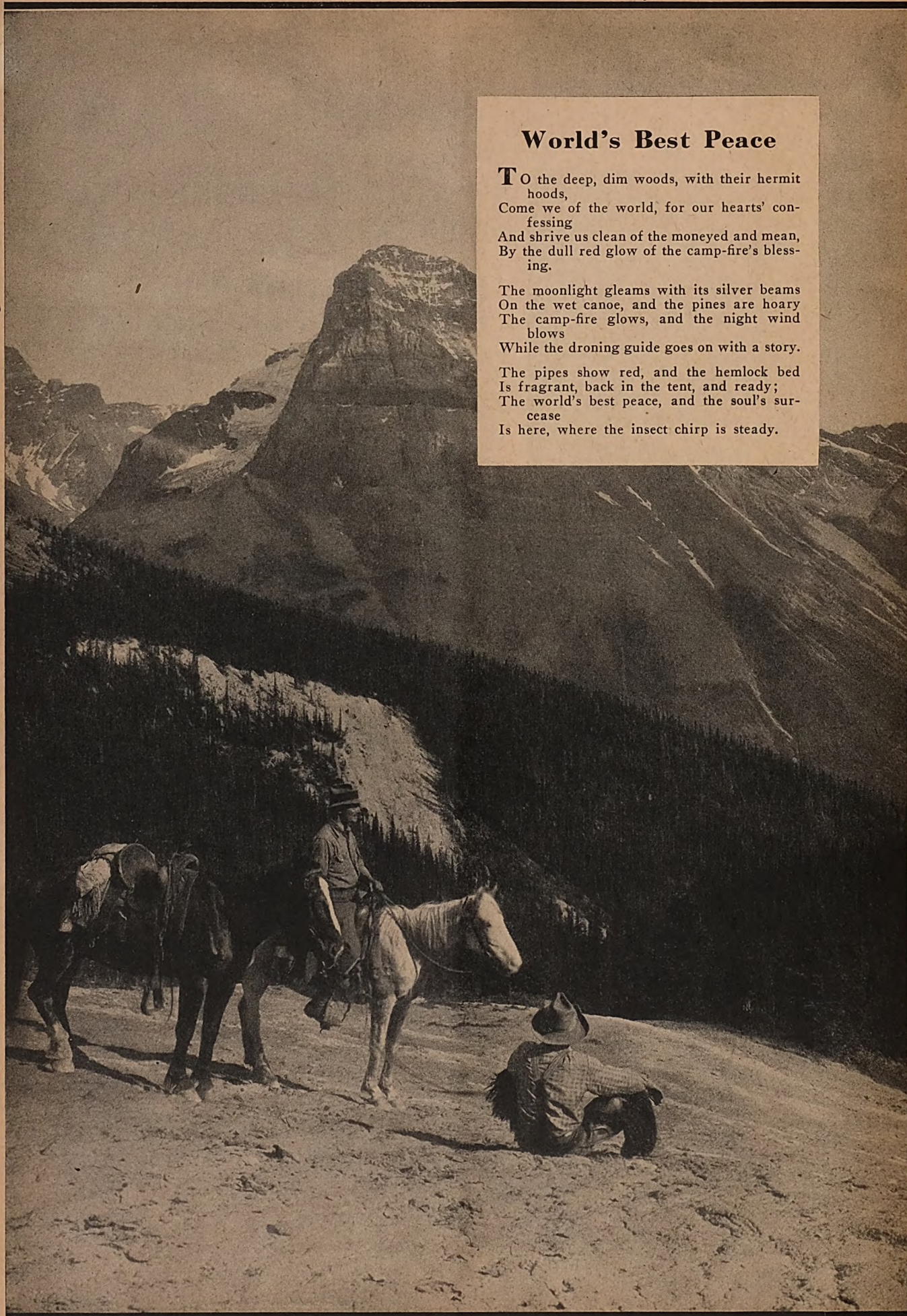
TO the deep, dim woods, with their hermit hoods,
Come we of the world, for our hearts' confessing
And strive us clean of the moneyed and mean,
By the dull red glow of the camp-fire's blessing.

The moonlight gleams with its silver beams
On the wet canoe, and the pines are hoary
The camp-fire glows, and the night wind blows

While the droning guide goes on with a story.

The pipes show red, and the hemlock bed
Is fragrant, back in the tent, and ready;
The world's best peace, and the soul's surcease

Is here, where the insect chirp is steady.



A Great Psychologist Passes

The Master, Alfred Adler

WITH the passing of Dr. Alfred Adler, the "father of the inferiority complex," the world of psychology and psychiatry has lost one of its guiding geniuses.

Born in Vienna in 1870, Alfred Adler was a weak and rachitic child who was rarely able to hold his own in the games and pastimes of his young friends. But by forcing himself to join in their games and fights, he became a living example of what he later termed "over-compensation."

"To my career as a street boy," he once said, "I owe much that later in my private life as well as in my scientific development was of the greatest use to me."

Adler at first specialized in eye diseases after finishing medical studies at the Vienna University in 1895. But he soon became keenly aware of the importance of psychiatry and psychology even in dealing with physical disturbances.

From 1902 until 1911 he worked with Dr. Sigmund Freud in the study of psychology and neuropathology. Together they advanced many new and valuable theories to pilot science on the vast, uncharted seas of human behavior.

However, Dr. Adler was not able to go along with Freud in the latter's insistence that sex and the suppression of sex were the keynote of all the problems of the mind.

"**A**NALYSIS is merely treatment—or call it what you will—and understanding," he said. "The Freudian analysis is not necessary. Individual psychology realizes the importance of making a person realize his own *style of life*. It is a great adventure. It is a newer psychology, has a different basis, one which is termed *social psychology*."

"The real reason for a neurosis is a lack of *social feeling—not in sexuality*. But still the sex development is built upon the development of *social feeling*! The whole reason for psychology at all lies in an understanding of our

own selves—but human beings are tied because of social relationship, for our understanding is always dependent upon our connections with society."

Dr. Adler believed that all who are handicapped by inferior organism or by an unfriendly environment develop a defense mechanism, which may lead them to surpass others better equipped but less spurred on by their thwarted social, sexual or professional strivings. Admitting that sex was sometimes at the root of mental disturbance, he denied that it was invariably so. Sexual maladjustment or suppression, he claimed, was merely one contributing cause to the all-embracing inferiority complex.

"In earliest childhood our physical inequality results in a normal feeling of inferiority," he wrote, "which reappears at intervals through our life as we face each new series of difficulties. It is the motivation cause behind all constructive action."



Alfred Adler.

"**T**O counterbalance his feeling of inferiority, the child early invents a way in which he strives to excel. Just as his body develops toward its final physical form, so his mind creates an ideal final form toward which every effort, thought and movement tends, consciously or unconsciously, and despite every obstacle."

"To know what goal the mind has selected is to understand at a single leap the whole network of thought and action which is the 'Behavior Pattern' of the individual."

THE United States is fortunate in that Dr. Adler found our country much to his liking and spent a great deal of his time here before he died. He claimed that the people of the United States are better adjusted socially than the citizens of most European countries.

He will be missed by all the millions who have learned to look to him for leadership in the mental sciences, but his work will go on and on,

lighting the dark paths for those who are struggling for understanding and hope.

* * * *

Included in Dr. Adler's last article for *PSYCHOLOGY MAGAZINE*, some months ago were the following splendid thoughts:

"To know what goal the mind has selected is to understand at a single leap the whole network of thought and action which is the 'behavior pattern' of the individual.

"Now, people may, and often do, make mistakes in choosing their final goal of superiority. The pampered child determines that to be pampered is a form of lording it over others, and that he will demand pampering as long as he lives. His whole existence is so ordered that he may see himself seated upon an imaginary throne, with other human beings obliged to wait upon and serve him. This form of superiority is anti-social. . . .

"Courage, combined with sufficient training is at the basis of real success in life. Fears come from lack of social interests, which result in a sense of greater inferiority.

"We are the masters of our fate, and must each choose our goal and shape the pattern of our own behavior. But the child should be shown how to avoid mistake patterns and select a useful occupation as his concrete objective.

"How to help the individual to correct his false

start in family, school and later life is a task for teachers, psychologists and physicians in their own fields.

"In his entire life-span the human being faces but three problems. They are the problems of his adjustment to the Cosmos, to society, and to sex.

"His failure to adjust himself to the laws of the Cosmos, or physical universe, results in immediate disaster. Here nature has no pity. To one who willingly or unwillingly offends against her mechanics, she replies ruthlessly: 'Get away!' To the man who steps in front of a railroad train or forgets the sternness of gravity by walking off the roof of a building, her only answer is: 'Get away—get out of my world.'

"Social and sex failures do not meet such peremptory destruction. Yet the lack of sympathy for his fellows of the unsocial individual brings in a feebler measure this same reply of 'Get away!'

* * * *

"To the person whose generous smile and broad healthy optimism indicate that he is interested in others, and has thrown his lot in with the common lot of mankind, success in his life's undertaking is a foregone conclusion.

"The world needs more of these normal, kindly, socially adjusted men and women."



"Oh Wondrous Power to Man is Given"

WITH the first savage of the race,
I hunt my food from place to place
Tread all the steps that man has trod
From darkness up to knowing God.



I hitch all forces to my car,
And ride in state from star to star
Upon a sunbeam bright and fair
Go here, go there, go everywhere.

I build again the empires gone,
And marshal their unnumbered throng
I bring before me every age,
Scan every line on every page.

by

F. B. STOCKDALE

Oh wondrous power that man is given
To sink to hell, to rise to heaven!

Women Not "Great Lovers"?

Psychological and Biological Reasons Why History Does Not so Dub Them

IN recent weeks and months, the eyes of the world have been focused on what repeatedly has been cited as the greatest romance in the annals of human history.

Because the former King Edward, now known as the Duke of Windsor, sacrificed a kingdom upon which it is said the sun never sets, and cast it all aside for love, he takes his place in the line—indeed, history may place him at the head—of the Great Lovers of the world.

The last phrase calls to mind men who have thought a woman's love—and many times it was that of a simple pretty creature, not a raving beauty or one possessing brilliant intellect—of far more value than the best baubles of wealth or fame or power that the world could offer.

In our own time, we have instances aside from this outstanding one of the Duke of Windsor. Although he has since regained his crown, the fact is not altered that King Carol of Roumania once turned his back on magnificent splendor and the power of a king, to go into exile with the woman who was dear to him.

RECENTLY, his young brother Nicholas stepped out of the royal line of succession for the woman *he* loved. And there was the scion of the proud Spanish royal family, the son of Ex-King Alphonso who once braved scorn and condemnation that he might take a commoner to wife.

But great sacrifice on the part of men for love is not confined to royalty. History is dotted with instances of sacrifice and renunciation on the part of men who weighed romance and power, romance and wealth, romance and the world's acclaim—and chose romance.

History, however, does not give us such glowing instances of renunciation on the part of the women of the world. Wait. It does! Again and again we have the tenderest and most striking accounts of renunciation of everything that the human heart can hold dear, including life itself—and for love.

But it's mother love that holds the spot light in these instances that have made the world breathless and admiring. Some phase, or some

emotion that bears on mother love. Wonderful, touching, sometimes even awe-inspiring.

But mother love is not what we are now considering. History is quite barren, and its pace decidedly halting when it seeks to unearth any-



Woman would not be beautiful to man did he not possess a strong aesthetic sense.

thing comparable (by women) to such sacrifice as that of John Stewart Parnell for the bright-eyed Kitty of his heart, or that of Peter Abelard for Heloise.

WHY is this? Is woman not capable of as truly great love for man as he is for her? Or if she is, why does she stop at the point of supreme renunciation for the beloved object of her affections?

It is the aesthetic which often acts as the original source of woman's attractiveness for the male mind. That is true. It is usually the beauty of the feminine being which inspires him

—if not beauty of body, then grace of manner or sparkling quality of mood. Sometimes this is very hard to understand. "What *does* he see in her?" is asked in innumerable instances, for man, if he is truly charmed, does not refrain from wedding even a woman of feeble mind.

Man isolates the particular woman who has charmed him and thinks of her as an object in itself. Just what this woman may amount to in the social or economic order, or just what she may be materially, is another consideration and one which plays little or no part in man's amorous choice.

Woman is usually not attracted directly by traits of male beauty—unless it be the breadth of his shoulder which suggests capability, or breadth of brow which indicates successful thought. Where a man takes pride in his wife's beauty and enjoys enhancing it by dress or ornament, woman takes pride in her husband's success. If she often refuses to don what Anatole France has called the "hair shirt of love" it is because she has subordinated her sense of love to her practical wisdom.

The attitude of the sexes is different in that man looks upon woman individually. It is a particular one which appeals to him. A man may be a woman-hater, and yet his contempt for the sex does not prevent his worshipping a single member of it.

But woman, even if she has no special interest in the individual person may more easily "learn to love" him. That's because biologically she must be more or less interested in the male group as such. Woman more naturally puts marriage protection above love. Man puts love above marriage.

Although man's attitude toward love may be more romantic than woman's, it does not follow that it is any nobler. Man's love, which may be quite ideal, is still of a selfish nature. He courts

a particular woman because she pleases his fancy and seems likely to give him pleasure. Just what his love may mean to the woman and the race he rarely thinks to care.

IN the contrasted case of the creature who so often does not see fit to indulge in the idealized love of romance, the love-feeling is linked with concern for the welfare of the race, which must be preserved. Of course, this does not mean that the "flapper" who marries the boy in uniform is deeply concerned for the future population of the globe; but the nature of womanhood as this appears in the flapper does have just such a sentiment at heart when the love-question moves forward.

We cannot escape from the instincts which Nature has implanted in us for the sake of the species. Nature has made woman responsible for the continuation and welfare of the race, and has required that she make secondary the ideal satisfaction of private love. Man must assume the responsibility of working and fighting; and, as if to reward him for such services, Nature has allowed him that range of desire and freedom of fancy which appears in the personal form of true love, or devotion to an individual woman whether she be worthy and fit or not.

In the case of man, love seems to be a kind of luxury or the indulgence of private fancy, while to woman it represents the stern necessities of Nature. Man in his love is true to himself and to his idea of love—little else.

When woman exercises true, self-sacrificing love it is not for the sake of man or for the sake of any love-ideal, but for the sake of the race. And perhaps, after all, this is just as it should be and we are saying nothing disparaging of woman when we say she does *not* put romantic love first and does not make her supreme sacrifices for it.

Do you disagree with the author and the opinions expressed in the above article? PSYCHOLOGY will be glad to receive letters expressing your views on the matter.



The most interesting letters received will be published. Address all letters to the Discussion Editor, PSYCHOLOGY MAGAZINE, 404 Fourth Avenue, New York.

"I THINK!"

Comments and Viewpoints

(As seen by E. Allen)



Problem Parents

"CHILDREN and young people of today are having a difficult time bringing up their parents in accordance with the best rules of psychology," stated Mrs. Evelyn M. Duvall, psychologist and supervisor of education of Chicago Association for Child Study and Parent Education, in a recent interview.

"Many adults," she disclosed, "fail to understand it is poor psychology to attempt to force their children to accept their own ideas. These 'problem parents' are unaware that their attitudes and behavior are the basis of much family friction, the emotional conflicts, and social maladjustments in their children."

Back of the problem which she described as "the biggest social conflict facing the country today," are attempts by parents to realize their own unsuccessful ambitions through their children, forcing their offspring to abandon their own "natural bents" for endeavors in which they have little or no interest.

"Freud and the Future"

"THE understanding of the unconscious in man may be the basis for the creation of a new humanism, and with it introduce an era of peace in the world," Thomas Mann, novelist, told an audience recently in New York, in an address which he called "Freud and the Future."

"The theory of Dr. Sigmund Freud that the unconscious has a dynamic influence on the 'conscious' and thereby the actions of many great historical figures is shown by the lives they led," Mr. Mann continued.

"The most obvious of these figures who allowed their unconscious to influence them is Cleopatra, who felt herself to resemble Ishtar, the Goddess of Love. Even her death, by the bite of an asp, if true is very significant," he added, "because it shows how she carried through the symbolistic connection to the end of her life."

Turning to his own work, Mr. Mann described how Freud had influenced him in the characters in his own work and how the development of characters was predestined.

"Psychoanalysis is closely connected with all creative art," Mr. Mann said, "and whether one notices it or not the unconscious is usually the rider, while the conscious is the horse; in other words, our actions are all controlled by prescribed forms which were set up in the night of time."

Theory of Immortality

SIR Oliver Lodge, world-famous 86-year-old scientist, revealed in a recent interview in London, how he has made secret plans to test after death his theories of immortality and communication between the dead and the living.

"Only when I die will I find the answer to a thousand questions that have been puzzling me for decades," said the giant of modern science, as he sat beside Shakespeare's Avon River, eagerly awaiting death.

"I have gone perhaps deeper into psychical research than anyone living, but I still do not know exactly what happens to a human body when it dies.

"My son, Raymond, who was killed in the war, has sent messages trying to explain what it is like to live on the other side of things," Sir Lodge continued, "but the only clear impression he gave is that one lives entirely in the mind; that places, objects, people exist only in so far as they have already been created in the brain-mirror of a living being.

"This is difficult to understand perhaps, but I hope soon to have it put clearly before my own eyes, when I am dead. Then I shall be able to complete my researches.

"I shall 'come through' to my friends who are still living and attempt to give them some definite idea of what they may expect when they, too, cross over."

(Continued on page 65)

Dawns the Age of Wild Adventure

TODAY many of the old familiar opportunities dwindle, while strange new openings appear where nobody expects them. Habit blinds us all. Because a hundred thousand young women trained for school-teaching can find no positions, we declare that the world has closed all its doors in these pretty young faces.

Nonsense! One door has swung shut, but the House of Life is all doors. We can enter it at any point somehow. With difficulty, if one door is locked. With ease, if another swings open. And always some swing open.

Go where you will, look in whatever direction you choose, always the horizon stretches away before you; and always, just below it, a new world waits to be discovered.

As you move away from any spot, the old horizons pass from view; and, in life as not in wayfaring, there is no returning. Many old roads choke with weeds and return to wilderness. Others are closed by landslides. Others are barricaded by rebellious men. But for every road that closes, some other road ahead opens up.

But the widest of all open roads is not a road; it is the untraveled field. Across it you see no tracks of earlier travelers. It is the eternal No Man's Land that is forever becoming our home and heritage. It lies under the skies of the Great Tomorrow.

TODAY we live in the strangest, most terrifying of No Man's Lands. Behind us the grim, bloody desolations of a war-racked world. Ahead of us the thunder of guns and the sickish spirals of poison gas falling from the plane-haunted cloud-land. We live between two hells, yet bravely—maybe foolishly—ask the way to heaven.

To the weak life becomes a burden; to the timid a horror; to the strong and brave a tingling adventure. All the chances have been grotesquely magnified. The chances of death and ruin become enormous. The chances of happiness and good fortune glitter ahead of us. Every milestone along every open road is a graven question mark. Dogmatists die like flies. He who believes the past will live again falls by the wayside.

In a word, life was never less certain than now. The romantic quests of Queen Elizabeth's day will soon be dimmed by men now living. The wildest will be achieved by lusty youngsters. But how about the older people? Best of all proofs that we enter a new world full of the

*Author of "Careers After Forty"—McGraw-Hill Book Co.

unprecedented is the revolution of life after forty. Though I have thought and written much about it, the span and depth of it still amaze me. Men tell me incredible things about themselves. Every month discloses a new open road for the elders of the tribe.

Today's Big Chances

by
**WALTER
B.
PITKIN***

Never forget that the whole world is now in the throes of the most tremendous convulsion of the past million years. This is no mere "transition period"—as the historians love to call it. It is an age of many revolutions, of which the political are the least important.

If, then, you cannot find a good job or career, do not infer at once that you are a misfit. Or, if you do so, be sure to understand that there are two species of misfits. There is the man who is unfit for any normal society. And then there is the man who is merely unfit for the particular society of a given time and place.

Societies may be unfit for people, just as people may be unfit for societies. The larger question is: For which kind of society should people be fit?

Suppose you find that the world today has little use for your temperament, outlook, and special skills. What then? Plainly, you may flee the world or create another little world for yourself. The way of the recluse and the way of the pioneer both lie open, now as always. The former is in essence an ancient art which many a philosopher has touched on. But it is today a forgotten art which clamors for revival.

The art of pioneering is also an ancient art now lost. I have been more disillusioned over

its passing than over any other single change of modern times. For years I foolishly believed that most people could, by taking thought, become pioneers. I blamed millions for sitting around and taking a licking when, merely by imitating their great-grandparents, they might have struck out for fresh fields. Now I know I

the homes of skilled workingmen, from the farms where the fourteen-hour day is still the accepted rule, from the clever immigrant families, and perhaps even, on a small scale, from the ragged ranks of the Wild Boys of the Road.

He will not be drawn, save in a few freakish cases, from the mansions of Park Avenue, the North Shore Drive, Knob Hill, Commonwealth Avenue, or any other site of the Parasite. The children of the rich will be missing from the ranks; and so will most children of the slightly well-to-do who have allowed their young to take the easiest way to the bitter end.

Few distinguished names will appear on the roster of outstanding lawyers, physicians, surgeons, architects, engineers, and great business leaders of 1957.

(Continued on page 60)



was all wrong. Not one in a hundred had the habits or the energy and vigor to go pioneering. The world has gone soft and timid, as well as scared and befuddled.

So people who cannot be happy in this shifting chaos between great wars must learn one or both of these old arts. Both can be mastered, but it requires boldness and thoroughness to do so. Let the week-kneed and the pampered beware! The next sure trend will be the Rise of the Tough.

During the next quarter century the tough-minded realist will surely fill the most important positions and succeed in the most significant careers. He will be drawn from the boys of the CCC, from

Today we live in a strange world, a world of strenuous action—to the weak, a burden; to the timid, a horror; to the strong and brave, a tingling adventure.



. . . “Half-Way Stations”

When a Person Feels That His Mind Is Slipping, to What Can He Appeal?

“IF I had been sent to an insane asylum, I couldn't have borne the thought of it. I might have killed myself!”

These were the words of a young woman patient and in them she epitomized the broad ideal behind the Body and Mind Foundation conducted in New York by Dr. Edward Spencer Cowles, a director of the Park Avenue Hospital and staff physician and psychiatrist at Johns Hopkins.

Dr. Cowles, who is the author of numerous books and monographs, declares that the crying need of the psychiatric world is the establishment of mental half-way stations. His own public clinic, now in its sixteenth year of existence, is a working model of what such stations should be.

“Insane asylums,” says Dr. Cowles, “are mainly custodial in nature. They are necessary for violent patients in advanced stages of insanity who may harm themselves or others if they are allowed to travel at large. But what of the patients who are not sufficiently unbalanced mentally to go to an asylum?”

“They suffer horrible fears which must be very carefully uprooted. These patients are usually extremely sensitive and they react most unfavorably to the thought of being committed to an asylum. On the other hand, our medical and surgical hospitals, while they are undoubtedly splendid institutions, are not at all equipped to deal with these unhappy souls. There is but one answer to this pressing problem,—we need a new type of hospital.

“The earlier we are able to get to the patient, the better are our chances for a cure. . . . Practically every case of dementia praecox can be traced back to the patient's tenth year or earlier, regardless of when it finally breaks out. . . . It is important that our schools supply psychiatric supervision. Such supervision might in time be the cause of the almost complete disappearance of active dementia praecox.”

“More in sadness than with pride do I make the statement that the Body and Mind Foundation is the only clinic in the world that bridges the gap between the out-and-out insane asylum and the medical and surgical hospital. In our

clinic, where we treat an average of twenty-five hundred patients each day, we combine physical treatment and medication with mental treatment.

“Clinics like ours should be established in every community as a haven for those who are beset with fear and the fear of fear and to which they might go for sympathetic and understanding treatment. The more of these clinics we have devoted exclusively to the correction of psychoneurosis and to the prevention of insanity, the nearer we shall be to the solution of the problem.”

DR. COWLES has originated a graphic method of classifying victims of mental fears and depressions that is based on the “unit energy” of the nerve cell. “My observations over a long period,” he explains, “have caused me to come to the conclusion that the healthiest individual is one in whom the nerve cells represent a hundred units of energy. When the patient's nerve cell energy is reduced to eighty units, for instance, there is a physiological irritability and an emotional intensity, but not sufficient to overthrow the individual's healthy self-control.

“However, a reduction to sixty units brings him down to the neurasthenic field and he becomes painfully aware of the functioning of his organs and a victim of uncontrollable fears. Until and unless his nerve cells are brought back into the more normal energy range of eighty to one hundred, he cannot recover.

“Psycho-analytical probing alone, while it may be of use in discovering hidden and ancient causes of a breakdown, cannot be of sufficient assistance in the patient's immediate distress. Indeed, long probings into his past experiences may actually be disturbing to the patient if they are undertaken before he has been put into better physical condition and his nerve cell energy increased.

“A great many of the cases that come before me show a history of fatigue, emotional excitement and worry preceding the actual breakdown. Focal and general infections must be looked for and eliminated. At the same time a careful differential diagnosis must be made to remove the strain from the mental organization.

Body and Soul Clinics . . .

Will Advancing Civilization Insist Upon These Beacons of Help and Cheer?

"I RECALL a man who came to me after four years of fearing death. He first felt the fear when, after a period of hard work and business worries, he bent over one day to tie his shoelace. A sudden feeling of dizziness came over him and his heart began to palpitate violently. His knees gave beneath him and he felt as though he were going to faint. When he went out to the street, the buildings seemed to crowd upon him and the pavement seemed to fly up and hit him in the face.

"These symptoms recurred several times and he consulted a physician who, after a thorough examination, assured him that there was nothing wrong with him. He rested for a few weeks and then returned to his work. But the attacks returned with increased force and he actually felt pain in the heart region. He became more fearful and more careful.

"Often, when speaking to customers, he would be seized with an attack with all the distressing symptoms and the additional fear of making a spectacle of himself. He began to fear heart disease or some other disease that the physician had been unable to discover and a general sense of insecurity took hold of him. He finally reached a point where he was afraid that he would die at any moment. He was afraid to go to sleep for fear he might never awaken.

"I examined him thoroughly and found nothing wrong with him physically. However, four years of constant fear had left him quite fatigued and his nerve cell energy had been reduced below eighty. After the examination, I explained his condition to him simply. I told him exactly how fear alone had brought about all of his troublesome symptoms, including the actual pain over the heart.

"Talk alone, however, could not bring him out of the state he was in. It took proper medication to reduce the intensity of his emotions and raise the nerve cell energy before the patient was able mentally to digest his fear complex. In three weeks he gained ten pounds and in six weeks the integrity of his system was re-established and he was discharged."

Dr. Cowles believes that many of the horrify-

ing crimes we read about in the daily papers might be prevented if we had more mental half-way stations. He would go so far as to station a psychiatrist in every school to watch for nervous instability among the youngsters and thereby prevent many lives of crime among them.



Dr. Edward S. Cowles.

A recent case in which a mother attempted to kill two of her children with a knife and actually succeeded in killing one, brings to mind another woman who was fortunate enough to visit the Body and Mind Foundation before it was too late.

SHE was happily married and had a child of whom she was very fond. One day, after a period during which her husband's income had been much reduced and she had worried about rent and bills and clothing for the child, she was lying on the beach while her daughter ran gaily about. The thought suddenly came to her that it would be very easy to run out into the water with the child and hold her under water until she drowned. Then she could say it was an accident. Only by exerting almost superhuman effort was she able to (Continued on page 59)

by MARTIN PANZER

"An obsession is rarely a purely imaginary thing. Usually there is some basis of fact, and on this the person enlarges until the one ruling passion of his life is the removal of the condition and environment."



"I'm So Worried"

by

J. HOWARD
CRUM, M. D.*

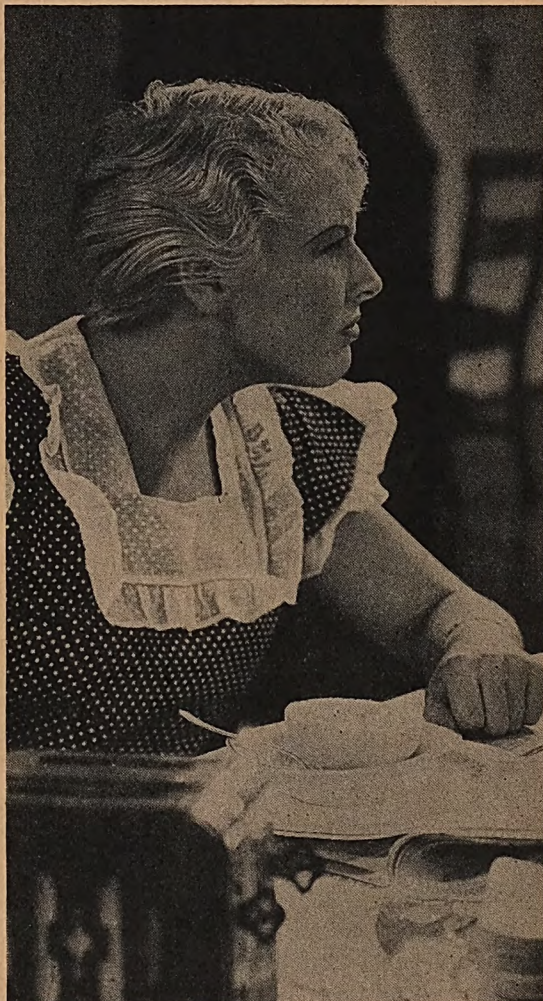
IF we were asked to name the greatest enemy of health and beauty, we should answer *worry*; and we should go a step further and add to it *fear*, since fear is the basis of all worry. There are a great many varieties of fear, and just as many varieties of worry, for these two are one and inseparable.

Many will challenge this statement and insist that they have worries that have nothing to do with any fear. But we repeat that in our experience we have yet to find a worry that could not be broken down into fear as its base.

Look at the wife and mother who worries over the possibility of her husband's missing the morning train that is to carry him to work. Breakfast is permeated with her anxiety and if her husband happens to be a happy-go-lucky individual, her disturbed thought may rise to extreme intensity.

Many will fail to see how her emotion can be broken down into fear, but if we analyze this situation carefully we shall find that the wife is really disturbed by the thought that should her husband miss his train he may neglect his business, or even lose his position, and thus bring about a financial stringency that may make him unable to continue payments on the house or the car.

Few have ever taken the trouble to trace a simple worry, such as the above, to its source. If the average woman were asked why she is



Breakfast is permeated with her anxiety . . . she becomes more and more wrought up.

worried lest her husband miss his train, she would probably say merely that his carelessness distressed her. But if we keep on questioning her, and if she is perfectly honest with herself, what we shall bring out is that the root of her worry is really the *fear* of his losing his position.

But take the same woman fifteen years later. Her husband has now become financially independent, and he can loaf at his breakfast and miss his train if he feels like it. He is just as "careless" now as before, but does his wife worry? More than likely she hopes he *will* miss his train—he needs a rest anyway!

*Author, "The Truth About Beauty."

“An obsession may seem silly to those who have not been through the experience, but any-one with this condition of mind requires and deserves the attention of one suffering from actual frightful reality.”

Is This Your Obsession?



Her husband, if a happy-go-lucky individual, only adds to her disturbed emotions.

It is now generally accepted that our mental processes either improve or mar our bodies, that the mind is able to modify or even to destroy the human frame. The subject of this article is the devastation wrought by the great psychic force known as *worry*, a force that works as though it were a visible, concrete substance.

Worry affects the adrenal glands. These glands produce a secretion which feeds the entire body, especially the vascular system, decreasing or increasing the blood pressure according to the amount of secretion produced.

Worry affects these glands in two ways, either increasing or lowering the blood pressure. Both high and low blood pressure are inimical to appearance, since they produce skin discoloration, melancholia, a depressed expression, purple lips, blue nose, and over-florid cheeks.

THE processes of digestion, too, are seriously interfered with by emotional strain. The delicately adjusted human digestive apparatus is upset by pain, fear, and anxiety. A harmonious mental state is essential for proper assimilation and elimination of the substances that build up your frame, and it is thus exceedingly dangerous to partake of food while in the grip of an unpleasant emotion.

On the other hand, excitement of an agreeable nature may be almost as bad, proving too stimulating for the digestive organs. As a matter of fact, these organs react to violent sensations of all types to such an extent that healthful substances may actually be turned into poisons.

Swollen noses, blotched complexions and other disfigurements often result from eating while in an irritable or depressed state. Suspension of thought, if it be possible, is an excellent thing for digestion, and such intervals of mental rest avert many nervous disorders.

Sleep is Nature's greatest beautifier. It is impossible for anyone to continue to be physically attractive when unable to sleep. But worry is the foe of sleep as it is of digestion. It can be conquered by the same methods employed at mealtime. The mind must be empty of thought in order that it may drift along on the wings of oblivion, forgetful of everything annoying or disturbing. The insomnia victim must rest both the body and the mind.

Some people find it possible to woo slumber by meditating on an instructive subject. Many students, for instance, have gone peacefully to sleep solving some mathematical problem, while others have at the same time strengthened their memories and diverted (Continued on page 55)

Mother Image in Man

by DR. JOHN COIGNARD

Dr. John Coignard is the pseudonym of an outstanding physician who has been practicing general medicine and psychotherapy for fifteen years, and who has very important hospital connections. . . . In a new book he gives the first dramatic and non-technical presentation of what happens (and why) in the course of psychoanalysis. He deals not only in motives for action but in the sources of the motives as well.*

DURING the first years of life the child's emotions of love are mainly directed toward himself. As an outlet for these emotions he employs the processes of nutrition and excretion, and in addition the satisfaction he receives in being looked at or in receiving attention.

This state of self-love is called narcissism (sometimes more technically referred to as primary narcissism). Between three and six years of age he directs a considerable portion of love interest toward his parents. The frankly sexual elements in his love for his parents are repressed, leaving a sublimated love for them which is acknowledged consciously.

During adolescence a love interest for strangers of the same sex develops which is also generally manifested in a sublimated form, that is, with the overt sexual quality repressed. Boys' undying friendship vows and the crushes girls manifest for each other are examples of adolescent love interest in people of the same sex. Later the more mature love for a person of the opposite sex becomes evident, and in fortunate individuals includes both the feeling, spiritual qualities as well as frankly sexual desires. This latter capacity for object love is in many individuals but poorly developed, the impulse to love having been fixed at one or other of the early outlets for love just reviewed.

A narcissistic individual is defined as one who mainly engages in self-love. He may, without being aware of the detail of the mechanisms involved, derive his chief emotional satisfaction out of the process of nutrition, excretion and exhibitionistic practices. Narcissism also applies to a man whose main emotional interest is centered upon his mother. The reason that a love for one's mother may represent a form of narcissism is that in some cases the love is really for the image of the mother which the child saw in his early years. His emotional yearning for

her as well as any sexual impulses may both have been repressed to such a degree as to influence him profoundly, for his libido, or his love interest, may be adhesively attached to an image of his mother which he carries around with him in his unconscious mind. A man who may be bored with his mother as she enters into his contemporary life may nevertheless be so emotionally attached to the infantile image of his mother, a picture he has incorporated within himself, that he is completely unable to endure consecutive contact with a strange woman.

The inclusion of "consecutive contact with a woman" into the concept of a mature love is necessary, since it is the only criterion which distinctly registers the capacity for object love. There are many men who have relationships with one woman after another, finding no enduring satisfaction with any of them. These men are to be classed as narcissistic, emotionally immature lovers of themselves or of images incorporated within themselves. Thus, a man may conscientiously seek to find a woman to love, but each woman he selects only convinces him (in his unconscious language) that she is not his mother and therefore he cannot love her. He searches for a so-called perfect woman, that is, someone who will be identical with the image of his infantile mother. When the discovery becomes apparent to the unconscious agency which holds his libido that the woman in question is not identical with the image he loves, the woman is abandoned and a new search, equally futile, is begun.

Another man may have his libido (love interest) fixed at the infantile level of exhibitionism. As an adult, he is chiefly occupied emotionally with the wish to be seen, to have attention paid to him. The man so developed is usually unable to carry out an enterprise such as marriage, which requires the capacity to project a sincere love interest towards a woman, to give and receive (Continued on page 61)

*"The Spectacle of a Man," by Dr. John Coignard, published by Jefferson House, New York.

"A Pessimist with Hope"

America's Great Criminal Lawyer on His 80th Birthday

"This is a better country than it used to be . . . I find most persons are more humane, more sympathetic with the other fellow than they were years ago . . ."



Clarence Darrow.

"Instead of condemning, we should seek to understand. If we merely judge we find the other guilty. No one can understand another without having sympathy."

CLARENCE DARROW, who aside from being called "America's greatest criminal lawyer" also many times has warranted the title of "The Great Pessimist," was eighty years old the other day.

On his birthday he designated himself as "A pessimist with hope" and it was intensely interesting to those who have admired this brilliant man but at least slightly regretted his extremely somber viewpoints to perceive an evident lifting of his life-long pessimism.

As clearly inspirational and optimistic as a statement from the late Dr. Crane or Charlie Schwab in his heyday was Mr. Darrow's statement, made in a Chicago hotel apartment, as he sat, a rawboned man with a knobby head (some-one has said that it looks as if it were carved out of granite), looking out over the park.

"This is a better country than it used to be," he remarked. "Just as most people are more

humane, more sympathetic with the other fellow than they were years ago." It is true that a moment after he added "I don't think much of some of our processes" but nevertheless, Darrow had committed himself, and bids fair to lose his glum cognomen of yesteryear!

Some of the statements which have given Darrow a reputation for pessimism are:

I am sure of very little, and I shouldn't be surprised if those things were wrong.

Everybody is a potential murderer. I've never killed anyone, but I frequently get satisfaction reading the obituary notices.

Even the civil lawyers know that poverty is a cause of crime, and that is why they don't practice criminal law. There is no money in it.

There isn't a man with the intelligence of an ordinary moron who doesn't know that people believe in enforcing only those laws that they believe in.

But those who know of this man's activities for others; his work—more often than not without remuneration—for the distressed and the under dog, have declared that only a man who was essentially hopeful could have breasted such unbelievable obstacles and have come out, if not smiling, at least usually the victor.

DARROW, although he has declared that "I run on emotions like any other man" has rarely been unwise enough to lose his temper in court. Perhaps the nearest he came to it was when, in Dayton, Tennessee, in the Scopes trial—William Jennings Bryan was the opposing counsel—he asked for time in which to draft some statements and was refused.

His too obvious reaction to this refusal rather nettled the judge who remarked, "I hope you do not seem to reflect upon the court."

Darrow rocked on his toes a minute, pulled at his wet suspenders and glared. "Well, your honor has the right to *hope!*" he barked in grim cynicism. The atmosphere was electric for a moment but the judge decided to forgive him and the incident passed.

An unusual and happier picture Mr. Darrow—away from the environment in which the public usually thinks of him was gained by a representative of Psychology who said: "I had the rare privilege of seeing Clarence Darrow at play. The opportunity impressed me with Schiller's illuminating truth: 'Man is wholly man only when he plays!'"

It was at Fairhope, Alabama. Wisteria was quivering from the galleries of Fairhope's antebellum houses. Cardinals were calling; azalea boughs bursting into rosy flame.

In the button-hole of Mr. Darrow's sober tweed coat was jauntily tucked a crimson camellia. The lock of hair, that usually hung carelessly over his right eye, was carefully brushed back. His unruly blue tie, adjusted. To a visitor he sheepishly grinned, "They're making me look like a Rudy Valee!" He was as gay as a youth with a holiday.

To see Mr. Darrow in his delightful environment was to forget his life-long association with crime and courts, sentences and acquittals. He seemed magically made over. The forceful mouth was relaxed. The lines in his face, creased and seamed from any hard-fought legal battles, were ironed out. The sharp eyes were less dominating and were animated by a pleasing humor. This was Mr. Darrow vacationing!

HERE was the *real* side of this man. His friendliness, his inherent kindness we felt, refuted his mechanistic theory of the universe and made the

remembered newspaper descriptions wide of the mark. For, paradoxically, great-heartedness is the keynote of Mr. Darrow's "mechanistic" personality.

"Get education," Mr. Darrow said to a student. "Ignorance and conceit go together. The less a man knows the more he can talk about what he doesn't know."

One of the many distorted and exaggerated statements concerning Mr. Darrow has been that he is an "infidel." An infidel is one who denies the existence of God, while the agnostic says simply, "I don't know."

Mr. Darrow is an agnostic. If, as St. John assures us, God is Love, and if we know Him only by expressing some of His spirit, perhaps this compassionate, understanding, generous man knows very much of God. We came to feel that the war Mr. Darrow wages is not on God or the Bible, but on what he believes to be their false interpretations.

Such a God he might conceive, without impiety, and in so conceiving Him, come as near the divine essence as is possible to the puny mind of man.

Clarence Darrow is really an idealist—one with the courage to say what he thinks. As he usually has fought for unpopular causes, and as practically everything he thinks is a challenge to the conservative mind, he has found himself with the minority on most questions that divide men.

For example, after a life-long association with crime and criminals, he comes out vigorously for the demolition of the prison. "If I had my way, a jury would determine nothing except the guilt or innocence of the prisoner; there would be no sentence. The defendant who has been convicted would be isolated in a hospital."

MR. DARROW's outlook has often been reported as "tragic and hopeless." We students certainly did not find it so. Although his many contacts with human beings in moments of crises has deepened his sensibilities, and given him a vivid appreciation of the melancholy aspect of humanity, his sense of humor, we felt, has kept him from despair very much as it preserved Lincoln in his dark hours.

In his chats, he enriched us with many a great thought. One that most impressed me, and that I would like to see engraved upon the walls of every schoolroom in America have to do with the two dominant qualities that have moulded Mr. Darrow's own life—*sympathy* and *imagination*.

"The fine art of living is to endeavor to see through people com- (Continued on page 57)

Thinking Into Success

The True Experiences of a Young Psychologist

A MAN who holds a very high position in the Canadian Government made a surprising confession to me some months ago. He told me that he had never been able to dance. "It's a puzzle to my wife and daughters," he said, "but I don't tell them why I can't because I feel they wouldn't understand."

"You see when I was a little chap, about three years old, there was a big dance at our house. Gleefully hugging my pet dog I got into the middle of the room and danced in imitation of the others—you know how kiddies do. I was in everybody's way, of course, and my beautiful young mother bore me to a corner."

"'Sit here and watch, you foolish little Jimmy,' she laughed. 'You can't dance. You're only in the way.' Only in the way! How seldom people realize at what an early age a deeply unfavorable impression can be made on a child's mind—an impression that may *stay with him through life*. I hope you understand. It sounds foolish, but as a result of that, I've never been able to dance."

And I *did* understand! Too often it is one's nearest and dearest, particularly the members of one's own family, who discourage the would-be creative worker. They think along lines of failure and their thoughts are transmitted to the mind of the would-be author, or artist, or inventor.

His imagination which has been visualizing him as a success now presents a picture of himself as a failure and he is no longer capable of doing his best work. Naturally he fails, or if it

happens that he succeeds under such adverse conditions, it is because he has more than ordinary strength of character.

One of the principal secrets of success for any creative worker *is to keep his ambitions to himself*. He



"Sit here, you foolish little Jimmy," she laughed. "You're only in the way."

should confide only in those who convince him of their complete sympathy by urging him to do the things he wants to do.

Long before I ever heard the term "applied psychology" I practiced the science. When I was a little girl people frequently asked me what I was going to be when I grew up. I had seen a typewriter in a friend's office and the machine had a peculiar fascination for me—perhaps be-

by LILLIAN D. MILNER

cause I was always getting into trouble at school over a nervous, ill-formed handwriting—so when people asked what I was going to be, I answered, without a moment's hesitation: "A typewriter!" Later I changed it to typist, and then to stenographer before I had learned to pronounce the word properly! I visualized myself—*here is the winning point of applied psychology!* I visualized myself as a stenographer in an office.

I made my home after I left school with my mother's step-sister. Her husband was killed in an accident, leaving her with six young children and myself to take care of. There was absolutely no money for a business course and very little time for study, but, despite this, there came a day when I was a high-salaried stenographer in a large concern.

The late Monsieur Coué continually emphasized the connecting point between imagination—the power to visualize things—and success. The power to visualize one's self as having reached the goal keeps one filled with the *continuous* enthusiasm that leads to success.

As I have said, I became a salaried stenographer. My next step in the use of applied psychology, although I did not know it by that name, was to cure myself of tuberculosis. The cure really commenced from the moment I read a verse of a poem by Ella Wheeler Wilcox, which ran:

*"No man shall set a limit to thy strength;
Such triumphs as no mortal ever gained
May yet be thine, if thou wilt but believe
In thy Creator and thyself. At length
Some feet must tread all heights now
unattained;
Why not thine own? Press on! Press on!
Achieve!"*

I made the first line of that verse my own. Through years of illness, for X-ray plates revealed that both lungs were involved and a subsequent operation for tubercular peritonitis showed that the disease was not confined to my lungs, I held to the belief that no *man* could set a limit to my strength. I visualized myself as well and leading the life of a normal person. *Today I am comparatively well and leading a more than normally busy life.*

* * *

I had had another ambition when I was a very small girl. I was about six years old when I suddenly announced to a gathering of astonished relatives: "I'm going to write a book!" I couldn't have been *reading* books very long, and naturally, they laughed at me. "I am!" I declared. I bought a notebook at the corner store and

printed in it: "A little girl came out of a house." It was going to be fiction, and I had lots of things planned for the little girl to do, but some interfering grown-up called me away just then and I lost the thread of the story and never went on with it.

In spite of my ignoring the discouraging amusement of my relatives, I had been hurt by their laughs, though I hadn't had time to feel hurt while I was defending myself and procuring the book. It is when one is alone and idle that discouraging reactions come. The thought had been awakened in my mind that it was foolish to try to write stories, and that thought stayed with me so vividly that it was not until twenty years later that I made any attempt to write fiction. I know now that while I probably would not have done much worthwhile work until the time when I actually began to write, I might have begun my training for a literary career very much earlier.

* * *

About three years ago, I read an article on applied psychology, this new, old science which will help you to get anything you want! People told in the article how health, or love, or financial success had come to them.

I wanted literary success and I wanted happiness. I made up a little formula of my own, "*Success in literature and happiness are coming to me.*" I wrote that on a card and hung it up on my bedroom wall so that I wouldn't forget to keep saying it.

The very first thing I wrote after putting that card up was an article which won a prize of \$500! Immediately following that I won another prize offered by an old-established English monthly. Then several editors wrote, asking me for material.

Success in literature and, as a natural result, happiness, *were* coming to me!

My friends asked me what the card was and I explained, a little timidly at first because I feared ridicule, but to my surprise no one made fun of it. They realized that the formula was accomplishing the desired results. Secretly, for I knew this *would* be ridiculed, I added another line to the formula: "Love is coming into my life."

Every normal girl longs for love and all that love means—a home and someone to care for her, and—even more than that—someone for her to care for! I didn't see how that dream of mine was to be fulfilled, because I didn't dance, play tennis, swim, or go in for any sport. I rarely went anywhere to come in contact with young people. I was over thirty and really too old to expect Prince (*Continued on page 64*)

Have You an "In-Law" at Home?

MOST "in-law" trouble results from fear of "in-law" trouble. Of this I am certain for I am like those persons who, having had the measles, are equipped to speak of the symptoms.

As a child, I lived with my father and his mother-in-law. As a young teacher, I lived with my brother and *his* mother-in-law. Now I live with my husband and my mother (his mother-in-law, of course) and if that isn't sufficient endorsement of my knowledge of "in-laws," I can add that *my* mother-in-law lives with us too.

It is from a background of wide experience then that I say that most persons—the feminine portion of humanity, anyway—approach marriage with a fear of mother-in-law trouble.

It was planted there of course by the very effective method of mass ridicule. Comic papers delight in this subject, joke books thrive by putting the poor soul in her proper place and newspaper columnists produce sage advice by speaking of her as a family menace.

Is it any wonder that the young matron is likely to have a chip on her shoulder and expects the "menace" to break forth in criticism, if not denunciation?

And here all the time a mother-in-law is—just a woman! A powerful woman, perhaps, for it was she who first had authority over the man or wife, and is suspected of keeping it, instead of turning it over to the mate on the first appearance. But, inasmuch as every female child in the world is a potential mother-in-law, we have to draw the sane conclusion that not *all* of them can be mean, and meddlers.

Now, in spite of the fact that I had heard my father sputter, "Oh I suppose you won't go with me because your mother will want you to do something" . . . and I had heard my brother sigh "Let's go for once without telling anyone where or when you will be home,"—yet I didn't recognize the ailment when my brand new husband said, "Aren't you old enough to do as you please? Why tell your mother about it?"

No, I had to suffer and grow to realize that a deep fear of a division of attention creates that chasm between husband and wife and mothers,

I had to learn to build up my husband's confidence until he hadn't the slightest doubt in the world but what he was the very most important person in my life.

One time, while in the process of growing pains, I was foolish enough to let a slight disagreement develop into a big scene. Because of some injury to my pride I told my husband that



"Is it any wonder that she has a chip on her shoulder?"

he was a wretch, a brute and a selfish grouch and that my mother thought so, too! He stormed back that I should just go back and live with my mother until I had grown up.

That set me thinking. Why did he think I had not reached maturity? Could it be because I clung to my mother, not with clear-eyed respect for her as another individual but as if she were my defense and barrier against trouble? Far back in my mind, I felt she and I had married my husband instead of realizing my own complete identity in the situation.

As Told to Alice Rebentisch

I began to consider what could be *his* difficulty. He could have been tolerant of my child-like devotion to mother if he felt secure. I must not have proven to him that I loved him enough or he wouldn't be so fearful of sharing. By using that point as a measuring stick to every strained relation, miracles resulted in mother-in-law tranquillity.

After awhile, she came to live with us. I had then to convince myself that she was "just a woman" and did not have the power to come between us. I knew that a *normal* individual would not want to—that is—if she herself were happy.

A person is likely to be happy, I reasoned, if he or she feels useful, so I set about making plans to keep mother so busy with her own affairs that she had little time to be too con-

cerned with mine. Not arduous house work, of course, but just things that would gain notice in the house; going to the children's school entertainments, for instance, or entertaining and being entertained by people of her own generation. Praise for her valuable contribution in helping with the children or in any household duties, was like oil on troubled waters. Loyal, devotion was plainly evidenced and consequently there was happiness on both sides.

And then, Fate with her whimsical sense of humor sent to our home, my mother-in-law, too!

Now I knew that fear again! Hadn't I always heard that a girl had to be very careful or her mother-in-law would boss her and point out her carefully concealed faults to her husband? It looked as if it were going to *be* that way too. My husband seemed to grow (*Continued on page 57*)

Mental Poverty

IT so happened that the worst case of mental poverty I ever encountered, was in a setting of great wealth, which was probably the reason it impressed me so much.

The mansion was surrounded by extensive grounds, many men were busy with its care as I passed on the lovely curving walk. Once inside an imported maid cared for my comfort. The velvet of the rugs was so deep that one moved ghost-like; there were spacious vistas and the furniture seemed a growth of luxurious need and not collected articles. The pictures so fine and true that their frames seemed like windows looking out upon the real views of grove and glade and glimmering water.

I looked with growing respect upon my hostess who had collected all this beauty and then made such charming arrangement of it. However, our chat developed the fact that her home was the work of a decorator. My hostess had approved his taste, because wealthier people than herself had hired him.

* * * *

As our chat continued I began to see that my hostess, sitting in the huge over-stuffed leather chair, was poverty stricken in the worst way—that her mind was the only cheap thing in that lovely place.

I discovered with surprise that her vanities stalked naked and unashamed. Her fear of the opinions of others was absolutely craven; not once in all her life had she dared to be herself. She let others do her thinking for her, accepting

without question the mass assertions of her group. She spoke repeatedly of people whose wealth was something to conjure with, and always with the greatest reverence.

Now if we are neither thief or beggar, what does it matter to us what our friend has in his pocketbook? But it does matter very much to us what he has in his mind and soul, for companionship should be exchange of ideas, the thrill of common interests and a glow of appreciation of each other's qualities.

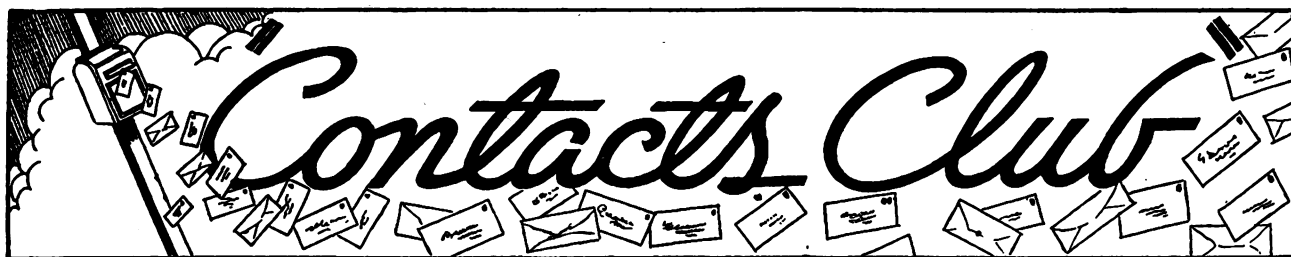
* * * *

I recall a far different visit paid to a woman whose cabin sat on a mountain side. My hostess on this occasion wore faded gingham, but her level gaze was a steady probing for a soul. She entertained me with a gorgeous sunset, which we shared sitting on a great rock outside the cabin door.

Our supper was the simplest of food served on a cloth pieced from flour sacks and savored with my hostess's quotations from her favorite poets. Afterward we drew close to a bright hearth fire and a capable radio brought us world-wide entertainment and our spirits rose to the sharp edge of ecstasy. Years have passed but the memory of that evening still brings pleasure.

Many of us have known want or at least sharp economy and may know them again, but by keeping our thought levels high and our spiritual vision clear, we can avoid the bitterest of all estates—mental poverty.

PEARL M. HOLMES.



“TALKING LEAVES!” That was the name given by the Indians to the white man’s letters which so mysteriously went back and forth. “Talking Leaves!” Our tree of life is full of them.

Perhaps some of our members have been passing under a dark cloud. In that case “talking leaves” will go right to the sore spot. They will act like a soothing balm for bruised spirits and broken hearts.

“Talking leaves!” Let them come fresh from your creative hand, ribbed and veined with integrity and wisdom, bedecked in the colors of beauty and truth and fragrant with friendship, neighborliness and love.

EDITOR’S NOTE—Letters sent to us to forward should be in plain, unsealed envelopes, accompanied by the proper postage. Foreign letters require five cents in stamps.

Dear Friends (to be):

Basking in the sunshine of salt sweet-savoured life, plunging in the unfathomable mysteries of emotion and life, buoyed by the alluring call of the “Contacts Club,” here I enter—with a hope bright, and assurance strong. I wake—lovely realizations.

Having tasted the sweet wine of such grapes as letters, love, loved friends—I thirst for more. I long for all, I can offer a sweet troubled and emotional soul; lads and lasses, lovers and sweethearts (of Hollywood, in particular), sane men and wise widows—all flock the postman’s bag soon, very soon; a hungry heart lies un-stirred. Wake it, all, you readers of any land.

Enchanted readers, let’s snatch and spread the kingdom of health and peace, without beating about the bush—let’s carol sweetly, our Psychology.

Would any reader remain silent after so pure and perfumed a call?

(Mr.) H.S.B., Bombay, India.

Perhaps you, too, would like to plunge into the mysteries of life . . . taste the sweet wine of such grapes as letters . . . ! Indeed an imaginative mind, Mr. H. B. We feel certain that your letters

will never be lacking in originality . . . and interest.

Dear Editor:

I am very much interested in becoming a member of your unusual “Contacts Club.” I am interested in psychology, but only a beginner in its study. I should enjoy corresponding with some of the more experienced members.

Quiet and studious, and a young business woman, I am very fond of reading and good music. Sometimes I get very lonely and wonder if life is really worth the struggle. I am sure some of the members would like to tell me how they keep out of the “blues.”

No doubt there are many people who would like first-hand information about “Sunny South Africa.” I shall do my best in answering your queries.

(Miss) J.W., Transvaal, S. Africa.



With your determination to win the battle against the “blues,” Miss J. W., the battle is half won . . . and with the suggestions of some of our members, well versed in psychology, we predict a complete victory!

Dear Editor:

I write these few words with the object of joining your “Contacts Club.” As I am a lonely soul living in the southernmost corner of the continent of Africa, you will understand my need for pen friends.

A journalist by profession, I have gone through many experiences and have come into contact with many interesting personalities, so will be able to interest my pen friends with unusual happenings.

My interests include stamp collecting, photography, travel, history, psychology, economics, international affairs, and journalism.

(Continued on page 48)

Young for a Century!

The Fountain of Youth Lies Within Us

Our Understanding and our Mental States Tap the Flood of Life

AN inmate of a London insane hospital, at the age of sixty-five, resembled a girl of twenty. It developed that she had become insane at the age of sixteen and had retained the conviction that she was only that age all through the ensuing years.

Reputable witnesses have declared that carrying the years of an elderly woman, she yet retained the appearance of elastic youth. There was not a wrinkle on her face and she had no single gray hair. This, of course, is a unique and unusual case, but it proves the possibilities.

As a man is in his subconscious mind, so does he tend to be in his objective expression. If you think in terms of age and decrepitude, your thoughts will be crystallized into bodily weakness. On the other hand, if you think persistently in terms of youth, and develop a "youth consciousness" you can express and retain an appearance of youthfulness to a remarkable degree.

No Death Principle in Cells

NOTICE that there is no old age or death principle in the cell structure of animal life. There is nothing inherent in nature to justify old age in the sense of decrepitude. Death comes from without rather than from within unless we abuse our bodies by violating the laws of nature.

In the Rockefeller Institute, some few years ago, scientists placed, under ideal life conditions,

some live chicken tissues, taken from the heart of a chicken embryo. They were safely encased to protect the cell structure from any possible assault from parasitic organisms from without, the tissues still throbbing with life.

The amazing disclosure in this experiment is that they are still alive. They have far exceeded the average span of life of the chicken and, according to prediction, will live on indefinitely, perhaps as long as they can be permanently protected from negative external factors.

This is a vital demonstration of the fact that in the cell structure of organic life, there is no basic death principle. Death and decrepitude come from factors not inherent in the bodily organism.

* * * *

Another interesting demonstration of this amazing principle, which is so at variance with the older and popular conception, is to be found in the study of the amoeba. This tiny one-celled organism is the simplest form of life known to science. It is the next step in the biological scale to that basic life substance which the biologist calls undifferentiated protoplasm.

The amoeba is so small that a dozen or more could be placed on the point of a pin—it can only be seen under the microscope. Nevertheless, it seems to be an intelligent creature, selecting its food with care, having rudimentary powers of locomotion and, in other ways, demonstrating intelligence.

The cycle of life of the amoeba is birth, youth, adolescence, maturity and then—rebirth. Through a process of division, the adult amoeba divides into two young amoebae. The interesting fact is that there is no death principle. Swarms of amoebae are destroyed through external forces, but, so far as the life principle is concerned, there seems to be no old age or death expectation.

The nearest counterpart to the single cells that go to make up the human body is the amoeba. The primary cells in the human body pass through the same life cycle as the amoeba, passing through maturity to rebirth in a similar process of division. If there is no old age or death principle in the amoeba, it is a reasonable assumption that the same is true of the body cells and that decrepitude and death come from the neglect of the laws of youth and health or from external factors.

Causes of Old Age

One cause of premature old age is the gathering of mineral sediment in the blood stream. An excess of mineral matter in the blood tends to become encrusted about the walls of the

arteries, leading to the hardening of the arteries.

The gathering of this mineral sediment can be largely prevented. Do not over-eat, else you cram more food into the system than can possibly be used, overworking the organs of digestion, assimilation and elimination and resulting in an excess of unused mineral matter.

Drink plenty of water—six to eight glasses a day should be a minimum. Fruit juices are exceedingly helpful and are rich in therapeutic value. Keep the body clean. Take wholesome exercise, walking two or three miles a day—occasionally running for a short distance.

Learn to breathe, using the entire lungs. Proper breathing is one of the most vital health factors. It tends to keep the blood stream pure. The oxygen absorbed by the blood, through the lungs, is carried to every cell of the body, bearing new life, vitality and health to the cell structure.

Disease Causes Decrepitude

We have already demonstrated that there is no sickness principle in the cell structure. You were not born to be sick, but to be well. Sickness comes, for the most part, in consequence of the violation of the natural laws of health—insufficient breathing, improper elimination, unscientific diet and lack of exercise.

An enormous amount of disease also is produced by negative emotional states: Fear, anger, worry, jealousy, envy, depression—all create toxins in the blood stream. They break down the cell structure, causing the premature aging and death of the cells; create innumerable tensions in the body and tension kills; inhibit the proper functioning of every life function, interfering with the proper secretion of the glands,



The actual activities of these gay young things may not be to your liking, but their joy in life, their youthfulness of spirit—these are contagious . . . keep close to the young.

which play so important a part in life and health.

An important cause of sickness also is negative suggestion. If you are constantly thinking about being sick you create the tendency to become sick. If you will persistently think in terms of health, your chances for being well are greatly increased. There is no reason why you cannot keep well, and, by so doing, you will greatly prolong the span of your life and the duration of your youth.

Keep Interested

An invariable sign of old age is failing interest. Have you ever (Continued on page 55)

He Broke With the Past

CLIFF HARDER, chin in hand and elbow on the counter, gazed moodily about the store and sighed. This place was his doom, his jail, his Waterloo.

Two years ago he had been so full of vigor and expectation. That was when he had returned home from a college of agriculture.

"Dad," he had begun enthusiastically, "I understand ranching. I want a place of my own where I can work out my ideas."

"Ranching!" exclaimed the elder Harder, contemptuously. "Ranchers never make any money. I ought to know. Haven't I furnished 'em with tools and groceries year after year? I've spent a fortune on your schooling, expecting all along that you'd come into the store with me."

Finding that his father's will was insurmountable, Cliff gave up arguing. He entered the store cheerfully, but from the very first the arrangement was disappointing. He began by attempting to lay out the stock so that it would show to better advantage. This had been scornfully over-ruled and his suggestions on buying and selling fell on deaf ears. He was made to feel as though he were still in his teens.

When he became aware that his domineering parent had no use for his opinions, Cliff found his interest in the store waning.

THIS morning he was trying to think things out. Usually he was kept so busy that there was little time for personal analysis. But last night, he and Grace, who had been sweethearts from childhood, had their first quarrel. She made it plain that she had entirely lost faith in him. It was true that he could not expect her to go on teaching school indefinitely, waiting for him to make good. And now they were no longer engaged.

"I can't understand it, Cliff," the girl had said. "When you came home you were going to do big things, but what have they amounted to? Why, even old Button has more to say in the store than you have."

Cliff had not relished the rebuff. Old Button, indeed! To be sure he had the upper hand. He'd been a trusted employee in Harder's General Merchandise Store for nearly thirty years. As a child Cliff had dubbed the old man "Button" and the name had stuck because it suited him. His round, florid face appeared to be drawn into a button of a nose. But in spite of his physical ugliness Button was looked up to and respected.

He was the first one consulted and his authority was next to that of old man Harder.

Harder Senior was stubborn and bulldoggish and apt to flare into sudden bursts of temper when annoyed. Button, on the other hand, remained calm and controlled. His memory never failed him and what he had to say was direct and to the point. The two might clash but in the end Button was more apt to win out.

"**W**HY can't I get around Dad like that?" Cliff had often asked himself. The answer was only too evident. Cliff was sensitive and afraid of his parent. Button was afraid of nobody. His services were valuable to his employer and he knew it.

Not that Cliff was afraid of being fired! Far from it. He was merely afraid of hurting his father's feelings. And on account of this Grace had come to think of him as a weakling!

Was he a coward? Would he become so meek and broken in spirit that by the time the business reverted to him he would be too ineffectual to hold on to his heritage? The picture was not a pretty one.

At this point in his reverie the screen door creaked and a customer entered. Cliff straightened up. Joe Smith, rough and ready rancher that he was, stalked straight to the ammunition counter. Cliff slid over there hurriedly.

"Give me some cartridges," said Joe, pointing to his gun.

Cliff knew it was the deer season.

"Been out yet?" Joe asked.

"Nope, haven't had the time."

Joe eyed him closely. "Make a man outta yuh to bring in a buck."

Cliff shrugged. "You know how Dad is."

"I wouldn't let nobody do that t' me."

Cliff looked at his customer quickly, furtively. So Joe knew what the store and his father were doing to him, too.

"As a kid yuh had plenty of spunk," continued Joe. "Member the time yuh swiped my gun and bagged a forked one? He sure was a beaut! An' then yuh had the nerve to come after me to help yuh drag it in."

Cliff laughed with Joe over the memory of this boyish escapade. All the life had returned to his sobered countenance.

"Better come along," invited Joe as he turned to leave.

"Drop by later,—mebbe I will."

An hour later Joe entered the store and

by Dorothy Rockwell

Illustrated by Dorothy Schnellock

lounged about as if waiting. Cliff was occupied with a customer but when he was free Joe spoke. "How 'bout it?"

Cliff glanced at his father anxiously.

"I'm going out with Joe, Dad. Want some venison for supper?"

The country in which they found themselves presently was rough and dry—typical rural California. Joe's rattletrap carried them up a rutty, winding road almost to the hilltop, and there they made camp.

The noonday meal which followed consisted



She made it plain that she had entirely lost faith in him and that she no longer wanted to be engaged.

The old man turned and stared belligerently. "Goin' out! What d'yuh mean? It's our busy time."

Cliff drew himself up defiantly. Joe was watching; he would understand and applaud.

"Come on, Joe, I gotta get some things up at the house."

"If yuh go, yuh needn't come back here."

Cliff hurried out the door. That threat didn't mean a thing, not when Joe was standing beside his rickety Ford, grinning. Joe might be only a ranch hand but he had gumption. He was a man!

of canned beans heated in the pan after the bacon had been fried. This was washed down with strong black coffee and then it was time to start on the hunt. Joe led the way until he reached a crevice in the hills and then he bade his companion goodbye.

Cliff watched the burly figure out of sight and then turned in the opposite direction. He was looking for the spot where he had sighted his buck years ago.

His boot began to trouble him. It was laced too tight. He bent to loosen the laces and the warning hiss of a rattler came to his ears. Cliff

remembered instantly that in the month of August these reptiles are in the process of losing their skins and are blinded. From fear they will strike instinctively.

He moved quickly but not before the snake had struck. For one confusing instant he wondered at the stinging sensation in his leg and then he began to act. After whipping out his pocket knife, he cut away the cloth of his hiking pants and then leaned to suck out the deadly poison before it had a chance to circulate through his system. He spat out the vile stuff and then fumbled in his pocket again for the small bottle of iodine which he always carried when on a trip. The wound stung dreadfully when the iodine was spilled on it and hurt worse as Cliff probed the flesh about it with his knife blade to let the chemical sink in.

IN a few minutes Cliff began to feel ill and faint. In a dazed, wobbly fashion he started toward camp. At a turn around the hill he came upon a deserted shack. The door opened easily and Cliff stumbled inside. How long he lay there on the floor he did not know. But when he did open his eyes again it was broad daylight.

"Well, anyway, I'm going to live," he exclaimed aloud, as though surprised.

The injured leg was quite painful and the wound red and swollen. There would be no walking for him today, he decided.

With difficulty he got to his feet and made his way to the door. He meant to shoot off his gun as a signal to Joe who might still be in camp.

Outside it was sunny and dazzling. He paused in absolute astonishment as he looked about. Here, way off from nowhere, was a deserted, yet flourishing apricot orchard. Fine, sturdy trees in bearing. Untrimmed and untended, and yielding a bumper crop!

The secret of it was quite evident. Someone had planted these trees where they got the seepage from the hillsides and they would never need irrigation. What a find!

Cliff was imbued with a fiery new ambition and when Joe came to his rescue he asked to be driven directly into town in order that he might get information about that ranch.

At the bank he learned that the property was for sale. The owner, an old hermit, had died and his worldly goods had reverted to the state.

Cliff arranged for a loan immediately, had papers drawn up and very shortly he went to live in the deserted shack. It mattered not that his father raged and blustered or that he was called an ingrate. A new day had dawned for him!

In the beginning his household equipment consisted of a cot, a makeshift table and the fireplace, but when his crop was harvested Cliff began to make improvements.

Today his ranch house is as modern as any town house. The loan has been repaid and there is a substantial account at the bank in his name.

In his back-to-the-soil movement, Cliff found himself. His theories have worked out nicely to his satisfaction and at last he can consider himself a success.

The best proof of this is that since the death of Button, Old Man Harder himself comes to his son for advice.

"Get a young man in the store, Dad," he is told. "Give him a break. You might learn a thing or two if you do. I read all the latest stuff in my line and what I need I accept—the rest is chaff."

"I wish you'd stayed with me," his father answers plaintively.

Cliff just smiles. "I had to break with the past, Dad. If I had *not*, you'd never be asking me for help. I'd still be just a boy to you."

Joe has been Cliff's hired man ever since there was enough money to hire him. He's proud of his 'boss', as he has reason to be. Only just at present he's puzzled.

With that schoolmarm comin' to live at the ranch things might not be so good, he grumbles. Cliff should'a run her off the place when she come down but he didn't—he just acted like he was glad to see her an' the first thing yuh know they was plannin' on gettin' married.

One thing, though—he's the big boss, even with Grace. Yuh can't never tell much about a woman, though. Some of 'em make out like they're being bossed even though they ain't.



How Suggestion Cures

by ALFRED J. FOX, M. D.

EVERY disease can be cured provided we discover the cause, find ways and means to conquer it, and set to work repairing the damage. The question is: *How* to do these things.

Diseases are identified by their specific symptoms. Symptoms are, in general, objective or subjective. Objective symptoms are recognizable physical changes in the body itself. They include swellings, atrophy, rise of temperature, etc.

Subjective symptoms are those which the patient feels: Weakness, loss of appetite, pain, and a chain of psychic disturbances such as fear, anxiety, irritability, and the thousand and one inner feelings that warn us of danger. The objective and subjective symptoms of disease work on each other in a vicious reciprocal relation, one aggravating the other. For this reason it is important, in treating the physical aspects of any disease, to deal also with the emotional aspects which have their seat in the subconscious.

The physical treatment of disease is well described as consisting largely of medications to conserve the energy and vitality of the patient, and to allay pain and misery, thus permitting nature to come to the rescue while aiding nature with available artificial remedies. Most diseases are self limited—that is, they run their course, and nature intends to cure them in time. Loss of vitality, exhaustion, and nervous collapse, however, frequently paralyze one's resistance to disease and thereby lead to death. For this reason, aid to nature is of vital importance.

GENERALLY speaking, we recognize two factors in all disease: The physical damage done to the body; and the spiritual damage done to the mind. The administration of treatment must therefore aim to overcome physical symptoms with physical and chemical means, and offset mental symptoms with psychological methods.

There are mental phases to every physical

disease, and there are many disorders of both body and mind the causes of which are not physical but mental. Such maladies are pri-



A psychic disorder in the individual, under some circumstances, can become a physical disease.

marily characterized by a derangement of that part of the nervous system which governs emotions. As the exciting cause of such disorders is of psychological origin, it follows that the treatment should employ psychological methods.

What I have termed the subjective symptoms of diseases are caused by the action of the disorder on the higher nerve centers. Probing

deeply into the origin of psychic disorders, we find that our patients usually are unaware of the presence of any mental or psychic upheaval and complain only of the physical symptoms arising from the malady. The reason for such failure to appreciate any but physical symptoms and pain seems to be a result of the fact that subjective factors are embodied deeply in the field of the subconscious.

In all psychic disorders we find present conflict, inhibitions, and repression. The conflict is between the conscious and the subconscious; the inhibitions are the subconscious expression of rebellion against conditions it does not approve; this rebellion results in retarding and arresting mental and physical functions.

PSYCHIC disturbances may be the exciting causes of such diseases as hysteria, epilepsy, many types of insanity, goitre, skin diseases, paralysis, diabetes; as disorders of the digestive system, of the heart and its appendages, of the glands; and as other nervous, mental and emotional disturbances.

Addiction to drugs and alcohol, asthma, psychic blindness and deafness, and the inability to live in harmony with one's environment are also due to this cause. Such disorders of body and mind are extremely difficult if not impossible to relieve by ordinary methods. They can

often be promptly and permanently cured by attacking the exciting cause which can be found embodied in the subconscious mind.

In practical psychology several roads are used that lead to the subconscious. They include forced discipline, religion, analysis, and psychic persuasion or hypnotism. In this article, we will consider the last named, and will present an outline of the technique for the practical application of controlling the subconscious by means of psychic persuasion.

To apply this treatment successfully, three stages in its administration must be considered: First, the mental preparation of the patient; second, the use of suggestion to place the patient under control by hypnotic influences; third, the administration of healing suggestions during this period of hypnotic control.

Human prejudices being what they are, the mere mention of the word hypnotism is sometimes enough to destroy the harmony desired between the patient and the operator. Hence no attempt should be made to induce hypnosis until the operator is completely "en rapport" with his patient; that is, the patient is entirely at ease and relaxed. His emotional reaction to the operator is one which expresses entire faith, confidence, hope, personal liking and appreciation, and is imbued with a feeling of hopeful expectancy. *(Continued on page 64)*

SUPPOSE that we place on the ground a plank thirty feet long by one foot wide. It is evident that everybody will be capable of going from one end to the other of this plank without stepping over the edge. . . . But now change the conditions of the experiment, and imagine this plank placed at the height of the towers of a cathedral. . . . Who then will be capable of advancing even a few feet along this narrow path? . . .

Before you had taken two steps you would begin to tremble, and in spite of every effort of your will, you would be certain to fall to the ground. Why? Because in the first case, you imagine it is easy to go to the end of this plank, while in the second case you imagine you cannot do so. If tilers and carpenters are able to do this feat, it is because they think they can do it. . . .

If you persuade yourself that you can do a certain thing, provided this thing be possible, you will do it however difficult it may be. If, on the contrary you imagine that you cannot do it, it is impossible for you to do it, and molehills become for you, unscalable mountains.

A favorite illustration
of Emile Coue

In The Psychologist's Office

Discussion of Actual Cases

by ARTHUR L. BAIN



"I'M in love with my sister-in-law," confessed Mr. M. J. M. "I know it's wrong, but I frequently lie awake half the night almost overcome with the desire to call to her—to be with her. I can't even eat my dinner happily unless she is at the table. I think my wife suspects, but the worst of it is, I don't know whether her sister does or not."

"How long have you been married?" I asked.

"Four years. We have two children, both babies. Of course we are devoted to them, but—"

"Your wife naturally is heavily occupied with the care of the babies and other household duties. Does her sister help?"

"No. She goes to business. She's a fine girl, pretty and—"

"Never mind that. Do you love your wife?"

"Why—yes, I guess so. But in a settled sort of way."

"If you loved your wife when you married her, and love her now, I hardly think you are in love with her sister. I think you put your finger on the sore spot when you said 'in a settled sort of way.'"

"You think your wife suspects your 'false love'; actually, you hope she does, for you feel that it is she who loves in that settled manner and you want her to sit up and take notice of you. In other words, you want a little adoration and a lot of attention because you feel she has been neglecting you, and you aren't particular how you get that attention. Undoubtedly your ego would inflate quite happily if you could cause a little row over your affections."

Mr. M. smiled sheepishly. "It does sound a little silly, doesn't it?" he said.

"Quite," I replied. "I would suggest that you do a little devoting and squiring, give your wife a hand around the house when you are home, take flowers home once in a while, or a box of candy. Speed up your settled love into a courtship; compliment your wife on her appearance, efficiency, anything you can fasten a compliment on. Her natural reaction will be a warm glow of appreciation, a happy thrill of loving and being loved, and your reward will be a million

times greater than what you might expect from inciting your wife to jealousy.

"In the meantime, realize that her sister is your sister; blood related to hers runs in the veins of your babies. You really don't feel licentious, so there's no sense in playing around with the idea. Go home and make love to your wife," I concluded. He did.

* * * *

"Is there really such a thing as a Jekyll-Hyde personality?"

Miss Y., twenty-four years old, raised her eyebrows archly, and winked both round bright eyes in the most feline manner possible. At my amused smile, she continued energetically:

"I really mean it. Most of the time I am a quiet, normal person, but every now and then I seem to feel like a different woman; I become moody, vicious, and like to hurt people just for the sake of cruelty. It's a sort of cat personality, I think."

"Somewhere," I managed to reply, "perhaps it's in the Bible, there is a quotation which runs something like this: 'Be not vainglorious over your transgressions.' This phrase aptly applies to you, for if ever I saw a person proud of a fault, it is you."

Naturally Miss Y. protested, but it was up to me to show her herself frankly. I explained in detail that her so-called spells of cruelty were expressions of resentment against what seemed to her to be a humdrum existence, and that having hit upon the "cat personality" complex, she was working it for all it was worth, actually acting the part in order that her pent-up emotions might find some measure of release. That she was proud of this stunt was made obvious by the fact that she had come to me for consultation and had attempted, by her feline mannerisms, to convince me of its authenticity.

PENETRATING analysis disclosed the truth that she suffered painfully for days, even weeks, after she had wilfully mortified or otherwise hurt someone, and at such times was disposed to say of herself, "I am a cat!", not in a proud or exultant mood, but in miserable condemnation.

(Continued on page 52)

Scrap Basket Secrets

**How the aimless wanderings
of pen and pencil reveal
our hidden nature**

WALK into the next telephone booth you come to. Examine the walls, the desk, the phone book, any place where it is possible to use a pencil. There you will find the records of many lives.

Read the symbols and you have the life stories of numerous individuals who never dream that they have exposed their secrets. Ambition, tragedy, pathos, comedy, hope, and achievement will be recorded, with hosts of other human expressions.

If you want to know what your boss thinks of you, get hold of a scrap of paper upon which he has been scribbling while he is talking to you about yourself. If you doubt the devotion of your beloved, sort out the contents of his or her wastebasket. If you find your name written consistently with a back hand slant, or vertical, a coldly calculating nature is indicated. The heart does not rule the head, and you may be sure your sweetheart will enter the marriage state only after due deliberation and with his or her eyes open.

Phrases and sentences written habitually in a state of absent-mindedness may point to certain strong tendencies, or to suppressed desires. A well-known actor, forced for a number of years to occupy himself in the field of business, covered the back of envelopes or any hand scraps of paper with the following: "Ladies and gentlemen! He eats hay, chews nails, spits through his teeth and swears in Spanish." A ridiculous statement on the surface, but one that clearly indicated his resentment at being kept from the stage and his public.

Your hand performs similar unconscious exposures of your innermost thoughts. Given a pencil, a place to write, and nothing to consciously write about and your hand tends to perform. Once started, without conscious intention, you proceed to expose to the analytical observer your secret life.

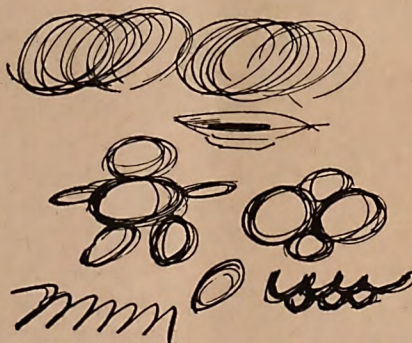
Many of the symbols will be difficult to read for the inexperienced student of psychoanalysis, but others will be so obvious that they need no expert interpretation. Go through your wastebasket and select the scraps of paper, backs of envelopes, the edge of your

newspaper and any sheets upon which you have been scribbling absent-mindedly.

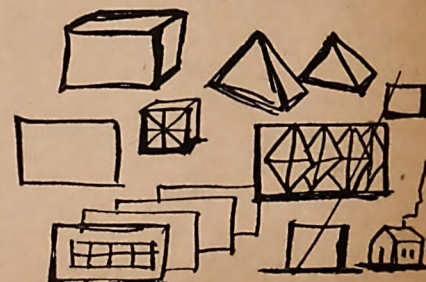
Do you tend to make squares, triangles, curved figures, faces, letters, boxes, ladders, numbers, leaves, flowers, animals, dollar signs, or what have you? Are your symbols heavily blocked? Are they large and crude? Extravagant and exaggerated? Finely drawn and compressed? Do you tend to repeat the pattern, or are they varied? Do you place them in the center of the paper or keep them close to the edge? Are your lines exact or carelessly sketched?

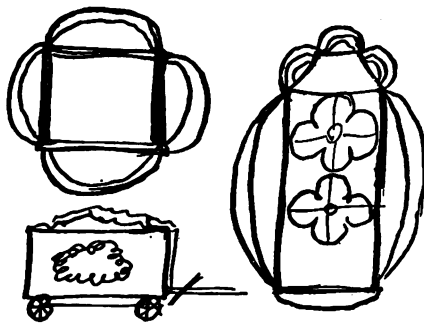
You prob-

Squares and triangles indicate the motive type—hard-headed business man, manufacturer, machinist, builder.



Drawn by a fat man. He runs to curves physically—so do his subconscious symbols.





Imagination here—indicated by the grotesque additions, curves, complicated lines, flexibility of design.

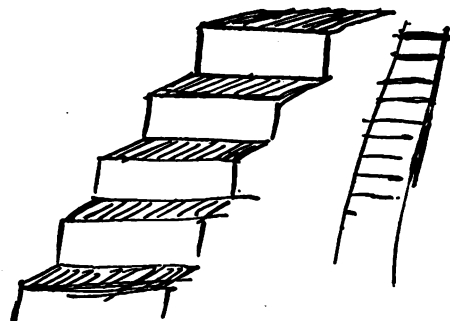
ably imagine that the whole lot are careless because they were done absent-mindedly. Yet you may find distinct differences in the technique of various symbols. A fat

man tends to run to curves physically. So do his unconscious symbols. He likes to draw circles and oval formations, figures without angles. (Figure 1.) If he places a cross bar over a vertical line then he is a matter-of-fact sort of person.

If the cross bar is curved or scroll-shaped, he is probably witty. If he makes dots which resemble arrow-heads or commas, it is further evidence of his wit and humor. If the dots are very heavy, he is materialistic. Very light, more spiritually minded and idealistic. If the formations are large and liberal and nearer the center of the paper, with the symbols not too exactly enclosed, he tends to be generous, free with his money and liberal in thought. The tendency not to waste scraps of paper, but to fill them completely, or to start the scribbling very near the left-hand side of the paper indicates economy and thrift. He can save money.

If his circles and ovals all tend to be open at the bottom, you may find that he is hypocritical and deceitful. If they are tightly knotted at the top, he is extremely secretive and close-mouthed. If they are usually open at the top, he has been thinking in a sincere way and is apt to be frank and truthful. Sometimes he will talk too much. The motive type of man, the bony, hard-headed business man, the manufacturer, the farmer, the machinist, the builder of the average type, all run to squares and triangles. (Figure 2.)

These angular symbols, ponderously blocked and with heavy lines, express the constructive mind which works along the lines of tradition and stability, without too much imagination. You may find heavily lined pyramids, boxes, houses, not too complicated machinery, angular maps and charts, lacking in unessential detail, but firmly and substantially drawn. Well-balanced formations indicate a sense of justice and level headedness.



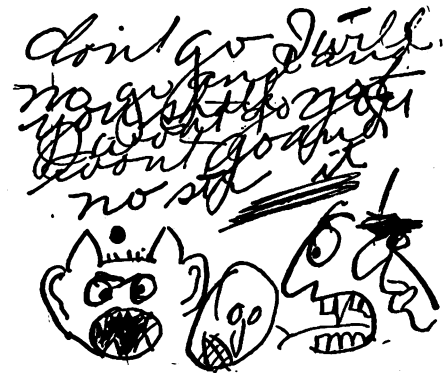
Organizers of men, of industrial programs and financial activities, managers of factories, railroads and transportation systems, draw series of angular blocked-in symbols. But when we find weird and grotesque additions to the lines and blocks, with curves, complicated lines and flexibility of design, we know that imagination is expressed. (Figure 3.)

Symbols connected in a series, without the pencil or pen being lifted from the paper, indicate executive ability and the power of concentration. Habitually disassociated and unconnected formations with no relationship, show the disorganized mind and a lack of executive ability as well as a lack of continuity of thought. The creative and inventive mind is easily recognized by the symbol which is enforced by added lines and angles surrounding and attaching themselves to the central formation.

Wavy and irregular lines indicate a lack of stability and force of will. The individual is more suggestible and more easily influenced by others at times. Flowing, graceful lines indicate a gracious personality, while flourishes and exaggerated shading of the curves give us an individual with a tendency to affectation. Unnecessarily exaggerated curves indicate habits of exaggeration and a lack of exactness in speech and writing.

Religious symbols are common along with dainty patterns of mountains, trees, leaves and clouds. Many of the symbols indicate a visionary tendency and aloofness of the personality. Bird designs indicate love of nature and delicate surroundings. Cob-webby effects, with designs of an intricate nature, such as are common to the engraver and watch-maker, indicate that the individual likes that kind of work, over desk or bench.

Business life and practical everyday affairs tend to lead the scribbling into angular formation. An artistic or intellectual type of mind turns



These weird faces, confused and erratic sayings point to a disordered mental and nervous state.

Only an ambitious person produces stair steps and ladders in unconscious moments.

to the traditional square and triangle as soon as the subconscious has begun to get in harmony with discipline and enforced conduct. Some men cover the telephone pad or the back of discarded envelopes with definite figures of a certain amount of money. It may be \$50,000, or it may be a million. Certain types are always figuring interest, computing the profits on any sum that enters their mind.

Stair steps and ladders are common to ambitious people, and confidence gives the hand heavier pressure in designing the upper steps or rungs. Disappointment makes the pressure light

Phrases and sentences written habitually in a state of absent-mindedness may point to certain strong tendencies, or to suppressed desires.

and wavering, while doubt is expressed in alternate light and heavy pressure. (Figure 4.) People with a "poverty complex," which prevents them from ever getting even with the landlord and the grocer, often scribble a series of figures in a haphazard series, in an unconscious effort to find their way out of the maze.

Often the sum total of their indebtedness is the pivotal sum that intrudes itself into their additions and subtractions. If the figures run down hill, a degree of hopelessness is expressed, while figures ending on an uphill slant indicate optimism.

The alphabet written with flourishes and shading indicates a preference and capacity for romance and fiction. Capitals which are too low indicate humility. If they are extremely high, the individual is conceited. Moderately low is an indication of simplicity in the unconscious desires. Higher than average but not extremely high, the capitals express pride and self-respect. If words are written and nearly always disconnected we have evidence of impracticality, an impulsive person who jumps to conclusions and who acts on "hunches" rather than reason.

If the final endings of a word curl over the top of the word, self-protection is indicated, and the individual is not likely to come off second best in a business transaction. Selfishness also is indicated when the final line curves under the word. Snake-like formations indicate craft and trickiness, while thick, club-like endings on a word indicate brutality. If the endings constantly are long and vertical, we find high-mindedness and an interest in the mystical.

Pig-tail curves are indicative of self-interest,

while a fish-hook curve on the end of a word shows tenacity and steadfastness which may be stubbornness. Very long final endings which completely fill the spaces between words show a suspicious state of mind, and if they ascend to the right we get criticism, intolerance, fixed opinions—and extreme generosity.

When the endings are absent we get selfishness. Very short endings indicate reticence. If the finals descend vertically, then we have a fatalistic attitude. Finals ascending vertically to extreme height indicate a visionary state of mind and sometimes religious fanaticism.

Naturally, the formation of the word or symbol is influenced by what was taking place at the time the hand was functioning. A business man who is busy trying to figure ways to cut costs is likely to make quite different symbols from those which he forms when he is in consultation with representatives of some philanthropy of which he approves and which he wants to help. In the first instance he makes angular formations with the protective symbols, while in the latter he draws flower forms or curves.

Sometimes the solution to a problem will come to us through the unconscious action of the hand. Unable to solve it consciously we dismiss it from our mind, only to discover the answer scribbled on a scrap of paper without realizing that we have done it.

Salesmen are able to size up the inner workings of a prospect's mind if they are able to observe the absent-minded sketching of the customer's pen. Open formations indicate a receptive mental attitude, while the salesman had best not try to close if the symbols are closed with loops or enclosed in solid squares or oblongs. Certain diseases may be accurately diagnosed by the reading of what the hand has set

Your hand performs unconscious exposures of your innermost thoughts. . . . Given a pencil, a place to write, and nothing to consciously write about and your hand tends to expose to the analytical observer your secret life.

down. Phallic symbols play an important part in the symptoms, and the mental and nervous condition are exposed by the revealing of the secrets.

Obscene words and pictures point to a starved love life, a self-centered personality, and if heavily formed the symbols indicate a gross and sensual nature. Coarse and heavy patterns indicate a coarse- (Continued on page 59)

Don't Rob Yourself

by ELBERTA WILSON

PHYSICIANS acknowledge that a very large percentage of the people who seek their aid are suffering from some emotional problem.

They also admit that indulging in worry, fear, anger or any similar emotions has a destructive effect upon the digestive processes and that the food eaten when under such stress becomes deleterious. How can a drug be of any benefit as long as the cause is kept active and operative?

Very few people have learned to live in the "now." They carry the unpleasant experiences of the past, often in a magnified form, into the present and from this accumulation they develop fears that influence their future. They then view with growing alarm the havoc they have wrought, never realizing that they are the cause of it.

We cannot become skilled with any new thing as long as we keep our mind filled with past mistakes. New conditions require purged channels for expression and it is *only the memory of former triumphs* that are of value to us in energizing our ambitions so that we can produce something better. Successful people are those who have learned the value of extracting the good from past experiences and discarding the rest just as we discard the shell after we have secured the kernel it guarded.

Nothing is ever gained through prolonging the memory of past mistakes and every time we recur to them we are allowing them to influence our present and impair our efficiency. New and better opportunities are constantly presenting themselves but we cannot see them unless we are alert and free from hampering inhibitions. Experience is necessary and the greatest success is built upon this foundation. Wisdom is the result of learning to separate the wheat from the chaff and garnering it for future use.

A few bitter experiences of our own should teach us the value of profiting by the similar experiences of others and we do not need to chop off one of our own fingers to realize what a handicap such a loss really is. And yet, it is surprising how many jolts we must have before we awaken to what we should have realized from the first. We make the same or similar mistakes over and over—and would greatly re-

sent it if anyone were to question our intelligence.

“**C**HEATING the handy-man?” I asked my neighbor as I saw her wielding a hammer rather viciously one morning. “No, I am just trying to turn down these wire ends after they have snagged my best dress. I have been *intending* to do it for a long time. They have snagged every dress and apron I possess, I do believe, but this was the last straw,” and she gave the steel bits a resounding blow.

Are these little, nagging things that we let go on just plain, human perversity—which we refuse to acknowledge? I rather think most of the things we blame on something outside of ourselves are our own creation but we are willing to acknowledge very little of that for which we are responsible. As it is with the little things, so it is with greater ones, for great things are the sum total of a myriad of little ones. Pleasing personalities are the result of attention paid to the little courtesies of everyday life.

Since it has been proven that wrong thinking produces physical disorders, it is reasonable to believe that it also has a destructive effect upon your business and social relations, in fact, everything that concerns you, for everything responds to your radiations.

* * * *

For too long we have had a false sense of values. We have believed the possession of things was the only wealth and yet when we managed to accumulate, our fears kept us from getting much enjoyment from their possession by suggesting that something might happen to them. True possession means something that cannot be separated from the one to whom it belongs. The man who has developed confidence in his business acumen is not worried into ill-health because of apparent failure, for he knows he can make good at something else—his riches consist of ideas.

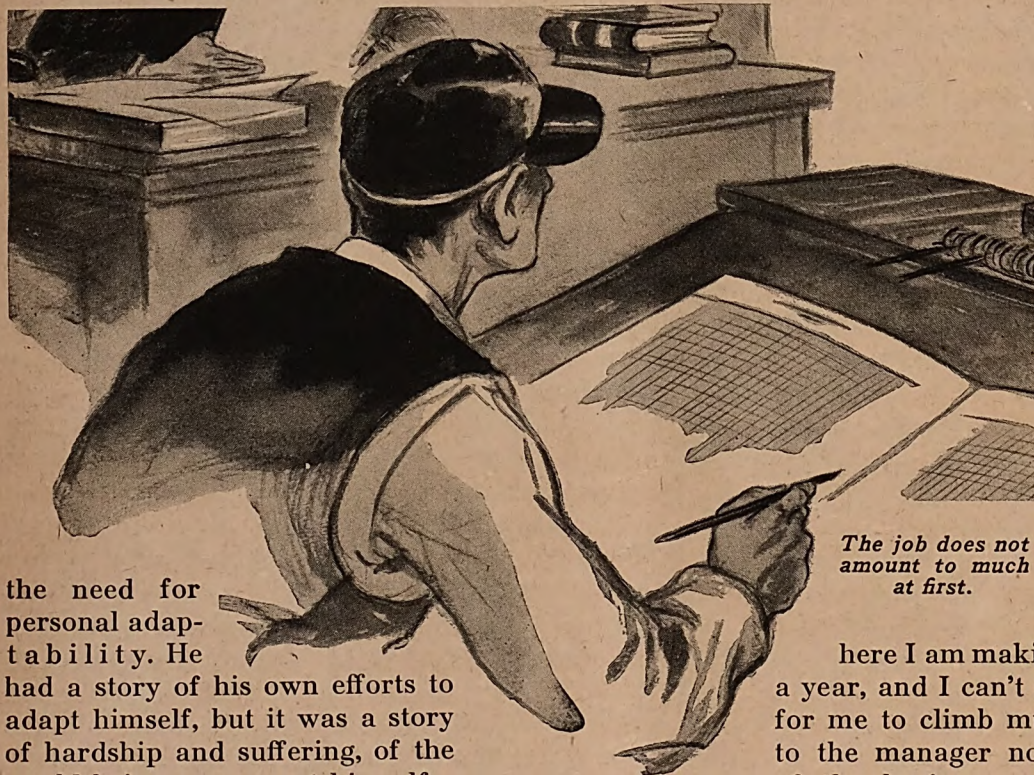
We cannot hang on to the old if we are to progress with the changing times, for old things are constantly forced to make way for something better and it is only the short-sighted ones who look at these changes as unfortunate failures.

There's No Dead-Line!

by JAMES S. COLLINS

Be Gloomy If You Want To—
But There's Really No Reason

YESTERDAY, a stranger called me up and asked to come and talk about one of my articles dealing with change in the business world, and



the need for personal adaptability. He had a story of his own efforts to adapt himself, but it was a story of hardship and suffering, of the world being wrong, not himself.

"How old are you?" I asked suddenly.

He winced a little at the blunt question.

"Well, I'm sixty-eight," he admitted. "But I don't tell them that. I've got some stuff I put on my hair, and I'm spry for my age."

Even so, with a little less disposition to blame other people and to forget what he used to be—or believed he had been—he could still have cobbled together a career and a good finish.

My chief purpose in telling about him is to assure the worried people of forty or fifty—even sixty—that there is no real "dead-line." Remember how the little man on a ship, approaching the equator, got scared because a sailor told him they would soon "cross the line"—he thought it an actual line stretched over the ocean and feared it would stop the ship.

* * * *

There is a gloom that comes on both sides of thirty, and a very beneficial kind of gloom it is—if kept concentrated upon yourself and not on

the outside influences that seem to affect a career, as the firm you work for, the people you work with, the way other fellows pass you.

About a year ago, a young man in advertising confided to me his doubts about his job. He was thirty-two, and had been working ten years. On coming out of college, he had been ambitious for a business of his own, and did start one, a small publishing enterprise, with such success that a large publisher bought his business, and a large advertising agency gave him a job.

This was the job about which he had grown gloomy. "I feel that I am a good advertising man," he said, "but

here I am making only five thousand a year, and I can't see how it is possible for me to climb much higher. I'm next to the manager now; this is a branch of the business away off from headquarters and there are hundreds of other fellows in the organization. I've done some original things and studied a lot to develop my ability. But, frankly, I'm discouraged."

It was true that he had done original work. In handling one important account he had devised methods of measuring results, something of prime value in advertising as it is shaping itself nowadays.

"Business is a kind of put-and-take-game," I said. "If you put enough in, you are certain to get something out. Suppose you try putting in some more, in a new way. You can write a good article about your methods of measuring advertising results. Write one, and send it to an advertising magazine."

He did this. His article was published, led to a series which attracted attention, and one of the many letters he got was from an official at the headquarters of his own agency. A few

*The job does not
amount to much
at first.*

Must You Make a New Adjustment To Life?

months later he received an offer from a competing firm, so handsome that he could not afford to refuse it without sounding out his company. When he laid the facts before his president, he was asked to wait before making a decision, and a little later was promoted at as good a salary.

"We have had you in mind for this," wired the president, "because we've been watching your work more than a year."

So there was no reason for being gloomy about the scheme of things, and his skepticism about himself was largely an indication of continued growth.

ANOTHER young man, around thirty, had a different basis for his discouragement about his future a couple of years ago. "The trouble with me," he said, "is lack of personal popularity. I don't get along well with people. There is no particular reason why I should, because my ability and training are along technical lines; on technical facts which work regardless of whether people like me or not—or like my results or not. Yet I feel that my lack of sociability hampers me. According to all the rules of Big Business, some corporation should be after me at twice the salary I'm drawing. Shall I cultivate people? Shall I go to parties, join service clubs? Could personal popularity be developed like muscles?"

"You don't really like people, do you?" I asked.

"I like them a lot!" he protested, at this grave challenge to his human nature. "All my work is based on benefits to people. But individually they bother me, and I like to work at technical problems that benefit people on a bigger scale than personal friends or even the city or the country."

"Then forget people, and rely upon your work bringing more money and wider recognition," was my counsel. Within a year, the concern for which he worked was merged with others, and when the dust had lifted from the conflict that always follows a merger—the elimination of executives with outworn ideas and the emergence of those who have been looking toward the future—lo! he was president of the new corporation. And his new work is giving him new contacts with people—he has to study them for purposes of management.

THIS is a style of young man unknown twenty years ago, the engineering, statistical, research specialist who becomes absorbed in technical problems and disregards people. He is born that way. Twenty years ago he would probably have been a bookkeeper. Today, so much has business broadened, he finds a hundred fascinating new fields of work.

Why should he cultivate sociability, except for smoother living in family or community? Business is now able to employ him at what he likes to do best, and his career plainly lies along intensive work at his specialty.

The "dead-line" around thirty-five has not received as much attention as the famous "chloroform age" at forty.

But about that time, expect a few squalls. These seem to be due as part of the faster tempo of business nowadays and the size of corporation organizations. Dad and granddad were not bothered because they had settled down in a staple trade, with a concern a couple of generations old, and could look ahead in full faith and see where they would be at forty, fifty, sixty.

Today, the young man comes out of college and finds business sitting on the doorstep with a job. True, the job does not amount to much at first, but business begins shifting him around, trying him here and there. This shifting often lasts into the thirties; the character of the business changes with new inventions, mergers, banker control. It is hard to see any stability or future—there is nothing in which to have faith, as in granddad's time of partnerships with whiskers.

THEN, the young man has married; there are children; some of his college fellows have got on better than he; some of the neighbors have bigger cars; there is quite a severe strain on the little old salary check. His experiences of ten years does not seem to amount to much—it appears to have been a lot of marching and counter-marching at the caprice of the High Command.

But, actually, it has been preparation for what may be dramatic advancement between thirty-five and forty.

There is nothing more desolate-looking than a new house at the stage where it is nine-tenths finished—workmen (Continued on page 62)

. . . The Story of

The extremely interesting story of the rise and development of mental medicine was begun in the July issue.

Dr. Chamberlain said: "The most stupendous of man's blunders has been the thirty or more centuries of failure to recognize how vital a factor in the cause and cure of diseases, the mind of man has been." From an early therapeutic treatment of 1552 (description found in an ancient papyrus) he traced the growth of mental medicine down to the sixteenth century. The story proceeds:

IN the sixteenth century there was revived the "art" of bleeding and this system was generally accepted by the surgeons of that era who continued to let blood promiscuously for some three hundred years. Acting also as tonsorial artists, combining the work of blood-letting and barber, the surgeons managed to gain recognition for a time.

The barber pole of today with its red, white and blue stripes is a survival of the practices of the surgeon of that period and the work soon fell into the hands of men of low class. The clergy scorned such methods and confined themselves to the practice of medicine.

In the year 1515 the clergy condescended and received permission from the church to practice surgery, while the lay surgeon aspired to the study and practice of medicine. This was in France, where there was a special college of surgeons, and it marked the beginning of the cooperation between the barber-surgeons and the physicians of that period.

The profession of healing now began to gain ground and a science of pathology and diagnosis was born.

Agrippa and Paracelsus have a part in the history of the period as physicians who were partisans of the occult sciences. While neither seems to have contributed very much to science, they left their influence in the promotion of the cabalistic theory.

This occult theory was that all the events of life and all the phenomena of nature proceed from influences that gods, devils, or the stars exercised on the "arch-type"—that is, on the essential spirit or substance. He who could withdraw his spirit possessed supernatural faculties. The day and hour of birth, according to this view, were under the domination of par-

ticular stars, and each of the principal members of the human body was supposed to correspond with some planet or constellation.

This is the fundamental idea underlying the pictures—that are found even today on alma-

by
**Dr. Claude
William
Chamberlain**

•
**Assistant Super-
intendent of
Social Hygiene
Illinois Department
of
Public Health**

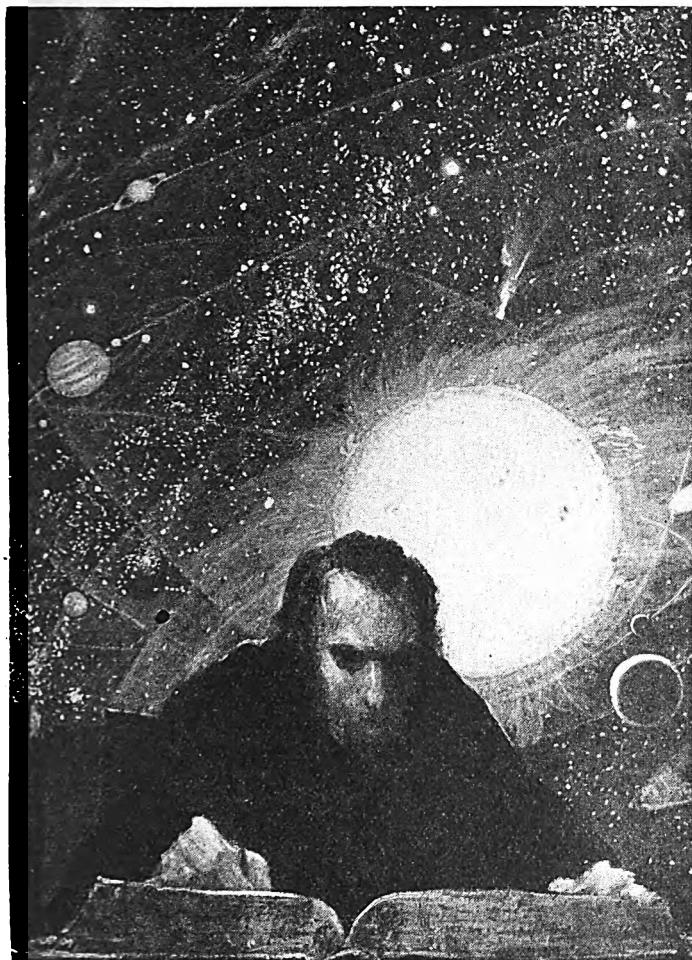
nacs used by patent medicine firms—of the individual whose interior decorations are so completely and uncomfortably exposed, while around him are arranged the signs of the zodiac with indications as to which part of the body is governed by each.

Occult philosophy was divided into four branches: Theosophy, to which a man raised himself by prayers; magic, or the art of controlling demons; astrology, or the art of reading future events by the stars; and alchemy, virtually the secret of the philosopher's stone, by which metals were to be transmuted and then abolished.

Never were there so many sorcerers, astrologers and alchemists as at the close of the Middle Ages. Phophecies, visions, religious excite-

Mental Medicine . . .

ment, and revelations were the rage. This particular kind of folly persisted on down to the time of Martin Luther, who tells us of his struggle with the devil and his adventure with the inkstand, in a very dramatic style.



Astrology was strongly entrenched in the healing art.

With the approach of the seventeenth century there was evident improvement in both the social and mental status of medical men. Many schools and universities were teaching medicine, but thirty years of religious war and fanaticism had devastated whole countries. Poverty, superstition, trials for witchcraft and persecutions by the Jesuit Inquisition occupied the mind of the people.

Great Britain, among the least war-ridden of nations, evidenced an epidemic of scientific interest and science was fostered by royalty.

Chemistry began to don the dignity of a science and scientific societies and their journals flourished. Soon after 1613 William Harvey, a physician, began to make known the doctrine of blood circulation. Although he was opposed and

persecuted, he persevered and many other important discoveries followed.

The progress that accrued to comparative anatomy and physiology and the experiments that were made at this time shed a great amount of light upon the mechanism of the nervous system and upon the function of respiration.

Medical jurisprudence had its beginning about this time and the first special treatise on legal medicine was published. Various systems of healing devised by leaders in the field of medicine competed for popular approval and some of them included with medical theories a form of witchcraft and demonology.

By the middle and latter part of the seventeenth century most of the better physicians and surgeons had either assumed offices and positions in which they were either supported by the State, or were settled in permanent residences, which was not the case with the mass of physicians in the sixteenth century who journeyed aimlessly about the country like wandering minstrels.

While the scientific medical man of that period generally ignored the power of mind in healing disease, he was not above using suggestion when all else failed.

Gillis Menage, a French critic of the latter part of the seventeenth century, defined medicine as follows:

"It is thus that medicine is defined as the art where science sustains a patient with frivolous reasons as to the cause of his malady, and amuses him with good and bad remedies, while waiting for Nature to kill or cure him."

Menage also gives us this historical account of recognition of suggestion:

"In the majority of instances epidemic diseases only exist in the imagination and deceit of charlatan physicians and surgeons. The Abbot Bourdelot told me that when Queen Anne of Austria died of cancer of the heart, all the ladies of the court who visited her believed themselves attacked by the same disease, and a quack doctor, for his own profit and reputation, treated every one of these deluded females, and with his remedies made an imaginary or veritable malady."

Dr. S. J. Witoski reminds us that these instances of courtier imitation are common. The fainting spells of Louis XIII became the fashion among his nobles and court attendants.

When Louis XIV was operated on for *fistula in ano*, many of the courtiers said that they had the stylish disease and insisted on being operated on, following the King's example.

Andrew Panckoucke early in the eighteenth century gives the following account of the simplicity and perspicacity of Boerhaave, who occupied the chair of medicine at the university of Leyden and who became internationally renowned as a physician.

“ON the death of the celebrated Boerhaave, they found among his effects a book that was said to contain all the secrets of medical art worth knowing. Those who bought this treasure, on opening the work, found a volume of white paper leaves, perfectly blank except on one line where was written this apothegm: ‘Keep your head cool, your feet warm and you will mock the doctors.’ ”

Pascal, the French philosopher, said of the medical men of that period:

“If doctors wore not cassocks and had no mules, they would not have duped the world, which was never able to resist the parade.” The French dramatist, Scarron, about 1650 included these lines in one of his plays: “She left the chamber when the surgeons entered. So that his soul, chagrined as it had been, like a lover without hope, was now given over to joy, and this happiness served better to cure him than all the remedies of surgery.”

From the period when medicine was separated from the clergy, the church became almost entirely dependent upon the degree of suggestibility in the personnel of its following for any success along the lines of sensational and startling phenomena. Miracles continued to take place through the faith of the sick in relics, shrines and incantations.

The clergy, in some cases, resorted to unction, or anointing with oil. There may be some objection to considering the use of oil as mental healing, but the small quantity of oil used, according to the records, was too slight to benefit except as a suggestive force. Prayer and heterosuggestion must be given the credit. Bathing in sacred rivers, wells and pools played their part in history and even in this age still are popular with certain religious sects.

Cutten gives an account of the use of psycho-analytical methods, second only to the methods of the modern psychologist, during the early days of the seventh century.

“Abbe Eustasius, returning from Rome, whither a mission of Clothair II had called him, was urgently summoned by the sorrowful parent of a Burgundian maiden. He found that the child had in her youth been consecrated by the vows of chastity, and on account of this shrunk from a marriage sanctioned by her parents. Eustasius reproached the father, and upon obtaining a formal renunciation of further attempts to coerce her into matrimony, the saint, by personal intercession, obtained a complete cure.”

The Freudian student will recognize the psychological factors in the above historical incident, the conditions of which apparently were not entirely new to Eustasius.

* * *

Amulets, charms and the royal or “King’s touch” competed for favor with the methods of the clergy on down to the eighteenth century and are in favor yet among certain types of people.

Accounts are quite common of members of royalty going among the sick and plague-stricken in Mediaeval times, curing by touching the individual or by leaving some token with them.

George Fox, (1624-1691), the founder of the Quaker sect, is recorded as having performed a few cures “by command,” a form of empirical suggestion. The history of suggestive therapeutics from this period on becomes more authentic and detailed and the writer has selected only the outstanding incidents and individuals as being the most general interest.

Valentine Greatrakes, (1628-1683), an Irish Protestant gentleman of good education, followed a military career until 1661 when, after a period of mental derangement, he believed that he had been given the power of curing disease by stroking and prayer. There was an endeavour to prevent him from operating, but his fame grew so rapidly that he swept all opposition before him.

Following the tremendous success by Greatrakes came John Leverett in England, Francisco Bagnone in Italy, and in 1774 Jacob Gassner at Klosterle. Apparently (*Continued on page 57*)

Dweller in the Sun

I HAVE thrown off the shackles of old memories

Cast them aside like so much baggage at the terminal!

Old memories that tear and sear and scorch with their Tongues of flame, that weigh down and depress . . .

What have I to do with old memories and vain regrets?

My soul is full of laughter! I am free!

I am happy! I am a dweller in the sun!

By MARIA A. TAYLOR

“Life and Life Hereafter”

This department is an open forum in which Psychology readers are invited to express their opinions. For several issues mental telepathy has been the subject of discussion. If you desire your initials will be used instead of your name. Address Chairman of Discussion Department, care of Psychology, 404 Fourth Ave., New York, N. Y.

ED BODIN, *Chairman*

I HAVE been looking through the pile of letters that have come to this department, and picking out instances of actual application of telepathy or clairvoyance which might be classified as beneficial.

Naturally, in seeking for light above the present horizon of science, we look for paths that will carry us faster than cutting through a jungle. And those who write of ways and means of applying telepathy, can help us find the light much more quickly than those who merely tell of an involuntary experience.

“We no longer have to worry about proving telepathy. What we have to do is to show how it can be used to advantage and how to go about it,” someone has said, and we agree.

Down in Holly Hill, Florida, there lives Charles H. Nutting, who tells of communicating at will with his friend in Ohio. Here are his words: “We send impulses and they are received as such and can feel every impulse as plain as though you touched me. We send these impulses as short and long dashes and make our code as we want it. We can do this at will at any time and never set any time for it. A message could be sent to my friend and then turned over to any other party.” We hope that Mr. Nutting will send up a story explaining just how he and his friend go about this.

A so-called “hunch” which everyone experiences from time to time, is the process of tuning in with the subconscious. In other words, the conscious mind occasionally senses the lines of force which escape from the subconscious reservoir, and is able to interpret them—just as though the message had been obtained through one of the usual five senses.

The subconscious lines of force are caught by people more than they realize. For instance, you meet a stranger. Being unable to tune your brain with your subconscious, you have to judge

that person by the usual senses of sight and hearing. However, oftentimes your subconscious is so energized by that stranger that you intuitively dislike him for some reason you cannot explain. But that’s your subconscious trying to warn you of the discordant thought waves received—and you catch a vague hunch in spite of yourself. Love and friendship work in the same way due to harmony rather than discord.

HERE is a paragraph from a letter received from Mary Taylor of South Omaha. “One morning as I was in my kitchen working, I got a strong impression of hearing voices—a neighbor woman’s and her husband’s. I could see a vague outline of this woman standing at her sink. I also saw the husband near her. I immediately phoned them and repeated what they had said. They haven’t gotten over the shock yet.”

Charles E. Ward of Shrewsbury, England, writes that he has been instrumental in alleviating pain by telepathy. We hope he will send us details of this experience.

* * * *

Many readers have asked for an explanation of a machine called a “telegraph” mentioned in this column. This contrivance is a device for transmitting and receiving thought communication from one mind to another. It consists of a camera-like box set upon a small board, with various wire attachments, and utilizing an electric current through socket connections and appliances. The person desiring to receive a message, places his hands in the space provided on the board, and concentrates upon the person who is to send the message from some distant point. The sender also has a “telegraph.” The person receiving, gazes at the glass front of the box. When sufficient concentration is recorded, the little glass window lights up.

Due to the fact that (*Continued on page 60*)

"Contacts Club" (Continued from page 29)

Hoping I will succeed in my object—I guarantee a reply to every letter.

(Mr.) J.H., Cape Town, South Africa.

"Distance lends enchantment," Mr. J. H., and with your many interests, plus your guarantee to reply to all letters . . . we have no doubts of your success in receiving an avalanche of letters!

Dear Editor:

That I happened to meet your so much more than interesting magazine in our public library surely proves "The Law of Compensation."

Your "Contacts Club": Do I join the contacters by admitting I dote on letters? So few seem to have the knack of spontaneous paper conversation that congenial correspondents have to be tried out. Therefore, I hope that after I'm tried—I'm not out, as it were.

My tastes and experiences cover varied interesting phases of life and living, and I don't enjoy gloom or gloomers. So with real expectations of new contacts—"I'm pleased to meet you!"

(Miss) E.L., Hollywood, Calif.

Gloom and gloomy ones are barred from Miss E. L.'s chain of friendship! Coming from this obviously agreeable member . . . in the heart of "Movieland" . . . this invitation for correspondence no doubt will receive its due rewards.

Dear Editor:

I take great pleasure in asking for recognition by your "Contacts Club" with the view of coming in contact with people who have similar viewpoints as myself in this great Game of Life; and this I believe is the whole idea underlying your club.

I am a Sunny South African, full of zest for life in all that's wholesome and uplifting. My particular interests are aviation, swimming, teaching, and psychology—my knowledge of which I should like to increase in all directions.

My hearty invitation is extended to all members who have similar interests to write to me.

(Mr.) R.J.H., South African Air Force.

Here is an appeal to let your thoughts fly to South Africa! Now is your chance to get that inside information you were wanting from this far-away land. Accept Mr. R. H.'s hearty invitation!

Dear Editor:

Have been reading your most interesting magazine for years and have decided to take advantage of your "Contacts Club."

At fifty many people seem to have lost interest in the progressive side of life, with such I would not care to correspond. But with those who have learned to appreciate the better things of life, I would be most happy to exchange ideas.

I am especially interested in psychology, travel and the things that make life more interesting. Have travelled a great deal over the United States, Canada and Mexico, and at present I am located in a semi-tropical climate which I am enjoying to the nth degree.

(Dr.) E.C.S., Florida.

It is our belief that Dr. E. C. S. has a most helpful philosophy of life! A traveller, interested in the progressive side of life, we would not expect a dull moment for anyone who replies to the doctor's letter.

Dear Editor:

I would like very much to become a member of your unusual club. I am a constant reader of PSYCHOLOGY and have gained much inspiration from it.

Having been twice around the world, written a few books (some poetic)—together with my line of work in dealing with all classes of people—I have had quite an experience, unusual perhaps in many respects, yet true.

Writing and singing as a soloist seems to be a part of me. I'm not content to be idle—yet I don't aim to spend my time, but make good use of it. I enjoy good reading, travelling, music, writing—and all things that tend to improve man in body, mind, and soul.

I desire to contact men and women, regardless of age or position, with whom I might exchange experiences.

(Mr.) W.C., Pennsylvania.

You have made an irresistible appeal, Mr. W.C.! Here are talents enough to catch the attention of young and old. . . . Mr. W. C. writes as though he could play a good tune with his pen!

Dear Editor:

Although I have been a reader of your exceedingly helpful magazine for years, I have never taken advantage of the opportunity of making friends all over the world—which your "Contacts Club" offers.

I have always had a philosophy of life that has helped me come through a number of unhappy experiences but, at present, I seem to have taken a mental slump. I have been in this town for a year, but the folks here are not friendly toward newcomers—ideas nor people!

(Continued on page 62)

Judging From Appearances

RECENTLY I met a man from London. The fact that he had been born and reared there seemed to have hypnotized him to the idea that no one visiting London even from other parts of England, could possibly know it.

"I was born there—I was educated there—I have lived my life there"—was his disarming statement when London was mentioned. The enthusiasm of any visitor was immediately chilled by his somewhat aggressive statement. It had an air of finality about it.

One day in questioning him closely I found that he knew all *about* the National Gallery, had passed by it daily, but had never been inside. He knew that certain pictures were there, but had only seen reproductions of them. He had heard, read, and seen photographs of the Trooping of the Colours, but had never actually seen it take place. He knew of the wonders of the British Museum, but had never actually seen them.

In fact the only thing he had done was to live in close proximity to London—or that which made London different from a thousand and one other cities. But actually he had lived only in a city, the soul of which was entirely unknown to him.

It is a fact that a person with a good illustrated guide-book at the other end of the earth might be more conscious of London than this man who had stood in the midst of it. It is like the *bon viveur* who, when asked about his trip abroad, invariably describes the wonders of its various cities by enumerating the glories of their cuisines. The moment you ask about anything else he does not register, and yet he says, "Oh yes, I have been to Paris," etc., "many times."

This kind of individual exists all over the earth. A New Yorker of this type knows all the gossip up and down the Great White Way—he reads the criticisms of all the plays, the reviews of all the books, but when you come to actually pin him down you find his experience is virtually nil.

In the classroom we learn to assume different roles and put through many transactions in mathematics. Mr. B deals with Mr. X and they carry on tremendous affairs in which the student participates, but once he strikes the reality of

the world, he finds the actual meeting of Mr. B and Mr. X is quite a different thing.

They do not always act the way they do in arithmetic, and this coming from the imaginary world out into the world of reality has sent more than one college graduate back into the arms of Alma Mater for further protection in the name of more education. He would rather deal with his imaginary people than experience the unexpected turn of events which follow in the wake of meeting them in the flesh. . . .

* * * *

We can experience imaginary heavens, listen to the letter and hear of demonstrations until we are drugged with the meaningless words—letters without spirit, dead letters.

A drug addict thinks he experiences the wonders of heaven—he brings to pass in his imagination all the joys he has sought. He becomes a millionaire while under the influence of the drug. He spends lavishly and knows a sense of well being. He is generous, extravagant, glorious and omnipotent for the

moment. He has taken the Kingdom of Heaven by violence, has freed himself for a brief moment from the *conscious thinking* in which lay all his limitations, but when the drug wears off he is cast into a hell.

Man cannot take the Kingdom of Heaven by storm. It is true that beyond our conscious thinking lies Heaven, but to attempt to take this by violence . . . is to experience a return to the former state. Being thrown out of the Kingdom is the result of attempting to take it by storm.

All problems and difficulties lie in the realm of the conscious thinking—*your* conscious thinking—and that is why *your* problems are different from those of every other individual. Take your attention away from the *appearance* and place it on the Power, disregarding the manifestation.

You may awaken from the dream in which you are merely *talking of and about the Truth* and know all results from this dream are merely imaginary and never really have a body or form. Just as Mr. B and Mr. X and their financial problems in arithmetic never have a body or form, but are imaginary beings which are acted upon and wholly at the mercy of imagination.



by WALTER CLEMON LANYON

You may see that you are using Truth as a mild narcotic—that it is a Lotus land—where you escape the hard and fast details of life. And this seeing is the beginning of wisdom. From then on you will begin the embodiment of the idea. . . .

* * * *

All actual power is in the *present tense*. All life is in the *present tense*. Life which *has been* is dead, that which is not is unborn. Do you begin to see that life is action? . . .

"Awake!—arise—shine!"—such lovely words of action and when understood they reveal the hidden power to accomplish whatever the command is. "Stretch forth your hand"—"Open your eyes"—are commands filled with the power of accomplishment.

Dallying about with metaphysical terms, personal opinions and ideas is not for the one who has at last discovered life in the *present tense* and *first person*—the *here* and *now* of expression. . . .

The old pattern of conscious thinking resulting in the hard and fast designs of problems and seeming evil may be so well nourished and have so much stored-up energy in them, that they refuse to move. The momentum given to an object set in motion eventually spends itself, as with the terrific speed of the arrow shot from the bow. . . .

When Attention Is Removed

The patterns of conscious thinking with which you have struggled so often in your effort to be free may function for the duration of the energy you have given them, but the moment the energy or thought is cut away, they are then facing a steady and rapid debacle. The wheel rolling down the hill, falls. So also the conscious thinking design so hard and fast, functioning at such a terrific rate, will continue in manifestation as long as the energy lasts, but the moment the attention is taken away from it, it begins to weaken and decline. . . .

When the caterpillar is to fulfil the new birth which it feels pressing upon it, it has run its course as a caterpillar. Presently in the secret place, the new consciousness and embodiment is conceived and brought forth into manifestation. The caterpillar is not destroyed, it is absorbed into the new manifestation. . . . As the attention is taken away from the patterns or parasites of belief, the power is drawn away from them and absorbed into the *new* expression. . . .

Mr. Lanyon is the author of "*Thrust in the Sickle*," "*Temple Not Made With Hands*," "*Out of the Clouds*," etc.

The Healer

ONE at a time the waiting line lagged by,
Each with his tale of shattered nerves and life,
A household servant worn with drudgery,
A schoolgirl overtaxed, an unloved wife;
A sullen, frightened youth with sin defiled,
A fur-wrapped matron fumbling with her glove,



A sleepless mother mourning for her child,
A soul-starved spinster hungering for love.
I saw them pause and gather heart again.
Pale wraiths of women, gaunt-eyed wrecks of men.

by

MARTHA
HASKELL
CLARK

To each he gave the best he had to give;
To one, the age-old master-words, "I can!"
To one, a new-found faith in God—and man.
But to them all he gave himself unsparred,
Not loftily aloof, nor heedlessly,
But to the dregs each bitter cup he shared
And he poured them endless wine of sympathy.

WHAT CAN WE DO FOR YOU?

CONDUCTED BY *C. Franklin Seavitt* M.D.

QUESTION:—E.A.M. writes—

My memory has become very poor lately, and it makes me so embarrassed that I no longer go out socially. My relatives tell me that I am quite all right mentally, but, were it not for the fact that I am not yet in middle age, I would believe I was suffering from paresis. I know I am naturally of a sensitive, rather self-conscious nature, but what has this to do with my poor memory?

ANSWER:

Self-conscious people are quite likely to develop somewhat of a poor memory. Here is the chief reason. First, a lack of confidence in self and your own powers to function properly; and secondly, the fact that when you read or are listening to a conversation there is a split interest—you are thinking about yourself and trying to do the other thing—which means lack of concentration.

Without full concentration what you read or hear does not make the same deep impression and is easily forgotten. When you reach a point where you *trust* your memory and are able to concentrate, you will then, with practice, soon find your memory restored.

QUESTION:—W.W. writes—

I have a peculiar fear which I wish you could help me overcome. I have had it for years and I can't bring myself to face this fear, although my reason tells me it is foolish.

I am deathly afraid of a razor. I cannot shave myself, nor can I permit anyone, with the exception of one barber, to do so. This barber was sick for three weeks at one time and I went without a shave until his return. At another time I took a necessary trip which lasted for two weeks, and I went shaveless during the entire two weeks.

Is there any method I could use that would get me into a state where I would not fear to sit down in a barber chair and let any barber operate on me?

ANSWER:

You are permitting fear, feelings, emotions and sensation to dominate your life in respect to this shaving question. There is just one way to overcome this condition—go right in



Psychic Culture

WHILE all I have said in last month's issue represents my literal conviction, I wish you to distinctly understand that I am not assuming that psychic culture is a cure-all. To my mind, the greatest sin is that of omission.

The physician who fails to apply psychic means of assistance; the religious cultist who rejects all outside means of help in conditions calling for such assistance; the dietitian who claims that everything depends on diet; all practice the sin of omission. Refuse to let yourself be led into fanaticism, keep your two feet well planted on the ground.

II

There are many who cannot accept psychic culture as even a lesser truth, for to do so seriously conflicts with their inherited mental traits and early training. In such cases the true physician carries his suggestions to the patient wrapped up in a physical wrapper. He may administer a placebo, which consists of only an unmedicated sugar pill; or he may just give certain directions along physical lines which, through his having faith in his physician, and exerting the will-power to carry them out, will be of real mental help to him.

III

There is no question in my mind that pathological states of all kinds represent the results of transgression of laws, many of them obscure or entirely hidden; and, while I as firmly believe that optimism and rational thinking and living are capable of rendering great assistance in even such troubles, through adding to the tone
(Continued on page 63)

the face of your fears, time after time, until through experience, you have actually demonstrated that nothing evil will happen to you.

This will take a little will-power and courage, but when you *know* that you are facing only "mental ghosts" you should be able to force yourself into such a step. Have a razor at home, handle it, become accustomed to seeing it around, and your fear of it will gradually grow less. You must follow the dictation of reason in place of feelings, and must become master of self if you are to live a free and happy life.

QUESTION:—D.B.H. writes—

I have an uncontrollable and ungovernable temper which has frequently caused me trouble. Through it I have lost many good friends, my relatives keep away from me as they might a snake.

I have inherited this temper from my father. What in the world can a man do when he has inherited such a terrible temper? I realize my weakness and really wish to change it and will willingly follow any suggestion you may offer.

ANSWER:

All you have inherited is a tendency toward strong emotion. The temper you have developed. The old saying of "count ten before you speak" might help a little. Your fight is entirely a mental one and a matter of developing control and self-mastery.

Make up your mind that you are going to make people love you; that you are going to forget self more and try to be kind, thoughtful and speak a good word to everyone. Make this matter of changing yourself a game and be determined to win. Every time that you lose your temper and display your old traits, see that you pay some penalty for it.

If you will bring it to your attention in some way that you suffer through it, you will be more likely to exercise conscious watchfulness. Strive to be guided by reason instead of feelings and emotions. If you will continue to follow out some definite plan, and be faithful and persevering, you will master that uncontrolled emotion.

(Continued on page 58)

In the Psychologist's Office

(Continued from page 37)

Further questioning showed that she hated a former girl friend who had successfully won the affection of a man whom Miss Y. had hoped to marry, and all of her cruelty was directed towards women and very young men. (She obviously classed the young men, as adolescents, with women.)

After she had made several visits to my office, I was able to correct her emotional resentment. With her ego properly restored, Miss Y. no longer indulges in her cat-like spells, but enjoys a free and normal life in what she terms her "own" personality. With her interests centered on a gentleman slightly older than herself, she has no time nor inclination to consider dual personalities.

This experience, and others similar, leads me to believe that a majority of so-called dual personality cases are definitely miscalled; that frequently a person is liable to assume and to act a role quite foreign to his natural state simply for the purpose of attracting attention and compensating for what appears to be a deflated ego.

* * * *

Narcissism

THE young man told me: "I constantly have an inclination to seek the friendship of stalwart men in whom I look for—and frequently find—fancied resemblance to myself. Does this mean I am a potential homosexual?"

He is considerably underweight, but otherwise physically normal for a boy of nineteen. Fortunately no real fear of being homosexual had seized upon him when he consulted me; rather, since his libido had barely begun to express itself, he was simply curious.

Many young men of his type must ponder the same question, and I believe the reply is equally applicable to them as to him.

We frequently look for, in others, what we seem to lack in ourselves. Hero worship in youths is quite common—we may call it distinctly normal, as there are few boys who do not idolize their fathers or elder brothers. Our inquirer, however, went one step further and associated himself with his "heroes," giving them some of his own qualities and mentally transferring their strength to his own under-

developed body. This is a left-hand form of narcissism, the inference being that if he were equally stalwart, he would worship himself.

It was not difficult to persuade him into employing dietary and physical training, as a result of which he shortly found himself quite satisfied with his bodily condition, and diverted his attention easily from other men to the opposite sex, thereby eliminating the "narcissus complex" and averting any inclination towards homosexuality.

All similar cases may not be handled so easily, but frequently a little common sense and physical effort will have remarkably psychical influence in many apparently complex problems.

* * * *

"I AM very self-conscious and do not make friends easily, nor keep them long," complained James R, as he sat nervously on the edge of the chair in my office.

"I have applied psychology and have exerted myself in every way possible to overcome this handicap, without success. What would you advise?"

"At present, the secret of your trouble lies in the fact that you exert yourself forcefully to overcome nervousness and self-consciousness. You can't bulldoze a nervous condition, nor force friendship, any more than you can cram a thread through the eye of a needle," I explained.

"First, take stock of yourself, discover your most interesting points and abilities; then develop them within yourself for your personal satisfaction. Learn what other people like and interest yourself in their activities. Don't be forward; don't 'show off!' Take your time, be easy with yourself, and then put yourself into a position where prospective friends will discover you.

"When someone takes an interest in you, don't jump at him; instead, accept his overtures calmly and warmly, and display just the right amount of interest in another's activities without compelling him to ward off unwanted sympathies or enthusiasm. Above all, learn that great effort to be friendly is not so important as appreciation and kindness," is the summary of the advice which I imparted to him.



"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.

NEW ERA

O stragglers from an age now past
Hold not the old traditions dear,
The New is here to give! Make way
For truer values to appear.

The New has come to balance life,
To do away with hate and fear,
No more of struggling for a hold
For truer values shall appear.

*Kathryn Boyce,
Jackson Heights, N. Y.*

* * *

HAPPINESS

Wealth, honor, fame, to none e're
brought,
That happy state by millions sought.
Yet, when contentment fills the mind...
E'en in caves men happiness find!

*J. P. Gimenez,
St. Thomas, V. I.*

* * *

MY HOUSE OF LIFE!

Give me wide walls to build my house
of life—
The north should be of love, against
the winds of fate,
The south of tolerance, that I may
outreach hate,
The east of faith, that rises clear and
new each day,
The west of hope, that even dies a
glorious way.
The floor beneath my feet shall be
humility,
My roof, the very sky itself, infinity.
Give me wide walls to build my house
of life!

*Elinor Lennen,
Chicago, Ill.*

* * *

MATTER

That solid wall,
Those mountains tall,
Which such dense masses seem:
Are less concrete
Than lightning fleet,
Or shadows of a dream.

Atoms, arranged,
Which, if once changed,
Would soon disperse in space:
Like last year's snow
'Neath sunshine's glow
Departs... and leaves no trace!

THIS COMPLICATED ME!

It quite appals me when I think
A ton I yearly eat and drink,
But the upkeep is terrible
For nerve and muscle, brain and cell.

I breathe three thousands times a day,
A pint of gasses either way.
Two hundred bones keep me upright,
Save when I go to bed at night.

I have two million glands that sweat...
No wonder I'm perspiring yet.
Perspiratory ducts—nine miles!
It is no fancy that beguiles.

And the anatomist observes
That I possess five hundred nerves.
Five hundred are enough for me...
At least, when I've been on a spree.

I have uncounted million cells
Wherein a living Something dwells
To the Subconscious glory be!
It rules this complicated me.

*E. K. Stone,
Colorado Springs*

* * *

MORE THAN FAME...

More than fame and more than money
Is the comment kind and sunny,
And the hearty, warm approval of a
friend.

For it gives to life a savor,
And it makes you stronger, braver
And it gives you heart and spirit to
the end.

Author Unknown.

* * *

FIRE OF ENTHUSIASM

When fired with enthusiasm,
Great heights before man lies;
If he lets the fire die out,
There's no more steam to rise.

*Edward Stoffel,
New York, N. Y.*

* * *

MY FRIEND

Beautiful at fifty!
Voice ringing, clear;
A tower of strength to others,
A life released from fear.

Her smile like flash of sunshine
Warming every heart;
Of a universe of beauty
She is a vivid part.

Recall the Master's promise,
"The water that I give
Shall make a bubbling well within.
Oh, drink of Me and live."

Sorrow made her thirsty
For faith and love and peace.
She drank and now to others
Comes life that shall not cease.

*Minnie M. MacPherson,
Riverside, Calif.*

REALIZATION

Wonderful world! Oh, this I know
No matter how life's winds may blow,
No matter how the mist may hide
The way I thought so gay and wide,
If I but keep a steady course,
And trust the Universal Force,
And smile, and persevere along—
Flinging the universe a song,
The mists will pass, the winds will
cease,

My restless soul will find its peace.
Beautiful world—yet this I know:
Only my willing makes it so.

*Mary S. Hazel,
Los Angeles, Calif.*

* * *

RETROSPECTION

When I was a boy attending school,
I wished that I was, then,
Instead of just a little tot,
A man among big men.

I used to sit around the house
And roar, and rant, and rave
About the coming of the day
When like my Dad I'd shave.

And most of all I wanted to
Be absolutely free
From all restricting rules and talks
My parents gave to me.

When the day was bright and clear,
I prayed that it would rain;
Now that I'm a man I want
To be a boy again.

For when I think of days gone by,
I do not doubt the phrase:
"The happiest time of human life
Is in sweet childhood days."

*Henry Fray,
Ancon, Canal Zone.*

* * *

PSYCHOLOGY

I tried to scale the dizzy heights,
I tried to reach the stars,
And built my castles in the air
Until they reached to Mars.
I looked with pity now and then,—
Whenever I'd the time,
Upon my weaker fellow men
Who seemed afraid to climb.
Then I learned a mighty lesson,
Though upon a smaller plan,
If you cannot be the best car,
Be the best old car you can.
But it was not while I rested
That this lesson came to me,
Nor it was not while I tested
What my greatest speed might be;
No—'twas while I helped to pull along
A less successful man.
If you cannot be the best car
Be the best old car you can.

*E. Blythe,
Pine Falls, Canada.*



ALEXANDER HAMILTON INSTITUTE

Announces

A NEW PLAN OF EXECUTIVE TRAINING

FOR sixteen months the Institute Staff has been working to prepare for this announcement. The results of its work make this one of the most important, perhaps the most important, announcement ever made by the Institute.

Important to whom?

Not to the *average* man, because he probably hasn't any more than a vague notion of what is going on in the world of business and doesn't care much about it either.

But to that smaller group of men who are the executives, and coming executives, in American business this message will be of utmost importance.

The next five years, even though they be years of prosperity, will prove a more severe test of personal and executive competence than any similar period in the past. Men who want to win financial independence must meet a new set of requirements. There will be none of the indiscriminate,

get-rich-quick prosperity of the last boom. A higher order of business knowledge, executive training, and understanding of the new rules of industry will be the price of better-than-average income.

The Alexander Hamilton Institute is ready to prepare you for the test of ability and training which lies ahead. In each new business cycle during the past twenty-seven years, the Institute has developed and remodeled its Course and Service to meet the special needs of the day. Thousands of men have trained for executive responsibility and financial independence under the Institute's guidance.

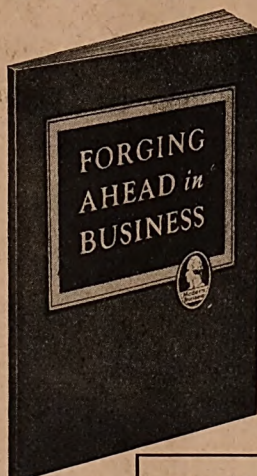
Now again, the Institute, keeping abreast of American business developments, offers a **NEW PLAN** for executives and for those *who will be* executives—a plan built to meet the new conditions and to fit more exactly your personal requirements for growth and progress.

For Men Who Set No Limit on Their Futures

This Free Book Tells a Vital Story

IN this new plan of executive business training, the Institute offers you the ideas, experience, and judgment of the most successful business men in America, formulated and organized to put at your command the proved principles and methods of modern business.

Among the dozens of American industrial leaders who have helped to build the Institute's Course and Service are Alfred P. Sloan, President, General Motors Corp.; J. C. Penney, Chairman, J. C. Penney Co.; C. M. Chester, Chairman, General Foods Corp.; M. H. Aylesworth, Chairman of the Board, Radio-Keith-Orpheum; Clifton Slusser, Vice-President and Factory Manager, Goodyear Tire & Rubber Company; J. S. Tritle, Vice-President, Westinghouse Electric and Manufacturing Company; Hubert T. Parson, Director, F. W. Woolworth Co.; Frederick W. Pickard, Vice-President, E. I. du Pont de Nemours & Co., Inc.; Putnam D. McMillan, Vice-President and Director, General Mills, Inc.; Paul M. Mazur, General Partner, Lehman Brothers, New York Bankers; Thomas J. Watson, President, International Business



Machines Corp.; David Sarnoff, President, Radio Corporation of America.

If you agree that daily access to the methods and judgment of such men will guide and inspire you, if you can appreciate the priceless opportunity of sharing their viewpoints and learning from their experience, then you will read "Forging Ahead in Business" with eagerness and profit. The new edition of this famous book carries a message of vital importance to you. The coupon will bring your free copy.

THE ALEXANDER HAMILTON INSTITUTE,
110 Astor Place, New York, N. Y.

Please mail me, without cost or obligation, "Forging Ahead in Business."

Name.....

Business Address.....

Position.....

Young for a Century !

(Continued from page 31)

noticed how a man in business will keep young despite his accumulating years into the seventies? Finally prevailed upon by his friends to retire, he finds in a life of inactivity lack of interest and immediately begins to age with alarming rapidity. The challenge, incentive and activity of business kept him interested in life and youthful in spirit. Losing interest, he at once began to fail or age. Tens of thousands of cases on every hand bear witness to this fact.

Keep interested in the affairs of life. Don't grow old in spirit. Keep close to the young. Avoid a cynical and critical attitude. Glory in the present instead of lamenting the death of a decadent past. Realize that there is no day like today. Be an optimist. We are living in the golden age of history. Rejoice in it and be glad. Keep interested and stay young.

Read the worthwhile magazines and keep abreast of the times. Know something of literature; study art; enjoy good music; follow the drama; cultivate a love of the beautiful. Study the wonders of nature; learn some of the elementary facts of natural science. Be conversant with the teachings of other religions than your own. Study folks. Overlook their chance weaknesses and magnify their essential nobility and integrity. Become intoxicated with the spirit of life and you will never grow old.

Avoid Tension

One of the primary causes of old age is tension—physical, mental and emotional. Tension interferes with the basic life functions, breaks down the cell structure, weakens the brain, beclouds the mind and hastens the advent of decrepitude and death.

We even carry our tenseness over with us into our recreation. The average vacation often does more harm than good. People return to their offices worn out by two weeks of over-tensed pursuit of pleasure during vacation period.

For physical relaxation, bending and stretching exercises are good—walking, running and interpretive dancing. Most ballroom dancing is performed under tension and, therefore, is ungraceful and unbeautiful.

Mental relaxation can be brought about through shifting the attention from the subject of too intense concentration. Think of something pleasant—a beautiful picture, a superb panorama of natural beauty, the exquisite aroma of a flower, or the face and touch of the beloved. By thus shifting the attention, mental relaxation is affected.

Emotional relaxation can only be brought about through conquering our negative emotions. That is a subject for another article, but, briefly, we would urge the necessity of rationalizing your emotional life. Drive away the hobgoblins of destructive emotions which are the arch enemies of relaxation, the chief causes of tension and, therefore, the principal producers of premature old age. Rationalize your emotions. Reason will expel from the dark corners of the mind these haunting vengeful visitants. Relax and be young.

Expect to Stay Young

A final cause of premature age is subconscious expectation. This is a racial heritage. We have been raised on the pernicious fallacy that "the years of man are three score and ten." A deeper understanding of the laws of mind discloses the fact that the subconscious mind is the builder of the body. In the ultimate analysis, we are the products of our subconscious activities.

Review carefully the foregoing suggestions. Obey the laws of health. Avoid negative emotions. Keep reasonably relaxed. Build up a tremendous group of interests and activities. Think in terms of youth, thus creating a subconscious impression of youth, and you may indeed be young for a century.

"I'm So Worried"—Is This Your Obsession?

(Continued from page 21)

their attention from disagreeable matters by trying to see how much they could remember of their lectures.

Anger and moroseness, too, are appearance-destroyers, both usually being expressions of fear. Perpetual ill-temper develops a cruel, repelling disposition and ends in a coarsened face. It replaces the lovely light of true intelligence with a cheap look of cunning. True, a good many cruel people

are simply worried human beings on the defensive, and most of their violent attitudes spring rather from terror than from real malice.

Undue anxiety mimics dissipation's ravages. The physical effect upon the nerves and outward appearance of long-continued worry and mental strain is precisely the same as that brought about by drugs and the toxins of infectious diseases. One of life's

tragi-comedies is that many a sober citizen, indulging in grievous fretting, acquires the outward haggardness usually associated with debauches and riotous festivity. Worry impairs the health and reason just as inevitably as alcohol and narcotics. As many acts of irreparable folly are caused by moments of nervous rage as can be traced to dipsomania and dope.

The habit of not worrying can be acquired, like any other good habit. The moment an occasion for anxiety arises, trace the anxiety to its source, and convince yourself that worry and fear never saved a situation. Force yourself to fight worry with cheerfulness. It may be hard at first, but it will contribute to health and hence to beauty. You can stop worrying—thousands of others have done it.

But worry, fear, and anger are not the only obstacles to the gaining of a happy and beautiful face. There is that thing called an obsession—the persistent and inescapable influence of a fixed idea or emotion. It is only recently that we have paid much attention to the phenomenon or given it a name, though people have had obsessions ever since men and women have populated this earth; only now are we beginning to understand a condition that has plagued us as individuals and as groups since the beginning of time.

We often find individuals obsessed by some silly idea, or by some imaginary defect. This condition is more common than you would suspect. In the writer's office we probably average, during any one week, from one to three cases who consult us about an obsession that they have developed and that is very real to them. It requires skillful and convincing argument, as well as a genuinely sympathetic understanding of human nature, to be able to bring such a patient to a correct understanding and appreciation of his or her true condition.

An obsession is rarely a purely imaginary thing. Usually there is *some* basis of fact, and on this the person enlarges until the one ruling passion of his life is the removal of the condition.

All of this may seem rather silly to one who has not been through the experience, but you must realize that it is a very easy state of mind to get into, and that anyone with this obsession requires and deserves the same attention as though the suffering were an actual frightful reality.

Our purpose in bringing it to your attention is to put you on your guard and to warn you to get rid of any obsession that may be taking hold of you. Resolve now not to be a slave to some fancied defect which at the worst could play only a minor role in your plan to be as useful and attractive as possible.

50% price slash!

60 days only—

Get Your Copy—NOW

MANY thousands of people in every walk of life and in every corner of the globe—clergymen, teachers, lawyers, businessmen, employers, parents and students—cherish a copy of this truly immortal book, prizing it not as a book but as a friend and companion.

If you have your own copy, you will no doubt want to avail yourself of this opportunity to buy one at half-price to give to someone for whom you have a very deep regard or to some friend you wish to help over the rough spots.

LIFE IS RICH! Learn to find its hidden treasures! Read the great life messages—the 23 inspiring essays contained in “LIFE TRIUMPHANT”

23

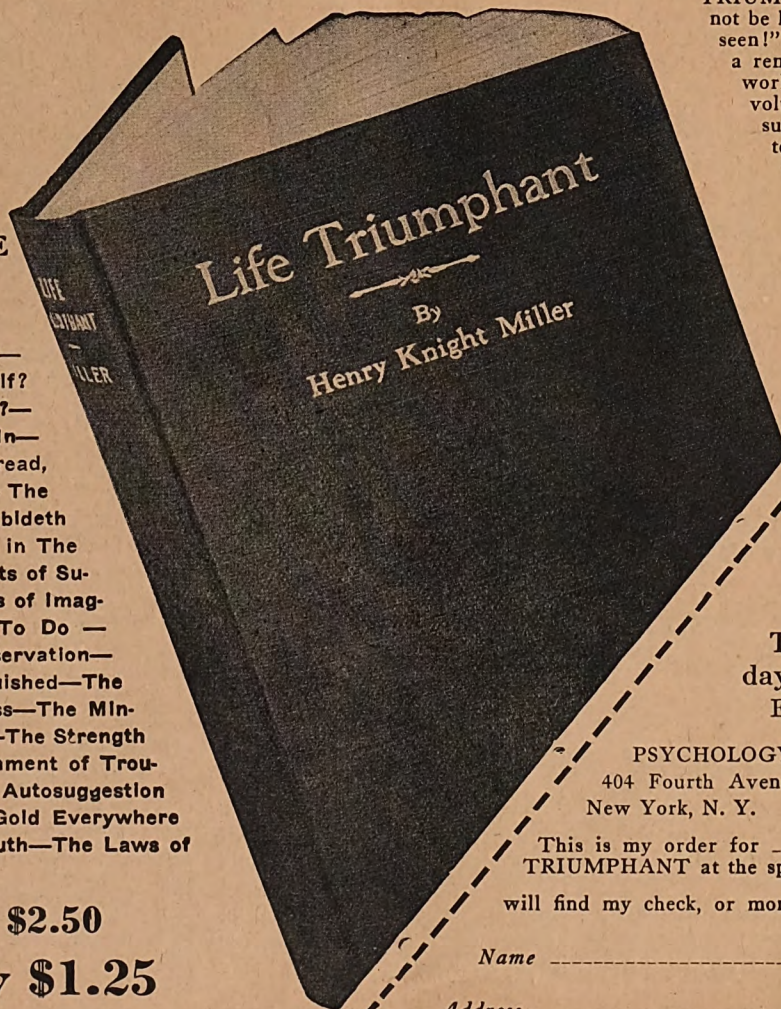
Golden ESSAYS

IN ONE VOLUME

Why Are We Here?—
Do You Know Yourself?—
—Can You Go Alone?—
The World You Live In—
As A Man Thinketh—Bread,
Beauty, Brotherhood — The
Human Magnet—Now Abideth
These Three—Dreams in The
Market Place — Secrets of Supreme Success—Wings of Imagination — The Will To Do — Growth Through Observation—Fear and Worry Vanquished—The Blue Bird of Happiness—The Ministry of Forgetfulness—The Strength of the Hills—Vanquishment of Trouble—The Miracle of Autosuggestion — Sources of Power—Gold Everywhere — The Fountain of Youth—The Laws of Triumphant Life.

REGULAR PRICE { \$2.50

Now Only \$1.25



PHANT”—and climb to the heights of a more satisfying life. It will mark the difference between success and failure, between hopefulness and depression, between health and success for you, for your family. Buy extra copies and give them to your friends—they will be eternally grateful.

You need not *remain* in the bondage of fear, limitation, worry, anger, jealousy, inferiority, depression, failure. These powerful essays *point* the way to complete happiness, success, health, contentment, peace and power. You can be *what you long to be* by following the principles they so beautifully set forth.

People Say—

“The one essay, ‘Ministry of Forgetfulness’, alone renders the book beyond price to me. It helped me to live when everything seemed black.” . . . “I would not part with my copy of LIFE TRIUMPHANT, if another copy could not be had, for all the money I’ve ever seen!” . . . “I landed a new job through a renewed faith in myself and in the world after reading this marvelous volume.” . . . “I’m happier and more successful than I’ve been for fifteen years, thanks to the inspiration I derived from the LIFE TRIUMPHANT essays.”

PSYCHOLOGY
MAGAZINE

404 FOURTH AVENUE
NEW YORK, N. Y.

50%

PRICE SLASH

This coupon good for 60
days from publication date
Expires August 30

PSYCHOLOGY MAGAZINE
404 Fourth Avenue,
New York, N. Y.

8-37

This is my order for _____ copies of LIFE TRIUMPHANT at the special \$1.25 price. Enclosed you will find my check, or money order for \$_____

Name _____

Address _____

Please use coupon or mention PSYCHOLOGY MAGAZINE when you write advertisers

Have You An "In Law" at Home?

(Continued from page 28)

into a spoiled child overnight. Mother-in-law did have a lot of ideas on house-keeping that rose rebellious protest on the part of my mother and myself.

It seemed I was engaged in a war in which I could not find the enemy's line. But she was just a woman. I realized I could not be happy fighting her, and making her miserable, even if I won, so I would have to think *through* the mental turmoil involved and arrive at a logical conclusion as I had done in the other case.

First, I knew, I should conscientiously look for her good traits. I found a surprising number. She was honest. She was not emotional. If there was a division of opinion she could "say her say" and let me have mine without displaying any wounded feelings.

I began to find in many ways that she and I were more alike than my mother and I. When I asked her to tell me about my husband when he

was a little fellow, the things she remembered were to me most important. She did not have that maudlin sentimentality that always irked me in older people. Yes, I quit fearing her and began to like her. She gradually became happy and consequently lost that necessity of seeking her son's attention.

Our home life is harmonious; in fact upon the slightest occasion it can become really festive. We celebrate the simplest of occasions, for we already have the crowd. We have biscuits that my mother makes so well, and coffee kucken like mother and her boy had at home. . . .

So by casting out fear, and being generous with praise we all live together in happy, well-adjusted harmony.

So my conclusion is that by casting out fear, being generous with praise and willing to be fair, even a *severe* case of "mother-in-law-itis" can be cured.

"A Pessimist with Hope"

(Continued from page 24)

passionately. Instead of condemning, one should seek to understand. No one ever judges any one else without finding him guilty. No one ever understands another without having sympathy."

"You have lived, now, a long time, Mr. Darrow," we said to him. "Life must have taught you much. If you could sum it up . . . pass it on . . . what would your credo be?" We were walking, at that time, in an azalea garden. There was a broken bough of blossoms across his path. Reaching down, he gently bent it back, and supported it among the other foliage.

"Oh, I don't know," he drawled, "to 'make the most of what we yet may spend'; to be kind; to be happy." His blue eyes glowed. "And if possible, to make it a bit happier for someone else."

We knew, then, what eighty years have brought to the spirit that has fought so courageously for what he believes is just and right, and we were quite ready to agree that describing Mr. Darrow as a materialist or as a "mechanistic" personality, is to hit quite wide of the mark. Pessimist, if you insist, but as he himself now says—"a pessimist with hope."

The Story of Mental Medicine

(Continued from page 46)

none of these men contributed anything new to science.

* * *

Belief in the special powers of certain individuals dies hard, even among civilized peoples. Following the teaching of Paracelsus that heavenly bodies have a magnetic effect upon the physical welfare of man, Van Helmont, (1577-1644), taught that man possessed a magnetic power by which he could affect others, and particularly the sick.

Goclenius, a learned physician and professor of physics at Marburg, may

have provided the main features of this theory.

In any case these teachings in the scientific circles paved the way for a theory of magneto-therapy and "animal magnetism" that misled and baffled the scientific world for over two centuries.

* * *

Dr. Chamberlain, in next month's issue will continue the story of the development of mental medicine bringing it into late years with references to modern movements, including New Thought, Christian Science, Oxford movement, etc.



This Is Real Money

"Today I received a check for \$20 for a story. Another I sold for \$34. Not bad for a beginner, is it? The other day I counted up just how much I have won on advertisement contests. It amounted to \$1,620."—Mrs. L. L. GRAY, 579 E. McHarg Ave., Stamford, Texas.

How do you know you can't Write?

Have you ever tried?

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

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

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

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

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

Learn to write by writing

NEWSPAPER Institute training is based on the New York Copy-Desk Method. It starts and keeps you writing in your own home, on your own time. Week by week you receive actual assignments, just as if you were right at work on a great metropolitan daily. Your writing is individually corrected and constructively criticized. A group of men, whose combined newspaper experience totals more than 200 years, are responsible for this instruction. Under such sympathetic guidance, you will find that (instead of vainly trying to copy someone else's writing tricks) you are rapidly developing your own distinctive, self-flavored style—undergoing an experience that has a thrill to it and which at the same time develops in you the power to make your feelings articulate.

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

A chance to test yourself

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

Free		Newspaper Institute of America One Park Avenue, New York	
Send me, without cost or obligation, your Writing Aptitude Test and further information about writing for profit as promised in Psychology, August.			
Mr.	}	Name	
Mrs.		Name	
Miss		Name	
Address		(All correspondence confidential. No salesmen will call on you.)	
27E867			

. . . Dr. Alfred J. Fox,
*recognized authority on mental
 therapeutics; formerly, resident
 physician at Manhattan State Hos-
 pital for the Insane; later, Director
 of the Insane Pavilion at Sea View
 Hospital on Staten Island . . .*



ALFRED J. FOX, M.D.

presents

MIND "MAGIC"

In exactly 8 live, lucid chapters, the author clarifies all that is meant by *MIND Magic*—a title which he says "is designed to convey the idea that what happens in the human mind is so wonderful only the word *magic* describes it,"—and leaves with the reader a rich fund of definite and unusually usable knowledge.

Readers of *PSYCHOLOGY* who have waited long and patiently for a complete book by Dr. Fox will recognize this volume at once for what it is—a generous slice out of a life-time of experiment and research. Many actual experiments are described, making it invaluable to the student seeking more knowledge in this field. On the other hand, to all those suffering from emotional instability or any mental or physical ailment, it is an open door to the amelioration of misery.

CHAPTERS

- | | |
|---|--------------------------|
| I. MIND AND MATTER. | II. MENTAL ARCHITECTURE. |
| III. PRACTICAL AUTO PSYCHOANALYSIS. | |
| IV. THE SUBCONSCIOUS | V. AUTOSUGGESTION. |
| VI. MAGNETISM, THE PSYCHIC INFLUENCE AND HYPNOTISM. | |
| VII. INCURABLE DISEASES | VIII. PSYCHO-DYNAMICS. |

MIND "Magic" by Dr. Alfred J. Fox presents an illuminating insight into the mechanism of the subconscious mind, enabling the reader to grasp fundamental principles.—*Blanchard Preble.*

Each chapter is a distinct contribution to psychological thought and knowledge.—*H. K. Miller.*

Price \$2

Order your copy today direct from

RESOLUTE PUBLICATIONS, INC.

404 FOURTH AVENUE, — — — NEW YORK, N. Y.

SPECIAL COMBINATION OFFER

Get your copy of this book, plus a year's subscription to *Psychology*—new, renewal, or extension—by re-mitting only \$3.25.

Foreign—Add \$1.00 postage on magazine.

RESOLUTE PUBLICATIONS, INC. 8-37
 404 Fourth Avenue, New York

Please send me at once my copy of *MIND Magic* by Alfred J. Fox, M.D. I enclose two dollars. ☐ Or, I enclose \$3.25 for this book plus a year's subscription to *PSYCHOLOGY*. ☐

Name

Address

(Please use check, money order, or postage stamps in small denominations.)

What Can We Do For You?

(Continued from page 51)

QUESTION:—Y.S. writes—

Is stammering due to habit or is there something of an incurable physical nature attached to it? I am a stammerer and sometimes I think one thing and sometimes another. Is there really any cure for it?

ANSWER:

Stammering is a habit, nothing else. It represents a lack of confidence and you develop fears toward certain situations, words and letters. Read aloud to yourself in a room when all alone and you will find you can do so with little trouble. If you could show that same confidence when with people, or answering the telephone, you would not stammer.

Such a habit is rather stubborn and cannot be corrected in a day, a week or a month, but when you understand it thoroughly and set about patiently building up this confidence, you will find in time that your stammering will be a thing of the past. It usually requires the direction of one who understands and considerable encouragement from the one who is helping you.

QUESTION:—R.E.L. writes—

I have been a constant smoker of cigarettes for the past twenty years. I really believe that they make me nervous and harm me in a number of ways, but I don't seem able to stop smoking.

I tell myself that I will stop on a certain day, and I do stop for perhaps a few hours to a few days at the most, then I am back at them as heavy as ever. Am I weak-willed, or what is the trouble with me? Is there anything that I could take that would help to remove the desire for smoking?

ANSWER:

I wouldn't say that you were weak-minded, but rather, that you have not made up your mind in a firm, determined way to stop. Breaking such a habit means that it is necessary to create a desire to stop that will be stronger and outweigh the desire to smoke. If you once really make up your mind to discontinue this habit you will be surprised to find it rather easy.

Naturally this matter of discontinuing this habit will call out the exercise of your will-power, but through use you will find that will-power growing, so the effort it will require to stop will actually strengthen your mental powers in addition to bringing you added physical comfort.

Scrap Basket Secrets

(Continued from page 40)

structured mind with great physical vitality.

Confused and erratic scribbles, parts of which may be superimposed upon each other, weird caricatures that begin before the previous ones have been completed, long lines used to dot the letter "i," all point to disordered mental and nervous states. The approach of an unexpected nervous breakdown may be discovered by the observing analyst as he views a series of weird and terrible faces, skull and crossbones, toothless hags, devils, gaping mouths, weird animals, and words that are hopelessly tangled with the loops of those written above and below. (Fig. 5.)

The student of the subconscious will discover many other symbols as he goes into a study of the reactions expressed by the movements of the hand. Symbols written on unruled paper with a pen and ink are more accurate of the workings of the hidden impulses than are those produced by a pencil, yet most of the rules given above will hold generally true in either case. Pen marks are easier to decipher in detailed complications and when in doubt many questionable points can be verified by comparing the waste-basket product with a specimen of the ordinary writing of the individual.

Half-Way Stations—Body and Soul Clinics

(Continued from page 19)

resist the impulse to carry out the idea.

When she got home she found that she could not help thinking that it would be very easy to kill the child with a sharp breadknife. She felt a hatred for the little one that was extending to her husband. Her mind was filled with plans for killing them. One day her husband returned home while she was actually approaching the baby with a knife. He took in the situation at a glance and restrained her. She began to sob and say that she could not help wanting to kill her child. He soothed her and suggested that they visit Dr. Cowles' clinic and she acquiesced.

At the clinic, a history of her case was taken and an examination made. She was found to be well physically but her nerve-cell energy, due to fatigue caused by worry, was down to a danger point. Complete rest and medication were prescribed to raise the nerve-cell energy, after which the cause of her impulses was explained to her. Within

a month she was able to resume her household duties and take care of her child. "I cannot imagine how I was ever able to harbor such horrible thoughts," she said after her discharge. "I really love my child and my husband."

* * *

The Body and Mind Foundation boasts that it caters to rich and poor alike. "No patient pays more than two dollars a month," says Dr. Cowles, "an average of twelve cents per treatment. Some cannot afford to pay even that small sum and these are treated free. I am looking forward to the day when everyone who needs such treatment can get it. We are already taxed to capacity and there are thousands who must be turned away because of inadequate facilities. The time is coming when the public will demand the establishment of more clinics for the mentally ill. Their cost to society most certainly will be far less than the cost of doing without them."

What is Your Psychological Problem?

Of course, you have one. Everybody has one or more.

But you, as a constant reader of PSYCHOLOGY, are more fortunate than the average person. The other individual's problems MAY be solved—and they MAY NOT. Solutions to yours may be had for the mere asking. All you have to do is to state your problem in a letter to the PROBLEMS EDITOR, PSYCHOLOGY, 404 Fourth Avenue, New York City, N. Y., enclosing a self-addressed stamped envelope for a personal reply.

★★★★★★★★

Let Psycholite Lead You To Health—Happiness and Prosperity

★★★★★★★★

Without a Plan You are Groping in the Dark

★★★★★★★★

Are you unhappy?
Do you wish you could live your life
over again?

★

*Wake up that desire you have allowed
to become stagnant.*

★

Are you lacking abundant health?
Do you want happiness and prosperity?
Are you desirous of bettering your condition and your circumstances?
Do you want inspiration that leads to a richer life—closes the door to errors, and opens it to opportunities?

★

You can regain your health, recover your opportunities and better your present condition.

The worthwhile things in life will come easier to you with more positiveness. You need not be a College graduate—a High School graduate, nor even a graduate from Grammar School.

ANYONE WHO CAN READ CAN
EASILY GRASP THE
TEACHINGS OF
PSYCHOLITE.

—MAIL COUPON TODAY—

PSYCHOLITE,
P. O. Box 566, Portland, Oregon.

Without cost or obligation mail me
FREE literature explaining PSYCHOLITE, and how I can better my condition in life.

Name

Address

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

★★★★★★★★

Classified Advertisements

Advertisements in this section, 20 cents per word, each insertion, minimum 10 words, payable in advance. To be inserted under proper classification in October issue, copy should be in our office August 5. Psychology Magazine, 404 Fourth Ave., New York, N. Y.

Educational

USED CORRESPONDENCE COURSES AND EDUCATIONAL BOOKS sold or rented. Inexpensive. Money back guarantee. Write for free catalogue listing 4000 bargains. (Courses Bought.) Lee Mountain, Pisgah, Ala.

CORRESPONDENCE COURSES. BIG CATALOGUE 10c. HANFLING, 799 Broadway, New York.

Psychologists

ESOTERIC LIVING HEALS. INCREASES SPIRITUAL, MENTAL, Physical Powers. Guidance. Natalie A. Teeple, P. O. Box 143, Jenkintown, Pa.

PSYCHOLOGIST. SATISFACTORY RESULTS OR MONEY REFUNDED. Letters \$2.00. James C. Foyer, Skowhegan, Maine.

MAY I HELP YOU SOLVE YOUR PROBLEM? Elberta Wilson, Rock River, Wyoming.

Instruction

BECOME BUSINESS DETECTIVE — MAKE MONEY IN your spare time—pleasant work—good fees. Details Free. Business Detective System, 1009 Oak, Elmira, N. Y.

"APETITE": A WORLD HELD AT RANSOM for its life: Modern physics' sensational philosophy: \$1.00. GPO, Box 416, Sioux Falls, S. D.

COMPLETE GLAND REJUVENATING COURSE \$3.00. Box 38, Happy Camp, California.

Hypnotism

HYPNOTISM, PERSONAL MAGNETISM, MAGNETIC HEALING. COMPLETE course. Send 8c stamp for booklet. Fernando Publishing Co., Springfield, Mass.

HYPNOTISM, COMPLETE 20 METHOD COURSE 25c. Lonk Institute Hypnotism, D-1619, Palatine, Illinois.

Salesman Wanted

PSYCHOLOGY BOOSTERS! ATTENTION! RECEIVE LIBERAL COMMISSIONS, acting as special Psychology subscription agent. Get started at once by writing for information today. Circulation Manager, PSYCHOLOGY, 404 Fourth Ave., New York, N. Y.

Personal

LONESOME? JOIN SELECT, MOST ACTIVE RELIABLE club, known for high-class members, absolutely confidential, individual service. Desirable, refined members everywhere. Established 1896. Elsa Thorpe, Box 18, Ridgewood, Brooklyn, N. Y.

LONELY? ENJOY COMPANIONSHIP. MEMBERS EVERYWHERE. MANY wealthy. Membership free! Happy Circle, Box 398-AC, Springfield, Mo.

BRITISHERS SEEK CORRESPONDENCE IN AMERICA. PROPOSITION dime. Plare, Sixteen Cambridge Street, London, South West.

DIVORCES: CONSENT ONE DAY. OTHERS THIRTY. Box 151, Jaurez, Mexico.

Photos

TWO BEAUTIFUL DOUBLE WEIGHT PROFESSIONAL ENLARGEMENTS. 8 Guaranteed Never Fade Prints, 25c coin. Century Photo Service, La Crosse, Wisc.

Learn ADVERTISING at Home

Greater opportunities now in advertising. Learn easily and quickly in spare time. Practical work. No text books. Old established school. Low tuition—Easy terms. Send for free booklet and requirements. Page-Davis School of Advertising Dept. 589-C 3601 Mich. Ave., Chicago

Today's Big Chances

(Continued from page 17)

The ancient rule of three generations from shirt sleeves to shirt sleeves works today more relentlessly than ever before. Were nothing else to sweep us around such a cycle, the rising power of the underprivileged would suffice. Our basic democracy remains intact. Majorities rule us, even though the clever trick them as much as ever. . . .

Too many people have been standing on somebody else's feet and have learned to like it. They have been carried on public relief rolls, or they have lived on Dad, or they have dropped into simple, easy routine jobs where they have been relieved of responsibility. They have lost the old habits of hardy independence and self-reliance. Alas, too many of them enjoy the new parasite existence and do not wish to return to the pioneer ways.

Still more people have stopped looking ahead. They look back and sigh for the good old days. They recall the easy money of boom times. The present they hate. The future they fear. Lurking in the back of their thoughts is the suspicion that the world has gone to the dogs and is never coming back. So with darkened spirits they drift from hour to hour, a sorry multitude.

Other thousands have come to a halt. They suffer the panic of the horse trapped in a burning stable. They know they ought to flee the danger but they cannot move a muscle. Or, if they can move muscles, they cannot move their minds—which is still worse luck. They try vainly to think their

way out of their woes, but their brains refuse to hatch even half-baked ideas. . . .

Now, great opportunities abound when and where many people have dropped out of the race or have turned up the wrong alleys or are still in the race but running under heavy handicaps. For everybody who can hold fast to the old American way of life this is the Age of Abundant Opportunity. Naturally it isn't that for the millions of crushed, stunned, bewildered, and wrong-headed.

The stupid, the depraved, the lazy, and the hopelessly clumsy always mess their affairs, bringing trouble to other people as well as to themselves and their kin. Failing to run the world, they invite stronger, shrewder folks to run it for them. In peaceful ages this becomes the rule of the competent and well disposed. In evil days it becomes the rule of dictators.

The Old World today deserves all the dictators it has brought down upon itself. It will have more before the political weather clears up. Freedom is for the free. Dictators are for shirkers and dullards who wear the invisible chains of inner inferiority. Dictators usually come into power by default, not through merit. When all the hills crumble to dust, the molehill becomes a mountain, the mole a leader.

If you do not elect your own open road, somebody else will pick one for you; and, to your sorrow, you may find it hard going.

"Life and Life Hereafter"

(Continued from page 47)

small black objects in silhouette are use as codes, the person watches the glass window for such an object to appear—and sooner or later an object will appear provided the person on the sending machine is able to concentrate strongly enough on the code object he is holding before the glass mirror of his machine.

The "telegraph" utilizes the principle of thought transference based on the belief that living-thought sends forth an electric-like emanation—and these emanations are received and impressed upon the subconscious mind of another person—and through concentration can be made visible, audible or actually felt.

The machine is only supposed to be a means of contacting the subconscious mind which is the power-house of unconscious thought-energy which permeates the universe. The subconscious

mind is separate entirely from the conscious brain, and the only means of contact between the two is by intuition or thought-lines of force similar in some respects to the primary and secondary coils in electricity.

The conscious mind usually registers only impressions received by the usual senses or brain action. But the subconscious picks up all impressions of the super-conscious realm. And if the conscious would dig into the subconscious, it must utilize concentration which enables one to sense the subconscious lines of force by usual brain action. That's the nearest we can come to it.

Sorry space does not permit my listing the many wonderful letters received this month, but all have been filed and references to them will appear from time to time.

Psychology in Books

(Continued from page 6)

conditions under which they were obtained and for accuracy of contents. All but two of the sets of mediumistic utterances reported were secured when the person who alone knew the facts and to whom the information was pertinent, was thousands of miles distant.

The study was made under university directions and accepted as a doctor's thesis in an outstanding Department of Psychology in an American University.

Bruce Humphries, Inc.

The problems of personality—they are legion! A new book "Understanding Yourself" by Ernest R. Groves, brings these problems under the white light of present-day science and you see yourself in action, with the brain as the instrument of yourself and with the significance of the emotional driving forces made plain.

The author, who is Professor of Sociology at the University of North Carolina, writes vividly, as one who has himself wrestled with the problems of life and through his experiences gives enlightened interpretation to the perplexities common among men and women.

Greenberg, Publisher.

Mother Image in Man

(Continued from page 22)

libidinal satisfaction through her.

The collection of all the infantile sexual strivings has been called the "id" by Freud. It includes many forms of outlet of the sexual impulse which are normally utilized by the infant, such as nutrition, excretion, exhibitionism, parent love, and others. In a relatively normal development these infantile sexual tendencies have a partial expression and are for the most part abandoned for the development of the object love capacity.

It is obvious that the child must give up early instinctive tendencies which are characteristic of infants, but a severely restrictive method that aims to make him grow up more quickly than his age requires may result in an attachment of libido to those very impulses which were repressed. These infantile instincts, powerful though repressed, have their own demands which insist on gratification, despite the fact that the conscious personality is thereby cheated of its essential heritages of mature love.

How You Can Master Good English

... in 15 minutes a day at home



SHERWIN CODY

THOUSANDS make little mistakes in their everyday English and don't know it. Sherwin Cody has found that the average person is only 61 per cent efficient in the vital points of English. In a five-minute conversation or in an average one-page letter, from five to fifty errors will appear. It is surprising how many experienced stenographers fall in spelling such common words as "business," "abbreviate," etc. It is astonishing how many business men say "between you and I" instead of "between you and me," and use "who" for "whom," and mispronounce the simplest words. Few know whether to use one or two "c's" or "m's" or "r's," whether to spell words with "ie" or "ei," and when to use commas in order to make their meaning absolutely clear.

A Remarkable Invention

Mr. Cody has applied scientific principles to teaching the correct use of our language. He made tens of thousands of tests of his various devices before inventing his present method. In all his tests he found that the trouble with old methods is that points learned do not stick in the mind. In school you were asked to remember rules, and if you forgot the rules you never could tell what was right and what was wrong.

Self-Correcting Method

A patent was granted to Mr. Cody on his unique device, and now he places it at your disposal. This invention is simple, fascinating, time-saving, and incomparably efficient. You see at a glance what you have learned and what you have failed to remember, until you have reached the 100 per cent point in spelling, punctuation, grammar, and expression.

Only 15 Minutes a Day

A remarkable advantage of Mr. Cody's course is that you waste no time in going over the things

you already know. Your efforts are automatically concentrated on the mistakes you are in the habit of making, and, through constantly being shown the right way, you soon acquire the correct habit in place of the incorrect habit. There are no rules to memorize. There is no tedious copying. There is no heart-breaking drudgery.

FREE—Book on English

A new book explaining Mr. Cody's remarkable method is ready. If you are ever embarrassed by mistakes in grammar, spelling, punctuation, pronunciation, or if you cannot instantly command the exact words with which to express your ideas, this new free book, "How You Can Master Good English—in 15 Minutes a Day," will prove a revelation to you. Send the coupon or a letter or postal card for it now. No agent will call. SHERWIN CODY SCHOOL OF ENGLISH, 348 Searle Building, Rochester, N. Y.

SHERWIN CODY SCHOOL OF ENGLISH,
348 Searle Building, Rochester, N. Y.

Please send me your free book, "How You Can Master Good English—in 15 Minutes a Day."

Name

Address

☐ If 18 years or under check here for Booklet A.

THE NEW AWAKENING

A scientific philosophical treatise on finding and using the power of the true Living God—as Christ did—through proven and tested methods, for acquiring health, success and happiness.

Write for particulars to

THE AMERICAN ONWARD MOVEMENT,

P. O. Box 5017, Metro Station,
Los Angeles, Cal.

Dynamic Health and Success

Vibrate Health for Self and Others

Learn the locations of your own VITAL OR SPIRITUAL ELECTRIC LIFE CENTERS, and how to make the contacts to vibrate health for self and give POSITIVE VIBRATIONS to others to renew their health.

Course in

KEY TO CREATIVE VIBRATION

Martha Lawyer Cole, D.D., B.P.D.

Write for free booklet.

520-17th St., Santa Monica, Calif.

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.

Institute of Self-Realization

DANA POINT, CALIFORNIA

Wilson Fritch, A.M., Ph.D., Principal

There is that in every individual which, when called to expression, results in perfect health, worthy success, grand character and pure joy.

Instruction in presence and by correspondence.
Bulletin free.

"WIRELESS SUPERSEDED"

by Dr. Fritch; A clear, concise treatise that demonstrates philosophically how the mind ranges beyond body and across death, disclosing your infinitude and eternity and opening visions of unlimited possibilities.

Second Edition, sent from above address, postpaid. Price, 50 cents.

DRIFTING?

If you haven't attained your objective in life and your future is still unsettled, Ralph Strathmore can help you.

Mr. Strathmore is a nationally recognized authority on vocational and career problems. During the past sixteen years thousands have succeeded by following his methods.

If you want to learn how you too can be successful and happy, send for his free booklet, "Safeguarding Your Future".

Strathmore Guidance Bureau

119 West 57th St., New York, N. Y.

LONELY

Former Episcopal clergyman 20 years a Pastor will find you marriageable correspondents. Write for particulars.

JOHN HODSON, Sturgeon Bay, Wis.

TEN MILLION STORY PLOTS

all different—can be built with the aid of PLOT GENIE. Endorsed by editors. Widely used by successful authors and Motion Picture Studios. Equally valuable to the professional or new writer.

FROM MEN LIKE THESE
"Excellent." — George Bernard Shaw.
"...very ingenious device." — Kane Gray.
"...I would recommend this ingenious and most complete work without reservation..." — George Bruce.
"...All my stories are Genie plotted..." — Robert J. Hogan.
"...It is a college education to the beginner..." — L. Ron Hubbard.
"...A big thing for the professional that goes in for quantity production..." — A. DeHerries Smith.

THE PLOT GENIE

is not a magic formula—it is not an experiment or toy. It is a practical, workable, scientific method of creating plots that lead to the kind of stories the editors of the country are not only willing to accept, but actually are eager for.

It Will Cost You Nothing to find out what Plot Genie can do for you. Details free. Write for Circular 814.

THE PLOT GENIE

1541 N. Western, Hollywood, Calif.

BECOME A DOCTOR OF BIO-PSYCHOLOGY

Bio-Psycho-Analyst, Scientific Metaphysician, Ortho-Genetist, Educator of the WHOLE MAN. Lecture, Teach, Counsel. Be genuinely prepared to treat all ills at their sources. Uproot causes of diseases, of failures, of miseries of untimely deaths. Heal tendencies to commit stupidities and crimes. Educate the good, the beautiful and the true bio-psycho-dynamics of MAN-NATURE. Home Study Courses personally conducted by William Marcus Taylor, President; author of Bio-Psychology, Bio-Psycho-Genetics, Personality Applied Bio-Psycho-Analyses, Bio-Psycho-Dynamic Sciences, Bio-Psycho-Dynamic Religions, Bio-Psycho-Dynamic Philosophies. Extensive side correspondence. Degrees conferred by educational institutions authorized by State Charters. Realize upon YOUR subconscious actualities. Actualize upon YOUR subjective virtualities. Write stating interest. Taylor School of Bio-Psychology, OR Taylor University of Bio-Psycho-Dynamic Sciences. Dept. C, Chattanooga, Tenn.

GET WHAT YOU WANT

Things long desired QUICKLY begin to wing their way toward you by pleasant study and application of laws of the mind. PROFITABLE! BE SUCCESSFUL! HAPPY! Have things come your way. PROMPT RESULTS! REALIZE YOUR OWN WEALTH, HEALTH and HAPPINESS. Complete proven course. BY NATIONAL AUTHORITY, META PHYSICIAN, AUTHOR and LECTURER. Self-demonstration leading to wonderful quick results; \$25.00, terms; \$20.00, cash. Enclose \$5.00, for the first part of compelling instruction. ACT TODAY.

K. W. WADE, Boise, Idaho

Be a Healer!

Learn to heal by the Christly Method and the sick will beat a path to your door! Instruction in the wondrous art of DIVINE HEALING by the LAYING ON OF THE HANDS and by SPIRITUAL THOUGHT FORCE. Send stamp mentioning age for fascinating details to

THE HEALING MINISTRY

148-A, Vermont Ave., Asheville, North Carolina

ABUNDANCE - HEALTH - HAPPINESS

May be yours NOW! "PSYCHO-MENTOLOGY"—the Master Course—new extraordinary scientific teaching of TRUTH, shows you the way and gets results. Write for FREE booklet and learn how you can make your dreams come true. INSTITUTE OF DIRECTIVE THOUGHT, Dept. S., P. O. Box 1606, Sta. D., Los Angeles, Calif.

Study For A Doctor's Degree

Enjoy the prestige of having a degree issued by a legally chartered college. Learn to master Life. Health, wealth and success can be yours. Low tuition—easy terms of payment. Write for free bulletin.

College of Univ. Truth, Inc.,
1100 North Dearborn, Suite 2005, Chicago, Ill.

Please use coupon or mention PSYCHOLOGY MAGAZINE when you write advertisers

"Contacts Club"

(Continued from page 48)

I am interested in so many things, among them—literature, music, travel, sports, and self-improvement. I am a great lover of Nature. At present my hobby is reading.

Foreign mail is very fascinating to me but will be so happy to hear from anyone, anywhere.

(Mrs.) O.J., Oregon.

Welcome to our club, Mrs. O. J. A rapid-fire exchange of ideas and experiences from some of our helpful members no doubt will make you forget all about that mental slump.

Dear Editor:

I think that PSYCHOLOGY MAGAZINE has contributed the greatest treasure to human problems by offering a "Contacts Club."

Besides being interested in psychology, I am interested in song writing in English and Spanish, astrology, sports, travelling (from North America to South America) and occult science.

I would like to correspond with anyone interested in exchanging views on above subjects. People in Mexico and the United States will find replies from me, in answer to their letters, in Spanish if so desired.

(Mr.) J.C., Texas.

A young man interested in so many things certainly deserves a large number of friends—that he may exchange ideas and keep alert. Mr. J. C. offers his acquired knowledge to any members who care to write.

There's No Dead-Line!

(Continued from page 43)

crowd one another, litter has reached its peak, the bathtubs are full of mortar, the plaster is damp, the windows gape. But suddenly, in a few days, the complete, livable house emerges like a developing photographic image.

* * *

And so with the gloom of thirty-five. A little is to be expected. If it is not a general loss of trust in the scheme of business, it is all right. It means that you are not going to settle down in a "berth," as granddad did.

The gloom of the forties and fifties is different.

By that time a man has made some sort of success, even if he is only a successful chief clerk. He is not concerned so much with the lateness of the business system in recognizing his ability as he is with the possibility of losing his place.

It happens that, for five years past, I've lived in a locality where this kind of gloom can be observed in all varieties and phases. Thousands of middle-aged men come to my state because they have retired or seek health or have been displaced by some of the rapid changes in business: Inventions, mergers, and so on. Also, thousands come looking for a new field of enterprise, thinking to find one easier than the old.

Here we speak of this as an adjustment to California—but it is really a new adjustment of life.

* * *

The middle-aged man is full of beliefs about himself. He is a five-

thousand-dollar man and could not think of taking a position for less; he has been in charge of others for fifteen years and cannot descend to the ranks; his specialty is so-and-so and he cannot imagine himself trying any other kind of work.

When he finds that it is necessary to begin all over again, among strangers, as a nobody, at one-third or one-quarter his idea of salary, and taking orders, and in a different kind of work, and being thankful to get a chance. . .

Well, three things can happen:

First, he goes back home where he is known and maybe makes his adjustment there. Second, he insists upon holding his ideas about himself, and so becomes pessimistic and finally cracks up. Third, he throws away his personal ideas, which are largely habits, and takes hold wherever he can, and, if he really possesses ability, probably gets into an entirely new field, with new associates—and practically makes a new life.

Having made both kinds of adjustment at these seasons in my own life and having been most gloomy, at times, about my career, I feel safe in guaranteeing one basic fact. It is this: That the fault can hardly be in so flexible and expanding a system as our modern world. This system does put us to extreme tests in making new adjustments. But the adjustment once made, the reward is correspondingly great.

So, the basis of gloom is almost certainly in ourselves, and there is the place to tackle it!

Psychic Culture

(Continued from page 51)

and resistance; I believe that the assistance in all such cases of a reliable physician and the laboratory tests which he can get in touch with is essential. One thing which is not always taken into consideration in treating human beings is the possibility of unrecognized, inherited idiosyncrasies, which can play a large part at times in selecting just the right form of treatment.

Accordingly, my experience teaches me that all forms of tests should be made in administering to the individual, even to going back into his family history, making food tests, where such tests seem to be called for; administering drugs where drugs seem to be indicated; calling on the surgeon in surgical cases; and at all times, and in all cases, strive to raise the resistance of the patient so that he will be able to meet his problems with every cell working in his behalf.

IV

While it is true that those that are whole have no need of the physician, it is also true that even those who are considered well have need of a knowledge of themselves and their powers, so that they maintain that health which they possess.

A vigorous constitution may be able to withstand the disordering and disintegrating effects of unhygienic thought, and even slight ailments, for a time, without giving outward evidence of the true condition within; but, should the conditions be sufficiently protracted, numerous forms of illness will result.

Right here let me emphasize the great advantages that you may gain through well-selected books. Knowledge is your best weapon in fighting off invaders who may be at work undermining your strength through your failure to comply harmoniously with law. I shall be glad to direct you in the selection of just the right books to fit your individual need. It is most comforting during moments of worry and depression to be able to pick up one of the understanding friends and accept the stimulating influence it can bring to you.

V

Health and success are only the effects, not the cause. They are the effects of right thinking and living. . . . "As a man thinketh in his heart, so is he." Wrong concepts are more easily formed than right ones. And why? Because fear and its brood of disturbers have so long been harbored by the human mind. Man has ever been afraid, first of the unseen, and then of the seen. It is only latterly that men and women in numbers have come to accept the comforting truth that the Eternal mind is beneficently disposed and that mankind in general has a brotherly spirit.



Just Out!

HOW'S YOUR
COME-BACK?



THE ART OF CONVERSATION

And How to Apply Its Technique

WHITTLESEY HOUSE PUBLICATION—354 PAGES, \$2.50

Learn to talk---readily, entertainingly, convincingly---with this new book.

If you would win an argument or win a wife, cultivate a friend or humble an enemy, get information or give it, ask a favor or deny one, land a job, sell a bill of goods—if you would accomplish anything, at work or at play, where you are in the presence of others, then you must talk. And the better you talk, the greater will be your success.

So that you may learn how to talk to the best advantage in any situation, Milton Wright has written this book. He shows you:

- how to start a conversation
- how to keep it going
- how to direct it the way you want it to go



DO YOUR
BUSINESS ASSOCIATES
THINK OF YOU
AS A GOOD TALKER?

—how to make the impression you want to make and get the result you want.

Mr. Wright's book is firmly grounded in psychology, and is written in the easy-to-read style of his *Getting Along With People*. He takes actual conversations apart and shows you what makes them tick. He helps you to be able to make people say, "You said it." See the book 10 days; send this coupon now.

McGRAW-HILL BOOK CO., INC.,
330 W. 42nd St., N. Y. C.

Send me Wright's *The Art of Conversation* for 10 days' examination on approval. In 10 days I will send \$2.50, plus few cents postage, or return book postpaid. (We pay postage on orders accompanied by remittance.)

Name _____

Address _____

City and State _____

Position _____

Company _____

PY-7-37

(Books sent on approval in U. S. and Canada only.)

MAN IS GOD IN HUMAN FORM

How do YOU apply God's power in your daily life—how do YOU use it? Are you content to suffer from fear, doubt, disappointment, disease, discord and failure . . . or do you use God's power for better health, full personal success, joy, peace, radiant living for yourself and for all you contact? Now, the TRUTH is that God's Divine Intelligence is WITHIN YOU; you never knew it, therefore you have not used it. Learn what it is, learn how to USE it in your business, in all that you do—for your own good and for the good of others. Be happier, healthier, wealthier, wiser! How can you learn? Write Edwin J. Dingle, F.R.G.S., noted world traveler and teacher, asking for a treatise on the great modern religion of Mentalphysics. This 12,000-word book is full of priceless knowledge which you may use in your daily life. It is free to you. Address: The Institute of Mentalphysics, 213 South Hobart, Dept. 161, Los Angeles, California. The greatest teaching accessible to man is yours, if you desire to use it. To learn that MAN IS GOD IN HUMAN FORM is the greatest of Life's privileges. When GOD is within your reach, His full expression is yours.



AS GOES
YOUR HEAD
SO GO YOU

Unless your head is right you cannot be physically fit. Long experience shows that many bodily aches and pains come from the head.

Craniopathy, the science of hand manipulation of the head, enables you to find the trouble, relieve it, bringing health, through easily given cranial adjustments.

This great discovery of Nephi Cottam, D.C., is now available to laymen. The basic principles involved are completely revealed so that you may use them for yourself or others.

Write today for free book "CRANIOPATHY", the greatest discovery of the age.

Write to Dept. M-52.

COTTAM SCHOOL OF CRANIOPATHY, Inc.
1017 South Arlington Avenue
Los Angeles California

Special Summer Offer

8 Months - - Only One Dollar!

Avail yourself of this Special Summer Offer whereby you may have your name—or the name of a friend or relative—entered on the regular subscription list of *PSYCHOLOGY Magazine* for a period of eight months at exactly half the price your copies usually cost you! This special

rate applies to new, renewal, or extension subscriptions. ACT NOW! Pin your check or money order (or stamps) to this clipping and mail today!

Name _____

Address _____

Send this clipping today to

PSYCHOLOGY, 404 Fourth Ave., New York, N. Y.

Straight (Bull's Eye) Thinking

By David S. Patterson

(Profit-Thinking—Success-Thinking)

Are you a Success? Are you a Failure? How is **THOUGHT** affecting your Financial Profits? Your Health? Your Life?

Straight (Bull's Eye) Thinking—seventeen short chapters of Dynamic, Powerful Thought-Force—should be read by every Man and Woman who wants both Financial Profit and Peace-of-Mind.

This Book is a Revolutionary Treatment of the **POWER OF THOUGHT**. . . It is an Inspiration to those who actually want Success.

Order by Mail—\$1.00—Postage Prepaid.

McELVANY & COMPANY
405 PENN AVENUE, PITTSBURGH, PA.

Diplomas and Degrees

Bachelor—Master—Doctor
Psychology—Philosophy—Divine Science

Lessons and textbooks by Internationally known
WRITERS—LECTURERS—TEACHERS.

Write for information.

UNIVERSITY OF DIVINE SCIENCE
Arcade Bldg., Seattle, Washington
Extension Division.
R.K.O. Hillstreet Bldg., Los Angeles, Calif.

YOU CAN BE WELL!

If you have tried "everything" and still without health, then learn the **ART OF MENTAL HEALING**. This wondrous ART can cure when everything else has failed! You can easily learn the true science of **MIND HEALING** and heal yourself and others. This method has proven sensationally successful in difficult cases.

THE HEALING MINISTRY
148 Vermont Ave., Asheville, North Carolina

"LUCKY" COUPON

Worth \$2.00
Good 30 Days

This coupon, good for thirty days, will entitle you to a reduction of TWO DOLLARS from the regular rate of five dollars for a straight two-year subscription to **PSYCHOLOGY Magazine** (no premiums). Pin your check or money order for only three dollars to this coupon and you will receive the next twenty-four issues of **PSYCHOLOGY** mailed to your doorstep.

DON'T PASS THIS BY—IT MAY NOT COME AGAIN!

PSYCHOLOGY
404 Fourth Ave., New York 8-37

Name _____
Address _____
Add \$1.00 Per Year Foreign Postage.

\$ NEED MONEY?

Write for free booklet describing "107 Plans for Operating a Successful Business of Your Own." Make from \$20 to \$100 a week starting in spare time at home. No peddling or house-to-house selling. Booklet sent free, and without obligation. Write for your free copy today.

ELITE PUBLISHING CO.
Dept. M, 214 Grand Street, New York, N. Y.

LONELY?

Join a National Church Organization. Sure to have a select helpmate for you. Stamp and age bring full particulars.

REV. JONES
P. O. Box 2459, Kansas City, Mo.

Thinking into Success

(Continued from page 26)

Charming to come my way—but *Prince Charming* came! We were married at the friendly "Little Church Around the Corner!"

Since our marriage there have been times when I needed money for various expenses which cropped up that I hadn't counted on. I didn't see where this money was to come from. So I added another line to the formula: "The money I need is coming to me before I need it." It has been simply amazing to me how this applied psychology has worked in this regard.

A few months ago I found that I was getting stale mentally. I began using the formula: "Ideas for articles and stories are coming to me with greater frequency." Again applied psychology came to my aid. I have found, since I have adopted an inspirational formula, following it by any particular desire of my own, that I have been much more serene. When I have had real cause to be upset, worried or depressed, I have not been so.

I have had letters from people in all parts of the United States and Canada, telling me that while they believe there is something in applied psychology they are unable to get results because they lack faith. It is not faith

that is needed but *imagination*. If my success with it had depended upon my faith none of my dreams would ever have come true. One cannot force faith but one can achieve it!

There is one editor of a Toronto weekly to whom I have sold over thirty short stories and a great number of articles. During the period that I have been writing for him he has rejected only two manuscripts of mine, but, despite this proof that my work is acceptable to him, I never send him a manuscript without anticipating its return! I have never tried to believe that any particular article or story will sell, but I do hold to my belief that success in literature in a general way is coming to me. I now visualize myself as a successful novelist and as I work away at what will be my first book I am dreaming to that end.

* * *

I believe in applied psychology because I have achieved things through it, and I believe that the capacity for imagination—the imagination that enables one to visualize one's self as having reached a goal, the very same imagination we used when we played we were "grown-up ladies" or "pirates"—is bestowed upon us all!

How Suggestion Cures

(Continued from page 36)

The environment is important. The seance chamber must be quiet, comfortably cool, pleasantly fragrant, and generally designed to put the visitor at ease.

* * *

The suggestionist now seats himself opposite the patient. The latter is instructed to relax and focus his eyes on the eyes of the operator with a steady stare. After a short interval it will be noticed that the pupils dilate, the eyelids begin to droop, and the subject is becoming suggestible. The patient becomes more and more suggestible and really goes into a sort of sleep, but remains the while "en rapport," and will respond to the suggestions of the operator even while in this state of sleep.

The psychologist is now able to speak directly to the subconscious mind of his patient and thus administer proper healing suggestions. This done, the patient is instructed to enter into a natural sleep in place of the hypnotic sleep and to awaken as soon as he feels

well and relieved of all his symptoms.

These instructions to the patient are what we call post-hypnotic suggestions, and they continue to exert an influence upon the subject even after he has awakened into a normal state of consciousness.

* * *

Hypnotic suggestions must be positive, definite, and explicit. It is advisable always to concentrate on one thing at a time and to proceed along the lines of further correction only after the first object has been fully attained.

It should not be necessary to add that the suggestionist must possess a thorough knowledge of the anatomy, physiology, and pathology of the human body and should, before undertaking to give treatment, forearm himself with an accurate diagnosis of the patient and his troubles. Unscientific suggestions are just as impotent as the unscientific administration of medicine. For after all, therapeutic hypnotic suggestion is medicine applied to the nervous system.

RECENTLY REVIEWED BOOKS

How To Order Them

BOOKS reviewed recently in *PSYCHOLOGY Magazine* may be ordered direct from **PSYCHOLOGY'S BOOK DEPT.** In the event the book you are seeking is not listed here, or elsewhere in this magazine, simply write a letter to this department inquiring about it. Feel free, at all times, to ask this department to select for you books to be read on whatever phase of psychology interests you particularly.

Why We Do It	\$1.50
Edward C. Mason	
The Mind of Man	3.50
Walter Bromberg, M. D.	
Give Yourself Background	2.00
F. Fraser Bond	
Out of the Test Tube	3.00
(new edition)	
Harry N. Holmes	
Five Minute Biographies	2.00
Dale Carnegie	
The Miracle of Modern Efficiency	2.50
(third revised edition)	
Donald A. Laird	
Think for Yourself	2.50
Robert P. Crawford	
Personality	2.50
Walter V. Richmond	
Practical Psychology	2.25
Edward Stevens Robinson,	
Prof. Psychology, Yale U.	
Art of Conversation	2.50
Eliza Wright	
Be Glad You're a Neurotic	2.00
Dr. Louis E. Blach	
Sing Sing Criminals	2.50
Dr. Samuel Kahn	
Live Alone and Like It	1.50
Marjorie Hillis	
How to Find and Follow your Career	1.75
William J. Reilly	
Live Long and Be Happy	2.00
Lewellyn F. Barker	
Healthy Eyes Without Glasses	3.00
Dr. R. A. Richardson	
Intimate Side of a Woman's Life	1.50
Lois W. Chalmers	

Use check or money order; do not send currency.

PSYCHOLOGY'S BOOK DEPT.

404 Fourth Avenue, New York, N. Y.

LADIES! NATURAL BIRTH CONTROL

New method. No preventives used. Approved by Medical and Religious Authorities. Send One dollar for complete method.

NEW METHOD CO.,

BOX 849-B, LOS ANGELES, CALIF.

• MEMORY POWER •

My secret of Memory Power helps you to remember dates, names, faces, problems, ideas, lessons, data, cards, books, music. Anything and everything. Helps to overcome worry and mental confusion. Nothing to practice or study. My complete secret to Memory Power only \$2.

SAMUEL D. CATES

207 N. Michigan., Stu. 9, Chicago, Ill.

COLORED DREAMS

WITH

EASY - PSYCHIC - CONNECTIONS

See and talk to your friends of yesterday, those whom you never expected to meet again. Note their smiling faces and the brightness of their eyes as they greet you. Enjoy the splendor that will surpass anything that you have ever experienced. Easiest, quickest, and most simple method known. Only 4 pages to read and you have it. Send \$1.00 for your copy of Colored Dreams with Easy Psychic Connections, to Violet Lindblom, 1713 New St., Duluth, Minnesota.

"I Think"

(Continued from page 15)

Environment Is Important!

Environment plays an extremely large part in determining human intelligence. This conclusion, reached by three University of Chicago investigators after ten years of study, is certain to be one of the milestones along the century-old discussion of the relative importance of heredity and environment.

Many authorities have felt that intelligence was unalterably fixed by heredity and that environment could do no more than either submerge or release what intelligence was already there.

The investigators found that not only intelligence but personality traits such as temperamental and emotional attitudes are affected by environment. In fact, environment has an even greater effect upon these emotional traits than it does on intelligence.

The conclusion resulted from a ten-year study of twins carried on by experts from three fields—Dr. Horatio H. Newman, professor of zoology; Dr. Frank N. Freeman, professor of educational psychology; and Dr. Karl J. Holzinger, professor of education.

Dewey Urges "Unity of Man"

The old phrase "A sound mind in a sound body" should be changed to a "sound human being in a sound human environment," Dr. John Dewey of Columbia University said in a recent address at the American College of Physicians at St. Louis.

"Because of the unity of the human being, because of the intertwining of the physical and psychical in his make-up, the work of preventing disease and disorders is not completely done when the physical conditions of sanitation, pure water and milk supply, sewage disposal and healthy homes have been attended to," Dr. Dewey declared, because the social conditions which make "reasonably happy human beings" are important also.

The necessity of creating this "unification of man" in order that he may live happily in the modern world "gives the physician a unique position of opportunity and responsibility."

At the present time, he went on, there is a popular revolt against the analysis of man into cells, structures, organs and sensations and against separating his body and his soul, and the "unity of man" is a protest against this analysis.

Do You Want Success?

Do you want the radiant health and happiness that comes from an understanding of the natural law of harmony? Do you want to achieve a real knowledge of yourself that will help you to develop the powers and talents asleep within you?

Every human being has it within himself, to achieve physical, mental, spiritual, social and material success. Paul Bragg, nationally-known lecturer, has written an inspired masterpiece on his tried and true formula for living life to its utmost. It is entitled

"AWAKEN HEALTH AND HAPPINESS"

This book does not contain any mysterious problem that is difficult to understand. It is *Practical—Forceful—Revealing.*

For a short time only, you will be able to obtain this \$3.00 volume for **ONLY \$1.00.** Don't miss another day without this guide to health, happiness and **SUCCESS!** Send \$1.00 today, plus 15c postage direct to

PAUL C. BRAGG

Radiant Valley,

Burbank, California

NEW SKIN IN 3 DAYS



Outer Skin Blemishes all Gone

Visible Pimples and Blackheads,
Freckles, Ugly Large Pores
and Age Lines Disappear

**GIFT
READ
FREE**

You thought this impossible, but now you can have a clear, blemish-free, new outer skin **IN 3 DAYS.** Look clean, healthy, years younger and beautiful, this new harmless, economical way.

It is all explained in a new free treatise called **"BEAUTIFUL NEW SKIN IN 3 DAYS"** which is being mailed absolutely free to readers of this magazine. So worry no more over your humiliating skin and complexion or signs of aging if your outer skin looks soiled and worn. Simply send your name and address to **MARVO BEAUTY LABORATORIES, Dept. 48-A, No. 1700 Broadway, New York, N. Y.,** and you will get this new treatise by return mail free. If pleased, tell friends.

COMPLEXES?

Are they holding you back? Discover yourself by taking national clinical tests. Overcome defects and realize hidden abilities by a complete battery of mental tests given by experts. Standardized, used by major universities and clinics. Only \$2. Los Angeles Psychology Research Associates, Hyde Park Station, Los Angeles, Calif.

STUDY FOR THE DEGREE

of Doctor of Psychology (Ps.D.) Doctor of Metaphysics (Ms.D.) or Doctor of Divinity (D.D.) by correspondence in the quiet of your own home.

Write for further information.

The College of Divine Metaphysics, Inc.
2811 N. Illinois St., Dpt. 2, Indianapolis, Ind.

DO YOU WANT TO STOP TOBACCO?



Banish the craving for tobacco as thousands have. Make yourself free and happy with Tobacco Redeemer. Not a substitute, not habit forming. Write for free booklet telling of injurious effect of tobacco and dependable, easy way to relieve the craving many men have. **FREE BOOK**

Newell Pharmacal Co.
Dept. 15, Clayton, Mo.

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!

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.

MORE THAN 100 VIVID PICTURES

The 106 illustrations leave nothing to the imagination... know how to overcome physical mismatching... know what to do on your wedding night to avoid the torturing results of ignorance.

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.

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 practises. Read the facts, clearly, startlingly told... study these illustrations and grope in darkness no longer.

SEND NO MONEY!

To show you our faith in your satisfaction with this amazing book, we are offering it to you on trial. You send no money—just fill out the coupon below and then when it arrives, in plain wrapper, pay the postman \$2.98 plus postage. Keep the book five days, then if you are not completely satisfied, send it back and we will refund your money immediately without question. "Eugenics and Sex Harmony" will not be sold to minors.

576 DARING PAGES



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.

Are you an awkward novice in the art of love-making? Or, a master of its difficult technique? Knowledge is the basis of the perfect, satisfying love life. Ignorance leads to fear, worry, disease and shame. End ignorance *today*. You owe it to yourself—to the one you love—to read this book **NOW!**

A FAMOUS JUDGE SAYS THAT MOST DIVORCES ARE CAUSED BY SEX IGNORANCE!

■ When a man and woman who have been mutually attracted to each other and have enjoyed each other's company separate, there must be some tragic misunderstanding. In most cases that misunderstanding is due to sex ignorance.



IS SEX IGNORANCE DRIVING THE ONE YOU LOVE INTO THE ARMS OF ANOTHER?

■ Learn how to keep the love of your husband or wife at the high pitch of thrilling devotion. A satisfactory sex life will bind your loved one to you for all time.



STATE AGE
WHEN
ORDERING

WHAT EVERY MAN SHOULD KNOW

The Sexual Embrace
Secrets of the Honeymoon
Mistakes of Early Marriage
Venereal Diseases

How to Regain Virility
Sexual Starvation
Glands and Sex Instinct
The Truth About Abuse

WHAT EVERY WOMAN SHOULD KNOW

Joys of Perfect Mating
What to Allow a Lover to Do
Intimate Feminine Hygiene
Birth Control Chart

How to Attract and Hold Men
Sexual Slavery of Women
Essentials of Happy Marriage
The Sex Organs

OVER 100
GRAPHIC
ILLUSTRATIONS

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 this book!

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!*

FREE! AMAZING NEW BOOK ON NATURAL METHOD OF BIRTH CONTROL
AWAY with artificial devices! Nature offers a dependable, healthful method of controlling conception as recently proven in startling scientific tests. The famous Ogino-Knaus theory of rhythmic birth control is explained in detail and includes a complete table of fertile periods. This book is **FREE** with orders for "Eugenics and Sex Harmony".
PIONEER PUBLICATIONS, INC.
Radio City, 1270 Sixth Ave., New York City



Pioneer Publications, Inc., 1270-6th Ave., Dept. 896, New York, N.Y.

Please send me, "Eugenics and Sex Harmony" 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 "New Birth Control Facts."

Name _____

Address _____

City and State _____

Age _____

Orders from Foreign Countries 15 Shillings in Advance