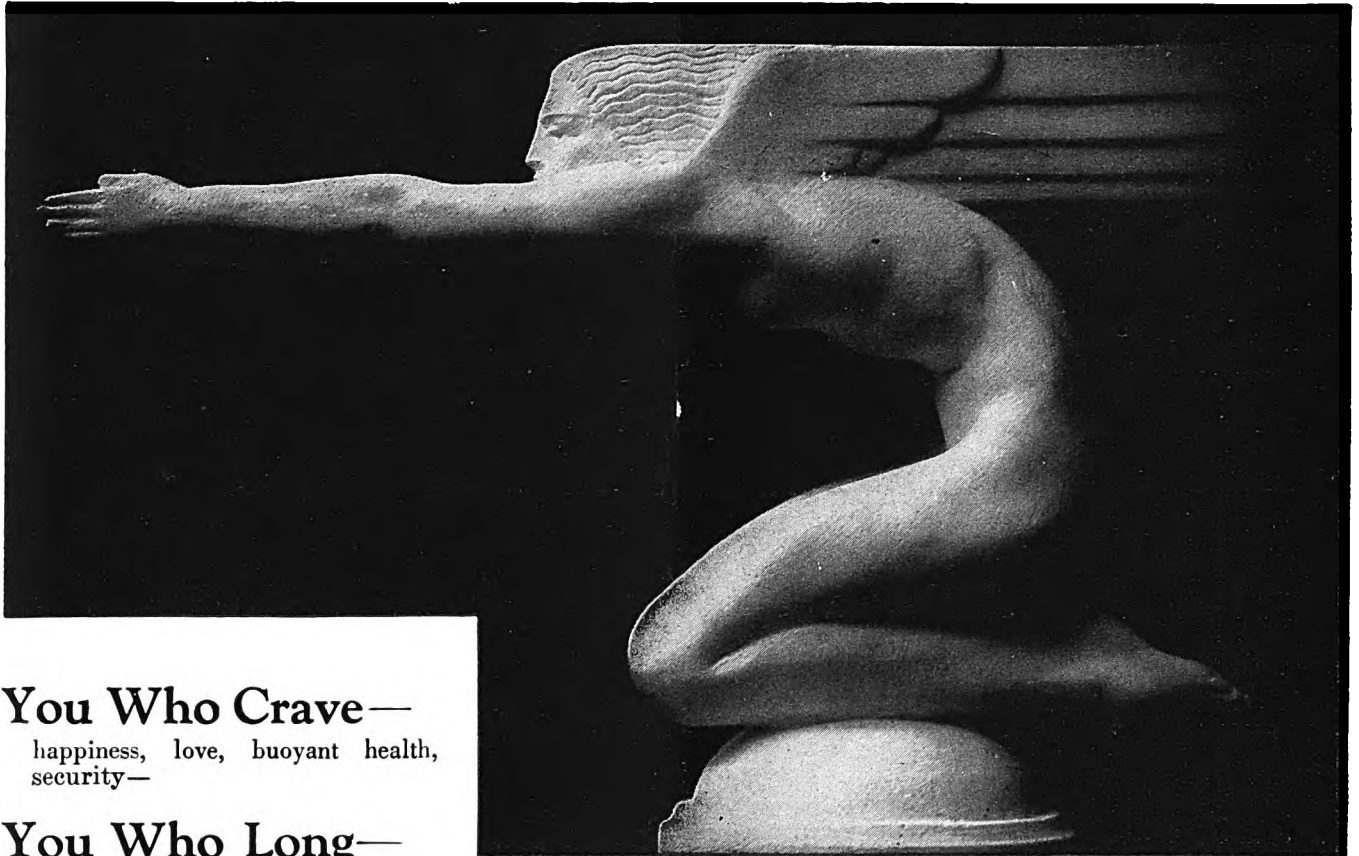




Sculpture by Harriett Frismuth

You Who Crave—

happiness, love, buoyant health,
security—

You Who Long—

to be free of the fetters of fear—
worry—habit—inferiority com-
plex—failure—

Do You Realize—

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A Plain Talk

on

by

Mental and Nervous Disorders

● C. FRANKLIN LEAVITT, M.D.

THOUSANDS ARE IN URGENT NEED OF HELP FOR MENTAL AND NERVE TORTURE—AND KNOW NOT WHERE TO TURN FOR AID.

NEURASTHENIA

Neurasthenia is a rather common term for a mental and nervous disorder which frequently drifts into most trying and acute conditions. It is caused by **SOME FORM OF FEAR**. You may not recognize the mental state preceding it as one of **FEAR**, for by fear I do not mean a fear of outside things, but rather a fear of **SELF**, which is manifested in the form of worry, apprehension, over-anxiety, over-seriousness, self-consciousness, inability to forget yourself, or some other expression of **LACK OF CONFIDENCE**. The opposite of confidence is fear, isn't it? These fears have a very stimulating and irritating effect on your Sympathetic Nervous System and soon we find this system of nerves in such a hyper-sensitive state that the least form of emotion plays on it in a seemingly alarming way—to the great discomfort of the sufferer. Gradually, through nerve tension and repression, functional life is interfered with and the circulation is disturbed; vitality and tone are lowered; and you begin to experience strange sensations which you, uninformed, cannot account for. But I wish to state here and now that Neurasthenia is **CURABLE** and not in any sense of the word hopeless.

NERVOUS BREAKDOWNS

This is merely an exaggerated form of Neurasthenia where nerve tension and hyper-sensitiveness have developed to a point where there are symptoms of great weakness and exhaustion. In this state it is not uncommon for one to experience at times a sense of extreme weakness, a "passing-out" sensation; uncertainty in locomotion; twitching, jumping or crawling sensations in connection with the nerves in certain parts of the body; poor appetite; possibly insomnia; a fear of heights, or elevators, or cars, of crowds, or to be left alone; fear that something may happen at most any moment; an extreme consciousness of self and every little feeling or sensation; a fear of being shut in without a handy exit; fear of disease, germs, dirt, dying, insanity, embarrassment; or many other peculiar fears. The patient becomes so concerned over himself that he watches every little indication of trouble and greatly exaggerates each feeling or thought of an unnatural character which puts in an appearance. The fact that he has tried this, that and the other thing without success frequently breeds the thought that his case is hopeless and he may then begin to contemplate some drastic way out. I frequently read of tragedies, which they state have been the result of a "Nervous Breakdown," and my heart aches for those who are left and the unreasonableness of the act. If such people were to fall into **RIGHT HANDS**—what a different future and story it would be. Adjustments **CAN BE MADE**, happiness restored, and a normal future life experienced.

I realize that there is nothing quite so hard to bear as Mental and Nerve Torture, but I unhesitatingly state that these troubles are **NOT** hopeless and that my experience of twenty-nine years in the treatment of such disorders prove that all who build up interest in a future life and show sufficient faith to cooperate and do their part, soon throw off the exaggerated symptoms, re-develop their normal strength, and re-establish confidence. My friend, **YOU** know as you read this if you could just **FORGET YOURSELF**, that your troubles would be over. But this must come through a process of re-education, through your gaining a better understanding of yourself and your powers, of these fears, and of the laws underlying life as lived to the fullest. This, along with a different picture of things and an absolute knowledge of **JUST** what is taking place in you; how it happened that you drifted into your present condition; and **JUST** what is necessary for you to do to get out of it; will gradually change your **VIEWPOINT**, and when that is changed, **YOU WILL BE CHANGED** and the troublesome symptoms will disappear. Now don't lose heart, but just **KNOW** that there is help for **YOU**.

SELF-CONSCIOUSNESS

Those of a sensitive, rather emotional nature are more than likely to become self-conscious. The self-conscious are ready victims of these more troublesome mental and nerve states I have written of. This is due to self-centeredness and a pernicious form of introspection. Aside from what self-consciousness may develop into, it is in itself a most limiting, embarrassing, unhappy state of mind. Those who suffer keenly from self-consciousness are limited mentally, physically, socially and financially. Through it they find it difficult to secure as good a position as they might, and through their sensitiveness to criticism they dislike to show initiative and assume responsibility, which means slow advancement. Again, this type is more than likely to make unhappy marriages, if they marry at all, due to their powers of selection being limited. This suffering is due entirely to a **WRONG VIEWPOINT**. They magnify every little thought and feeling, associate things with self which they have no business to, and are too concerned about the view that others have of them. Self-consciousness **CAN BE CORRECTED**.

THE SENSITIVE AND EMOTIONAL POSSESS A GOOD TYPE OF MIND

So frequently I hear—"Anyone suffering from such a complaint must have a weak mind." But this is not true in connection with Neurasthenia, Nervous Breakdown, or Self-Consciousness. In such cases it is a good active mind that has become turned on self and is in reverse. Napoleon, Presidents Lincoln, Wilson, Theodore Roosevelt, in fact, most of those who have really made good in life, possessed just such a nature. In the case of President Wilson we see the two expressions of such a nature; strong, active, determined and forceful while in the ascendancy; and then, when bitter discouragement took possession, illness and death. It represents but one force, but this force can be constructive or destructive, according to its use and direction. Don't say to

self "I wish that I were born with a different temperament," for if you will just gain a good understanding of your powers and use them intelligently, it will be possible for you to reach heights which a phlegmatic person could never attain. Understanding, training and development will bring **MASTERY** and you will then have these wonderful powers working **FOR YOU**, instead of against you. Your present suffering can be turned into victory and achievement.

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 the 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 first understanding just what to do, and then of being willing to pay the price in effort.

THIS WILL CLEAR AWAY THE DOUBTS

I have stated that your **FIRST STEP** toward a different life must come through intelligently understanding your handicaps, your own powers and just how to use them, and the laws underlying life as lived to the fullest. I have written a 100-page book—**JUST FOR YOU**—if you are suffering from any of the states written of above. It is crowded from cover to cover with just the information you have been seeking, for it will tell you about **YOUR FEARS** and their reactions, **Nervousness**, **YOUR Subconscious Mind**, **Faith**, **Success**, **Habits**, and the many different phases of **MENTAL AND NERVOUS DISORDERS** and **SELF-CONSCIOUSNESS**. The reading of this book **CAN**, as it has to thousands, mean a different outlook on life and the beginning of changes which can mean real happiness and later success to **YOU**. The book is most interesting, very starting in its disclosures—but in it there is nothing to fear, for it is written along stimulating and constructive lines. It represents truths which I have gathered during an active practice of twenty-nine years in treating these little understood disorders.

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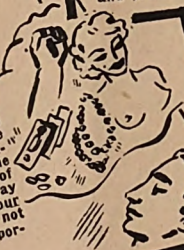
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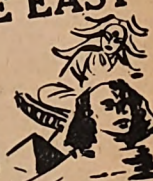
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Everybody has dreams—dreams of what he intends to do, of what he wants to make of himself. The only difference is that some people actually accomplish what they set out to do. Are you making your dreams come true? Even one idea, one thought from this remarkable book may change the entire trend and course of your life. This book may open the pathway to your fondest dreams. Do not deny yourself this opportunity!



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always closely guarded, are herein revealed. For untold centuries the people of the lands of the East—India, China, Arabia, Asia,—have attained a mental development and power, FAR BEYOND WHAT WE OF THE WEST CAN EVEN IMAGINE! They have been able to penetrate the region of super-physical concepts, which is hidden by a thin veil from our material world, and to distinguish and employ the forces and powers hidden to us, in their everyday lives!



This book is particularly for men and women of practical outlook, people who are and want to take an active and leading part in business, social and intellectual everyday activities. Those with a mystical leaning of mind will see the value of this book immediately. Dr. Cannon makes his thoughts and explanations so plain and simple that even if you are reading this type of work for the first time, you will be able to understand and follow immediately.

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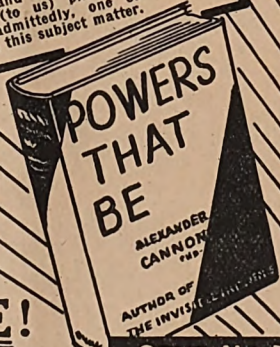
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Let Your Brain Power Guide You to Your Ambitions

Are you one of the millions whose ambitions seems to be thwarted by an inability to realize those life-long hopes and desires? If so, this message will be of profound interest to you and offer re-newed hope and guidance. Through this marvelous method of mental training these faculties are developed to function that the **HIDDEN POWERS** and **IDEAS** will become the driving force which will guide you to financial success, added social prestige and outstanding leadership in your selected field of endeavor. Here is the method of lifting you from the well-worn "rut" of "hum-drum" existence and placing you on the smooth path leading to influence, accomplishment and financial security.

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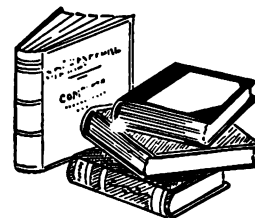
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PSYCHOLOGY

in

BOOKS



"What Did You Say?"

"EVERYDAY SPEECH," by William Norwood Brigrance varies from most books on speech in that it doesn't call for complete and wooden uniformity. The author recognizes that allowance must be made for differences according to locality and that the weaknesses to be overcome are such as would be considered poor form in *any* section where English is spoken.

"Unsatisfactory speech," says Mr. Brigrance, "is speech that is muffled, guttural, strident, rasping, shrill, raucous, mon pitched, flat or nasal, or speech in which the articulation is so blurred that those around must continually resort to that most monotonous phrase in American conversation, 'What did you say?' It is the kind of speech that 52 per cent of Americans have; another 38 per cent are not entirely free from it."

Good speech, Mr. Brigrance makes clear, is one of the essentials in the average man's climb to success.

Whittlesey House

Woman's Business World

IN "Business Opportunities for Women," Catharine Oglesby has set between covers what amounts to a panoramic view of the business and professional world as it affects women. Every phase of the subject is covered, from choosing a job or a career to holding and making good at it.

Those who are of the opinion that the business world is still a man's world may be pleasantly surprised to learn that even "in railroading, generally acknowledged to be a man's profession, there actually are quite a number of women employed as machinists, boilermakers, steam-hammer operators, crossing watchwomen, agents, telegraph operators.

"There are hundreds of ticket sellers, fifteen women editors of railroad magazines, thousands of clerks, statisticians, librarians," etc., etc.

The book should do much to encourage the young woman who is about to go forth on her own.

Harper & Brothers

History of Mental Illness

"THE Mentally Ill in America," by Albert Deutsch, presents the whole dramatic story of man's struggle against mental disease in America.

The approach is original and it is written in a non-technical manner quite understandable to the layman. The book outlines a shocking phase of our social history. The psychiatric tradition of the settlers of the New World was a heritage from medieval Europe.

There, insanity was commonly looked upon as a mysterious phenomenon and treated accordingly. Thousands of harmless insane persons were burned at the stake in the belief that they were witches, or bewitched. In Colonial America the mentally ill were hanged or tortured—persecuted as agents of the devil.

Later, regarded as sub-human beings, they were chained in cages like animals, or set loose to wander like Toms o'Bedlam. All this, with an account of the historical treatment of the feeble-minded, is related here in an unforgettable manner. The author has made an intensive study and approaches the problems of the mentally ill from the sociological standpoint. The book has a most interesting introduction by William A. White, M. D. Sc. D.

Doubleday Doran

"The Outward Room"

IT is not given to many authors to so vividly reveal the inner workings of the human mind that the reader feels himself projected *into* that mind for the time being.

In the *Outward Room*, Millen Brand, who worked closely with trained analysts in mental hospitals, and pursued the hard road of deep research to find the veins of meaning which give his book social as well as literary importance, has produced, in addition, a thoroughly satisfying love story.

The book opens in a mental hospital where Harriet Demuth, an inmate, begins to feel the overwhelming impulse which drives her to a breath-taking escape. In mingling with the crowds of her new (Continued on page 57)

A Money-Making Opportunity for Men of Character

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

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

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

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

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

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

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

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

**Some of the Savings
You Can Show**

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

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

Going into this business is not like selling something offered in every grocery, drug or department store. For instance, when you take a \$7.50 order, \$5.83 can be your share. On \$1,500 worth of business, your share can be \$1,167.00. The very least you get as your part of every dollar's worth of business you do is 67 cents—on ten dollars' worth \$6.70, on a hundred dollars' worth \$67.00—in other words two thirds of every order you get is yours. Not only on the first order—but on repeat orders—and you have the opportunity of earning an even larger percentage.

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

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

EARNINGS

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

No Money Need Be Risked

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

F. E. ARMSTRONG, President
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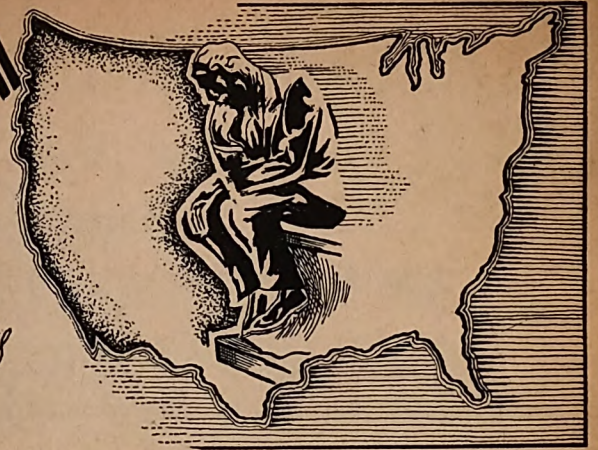
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Without obligation to me, send me full information on your proposition.

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"I THINK!"

Comments and Viewpoints



Wholesale Hysteria

ONE of the strangest instances of mass hysteria ever to come out of the Old World was recently reported from Lille, France.

Four hundred women were at work in a sugar refinery when one fell unconscious. Several of the others went to her assistance, but as soon as they reached her, they shrieked and fell into a faint. Still others approached and these, too, went into convulsions. Soon over two hundred girls were writhing, shrieking and fainting.

Physicians were called and all of the girls recovered completely with the exception of four who complained of severe pains. The doctors suspected gas emanations but a thorough examination revealed nothing of the sort. Men working in the factory were not affected.

Psychologists puzzled over the mysterious event and the girls went back to work.

Five days later there was a recurrence of the mass hysteria, affecting over thirty girls, and doctors investigated the possibility that it was caused by auto-suggestion.

It was decided to close the plant until a definite reason for the faintings could be established.

Electrocuted—But Lives

DID you ever wonder how it would feel to sit in the electric chair—ready to die?

Husky, red-cheeked, blue-eyed Frank Brown, a Bellevue X-ray technician can tell you! Quite by accident he took 74,000 volts—that's thirty-seven times as much voltage as the State ordinarily uses to kill a criminal at Sing Sing.

It begins with a tingling . . . the pricks of a thousand needles. Then—Bam! A shock . . . like you're being hammered on the head by a million sledges. A few seconds of that and it's all over. You're knocked out, unconscious. You don't know you're burning to death.

Brown said he felt sure that, after the horrible shock of the first few seconds, the man in the electric chair feels no pain.

"It must be the anticipation—the thinking about what you are going to feel in the days and hours before you go to the chair—that is the worst suffering.

"I know if they told me today I'd have to go through what I've already been through—I'd jump right up and run from here to—to Jericho!"

Less Brain—More Money

FROM failure to millionaire—that is the Horatio Alger-like story of a mediocre business man who was operated on for a brain tumor, after which he became, in a very short time, a wealthy executive.

The tale was related by Dr. Ward C. Halstead, neurologist of the Billings Hospital, University of Chicago, before the annual convention of the American Medical Association at Atlantic City.

Part of the patient's brain—about three-quarters of the left frontal lobe—was entirely removed. For a time the man lapsed into a state of insanity from which he soon recovered. The next thing the doctor heard about him was that he was managing a gold mine, a project that eventually failed through no fault of his.

The patient immediately managed to secure a position as salesman for a line of goods about which he knew nothing. However, in his first week on the job he sold a quarter of a million dollars worth of goods, the largest volume the concern had ever handled. His success continued and he was advanced until he is now in the millionaire class as an executive of the company.

Not only did a mediocre business man thus become a big success,—his wife reported that he was also much more pleasant as a husband after part of his brain was removed.

Do Your Feet Stutter?

IT is possible to talk without a speech fault and still be a stutter type. Dr. J. S. Greene, Director of the National (*Continued on page 50*)

Do You Make These Mistakes in English?

Sherwin Cody's remarkable invention has enabled more than 100,000 people to correct their mistakes in English. Only 15 minutes a day required to improve your speech and writing

MANY persons use such expressions as "Leave them lay there" and "Mary, was invited as well as myself." Still others say "Between you and I" instead of "between you and me." It is astonishing how often "who" is used for "whom" and how frequently we hear such glaring mispronunciations as "for MID able," "ave NOO," and "KEW pon." Few know whether to spell certain words with one or two "c's" or "m's" or "r's" or with "ie" or "ei," and when to use commas in order to make their meaning absolutely clear. Most persons use only common words—colorless, flat, ordinary. Their speech and their letters are lifeless, monotonous, humdrum.

Why Most People Make Mistakes

What is the reason so many of us are deficient in the use of English and find our careers stunted in consequence? Why is it some cannot spell correctly and others can not punctuate? Why do so many find themselves at a loss for words to express their meaning adequately? The reason for the deficiency is clear. Sherwin Cody discovered it in scientific tests, which he gave thousands of times. *Most persons do not write and speak good English simply because they never formed the habit of doing so.*

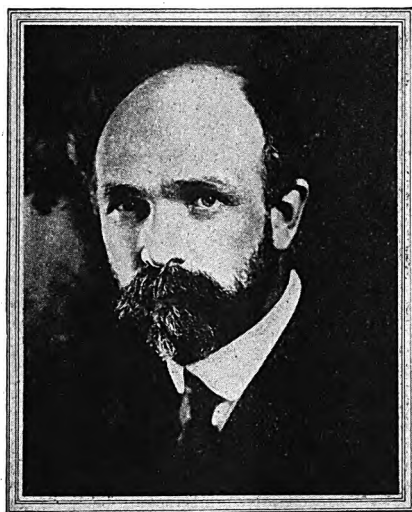
What Cody Did at Gary

The formation of any habit comes only from constant practice. Shakespeare, you may be sure, never studied rules. No one who writes and speaks correctly thinks of rules when he is doing so.

Here is our mother-tongue, a language that has built up our civilization, and without which we should all still be muttering savages! Yet our schools, by wrong methods, have made it a study to be avoided—the hardest of tasks instead of the most fascinating of games! For years it has been a crying disgrace.

In that point lies the real difference between Sherwin Cody and the schools! Here is an illustration: Some years ago Mr. Cody was invited by the author of the famous Gary System of Education to teach English to all upper-grade pupils in Gary, Indiana. By means of unique practice exercises Mr. Cody secured more improvement in these pupils in five weeks than previously had been obtained by similar pupils in two years under old methods. There was no guesswork about these results. They were proved by scientific comparisons. Amazing as this improvement was, more interesting still was the fact that the children were "wild" about the study. It was like playing a game!

The basic principle of Mr. Cody's new method is habit-forming. Any one can learn to write and speak correctly by constantly



SHERWIN CODY

using the correct forms. But how is one to know in each case what is correct? Mr. Cody solves this problem in a simple, unique, sensible way.

100% Self-Correcting Device

Suppose he himself were standing forever at your elbow. Every time you mispronounced or misspelled a word, every time you violated correct grammatical usage, every time you used the wrong word to express what you meant, suppose you could hear him whisper: "That's wrong, it should be thus and so." In a short time you would habitually use the correct form and the right words in speaking and writing.

If you continued to make the same mistakes over and over again, each time patiently he would tell you what was right. He would, as it were, be an ever-lasting mentor beside you—a mentor who would not laugh at you, but who would, on the contrary, support and help you. The 100% Self-Correcting Device does exactly this thing. It is Mr. Cody's silent voice behind you, ready to speak out whenever you commit an error. It finds your mistakes and concentrates on them. You do not need to learn anything you already know. There are no rules to memorize.

Only 15 Minutes a Day

Nor is there very much to learn. In Mr. Cody's years of experimenting he brought to light some highly astonishing facts about English.

For instance, statistics show that a list of sixty-nine words (with their repetitions) make up more than half of all our speech and letter writing.

Obviously, if one could learn to spell, use, and pronounce these words correctly, one would go far toward eliminating incorrect spelling and pronunciation.

Similarly, Mr. Cody proved that there were no more than one dozen fundamental principles of punctuation: If we mastered these principles there would be no bugbear of punctuation to handicap us in our writing.

Finally, he discovered that twenty-five typical errors in grammar constitute nine-tenths of our everyday mistakes. When one has learned to avoid these twenty-five pitfalls, how readily one can obtain that facility of speech which denotes the person of breeding and education!

When the study of English is made so simple it becomes clear that progress can be made in a very short time. *No more than fifteen minutes a day required.* Fifteen minutes, not of study, but of fascinating practice! Mr. Cody's students do their work in any spare moment they can snatch. They do it riding to work or at home. They take fifteen minutes from time usually spent in profitless reading or amusement. The results really are phenomenal.

FREE—Book on English

It is impossible, in this brief review, to give more than a suggestion of the range of subjects covered by Mr. Cody's new method and of what his practice exercises consist. But those who are interested can find a detailed description in a fascinating little book called "How You Can Master Good English in 15 Minutes a Day." This book is published by the Sherwin Cody School of English in Rochester. It can be had by any one, free, upon request. There is no obligation involved in writing for it. The book is more than a prospectus. Unquestionably it tells one of the most interesting stories about education in English that ever has been written.

If you are interested in learning more in detail of what Sherwin Cody can do for you, send for the book, "How You Can Master Good English in 15 Minutes a Day."

Merely mail the coupon, a letter or postal card for it now. SHERWIN CODY SCHOOL OF ENGLISH, 349 Searle Building, Rochester, N. Y.

SHERWIN CODY SCHOOL of ENGLISH
349 Searle Building, Rochester, N. Y.

Please send me, without any obligation on my part, your new free book "How You Can Master Good English in 15 Minutes a Day."

Name _____

Address _____

☐ If 18 years or under check here for Booklet A.

I Sought Without Ceasing That Vague Something—

MY heart was a leaden weight
And my soul burdened with many cares;
A craving was in me for something,
I knew not what, that would not be satisfied.
I could find pleasure in nothing;
Yet, on the surface, there seemed to be nothing lacking—
Neither food nor drink nor raiment.

Friends were manifold, my loved ones near me—
Still I sought without ceasing
That vague something that my soul demanded.
I worked, I played, I tried each new pleasure

That came my way, hoping each time to find
The thing of my soul's seeking;
But all in vain; for at the end of each new venture

There remained that unsatisfied longing,
That incomprehensible sense of futility.
Even God seemed far away and impenetrable.

ONE night, with this feeling upon me,
In just another weak, groping gesture,
I sought a little church where I had been told
A man with a great soul held people spellbound
In the sway of his eloquence.

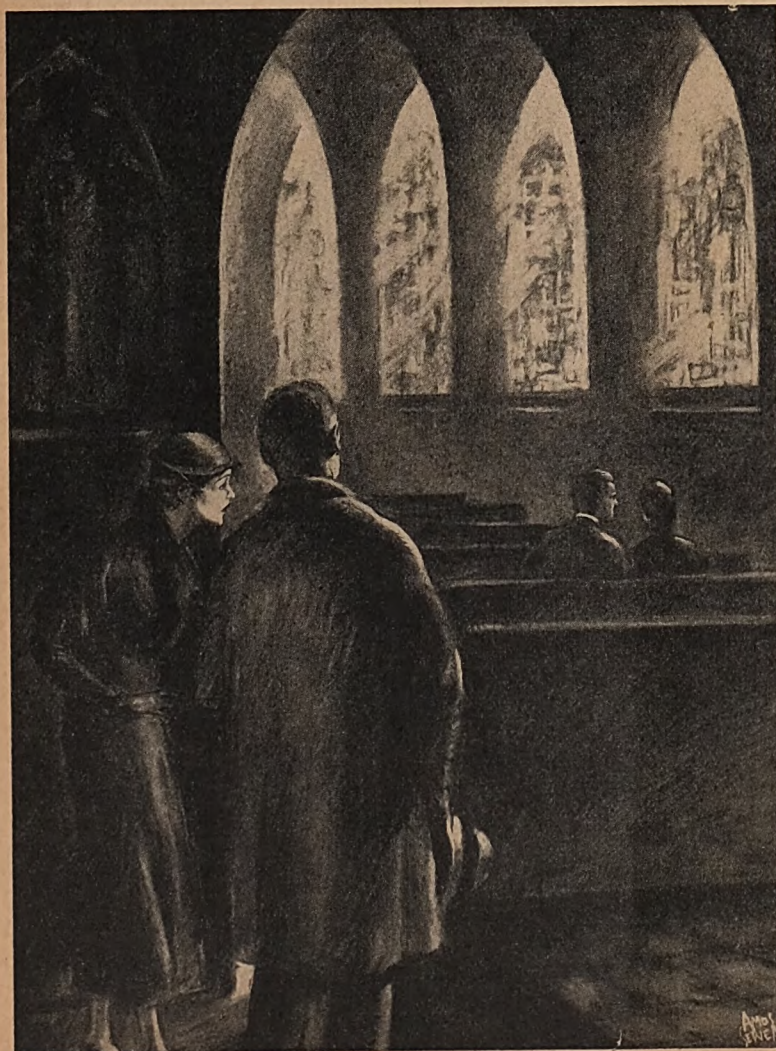
"The kingdom of heaven is like unto a merchant man,

Seeking goodly pearls: Who,

When he found one pearl of great price,

Went and sold all that he had, and bought it."

In a little church I sought . . .



Then I saw myself clearly at last;
I was a collector of small, cheap pearls;

Yet I had a talent, God-given,
Which was my pearl of great price.
I had cheapened it by all these lesser things,

'Til, on my long string of gaudy gems,
It looked no better than the rest—
Like a fair flower choked by many weeds

'Til it could scarcely be seen.

Joyful, I cast them all aside,

And clasped to my heart my pearl of great price.

My craving is satisfied, my seeking at an end.

I have but a single pearl,

Yet I have no other need or desire.

by

**EVA DUMBECK
GARNER**

What About Luck?

An Editorial

“**S**WEEPSTAKES winner—his ticket brought him \$20,000!”

Or maybe it's \$50,000—sometimes much more. Ever so often, the newspapers, the radio, the screen, bring news that someone guessed right—when he laid his money on a likely winner.

And the average citizen, bringing forth his daily stipend by the sweat of his brow or the strain of nerve and spirit sighs a bit, his faith in “luck” considerably bolstered perhaps, although he usually concedes little possibility of the magic essence appearing for *him*. “Just my luck” with a negative inflection is what very many persons claim constantly for themselves.

Indeed many persons lay the absence of practically everything they have wanted and haven't acquired on the doorstep of bad luck. Yet an important thing that psychology stresses is that this same “bad luck,” in the main, is but the externalization of our own negative emotions and thoughts.

The positive, alert, optimistic individual is necessarily constructive and will of course be “lucky.” He draws to himself, through the inexorable law of attraction, those circumstances and conditions from the objective world which correspond in kind to his own inner prevailing attitudes. Conviction that what he undertakes will turn out well grows through his experiences.

THE fellow who has “bad luck” in the main, may have started badly and *his* conviction, going in an opposite direction, has strengthened until it becomes a barrier every way he turns. And it's scarcely correct to say he takes the road of least resistance in his non-productive ambling for as much energy and power are consumed in making oneself a failure as in turning out a first-class success. This may sound a little far-fetched, but it's true.

In one sense, there is no such thing as a failure, anyway. The man we call the worst failure is extremely successful in arriving at *his* goal. For months, years perhaps, he has set a pattern for his subconscious mind. He has mentally reiterated reasons why he can't do certain things, or be certain other things. He has mentally refused a thousand openings or suggestions that would have led into the path men call success; clinging to, sweating, suffering for his narrow convictions, his limited beliefs about himself, he has steadily pursued his way in another direction.

The result—hard-earned, mind you—is what

the world calls failure and the fellow who arrives there, gasping, beaten with many stripes, almost invariably has a heavy word of condemnation for his “luck.” That he has had anything to do with it; that his own fears, inhibitions, statements—in short, his own mental *modus operandi*—has brought forth after its kind, how he would resent the idea!

But well-informed students of psychology know the facts. Regardless of how we got where we are, we can do much—in fact we can do *all* that our reach of understanding and courage will permit—to change and better conditions. Lowly birth? Poor environment? Little education? Poverty? Think of all the people that the world calls successful who overcame *those*; who put the negative memory of bad conditions (we know they did or they wouldn't have accomplished) so far back that they went on unimpeded.

You still can insist that “luck” favored them. They even might think so themselves. But it's the kind of “luck” that all of us can enjoy to whatever extent we know or learn the rules attracting it.

WELL then, if we're thoroughly weary of piling up negative conditions and are more than ready to leave our “bad luck” in the offing, what shall we do? First, get a good broad perspective. Don't magnify trifles. When things look pretty bad, detach the attention for a time. Say with Lincoln—and this is a *good* recipe—“This, too, will pass.” Or reflect, “This is not nearly as important as it seems.” And that's true. How many times, pain that seemed unendurable at the time, you had difficulty in recalling a few weeks later!

Set your goal—and be careful you hold to it. Don't get side-tracked and dwell on what you *don't* want. Keeping the goal in sight—if you're faithful about it—will automatically help you to build mentally toward it. If you're going some place, you naturally assemble or arrange for the things that properly go there with you—clothes, food, baggage, and so on. Be as wise about your life goal.

And believe in yourself. Believe that you have within your own powers of thinking that which will get you where you plan and hope to go. If you really see this, you won't be a slave to any past or to any phase of “bad luck.” As far as you're concerned there's only one kind of luck—and that's good!

Are You "Accident Prone"?

The Psychology of Accidents as Cited by an Industrial Health Research Bureau

by M. HARLOWE

MA RTIN JOHNSON, who survived the wildest creatures of Africa, cannibals, jungle fever, and all the dangers that many years in the tropics would naturally bring, came back to civilization—and died, by accident, only a few miles from one of our largest cities.

Indeed it often has been said that a busy street corner in a modern city is a far more dangerous place than a good spot in the land of the head hunters, and as the well-known lecturer and author, Manley P. Hall said: "Only a wise man can live well, an old philosopher assured. In this day, it might be more accurate to add that only a wise man can live long."

All of which is to say that everybody is awake to the large accident-mortality situation and many things are being done and said about it. One writer aroused considerable discussion by his insistence upon a national diet campaign—his idea being that stuffed stomachs causing lethargic thinking are responsible for more accidents than we think. "Toxic unawareness" he called it.

This writer, by the way, is much opposed to startling "sudden death" notices on highways. "It's no good cluttering a man's mind with images of horror," he says. "My own experience convinces me that death notices on automobile highways make the hands of the driver less steady." That statement, of course, goes back to the realization that fear in some form is the background and cause of an overwhelming number of accidents. The person who is afraid of *anything* is less sure and steady and the insecurity makes for confusion, false starts, poor synchronization in his movements.

AN interesting psychological point is brought out by the recognized fact that there are two kinds of people—those who are "accident-prone" and those who go from birth to a natural death with nothing more serious in the way of accidents than a black-and-blue spot from falling over the lawn mower, or a slight cut from such thing as paring an apple too vigorously.

The strange—and provable thing—about the "accident-prone" is that these folks, who make

up about one-fourth of the population, don't much more than get over telling about the thrills of one accident until they are hurled, or pulled, or throttled into another.

In other words, according to the Industrial Health Research Board of Great Britain which issued its annual report recently, this one-fourth "accident-prone" have fully three-fourths of the total number of accidents that occur, or at least are reported. Would we be regarded as hopelessly superstitious if we ventured: "Does this prove that our state of mind *attracts* accidents? Just as steel attracts lightning, does the *fear or expectancy* of accidents pull them our way?"

Anyway, the theory of pure mischance is exploded many times in many ways, for the report reveals further that, conversely, while one-fourth of the population is hurt over and over again, the remaining three-fourths is seldom ever hurt at all.

Likewise the theory of carelessness as a contributing cause has been disregarded. The Board hesitates to give a definite and arbitrary theory, but disregarding the factor of carelessness, they are now working in the research or study of the differences in quickness and accuracy of muscular reactions.

DUE to the various Workmen's Compensation Acts which have been enacted, employers have resorted to the self-protection of physical examinations of their employees. These have failed to eliminate accidents because *the proneness to accidents will be located in mental causes.*

Mental instability has been recognized as just ground for discriminating in criminal acts, and it will yet be considered so also in accidents. The United States Steel Corporation studied over 100,000 accidents, of which approximately forty-five per cent occurred in individual hand labor where no safety devices could be furnished.

The very young and the very old show an exaggerated tendency to frequent accidents. Men of the temperament of either of these ages show a proneness to accident; the excitability and hastiness of youth and the sluggishness and in-

Illustration
by
F. W. Swain

One-Fourth of the Population Has Three-Fourths of All Accidents—and they Have Them Over and Over

difference of age are alike conducive to accidents, as would be any over-active temperament on the one hand and any phlegmatic stupid one on the other.

* * * *

Aside from the beginner who shows a predisposition to accidents because of nervousness in strange surroundings, the observant person can easily recognize the psychological factors motivating those prone to accidents.

The emotional element is sometimes present in the unnaturally timid person who fears to ask for the proper instructions. *Others, directly opposite, court accidents through carelessness in a form of showing-off as compensation for some sense of failure or humiliation.*

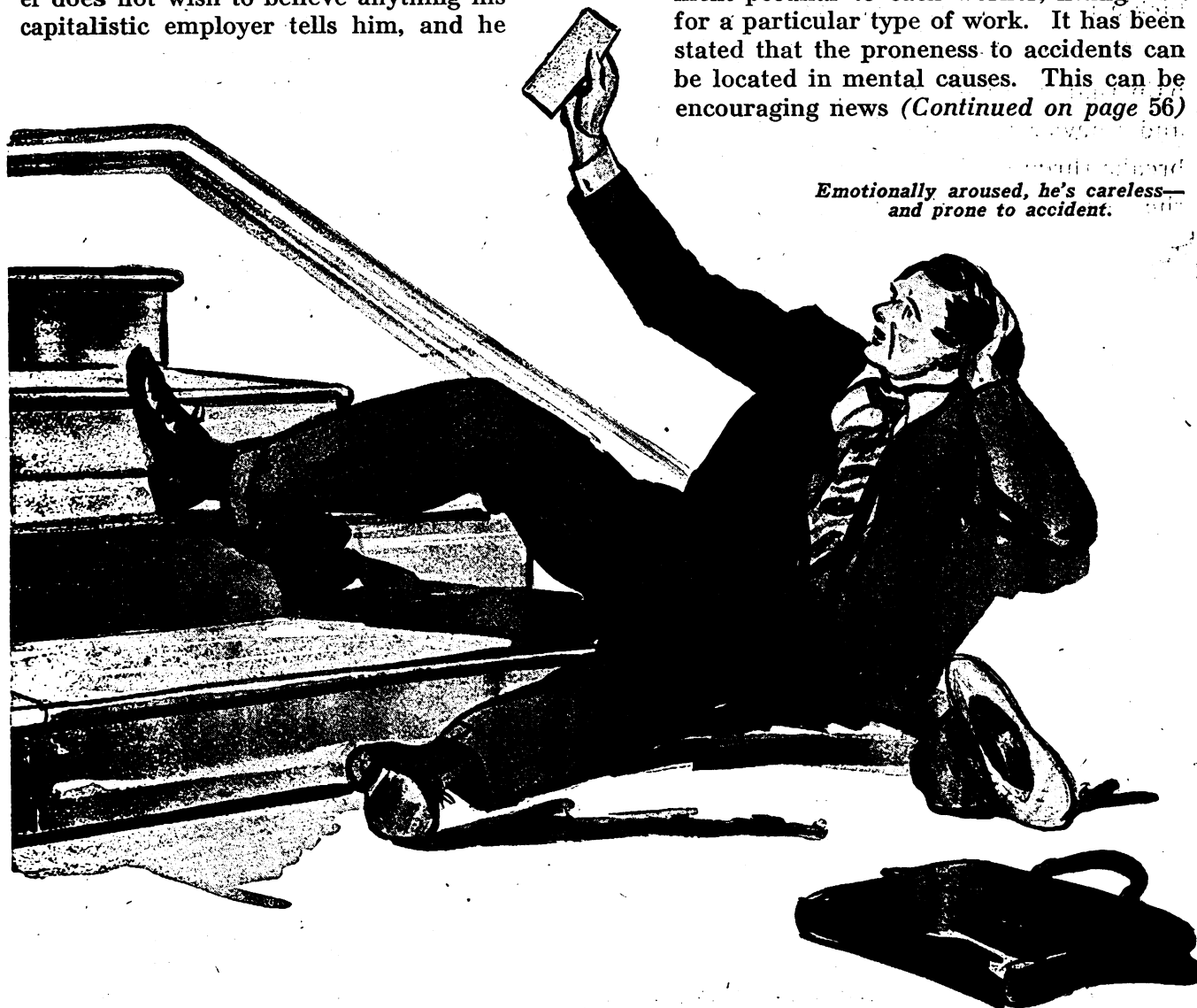
The average American is disposed to take chances and sheer devilment and braggadocio have caused many accidents. The radical thinker does not wish to believe anything his capitalistic employer tells him, and he

disregards ordinary safety appliances and cautions. The fatalistic type of mind, having perhaps seen or witnessed close calls which resulted in no damages, goes his blundering way to a major accident.

It has been demonstrated that fatigue plays very little part in accidents. With the exception of the last few minutes of a working day when the minds of the workers are centered upon the idea of going home, more accidents occur earlier in the day when there is the least fatigue. A girl will dance the cramps of fatigue from her legs, and college oarsmen, about to collapse from fatigue, will work harder at a higher rate of efficiency to reach their goal.

Psychology may also be of invaluable assistance in accident-prevention hygiene by revealing the personal rhythm or repetition of movement peculiar to each worker, fitting him for a particular type of work. It has been stated that the proneness to accidents can be located in mental causes. This can be encouraging news (*Continued on page 56*)

*Emotionally aroused, he's careless—
and prone to accident.*



Measure Up!

by EMIL GOCKER

“SAD is the day for any man,” says Phillips Brooks, “when he becomes absolutely satisfied with the life he is living, with the thoughts he is thinking, and the deeds that he is doing; when there ceases to be forever beating at the doors of his soul a desire to do something larger which he feels and knows he was meant and intended to do.”

Too many of us, alas! are content with things as they are. A rut, smooth-worn to fit the wheel of our days, is all we need for comfort and convenience, nor do we ask for more.

Comfort, did I say? Who in God’s creation cares for comfort when it stifles growth and hampers progress? It takes effort to tackle the unfamiliar task and effort spells pain.

The pain that prepares us for a larger and fuller life. The pain that gives birth to a broader understanding of our powers and a newer conception of what it means to grow. The pain that breaks through the crust of time-worn habits and reaches out for the experience that will bring forth new skill and strength.

“LEAVE well enough alone,” is the code of timid souls. But well enough is not quite good enough. And who will stop short of excellence; who will halt this side of perfection; who will run the race and falter at the goal?

“Not to wish to advance, is to fall back,” pointed out St. Bernard. Man is an aspiring creature and his deepest instinct is to reach for a richer fulfillment of his destiny. By enlarging the scope of his endeavors, he can scale the ramparts of his far-flung hopes and meet the measure of his growing personality.

A crippled tree, with a trunk that is twisted and gnarled, everlastingly undaunted sends its branches reaching up for the sunlight it needs. Only man, maimed by habit and stunted by limitation, is reluctant to reach out for the greater glory that awaits his mind and soul.

Measure up—and measure full! No man may know the keen zest of living in its richest sense until he has started to grow and growth will not begin until he has granted his talents a greater freedom of expression.

The Modern Philanderer

by

WILHELM
STEKEL

The Great
Viennese
Psychologist
Grows
Jocose in
Discussing
Modern
Problems
of Love
and
Marriage

Illustration

by

Leonard
Kissell



He is not happy. You see his wife does not understand him in the least. . . .

I WARN you ladies, the modern philanderer will get you if you don't watch out!

He knocks at the half-open portals of your heart begging for admittance; he is in a hurry, he has no time to wait. That magic word, patience, he knows not; he would conquer and would be taken only by storm.

I warn you! For his conquest would not—could not—bring you any happiness. I warn

you, that you may lock the gates of your heart against his importunities. Hold on to your senses. Keep under lock and key your deep yearning for freedom or release whenever this impetuous wooer is around. He is a dangerous philanderer-wooer; and when you think you have nailed him down, chained him, a helpless love-drunk slave to your charms, he suddenly awakens from his reverie; with a rough hand he

breaks asunder the slender garland of roses woven by your soft fingers.

"How does he look?" you ask. Very much like most men; only considerably more restless, active, enterprising. His eyes shine in a watery glimmer and they easily soften as if suffused with tears; they just as easily flare up with fiery passion under the stress of denials. His body twitches and vibrates as if it were laboring under a continuous smouldering tension. He is spiritual, he is well educated, he is modern, modern to his finger tips.

He is familiar with opera, has seen the latest plays, is acquainted with the best-sellers, knows the latest witticism. He dresses either with immaculate taste or with a studied neglect. And he is unhappy, oh! so very unhappy. . . .

He despises this evil, false world; and the rapture of true love is something he has never yet experienced. "Do persons really fall in love?" he asks. "Who could forget themselves and the world on account of a woman?" He too would like to taste the alleged blissful state of being in love. But well does he know—he will never love.

Then he finds you and you charm him; you inspire him at the first glance. You are the fortunate woman to make him fall in love. In you he finds all that for which he has searched heretofore in vain.

You have made a "deep" impression on him. At the very first glance he recognized that you were an unusual being far above the average. He would be happy to meet you again soon—in the very near future. Could he talk with you tomorrow? Is your heart still free? Do you also feel that deep longing after something superphysical, spiritual, something that lies in the mystical realm beyond the senses?

You are bewildered altogether by this sudden shower of emotions, feelings, hopes. You are confused. His tremulous voice, his yearning gaze, his devotion and self-denying humility have an irresistible effect on you. His excitation transfers itself to you in harmonic waves.

You promise to meet him tomorrow for another conversation. That look you give him at parting is meaningful. You are lost. Remember I warned you.

If you want to have a secure hold on this wing-free, fluttering he-butterfly you should deliberately cultivate an air of indifference, a cold aloofness, or make him rave about you by half yielding, half retreating and thereby so bewilder him that in the dread of losing you he will murmur, "You alone, of all women . . ." while he holds your hand.

But you are human and, like all human beings, credulous, optimistic, more eager to follow the dictates of your agitatedly beating heart than to listen to the voice of good common sense, and rather disrespectful of the inside testimony, once so clear and accurate.

HIGHER and higher does the attraction mount upon the balance. Unable to withstand the flood of his tenderness you plunge into the foaming waves. You show him plainly how much he means to you, you gaze yearningly after him when he is there no longer and in an unguarded moment you throw yourself into his open arms.

The first kiss! Your heart sang merrily. Venus, the sweet mistress, has at last taken abode in his desolate heart. With drums and fanfares, with cymbals and flutes, with song and rose fragrance. In love! He is in love at last. Such happiness, such bliss!

And well he knows how to overemphasize and overdraw word pictures of her advantages, her virtues and beauty until she looms a lofty and super-natural being. How wonderfully he paints the picture of his future at the side of his angel. The hours when he is away from her seem endlessly wearisome. The hours in her company pass so swiftly he wishes he could hold them back, or double and triple their duration.

She must devote to him every second of her time. Oh, he is as jealous as Othello. He reproaches her most bitterly whenever she exchanges a few harmless words with another man. She shall belong to him only. She must not so much as look at another.

He assumes prerogatives which do not belong to him. He doesn't move from her side. He brings her the books she should read. He points out the favorite costumes she must wear. What does he care if "folks" notice things and begin to talk? What does he care about the whole world and why should the world be concerned with his love, which is his own affair? Let them talk all they please. They'll soon know the truth anyway.

Thus it goes until the first decisive kiss. Indeed, until he is positive that the woman he woos loves him and is ready to be his.

Then the first drop of bitterness appears in the brimming cup. She will be his, forever his. This love shall lead to marriage.

This thought strikes him with the effect of an electric shock.

WHAT—marriage? Have matters gone as far as this? That is something one has to think over most carefully. Will they always be congenial? Will she—of course he is always thinking of her interests as foremost (*Continued on page 59*)

I Learned to Laugh!

You Can Cultivate a Sense of Humor

FIVE years ago I was a grouch. People who wanted to be kind about this ailment that caused me to view people's fun with scorn, said that what I needed was to cultivate a sense of humor.

I had physical ailments, troubles, worries, and almost unbelievable bad luck. The right street car had always just passed. Scissors, knives, even matches were enemies of mine, injuring me if I got even slightly near them. Girls ran from me as if I were a plague.

Then one day in a barber shop, I read a magazine article about psychology that stated very convincingly that there was some connection between *expecting* good luck and *getting* it; that good health came in answer to being welcome; that human beings could actually change themselves by changing their minds.

As the barber worked on me I turned it over and over in my mind. It seemed foolish. Certainly my liver didn't care what I thought about anything. The barber and the man in the next chair were laughing and talking in happy voices. My barber was silent whereas before I got in the chair, he was talking cheerfully. What did I do to people? Perhaps, the same thing people did to me—made me sick!

I began to listen to and think over things people laughed about in the office. They thought it was funny that our employer's wife showed up the day after he had come all spruced up in a light grey suit and red tie. They said, between loud guffaws, that she had looked around the office as if to discover a new secretary. I couldn't see anything funny in that. One of them told this joke:

A tourist returning from California through the Texas panhandle got into conversation with an old settler and his son at a filling station.

"Looks as though we might have rain," said the tourist.

"Well, I hope so," replied the native, "not so much for myself as for my boy here. *I've* seen it rain."

They laughed and I noticed the ones who

laughed the hardest were the ones I envied for their apparently easy success. So I decided if, as the article said, a person could change, I was going to learn to see a joke and overcome that embarrassment I would feel at laughing. I wasn't going to try to change, I was going to change. Grouches are noted for stubbornness, you know.

I sent for some back copies of *Psychology Magazine* (I had never paid any attention to the subject of psychology before) and studied them. I grew more and more interested. Then I wrote a plan out on paper. I would make my decision strong enough to *convince* my subconscious mind that I was going to cultivate a sense of humor. I now believed I could, you see, and that I could use it to regain health and establish a happy frame of mind.

I would force myself to laugh at jokes whether I saw the point or not and by using super-human power, I was going to learn to *tell* them.

I would never lose a chance to test every circumstance for



its laugh.

The first day I let out a rusty squeak at an office joke, I saw amazement on my co-worker's face. Then came the day that I told one. I had practiced it at home out loud a number of times so I would not be as surprised at my own voice as the listeners were.

I began bravely:

Did you hear about the employer who said to his workman:

"Well, Rastus, it was certainly too bad you had to bury your wife."

And Rastus said, "Yes, boss, but Ah didn't know what else Ah could do—she'd been daid two days."

THE bunch laughed. A snippy girl said, "Well Joe, your liver must be getting better." She couldn't know why that sounded like extravagant praise to me. I smiled at her and she almost had a stroke of apoplexy.

Encouraged by this (*Continued on page 58*)

by **JOE BRANNON**

Your Right Place . .

How the Psychological Service Center of New York City Directs and Helps the Individual to Find His Field—and Success

by MARTIN PANZER

"IM not satisfied with my present mode of life. I don't like my job. I don't like the people I meet. I'd like to make a change, but I don't know what to do."

A statement like that, says Henry C. Link, Ph. D., author of that outstanding best seller, "The Return to Religion," and Director of the Psychological Service Center in New York, is the result of a personality misdirected and forced into unsuitable channels.

"It is for the solutions of such personality problems that the Psychological Service Center exists," he declared. "We endeavor, by means of psychological tests, to discover the individual's natural aptitudes and to direct him into the field in which he is most likely to become a successful personality."

Among the Center's clients are parents of children who cannot decide what college to send them to or whether they ought to go to college at all; students who feel that they are not happy in the courses they are already taking; employees who find that they cannot take sufficient interest in their jobs to do their best work; and persons in all walks of life with personality adjustment problems.

"In our advice," said Dr. Link, "there is a minimum of analysis and talk and a maximum of testing. Psychology without tests is like medicine without instruments, that is, personal guesswork."

"Of course, we cannot always say with mathematical precision whether John Doe should be an automobile mechanic rather than a radio repair man, but as time goes on our experience leads us closer and closer to such precision."

"I have in mind the case of a man who came to us an unhappy, dissatisfied insurance salesman. After a series of tests which ranged all the way from his mechanical abilities and intellectual capacity to a measure of his personality and social adjustment, I came to the conclusion that he was in his proper general sphere of activity, which was salesmanship, but that he was not selling the commodity best

suited to his ability. There was some doubt in my mind as to whether he would do better as a salesman of automobiles or as a salesman of something even a bit more exacting technically, such as aircraft instruments. I had seen from the results of the tests that he was tremendously interested in things mechanical and delicately constructed.

"IN order to eliminate this doubt from my mind, I consulted with one of my colleagues, Dr. Richard S. Schultz. I showed him the results of the tests and asked him what he thought the young man ought to be doing. I did not, of course, tell him of my own conclusions.

"After a period of study, Dr. Schultz submitted a list of five suggestions, in the order of their desirability. I found it very interesting and heartening to see that the selling of automobiles, which was the first item on my own list, was the second item on his.

"The case is too recent for me to give details of the final outcome of the matter as far as the young man's success in the automobile field is concerned. I merely state it as an example of how carefully our tests must be conceived to have given us such near-agreement in our findings."

Not always does Dr. Link find his patients so easily adjusted. Sometimes it is necessary to uproot a personality completely from its surroundings and direct it into radically different channels. Occasionally it is necessary almost literally to move mountains to turn a failure into a success. Families may have to be disregarded—at least temporarily. Homes may have to be moved. But when the reward is a happy, contented, well-adjusted life, no sacrifice seems too great.

Nor does Dr. Link measure success in terms of material gain. "It is more important," he claims, "for a personality to live and work in a field which tends to develop it to its highest capacity for living a balanced, abundant life, than it is to have that personality warped and

Aptitude Tests Decide

suppressed and made unhappy for the sake of success that is measured only in terms of dollars and cents. A singing blacksmith is a greater success than a nervous, cantankerous millionaire manufacturer."

"Do your records show that your vocational guidance actually leads your patients into pursuits that correct their difficulties?" Dr. Link was asked.

"I can do no better," he replied, "than to cite an instance of apparent failure to accomplish that end."

"A YOUNG married woman came to me and told me that although she loved her husband, she did not think she could continue to go on living with him. He seemed to be unable to hold a job for more than a week or two at a time. He never had any trouble *getting* a job, for he was intelligent, personable and well-spoken. But as soon as he had spent a day or two at work, he would go into a slump that inevitably resulted in his being discharged.

"The uncertainty of their income and the unsteadiness of her husband was simply driving her to distraction, as she expressed it.

"I asked her why she did not bring her husband with her. She replied that she had asked him to come but that he had sneered at the thought that anyone could tell him how to hold a job. Well, somehow we managed to get him down to the Psychological Service Center, after weeks of urging.

"He submitted—submitted is the word—to our tests, but his entire attitude was antagonistic and uncooperative. It was plain to see that he considered the tests just so much poppycock. I must admit that several times I almost lost patience with him, but the thought of his wife's plight and his own unhappiness held me in check, and I gave him my most careful attention.

"I took the results of the tests and went into conference with Dr. Schultz and the other resident members of the staff, Drs. Rose G. Anderson, Paul S. Achilles, Albert D. Freiberg and George Bennett. We came to the unanimous decision that the young man was best suited to the selling of photographic supplies, although he had no technical knowledge of photography.

"I submitted our report to the young man. He simply laughed and walked out. He seemed utterly hopeless and the tests seemed wasted.

* * * *

"I heard nothing more about the young man for a year. Then, quite by accident, I learned

that four weeks after leaving my office, he happened to be passing by a school of photography. On the spur of the moment, impelled by the suggestion that had been planted in his mind a month before, he went in and registered for a course.

"Six weeks later he approached a manufacturer of photographic supplies and applied for a job. He explained that his personality was peculiarly adapted to the business of photographic supplies according to tests given to him at the Psychological Service Center. He confessed that he knew only what he had learned in the school during the preceding weeks but he promised to continue with his schooling evenings.

"He got the job. What is more, he held it during that first year and is still holding it. He is not making more than a fairly good living, but he is happy at his work; and his wife is happy in their more stable way of living.

"There was no magic involved—no hocus-pocus or longwinded (*Continued on page 60*)

Henry C. Link, Ph.D.



Wake Up Your Memory!

An Explanation of Some of the Antics of the Human Mind

“I HAVE such a poor memory!” Have you been saying that—and believing there was nothing to do about it?

Well there *is* something you can do, but first, let's marshall some facts about memory.

Memory means the retention of any experience that we have had, in such a way that it changes our behavior.

This form of memory is common to all animals that have a brain even down to the humble insect. To illustrate this, an experiment with spiders will prove interesting. If a tuning fork is sounded near a spider in his web he will instantly drop to the ground. If this is repeated at different times with the same spider he will remain undisturbed in his web. The higher animals retain their experiences much more easily. Give a monkey a puzzle box to open and he will figure it out once and then open it quickly as many times as you give it to him.

THIS type of memory often works when we are not conscious of its operation. To illustrate: A certain woman was subject to fits of hysteria. At these times she consistently refused to drink water out of a glass. A physician analyzed the mystery and found that years before she had been in such a fit and, on returning to consciousness, was shocked to find that she had been drinking from a glass from which the house dog had just taken a drink. The woman had forgotten the incident until it was recalled to her but her memory retained it in such a way as to influence her behavior.

In its narrow and more common meaning, memory means conscious recall. It is the ability to bring to mind what we have once known, and to bring it to mind *when* we want it. This is by far the most important phase of memory in our everyday life. There are all degrees of recall from a vague sense of familiarity to the definite recollection of every detail. How often have we gone to places that we thought were new to us and had the feeling of having been there before. Our memory often serves us better than our conscious mind. If we have this feeling, we probably have been there before and have forgotten it, but our memory has retained the impression.

If our memories are to serve us to best advantage, we must be able to recall facts or impressions at will. In doing this the original impression is most important. Observe the object to be remembered carefully, look at it in detail, then associate it with something else in your mind. This is important. For example: You go to a canyon and you see thousands of rocks, but one is such a peculiar shape and color that you give it special attention. You notice that it resembles an elephant. Years afterward you will remember the elephant rock in that canyon when all the others are long since forgotten.

The same principle can be applied to a fact that you wish to remember. A house number, 3612 for example, if thought of as three dozen, one dozen, will never be forgotten. A house number, 2226 sounds like the tooting of a locomotive. Toot-toot-toot and the six just naturally follows.

We all realize the importance of remembering names. How embarrassing it is to have to introduce someone of whose name you cannot think. The ability to remember names is an asset to anyone and especially to the business man. It is said that the Persian king, Cyrus, and the Roman emperor, Caesar, could call every man in their respective armies by name. Themistocles, the famous Greek, could address 21,000 Athenian citizens by name. Alice Freeman Palmer, a former president of Wellesley College, could call every girl in school by name one week after school began in the fall. You will never hear a successful business man or politician say, “Pardon me, but I can't recall your name.”

REMEMBERING names is a simple matter, but requires a little attention. When you meet a person get the name right then and there. If you did not understand it ask to have it repeated, but get it at any cost. Then observe the person closely and think the name at the same time. Associate the name and the face. If possible, find a distinguishing feature such as a crooked nose, a slanting eyebrow, or any characteristic such as a limp or a mannerism. Then weave the name, the face and the peculiarity into your thoughts. Review them again in a few minutes

by M. M. ROMER

if you have the opportunity and you will know that person by name if you meet him in China.

Illustrations could go on forever, but the point is: Observe carefully and then tie up the observation with some interesting association, and the fact, incident or image is yours as long as you live.

Faulty observation ruins memory. Everyone knows how difficult it is to get accurate testimony in cases at court. This is due chiefly to inaccurate observation. Especially is this true in cases of accident on the street. No two witnesses will tell the same story and yet all testify in good faith. Perhaps a witness confuses what he saw with what he read about the case in the paper. Or perhaps he did not see quite all of it and his imagination supplied the rest. If you want to remember an incident, observe carefully and then keep free from confusion. A clever lawyer can get almost any answer he wishes when he questions a witness simply by leading his imagination. Children tend to answer all

facts and leave the encyclopedia on the shelf where it can be referred to when needed.

Sometimes our memory tricks us and we say things we do not mean. We call this "making a slip;" but we usually say the thing that is most



"We remember the glamor and the romance."

Courtesy of Metro-Goldwyn-Mayer.

questions the way they think the questioner wants them answered and adults are not entirely free from this tendency.

It is often as important to forget as it is to remember. We should literally clean house in our minds and discard all useless memories. Attempt to remember only useful things; things that will help you in some definite way. Nothing is to be gained by carrying the whole encyclopedia around in your head. It is better to save the space and energy there for directly useful

in our mind. For instance: A poor woman was taking treatments from a physician. She was much worried about how she was going to pay for them. She said to the doctor, "Please do not give me big bills (meaning pills) because I cannot swallow them."

Another such slip occurred when a group of men were guests at the home of a rather stingy friend. It was mealtime and the men were very hungry. The conversation turned on an absent friend—let's call him Jones. One of the men remarked, "You may (Continued on page 55)

“I Won’t Be Criticized!”

It’s Not What is Said But How You Take it That Counts

DO you say this? Well maybe not in so many words, but does everything about you, from the tenseness of your figure to your close-set lips and the (perhaps) veiled resentment in your eyes or voice proclaim it—upon occasion?

If you don’t *show* that you resent criticism, you’re different from many common-garden run of human beings, but if you don’t *feel* it when somebody tells you not too tactfully that you’ve rotten taste in ties or that you’re a golf player who will *never* learn—then you’re an exception and you might pass over this article and spend the next few minutes wondering how you ever got to your superior position.

For widespread in the extreme is the inability to take criticism. The one who can take it and profit by it is the person who best understands his psychology. He it is who knows that if we can learn to react normally and wholesomely to criticism, we are well on the way to entering a new epoch in satisfactory living.

Unintentional Offense

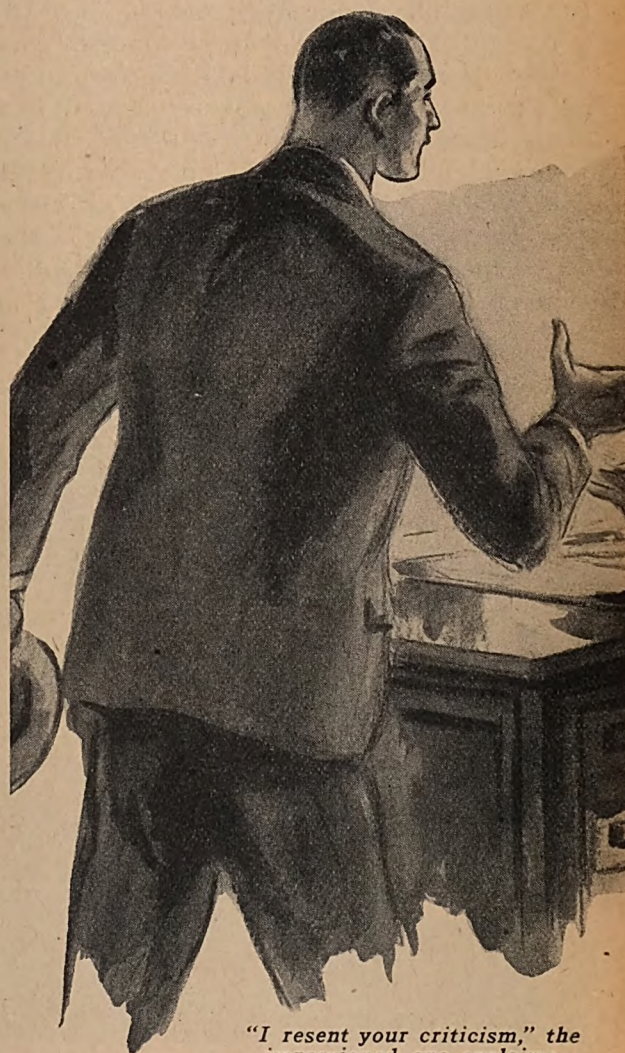
Of course to pass judgment is the most natural thing in the world. Whether the judgment is good or bad is not to the point here. The fact is that we all have opinions; we all express them. And if we are wounded by what others say of us, we must know that others are wounded by what we say of them.

Much apparent criticism is unintentional. We do not intend to be carping or mean; we are simply expressing ourselves. The whole trouble lies in *the way it is received*. “I resent your criticism,” exclaims the sensitive one. “I meant it as friendly advice,” his friend may exclaim, but the former’s ego will not let him accept *that*.

The natural tendency is to resent any and all criticism. This is a defense reaction. Automatically we defend the ego. It is as involuntary

and natural as breathing. But the defense may take the form of an over-sensitiveness and become a mark of weakness; since, in this case, the defense of the ego is in excess of justice to ourselves. It becomes soul-blindness to real self-interest, for excessive egotism is near-sighted.

The worst of all consequences of the critical remark is found in what follows the words of our friends. A stranger’s praise may be a contribution to his own egotism, calculated to inspire admiration or good will of another toward himself. That we take like a sweet morsel. But



“I resent your criticism,” the impassioned one exclaims.

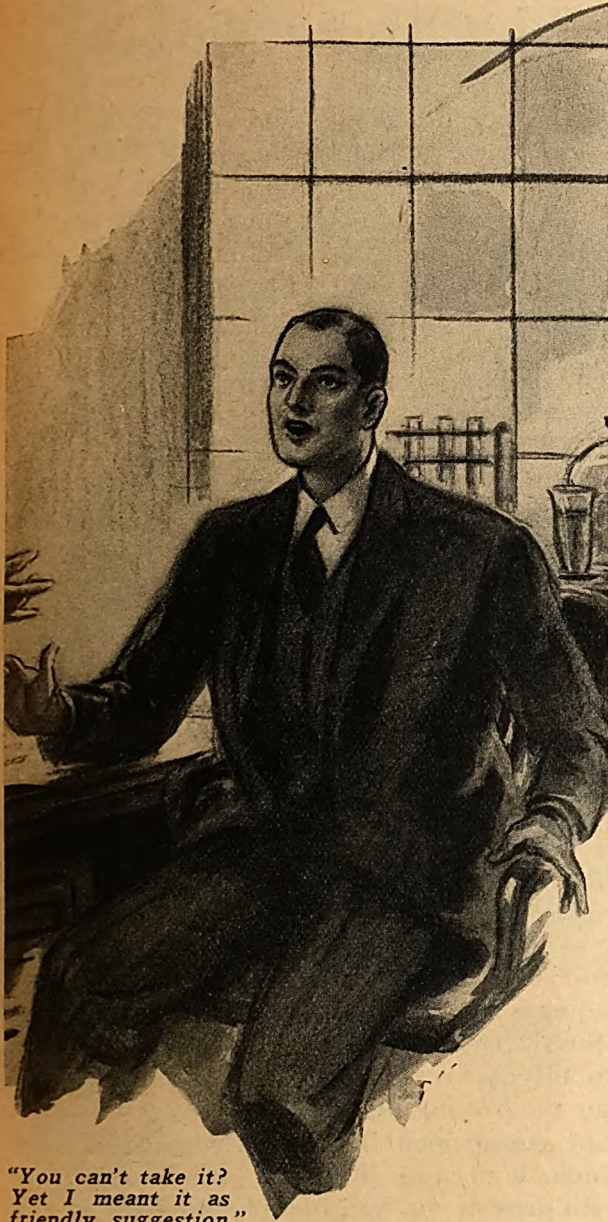
the words of a friend, fairer and truer though they may be, are habitually resented if they appear in anywise to reflect on the ego. And it is this kind of remark that makes the most of the trouble.

It seems to us unjust, unfair, that one who is near should be so unappreciative; should not understand us better; should so reflect on our own consciousness of being in the right. Hence the sting, the sense of injustice, the resentment, the morbid reaction.

by F. M. ARNOLD

Worthy of Consideration

In the first place, a criticism from a friend ought always to command respect. The presumption is in his favor. What he says is worthy of candid consideration, and, whether or not he



*"You can't take it?
Yet I meant it as
friendly suggestion."*

is right, he cannot be dismissed without regard. "Faithful are the wounds of a friend."

The remark may be careless, indefinite, and if it should cause an unpleasant reaction the fault is our own. We can control our own reactions and if we react without sufficient stimulus, we are more blame-worthy than the person who has offended us. Let us know that many of us have an inherent tendency to pose before ourselves as martyrs; that is, we vaguely seek to justify weakness by assuming that the odds are against us.

This accounts for those cases of self-pity that are so deplorable, cases where people feel sorry

If we can't take criticism, we brand ourselves as small-minded, says the author. . . . Big people, strong people, welcome and weigh constructive criticism. . . .

for themselves because of poor health, surroundings or circumstances, excuse themselves on the ground that they would be different if it were not for the things that are against them. All of which is an exhibition of lack of self-assertion and courage.

Self-pity is always a weakness and yet it is a great temptation to assume the martyr attitude, and pose for our own benefit and for the sake of appearance. This becomes a habit, and we fly to our own haven as a sort of defense, rather enjoying the conviction that we have again been attacked unjustly and are suffering. "But, thank God, I can stand it," we say. "I was born to be abused; I don't know why." All of which is overworking the defense reaction and adding weakness to weakness.

Of What Use is Friendship?

It is possible to take the criticism of a friend and make it a real contribution to the egotistic sense. The involuntary criticism is often an involuntary tribute. The words may have slipped out, but the very automatism with which they come is indicative of nearness and mutual interest.

If friends cannot be frank with friends, of what use is friendship? Must we handle one another like eggs, afraid to speak for fear of giving offense? It is impossible to have real intellectual intercourse under such conditions, and many a friendship is broken off when one discovers that he is always uncomfortable in the presence of the other, and knows that any little remark may be misconstrued.

The very attitude of openness is a mark of true oneness of spirit, one of the traits of genuine friendship. In such a case the fact of unanimity ought to be a tribute to the ego. "He likes me well enough to tie to me, and disagree with me, and be unguarded with me, and speak as if he were talking with himself."

Taken in that sense the criticism, or rather the attitude that prompts it, ought to flatter the ego, and it would be a great deal better to take it in that way than to sense an intended affront, and then suffer the pangs of our own unbalanced over-sensitiveness.

It would be far healthier for the mental welfare to think of much that is said of us as complimentary. Remember (*Continued on page 56*)

Why Get A Divorce?

If Marriage is Spoiling Your Life Apply Psychology—and See What Happens

JACK'S face had a queer, blighted look when he brought Helen to see me and besought my friendship for her.

Helen has valiant qualities, and if she did not care it would be easier, but she does care, in her utterly unilluminated way; and her way is to clutch, and hold and stifle!

Consciously or unconsciously the fear is always with her that if Jack gets far beyond the level at which he married her she will lose him, so she had locked him in with the bars of rigid domesticity, binding him with the provincial interests of a narrow suburban life which wholly contents her, and she stands ready to slay any of his dreams that shows its head.

His life's training is all lost. In untamed places grappling with big problems he would count for something in the world and to himself and he would so gladly bring back the spoils to her, but Helen cannot see beyond the immediate horizon and she is fearful with the fear of the unimaginative.

Jack's wings are clipped by her fears and he sticks to a petty office job in which he marks time because he finds no incentive there.

Considered Well Mated

Among the neighbors in Glenville, Jack and Helen are among the contented, well-mated couples. They pay their taxes, with a little scrimping, they attend the community council faithfully, play a good game of bridge and never bicker openly. In gratitude to Helen for her faithful service Jack gives her all—except his dreams and his soul. He adores his daughter and reads into her high hopes but except for an occasional flare of light in the girl she is Helen's child, stamped indelibly with the color of the attraction that drew them together.

No court in the land could find just cause to say that Jack and Helen should be separated. The injustice is not on the surface, it is within, cruel, relentless—the more so that it is in no way deliberate. That straining desire of Jack's to explore and adventure—God-given, being unsatisfied makes of him a misfit, a malcontent, and always will until it finds an outlet. Honor and obligation weigh more heavily in the scales with him and will to the end but sometimes I

wonder what must be the fight within him when he sees a boat pull out to far ports, when old dreams stir in the night, as old dreams will.

If one listens to many of the critics of modern marriage one would believe that marriage has always been and should be a static affair, to be regulated and fixed once and for all instead of a Jack-in-the-box always popping up with some new phase and condition. Human beings are given to evolving and carrying their institutions along with them.

Marriage is the tortoise that follows a good many paces behind the hare of social progress. In no institution are we so fearful of change—wisely so no doubt—but change there always has been and change there always will be, for marriage is experimental at best. One hears now and then of amazing modern marriages where the husband and wife each maintains his or her own menage for all or part of the time.

Vacation from Domestic Life

Recently much was written of a married couple who are taking a year's vacation from domestic life. The world sputters with horror over these innovations, shocked that two people should trust each other to live apart, but if one is to judge from observation and the confidence of one's friends there is wisdom to be culled from the experiments, if they do not proceed under the beating light of publicity.

The arrangement has its advantages in the freedom it permits for work—where there are no children to be considered and each has a career that needs freedom from intrusion—in the pique of curiosity each has in the other because of the periods of separation, but most of all in the faith it presupposes each in the other to demand no daily, hourly accounting.

It relieves the pressure at that point at which I have seen more unhappiness, relentlessness, more divorce than on any other in the marriages within my horizon; the forced bondage of one upon another. Bondage either breaks the spirit—or breeds rebellion—the more highly individualized the person, the more difficult it is to sustain.

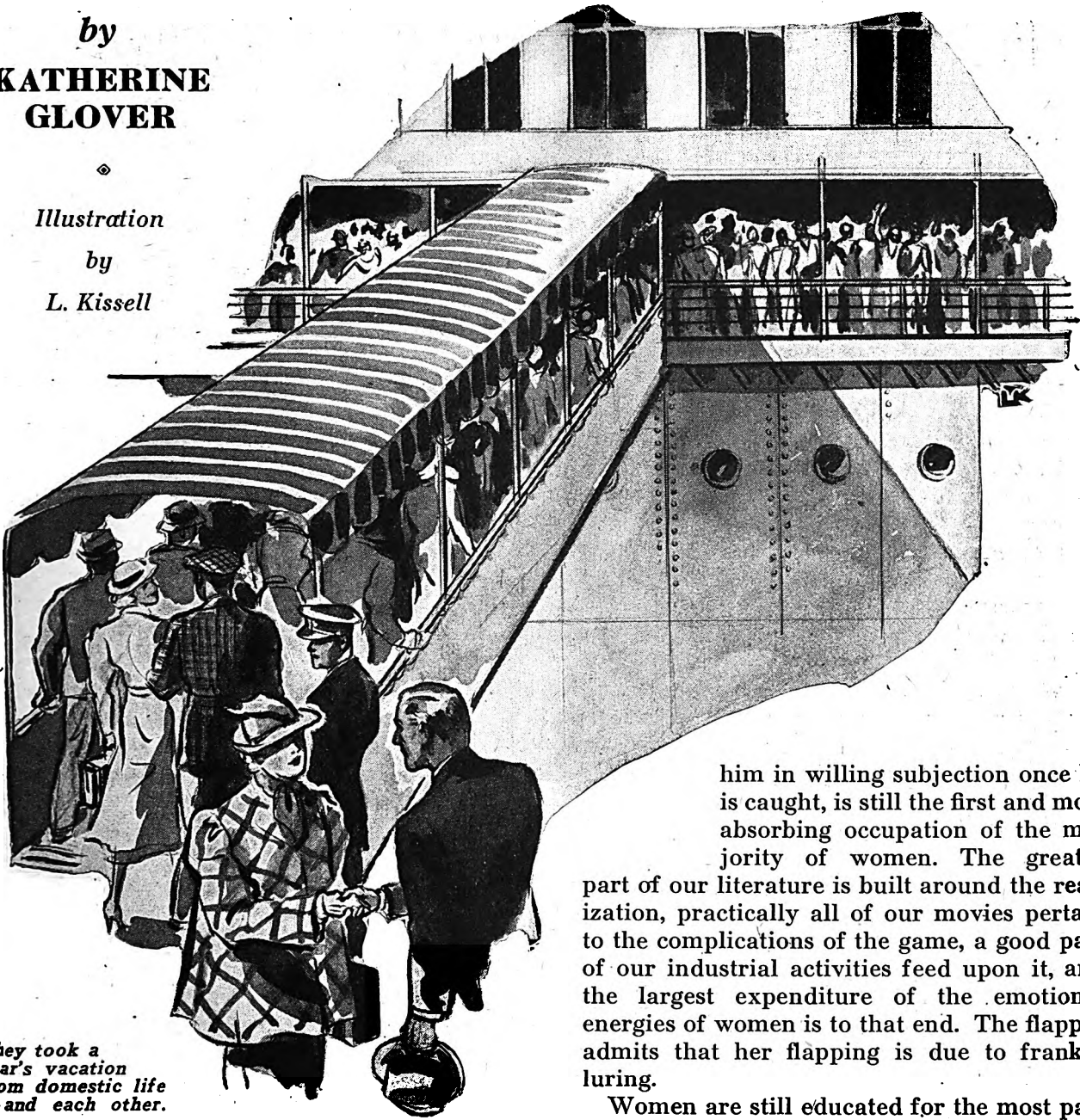
We have evolved out of the tribe method of living, out of the herding of large family groups

by
**KATHERINE
GLOVER**

Illustration

by

L. Kissell



*They took a
year's vacation
from domestic life
—and each other.*

under one patriarchal roof towards the small individual family in which each member demands more privacy and independence. Interests and work have radiated out from the home into the world.

Progress and Freedom

All progress tends towards an increasing degree of individual life and freedom but not all men and women can match up to the new latitude. Women demand fidelity of the men they marry without providing the conditions in which fidelity flourishes. The longer the rope of trust a woman gives a man the surer she holds him; the shorter the tether of restraint the more likely he is to bolt.

In spite of our boast of modern thinking the lure of the husband and the game of holding

him in willing subjection once he is caught, is still the first and most absorbing occupation of the majority of women. The greater part of our literature is built around the realization, practically all of our movies pertain to the complications of the game, a good part of our industrial activities feed upon it, and the largest expenditure of the emotional energies of women is to that end. The flapper admits that her flapping is due to franker luring.

Women are still educated for the most part in the "married and lived happily ever after" illusion and await the instruction of experience to learn that marriage is not an end in itself but a means to an end; not even a story in itself but a chapter in a story. They have tacitly accepted the belief that the largest part of the job is finished when the Mendelssohn march plays their retreating forms down the aisle. When they find out that marriage is a job, subtle, involved, demanding the utmost in service, without too many off days and holidays and with responsibility pretty heavily weighted on the woman's side of the balance sheet, they sometimes feel they've been sold.

New Vision of Marriage

Love is a late-blooming flower of civilization. The roots of marriage lay in the primal racial urge but slowly it has (Continued on page 64)

In The Psychologist's Office

A New Approach to the Mentally Distressed

by EDWARD SPENCER COWLES, M. D.



AS the director of the largest specialty clinic in the world, where more than three thousand patients are enrolled for treatment per day, and dealing with men and women from all classes and grades of life, and from the high intellectuals to those of limited mentality, and from those who are suffering from a genuine psychosis to those who are suffering from so slight a thing as the fear of blushing, I am glad to speak to the public through this popular magazine, *PSYCHOLOGY*.

I am persuaded to do this because the suffering from the disease called the fear neurosis is so wide-spread and so little understood, and because no scientific method has heretofore been advanced whereby the patient's illness may be corrected except perhaps by a long course of talk and leaving it to the patient "to do it himself."

The patient coming into my office with fear neurosis, and found to have an idea fixed in his mind that is troubling him, is not told to go out and forget it, but is advised to allow the psychiatrist to remove it.

There is a definite method by the use of medication and suggestion combined, by which this idea can be removed, and the nervous system stabilized, in the most profound case, as a rule within the period of two months. In the lighter cases the patients recover within a week.

Let me illustrate what I mean right here by presenting a case:

A man, aged forty-five, came to see me. This patient was in a swimming contest years before, and when he was about two-thirds of the way, he suddenly had a strange feeling in his leg, and a numbness in half of his body. The boatswain watching the race saw that he was in trouble and rescued him.

In less than an hour after he had reached the shore he felt perfectly well again, but that night this strange feeling in his leg and over one-half of his body recurred, with redoubled force.

After that his heart began to beat violently and he found himself in such a state that a

physician was called. Each evening thereafter this condition recurred. Then he developed a feeling that he was choking to death, later on developing nausea.

He was taken from one doctor to another, and when I saw him he had seen innumerable physicians, psychologists and others.

IN the course of his various treatments, instead of getting better, he gradually grew worse. The symptoms, at first entirely physical, now grew to be both physical and mental. Lightning-like shocks would pass through his body, and when he attempted to walk and to cross the street, these shocks would practically paralyze him. He became terrified of crossing the street.

Then he grew afraid to go down to his meals, to meet his friends; even the door bell's ringing would cause these violent sensations to sweep over him, and he would run and hide.

This man, when he entered my office, looked like a hunted animal with his eyes protruding from their sockets.

The patient was carefully examined. He had no heart trouble, no lung trouble, no stomach disease; his reflexes were normal. Being physically normal, simple mental history was taken to show the development of his fear neurosis.

When he had started out to swim in that contest, he became fatigued, and in his fatigue, became afraid of his feelings. To him these were mysterious feelings. He could not understand them and the shock of the experience made him secretly fear that he would be paralyzed.

This idea was so impacted in his mind that it brought about a change in the disposition of the nerve cells, and opened wide the door for the recurrences of these violent and terrifying impulses that swept over him, giving him the symptoms that I have described.

He became afraid of the sensations and associated those sensations with the fear of paralysis and of heart disease. As a matter of fact, he was afraid of his feelings based upon the psychological law of (Continued on page 63)

Dr. Edward Spencer Cowles, Director of the Park Avenue Hospital and staff physician to the Bloodgood Foundation at Johns Hopkins, is the head of the famous Body and Mind Foundation in New York City, of which the readers were told last month.

Tricks of the Mind

by JOSEPH JASTROW, Ph.D., LL.D.*

Exaggeration

IT'S a great world when you feel great; and you show that you feel so by enlarging upon your good points. You see the world through the magnifying glass of your own feelings. In short, you exaggerate.

When you are depressed and things have gone wrong, you feel "small." You see the world through the other end of your mental opera-glass.

The psychology of exaggeration is interesting. All children, when they get enthusiastic, exaggerate. Everything gets bigger and better than it is. Fairy tales that appeal to children pile up the riches of golden palaces and caves studded with jewels. The giants are huge and the woods vast and the adventures grand.

But it is mainly in deeds that exaggeration is displayed by the adult mind. When the fisherman adds a few pounds to the size of the fish he has caught, he feels bigger for having caught such a big fish. And when children or their elders add to the truth, they usually tell a big whopper because they feel the exaltation of it.

Everyone wants to think as well of himself as he can—even if he resorts to exaggeration for the purpose. But he generally keeps within the bounds of what he hopes will be believed. Children are more reckless because they half believe what they tell. Every conceited person has an exaggerated view of his own importance. The psychologist says he has an enlarged ego; the man on the street calls it a "swelled head."

* * * *

Within limits, exaggeration does no serious harm. It adds to the interest of life and makes a good story. Read your newspaper, from accounts of fires and floods and riots to circus announcements and bargain sales, and it is all one great stream of exaggeration. The wonder is not in what is described, but that anybody believes it. The ordinary gets dull, and so everything has to be pepped up to exaggerated headlines.

On the whole it is best to keep sober and respect the truth. The world is interesting enough without exaggeration, and if you exaggerate too constantly you lose the sense of proportion. Perhaps Mark Twain's advice was pretty sound: "When in doubt, tell the truth."

*Author, "Keeping Mentally Fit", etc.

Are You More Curious Than Afraid?

Darwin, curious to know what would happen, put some harmless garden snakes in a paper bag, and threw it into the corner of the monkey cage at the zoo. Instantly, one after another, the monkeys ran to the bag, peeped in, and scampered off frightened to the other end of the cage; then came back and frightened themselves again. Their curiosity was stronger than their fear.

Human beings have the same kind of psychology, only a little more complex. Some of us have more fear than curiosity, and others more curiosity than fear. Also, we are curious about and afraid of different things.



He caught a big fish—he feels bigger himself.

Curiosity pulls you toward, fear away, from things; that is how nature builds us. The earlier kinds of acting from fear and acting from curiosity have a strong dose of instinct in them. Fear behavior is shrinking or crying, hiding or running—avoiding. Curiosity makes you take notice, draws you on, leads you to inspect, perhaps to handle or fondle.

There is a good reason why nature has built us that way. The novel should attract; following your curiosity leads to knowledge. There is just as good reason why you should approach the strange with caution, why it should repel or frighten; for it may be dangerous. The familiar is safe. But it's an uncertain line that divides the novel from the strange.

The infant at ease with the mother or nurse, cries when a stranger takes it up. Yet some children are attracted to strangers. The older child goes with unerring "instinct" to anything in a room that wasn't there before. The novel attracts because the familiar loses interest, both play interest and fear interest. The newest toy is played with.

Getting used to things lowers the excitement value in all fields. If you have never flown in an airplane, you are curious to know how it feels and yet you are scared also. To Lindbergh it is as commonplace as for you to ride

in a train. Ask yourself whether your curiosity would take you up in an airplane, or your fear keep you down?

The same difference in the ups and downs of human traits leads the curious to sample new food in foreign restaurants; and makes others, when they travel abroad, complain that they cannot eat such strange things. Pioneers had more curiosity than fear; the stay-at-homes may have been built the other way. But you are always a bit of both; you are attached to home and also welcome a chance to get away for a change.

When Our Actions Give Us Away!

Here is an observation made by a friendly but shrewd physician of the mind. There is a woman in the case. She is saying emphatically how much she and her husband are devoted to one another, as outwardly they appeared to be. Yet, as she told her tale, her counselor noted four things:

Item one: The lady forgot to meet her husband when he was returning from a week's absence. *Item two:* She dreamed that some harm had come to him. *Item three:* She had a little habit of slipping her wedding-ring on and off her finger. *Item four:* Like Shakespeare's queenly comment, "the lady doth protest too much."

When your deeds speak you don't need words. The first item indicates indifference; the second may be interpreted as a wish that is father to the thought; the third is a symbolic action showing that she would like to be free; the fourth, like the whistling to keep up courage that shows fear, is an attempt to drown by words unwelcome feelings. She was, in fact, in love with another man.

This kind of analysis or character-reading is associated with the name of Freud, who believes that we are constantly betraying our real emotions by such escaping fragments of behavior. The feeling goes on below the surface of our conscious thinking; we try to keep it down as an unpleasant state of mind, as something to be repressed. It breaks through when we are off guard.

The forgetting to go to the station has a pinch of motive in it; she really didn't want to go, not very eagerly. In dreams, Freud holds, suppressed wishes come forward and shape the scenes. These may appear in symbols; that little trick of playing with the wedding-ring is not quite innocent. Protest, if too strong, is suspicious, just as too much excusing is really accusing yourself.

All this is a subconscious or unintentional way of giving ourselves away, letting an imprisoned cat out of the bag of our thoughts. When it is a little nearer the surface (*Continued on page 65*)

Stepping Along to Success

THERE are no failures great enough to crush you, if you discover your inherent power, and direct it through right channels.

This was true in the life of Abraham Lincoln:

"When Abraham Lincoln was a young man he ran for the Legislature in Illinois, and was badly swamped. He next entered business, failed, and spent seventeen years of his life paying up the debts of a worthless partner.

"He fell in love with a beautiful young woman to whom he became engaged—then, she died.

"ENTERING politics he ran for Congress, and was badly defeated. He then tried to get an appointment to the United States Land Office but failed.

"He became candidate for the United States Senate and was badly defeated.

"In 1856 he became candidate for the Vice-Presidency and was defeated, and in 1858 he was defeated by Douglas.

"But, in the face of all this defeat and apparent failure, he eventually achieved the highest success attainable in life, and undying fame to the end of time."

Learn to direct your power, and believe in your ability to accomplish. Thereby you open the channels for your dormant and latent talents and for realization of highest achievement in life—health and peace of mind.

Student "Howlers"

There's a Psychological Reason Back of Mistaken Words or Action

A NOVEL collection of mistakes perpetrated by students during college examinations and intelligence tests was made by Professor Wayland F. Vaughan, Ph. D.

As head of the Psychology department of the College of Liberal Arts in Boston, the professor had access to intelligence tests and results of examinations in colleges and universities from all parts of the world.

He sought, from the mass of conglomerated misinformation, to establish the psychological reasons why such ridiculous answers should be given to questions that have been considered more or less general.

Delving deep into the reasons for this lack of knowledge Dr. Vaughan has evolved several interesting theories which may mean that a new system of education will be given to the world through a scientific method of profiting by the mistakes of others.

Columbus and "Spinach"

Many sensational "facts" are gleaned from these "student howlers" which Dr. Vaughan is preserving for future serious study. "America was discovered by a Spinach." "The three most important planets are Satan, Venice and Juniper." "Jefferson Davis was one of the signers of the Constitution and a support of the Union." "James M. Barrie is a well-known child movie-actor with plenty of freckles." "Marriage is a sacrament where a priest unites a man and woman in fatal union." "The duties of the Minister of War is to preach to the soldiers."

Every one of the fifty-seven varieties of mistakes with a few odd thousands thrown in for good measure, saved from the scholastic wastebasket, are interred with fitting ceremony in this unusual file until resurrected for possible analytical dissection. A "coroner" may be "one end of a room," a "man who interviews dead men after a murder" and pronounces "dead men dead," or a "man who prepares a body for the undertaker." The phrase "Summum bonum" was interpreted to read "some bum, some good." "Guilds were the ancestors of trade unions,

but now only old women go there to sew." "The sugar act was very distasteful" while "Lord Baltimore helped Ben Franklin in the Louisiana Purchase."

"Such mistakes formerly found a final resting place in the college incinerator," says Dr. Vaughan. "Now they provide a valuable insight into the mysterious workings of the human mind. I have found that these 'boners' and 'howlers' made by students have important psychological values. Through the study of these mistakes it begins to look as though many mental reactions, hitherto not understood, will reveal facts of inestimable worth to education as a whole.

Association Does It

"The mind works by means of association in terms of the nervous system. What we know as 'meaning' is, after all, a development of the association tracts or fibres in the human brain, commonly known as intelligence. There are three laws of association from the psychological standpoint:

1. Simulance.
2. Contrast.
3. Contiguity.

A complete comprehension and application of all these three laws mean the acquirement of well-founded knowledge and the ability to avoid mistakes. When these laws are mastered and their application generally understood there will be a decided advance in mass education, for men and women will think constructively and as a result become better informed.

"I lay no claim to any new or startling discovery. I am merely making a modern application of the theory advanced by Freud who was the first to discover that every mistake had a significant meaning with a definite, logical reason existing behind every erroneous word or action."



Underlying Cause of Mistakes

Freud, Dr. Vaughan reminds us, believes that suppressed sexual desires are the underlying causes of most mistakes. However, Dr.

Vaughan, a former Yale hockey star, with all the athlete's dislike for the morbid, is conducting his experiments along lines best designed to meet the needs of everyday living, and he believes the answer to his problems will be found in the thousand and one "howlers" collected from students all over the country. Yet his investigations include many more mistakes than those found upon examination papers. He scans the newspapers for current happenings which may be considered and analyzed from similar viewpoints. One of his most popular examples cited in the class-room is the news clipping of the father, who seeing his son in a tree, mistook him for a bear and shot him.

"Individual mistakes do not interest me personally," he continues, "except in endeavoring to learn why the mistake was made. It has been my experience that almost all mistakes are the results of faulty association of ideas. Recently I added a paper to my howler file from a student enrolled in a very well-known Ohio university.

"In reply to a leading question asked the class concerning Frances Willard, probably one of the greatest reformers and educators of her age, a certain student said that this 'man' was a well-known colored prize-fighter. Here again the mistake was occasioned from a faulty association of ideas not properly assimilated in logical fashion by the student.

Mixed His Prize-Fighters

"THE student recalled Jess Willard, the famous prize-fighter who knocked out Jack Johnson, the negro champion, some years ago. Without stopping to arrange these various facts, doubtless known, in their proper sequence, the

student jumped to the conclusion and wrote down the answer which is obviously wrong. And so it goes. Almost every mistake can be traced back to the same type of faulty reasoning."

Dr. Vaughan is not yet prepared to state whether or not every "howler" in his file has a real academic value, but all in all they make a notable collection probably unequalled or even approached in the world. There is a wealth of human-interest behind these answers. One "learns" that "D. A. R." is the abbreviation of the Grand Old Party. "Sherlock Holmes is a mystery story from the pen of Charles Dickens, Henry W. Longfellow or Edgar Allan Poe.

Fame indeed hangs upon a slender thread, and those whose footprints have appeared upon the sands of time will need bigger and better press agents if their names are to be remembered by "howler" students. Madame Curie is declared to have been the organizer of a peculiar cult "that if you think you are, you are"; Jane Adams is known as the author of *Pride and Prejudice*; Mark Twain severed the mythical Gordian knot; Marconi was, according to one student, a famous Jewish king, while yet another pronounced the inventor to be a popular Italian dish. Poor Bismarck fared worst of all; he was said to be a "new kind of doughnut without any hole."

"Where Monsters Are Kept"

THE mind of a student is a strange and awe-inspiring thing. "Howlers" seem endless. One reads 'em and weeps. "The Vatican is an official in the Catholic church next below the Pope;" a deacon, one student said, "is the lowest kind of Christian" while (Continued on page 55)

Their Ages No Bar

PADEREWSKI who had weak fingers as a child started on a nationwide concert tour at seventy-five. Now he's playing in the movies!

Daniel Frohman, now eighty-four, dean of the American Theatre, has devoted fifty years to the Actor's Fund, raising money for retired actors—and he's still at it!

Justice Charles Evans Hughes, who doesn't let his seventy-four years interfere with his brisk walk, is still writing opinions of great importance.

At seventy-seven King Gustav V of Sweden plays a game of tennis on the courts of Nice that keeps the younger players hopping.

In the New York City Health Department, Dr. William Hallock Park, who is now eighty-three, is still valiantly fighting disease.

Edward Markham, eighty-four, author of "The Man With the Hoe," has recently gone on another lecture tour delighting audiences with his humor and charm.

God in Psychology



"Ascension"—Painting by Henry A. Wight.

by

UPTON SINCLAIR

The famous author of "The Jungle", "The Cry for Justice", "The Brass Check", "Oil", "What God Means to Me", etc., relates religion and psychology in a series of which this is the first.

TO me it has always seemed, that pessimistic philosophies are self-refuting. Attitudes to life which produce despair and weaken the will and creative impulse are unsound attitudes—judged by the only test which has validity, their effect upon human life.

We arrived where we are by constructive effort, and we can only advance beyond that by more constructive effort. That impulse to de-

velop our faculties is the thing by which we live, the very nature of us. This seems to me to be axiomatic, and to doubt it marks a weakening of the life-impulse. To give way to such doubt is to be mentally sick, and part of a mentally sick age.

Religious faith has, in the past, been taken to mean belief in this or that set of dogmas; and with the discrediting of dogmas has come the

breakdown of faith. But I am seeking here to give a broader interpretation of the word, which no man can reject. My faith is in the well-spring of my own soul, the creative impulses which awaken there, or emerge from there. I don't know what they are, fundamentally, and my guess is that I shall never know; but I learn what I can, and seek to know more, and find pleasure in the seeking. I am sustained by a sense of the worth-whileness of what I am doing; a trust in the good faith of the process which created me and sustains me.

That process I call God. If my materialist friends prefer to say Nature, or Universe; if my philosophical friends prefer Elan Vital with Bergson, or Life Force with Bernard Shaw, or Cosmic Consciousness with Bucke, or Over-soul with Emerson, or First Cause with Plato, or Noumenon with Kant—that is all right with me. If you ask me precisely what I mean by God, I answer you as I did the Fundamentalist preacher who sent me a questionnaire during the recent political campaign. "Do you believe in God? If yes, define what you mean." My answer was: "The infinite cannot be defined."

What else could I say? I don't know what God is. I know a few manifestations of His activity—a bit more than an oyster knows, but not much more, as compared with the total. I cannot even describe the events in my own consciousness, except by vague metaphors which don't really fit. I have to talk about well-springs and flowing streams—whereas I know quite well that there is no up or down, no backward or forward about it; it is something which appears to be outside space, yet I can only think about it in terms of space. I talk about light, warmth, power, activity—all these terms from physics, applied arbitrarily to my psychic life, which is something quite different.

My Only Clue

Yet here I am; having to live my life here and now, on the basis of what I know, and not of something which may be discovered tomorrow. I have to make a guess at God's nature, and what He wants me to do. The only clue I have is this well-spring of my soul, moment by moment, hour by hour, day by day. Certain things make it flow freely and happily; God seems to be pleased with me. But suddenly comes a change; God seems to be angry, there is lightning in my spiritual sky, and I am frightened, and try to find out what I have done to displease the Almighty One.

This is the language of our racial childhood; and the facts remain what they were in the days of those mental children, our ancestors.

God is what helps life, and our changing concepts represent our efforts to grope our way to better understanding of a bewildering universe. Of course, wherever we can get exact knowledge, as in physical science, it is our duty to seek it. But where we are unable to get knowledge, it is my argument that we are justified in accepting that point of view which fosters our own progress.

And so it is that I believe in God. So it is that I believe in a *personal* God: A power, operating at the center of this universe, which creates, maintains, and comprehends my personality, and all other personalities, those which were, and those which are, and those which have yet to be; a power which causes my being—otherwise it would not be; which sustains my being—otherwise it would cease; which understands my being—otherwise I should not conform to my pattern, but would become a chaos.

No Figment of Mysticism

I go farther yet, and assert that the truth of these statements may be experimentally determined. I say that the God who is in you, or who sustains you, is alive, and that He will prove it to you; that He will work with you, and you can work with Him. I say that I have proved that in my own life, whenever I have taken time to try. I say that you can prove it in your life, whenever you take time to try. I say that this is no figment of mysticism, or of superstition, but a fact of psychology, which can be stated in scientific terms so that scientific men will accept it. It can be so stated that it will be accepted as a matter of common sense; so that you will say, "Well, of course, if *that's* what you mean."

I hope to make you say that, and to decide that after all, I've just been voicing truisms; such as that goodness is good, and that hope is inspiring, and truth credible; that God will help you provided you help yourself, and that He will give you what you ask Him for, provided you ask Him for the right things. You may take these statements as playful; but later on, you may decide that they are profound truths of the mental and moral life.

* * * *

"Choose well," says Carlyle; "your choice is brief, and yet endless." And more than eighteen hundred years before him Paul discussed this choosing, and how by its means we build our minds. "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things lovely, whatsoever things are of good report; if there (*Continued on page 65*)

Amelia Earhart

the Intrepid

“**T**O want in one’s own heart to do a thing for its own sake; to enjoy doing it; to concentrate all one’s energies upon it—that is not only the surest guarantee of success. It is also being true to oneself.”

Amelia Earhart said that some months ago to a representative of *PSYCHOLOGY MAGAZINE*.

It all came about because someone in the office, referring to Miss Earhart, had remarked “I wonder how she came to take up flying.” “I’m going to ask her,” spoke up “G.M.K.” (this is the tricky pseudonym of a certain red-haired young lady writer with whom *PSYCHOLOGY* readers are familiar).

And ask her she did (but it was weeks after, Miss Earhart being away from New York for some time) and triumphantly, with the answer which Miss Earhart had given her, she bore a little poem which the aviatrix had written (and which appears in the center of this page) and thereafter grew dreamy-eyed whenever the words “Amelia Earhart” reached her ears.

“She’s such a grand soul,” the little reporter would exclaim and confirmed Mrs. Roosevelt’s words of those later anxious days when hope fought against hope that Miss Earhart would be found, away off there in the tropical seas, but when at the same time, hope seemed to flaunt a tragic banner.

Mrs. Roosevelt had said that she was hanging on the telephone with a great hope in her heart that she would hear good news of the brave flyer. She added that she felt sure Miss Earhart would feel that all the risk and strain were not put forth in vain, but said that all the flyer’s friends joined with her (Mrs. Roosevelt) in wishing that science could be served “without so much risk to a fine person whom many people love as a person and not as a pilot or adventurer.”

But that’s going way ahead of the interview with Miss Earhart. The aviatrix came to her in-

terest in transportation quite naturally, she said. Her father was a railroad man and she used to accompany him on long trips through Iowa, Minnesota, and neighboring states. In between times, she traveled through fairyland, via the old family buggy in the barn, jumped high fences, and explored the cavernous hills along the Missouri.

“I was a healthy little animal,” she smiled, “and when you’re very well like that, you want to do things. You have to work off your surplus energy. That makes you adventurous. So many people lack the adventurous spirit because they feel tired—too worn out to really live.”

The “adventurous spirit” lived and grew and when work and finances permitted Miss Earhart went up in planes, observing, studying, glorying in this form of active life. She sacrificed many things to obtain the money to do this, but finally she was a pilot with several hundred hours to her credit.

SHE was a social worker in those days, and busy, and surrounded by an eager swarm of Chinese and Syrian children, she one day received a telephone message. At first the absorbed young lady refused to answer. “I’m too busy,” she said briefly. What a difference in all her life plans if she had persisted in her refusal! But the telephoner was insistent and finally she heard the exciting question: “Would you like to fly the Atlantic?”

She would, and did. Just a passenger that first time. Given the privilege because the woman backer of the flight had insisted that a woman take part in it. “Just a ‘sack of potatoes’—that was what some persons called me then,” Miss Earhart chuckled in telling of it. With that trip was born renewed desire and a purpose. Shortly after, she flew alone to Ireland and after that, by making long and dangerous solo flights,



Life Exacts . . . for Peace by Amelia Earhart

“Courage is the price that
Life exacts for granting peace.
The soul that knows it not,
knows no release
From little things:

Knows not the livid loneliness
of fear,
Nor mountain heights where
bitter joy can hear
The sound of wings.”

by **ELDORADO FIELD**

proved many times that women can do difficult things if given a chance.

Incidentally, Miss Earhart married the man—George Palmer Putnam—who brought that exciting telephone question to her that day in the settlement house. And social work, as she learned it there, brought some thoughts about marriage to Miss Earhart which she confided to our little “G.M.K.” the day of that interview.

“Social work,” she explained, “implies close contact with others, and mutual adjustment. And these two things are at the bottom of successful marriages.”

Perhaps those days at the settlement house were responsible also for some of her ideas about women and economics. “Every woman should have an outside occupation,” she observed. “She should earn a part of the family income. Her husband should be required to do a part of the family housekeeping. It is a crime that men do not have closer contact with their children. As it is, they sometimes seem quite to forget that they *are* fathers.”

Perhaps no more exciting prophesy of our world of the future has been made than that of Miss Earhart when she remarked that in time there would be no great cities.

World Without Great Cities

“A world without great cities.” That’s an ideal that Amelia Earhart really visioned, that day, high above the traffic of a busy New York street. “Most of us—many at least, will live to see that day, too,” she mused aloud. “*A few years from now, people will be commuting one, two, three hundred miles to work, just as they now travel twenty or thirty miles by train.*”

“Aviation will make it possible for every man to have a home in the country. No one will be forced to suffer the strain and tension of big cities. Then, people will really enjoy life!”

The implied generous wish, father to the thought, brought a smile to the wide, generous mouth, and to the blue-gray eyes. The tousled blonde head went up slightly as if the thought strengthened the purpose, the call to courage.

“It was time to go,” remarked little “G.M.K.” “and suddenly I remembered I hadn’t asked an important question. ‘Oh, Miss Earhart, do tell me why you took up flying, and why you flew the Atlantic alone!’”

Little crinkles about the blue-gray eyes. A wider smile. “Because I so *wanted* to,” she laughed and then—as the eyes grew grave again—the poignant words that head this article, with its final statement, “It is also being true to one-self.”



Psychological Terms—Meanings

ANIMUS—A spirit or feeling of hatred or hostility.

APATHY—Lack of emotional feeling; indifference.

AUTISM—The state of introversion. To become self-centered.

BISEXUALISM—The condition of being equally attracted by both sexes.

CASTRATION—Doing harm to oneself or others, either personally, or in any other way. Examples: Gossip, wisecracks, some types of jokes, negative behavior, etc.

CO-CONSCIOUS—Morton Prince’s term to designate ideas not in the field of consciousness but which, under favorable circumstances, may be recalled.

COGNITION—The process of becoming aware by the excitation of the sensorium; the experience of knowing.

CONSTITUTIONAL PSYCHOPATH—A term applied to individuals who are not necessarily normal, and yet not

classifiable as insane, they are not necessarily feeble-minded, but they are emotionally very unstable, inadequate, inferior in various levels, poorly adaptable, unreliable, dishonest and frequently are criministically inclined. They are very troublesome and constituted a large group of the prison population and of the dead-beats and ne’er-do-wells.

DEGENERATE—A term loosely applied to a person of inferior moral and mental type; a sexual pervert.

DETERMINISM—The doctrine that every phenomenon has a cause.

EROTICISM—Sexual excitement; psychiatry applies the term to the emotional element of sexual impulses.

ESCAPE—Running away from one’s reality and problems. Some of the more common escapes are: conversion hysteria, day dreaming, alcohol- (Continued on page 63)

Miss Jennifer's Boy

How A Great Longing Made a Dream Come True

by ANNA A. CATTELL

SWINGING heavily from a subway strap in the thick of the five-thirty crush, Miss Jennifer sneezed again and again and again. The soggy wob that had been her handkerchief was under the heel of the man who poked the corner of his evening paper into her hat. As the next forty blocks rushed blankly by Miss Jennifer sniffled, her eyes watered weakly and the weight of her body grew steadily more oppressive to her.

Due to the promptings of her subconscious Miss Jennifer made her exit at the proper street, turned the usual corners, bought a paper from the curly-headed urchin at her doorstep and walked up three flights to the dreary room that was home. There a cat of uncertain pedigree grinned a yawn at her before leaping from the scantily cushioned day-bed.

Miss Jennifer turned on a single lamp bulb and sank limply into the nearest chair. The room was cold and unaired. Worn carpet, soiled upholstery, the untidy disorder of her possessions conspired to destroy the straggle ends of Miss Jennifer's waning courage. Miss Jennifer wept; not daintily as they do in the movies, but after the manner of a child. It was her birthday, and no one cared. No one cared, because no one knew. No one had known or cared for ever so long.

FOR the past twenty years Miss Jennifer had been entombed in the files of Wholesale Groceries, Inc., checking in at eight-thirty, checking out at five, not a minute sooner and not a minute later. It was a life of red cards, blue cards, yellow cards, of folders with numbers, of letters and orders and invoices. The electric lights glared down upon her with strong insistency all day long. There were days when it seemed as though the tall steel cases were closing in on her; that the clacking of typewriters were hissing personal abominations.

Miss Jennifer was of inestimable value to Wholesale Groceries, Inc., but somehow they had forgotten to raise her salary for the past fifteen years. Never a pretty girl, Miss Jennifer had grown stout with too much sitting and an indiscreet munching of sweets.

Miss Jennifer had a sister who had married well many years ago. There were nieces and nephews growing up in London, going to school, dashing over to the Continent, preparing for marriage. Nieces and nephews to whom she was but a dimly perceived shadow, having no reality as an individual. But to Miss Jennifer they were real, more real than the day's work among the files. She had an envelope full of newspaper clippings concerning them. She followed them with her imagination, chatting with them, caressing them. But never a direct word came from them.

AND now it was her birthday, the day on which she was most wont to read over the notices and to draw most heavily upon her imagination. There was a cake in a paper box in the cooler, but Miss Jennifer went to bed.

The night was a delirious riot through which tumbled perversions of daily contacts. There was much to warrant Miss Jennifer's wild muttering and kicking and tossing, but through it all there appeared and reappeared a child—a little fair-haired boy. He was her own—her very own—unshared. The brightness of his smile was for her. The blueness of his eyes lingered adoringly upon her.

Miss Jennifer awoke. Her mouth was dry and her heart beat wildly. She must think—she must get things straight—she must sort and order and file. She must keep every item in its proper place—those were orders from the Chief. But it was a useless task, for the child leaped gleefully in and out of every folder, skipping lightly from index to index. He made no sound, neither laughing nor talking. Once he set his hand against her cheek. Miss Jennifer's joy was beyond endurance. She awoke and found the cat with one cool paw stretched against the fever of her brow.

When Miss Jennifer recovered from her influenza and returned to her place in the files she was changed. Everyone who noticed her at all noticed the change. It was not only that she was thinner, nor that she was neater about her person. There was an elusiveness, a far-away

something about her. Always it seemed as though she were about to smile magnificently; or was it that she had just finished. The transcendent quality of her expression was as a mirage of cool water in a burning wasteland. The entire office force was a-twitter over the secret which Miss Jennifer hugged so jealously to herself.

SOME days Miss Jennifer spent her entire noon hour prowling through the toy department of a large department store; sometimes she stood for half an hour before the children's counter in the Dime Store. Occasionally she bought things and had them delivered to her room. When the weather was too stormy Miss Jennifer went up to the tenth floor, to the employee's recreation room, and wrote letters. She wrote laboriously, but with great depth of feeling. Someone looking inquisitively over her shoulder caught the salutation:—My Peter darling—

Miss Jennifer at once became the butt of cruel jokes and coarse jests, which she received without understanding, for the beauty of her own world excluded them. Nothing mattered now but the comfort and happiness of dear little fair-haired Peter. Peter was never unhappy, never unkind; he was always so thoughtful of Miss Jennifer. As the weeks went by he was with her more and more, sometimes surprising her by appearing in the most unexpected places.

* * * *

One winter evening as she was about to descend the subway stairs she saw Peter weaving his way through traffic. It all happened very suddenly. Someone shouted a warning—brakes screeched, but too late.

Inside the ambulance Miss Jennifer lay white upon the cot, one hand clenched in a death grip on the arm of a little newsboy whose nose was bleeding. A policeman wanted to know what happened.

"Blow me down if I know, Mr. Clancy. I was just going out to hand a paper to a customer in his car when this crazy dame comes at me yelling, 'Peter, Peter', and grabbing me in such a way as we both got knocked with the truck turning the corner."

Clancy, the policeman, had never been called

a psychologist. Indeed it is extremely doubtful that he had ever heard the word, but he proved he knew something about the science and that he had a heart in the bargain. He motioned and made way for the grimy fellow.

"Me boy, set yourself right down, close up against her, and if she opens her eyes, smile kinda lovin' like. It won't be long, and you want to keep her thinkin'—well, whatever it is she is thinkin'—"

And so it was that a very small newsboy



Everyone noticed the change in her.

traveled all the way to the hospital snuggled up close to Miss Jennifer. When she looked up for the last time on this earth, it was Peter's face she saw, very loving, through the wavering mist, and it was Peter's little hand that patted her pale cheek as the words she tried to say died away.

There was a most beatific smile on Miss Jennifer's face as the ambulance turned into the hospital yard. The interne remarked upon it as he pulled the sheet over her.



"As A Man Writeth"

by M. de BERRI TENNENT

INTEREST in those who portray life on the stage never flags, and when the discussion is about one who has played for many years and who is still heard and seen after reaching the proverbial three score and ten, that interest is considerably heightened.

Robert Vivian, the well-known actor, who played recently in a Broadway success, frequently gives public reminiscences of Gilbert, that master of light opera, who was his friend.

Mr. Vivian, like Gilbert's operas, never grows old. He is young in spirit and loves young people, who in turn love him. This is shown in his handwriting with its rising "t" bars and high capitals, which give every indication of a desire to achieve rather than to settle back in an arm-chair to rest and rust, as so many older persons do.

His writing is round, showing smoothness in his character, a character which has been schooled in self-control and which is full of charm, more because of the obstacles he has overcome than because he was just naturally kind and sweet tempered and gentle. There is fibre in writing like his. We might all be proud to write as he does when we reach seventy or more.

MR. VIVIAN'S signature had to be made heavier to show up in a cut. Actually, it is somewhat lighter than his other writing and reveals perhaps more clearly his advanced age. The positive "i" dot shows that he has ideas of his own, while the literary quality that shows in the form of his "V" and the little protective stroke over his name indicates that he can state those ideas clearly.

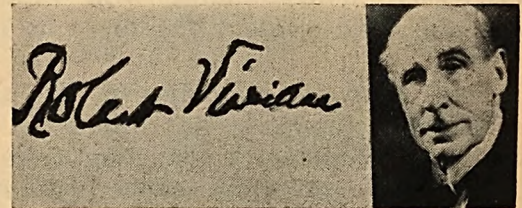
Imagination, tenacity, eagerness and kindness are present, and the form of his "b" is evidence of his credulity. It might be well to mention here that actors as a class are inclined to be trusting people, which accounts for the manner in which they are often fleeced of all they have earned in their productive years.

Young people crowd about him. He loves it as who would not? When the years have piled up, it is well to be able to say:

*"Seconds twinkle, Moments fly,
Hours pass. Days dawn after nights.
Years pile up.
Old Time step by—
I would pause to give delights."*

Writing does not show age, but it does show experience with life that makes it different from that of very young persons. If you write large, round, and with apparent effort, you may be old in years but still immature in mind. On the other hand, some write with apparent childishness who show signs of having gone through many things that a child could not possibly know.

Even with this evidence, the age may not be determined; and yet it will be possible to state that it cannot be the writing of a very young



child. For instance, a lady sent me a specimen of writing which was extremely large and childish in outline, relating part of the story of "Alice in Wonderland."

The subject matter was childish, of course, but here and there were shrewd formations showing a keenness which no child of the "Alice in Wonderland" age could possibly have made. This made it plain that an individual with experience in life, and yet childish in many ways, was the author of the writing.

Further information from the source of the letter disclosed that the specimen had been written by a gentleman in business down on Wall Street, one who is somewhat dominated by his wife. In business he is perfectly manly and quite independent; but when he is with his wife he is almost childishly petulant at times!

Hence the need of knowing ages, not birth-days, when studies of handwriting are desired.

Note: M. de Berri Tennent kindly offers to communicate with readers regarding handwriting analysis, but please include self-addressed, stamped envelope when writing.

Substitute Fatherhood

A Psychological Study of a Famous Court Case

by A. LILLIAN GAFFNEY

THE writer was in court. Not out of curiosity nor to seek a psychological thrill. The physical facts were up for an airing. The "pros" and "cons" were bitterly argued—each set of facts balancing against the other. But where there are "pros" and "cons" there must be a third element. It is most essential to the completing of the trinity. This third element is in reality the completing factor of the other two. It is the intelligence. Usually the last to be considered in any analysis, it should be the first.

And to one who had the eyes to see, and a comprehensive understanding with which to analyze, the third element was there in all its intensity.

The court room was in an uproar. The pupils of hundreds of feminine eyes dilated as they drew long draughts of satisfaction from the physical presence of their screen idol. These women had literally mobbed each other that they might breathe for a few moments the same air that he breathed. That they might bask in the sunlight of his "real life" personality. For to all these variations of the "sex beautiful" Clark Gable was the symbol of genuine manhood.

VIOLET NORTON stalked to the witness stand. She hurled defiance at the court.

"That's 'im! Right-to! Yes, indeed!" were the screaming words that certified her own conviction that the illustrious Clark Gable was the father of her child. And the pudgy, gray-haired Englishwoman stuck to her story to the bitter end.

Poor Violet Norton was no different from the rest. But her case was exaggerated. She had gone further and claimed the glamorous star as her very own. And grandiose parenthood for her child.

United States District Attorney Powell attempted to prove that it was an extortion case. That Violet was taking advantage of a man in high position to secure financial aid. Mr. Lavine, the defense attorney, told another tale. He maintained that his client honestly and sincerely believed that Gable was the father of

Gwendoline, her fourteen-year-old illegitimate child.

Clark Gable was not the father of Gwendoline Norton to be sure . . . but it was an unquestioned fact that he was the "reel" father. One couldn't escape that, for it was obvious that the dynamic screen star had played a synthetic role in the life of the Englishwoman for a long, long time.

Gable was this woman's "hypo". She had created him as the psychological father of her child. To HER, he was. . . .

Here exist intangible but very real facts which must be considered always, if one is to get at the basic urge—at the very root of things.

Gable was her "hypo". He injected virility into the starved veins of her love nature. The possessive idea grew by degrees as she devoured his pictures. It played a constant tattoo on her mind as she read reams of magazine stories about him, for she devoured every word she could find in print. Violet kissed his pictures until the likeness was almost rubbed out with lip rouge. She even excluded all others from her picture-show world, however admitting that she did admit Garbo on one occasion. Congratulations, Garbo!

Mrs. Norton was suffering from romantic malnutrition. In other words, she was love starved despite the fact that there was a Herbert James Norton in her life. But Norton wasn't her ideal. He didn't have "it". She couldn't measure him with the same yardstick she measured the movie star.

BUT it was all written there on Mrs. Norton's features. Everything about her suggested the absence of real living. She had missed youth. Life for her began at "forty". It was then she started to build pictures in her mind of illicit romance in imagination. In time it was no longer a phantasy—a motion picture. It was real. Desperately real. And hypothetically Clark Gable became the father of her child. He was that "strange interlude". And psychologi-

cally speaking it was a fact—an actual fact for it is not the heredity carrying chromosomes that altogether constitutes fatherhood. These chromosomes are the materials. The substance. The reality is in the pattern, just as the reality of a building is in the plans—the idea. One couldn't erect a building without plans either tangible or intangible.

This pattern was indestructible in Mrs. Norton's mind. She proved it in court when she refused to budge an inch from her original statement that Gable was her "man", the man who had wooed her in England some fourteen years before. She had created in her mind a dynamic, overpowering essence in idea, and she couldn't be swayed by facts.

It is the natural feminine instinct to brood over an idea until that idea is hatched, just as a mother hen broods over her eggs until the chicks appear. It is the sex in woman. And by this very brooding, the female alters the essence of the substance, for hers is an experimental "sex". Little by little she had changed the parenthood in her own mind until it completely flooded her with actuality. So entrenched was this idea that in spite of the conclusive testimony that Gable had never been in England . . . that the whole thing was illogical, she couldn't let it go.

But what about Frank Billings? There must have been a Frank Billings, and it is possible that this man is the physical father of her daughter. But the odd circumstance is, why wasn't Violet Norton sure? Even though there might have been a physical resemblance, she was still a woman, and woman is by nature intuitive. Some of the Billings personality . . . that elusive quality . . . that identity identifying something that marks each individual as himself, what about that? If she knew this Billings as well as

The abnormal possessive nature, starving for love, vicariously satisfies its appetite through imagination. . . .

she claimed to know him she would have felt this elusive quality even though she couldn't see it in the physical structure. Yet in spite of everything, she still stuck to her story. She wouldn't concede Clarke one single thing. Why? Because she had psychologically violated him. She had created him in her heart and in her mind as the psychological father of her child. She had *willed* him to be, and to her he *was*. Nothing short of exorcism could sever that belief.

But all of these psychological facts do not lessen the ridiculous spot of Clark Gable. That he took it good-naturedly was just one of the

many facets that had helped to catapult him to stardom. He wasn't made of the kind of stuff to do otherwise. Being "papa by proxy" added fuel to the humorous fire. And of course no one believed the story. They couldn't. That is, all save Violet Norton. She was completely and thoroughly snarled in a complex.

Movie stars make perfect psychological husbands. In their admirers' eyes, they have no faults, no weaknesses. . . .

This poor deluded woman is not alone in the world. Human nature is weak. Pastures are always greener at a distance. And movie stars make perfect psychological husbands. They are twice removed from their faults and their weaknesses. They don't flip cigarette ashes on your nice clean floor. They don't spill coffee on the tablecloth. They don't argue back. By the time these idols reach you in the local theatre they have been deleted of human faults. And the virtues have been enhanced. They have been denuded of human frailties incumbent upon the average individual in the flesh.

IF Violet Norton could have paid attention to the visual structure of things she would have known better. She had to make her ideals real, for ideals are always real in the depths of heart and soul. And she made her ideal reciprocal in idea. Clark was but a pawn on her cosmic chessboard, and she made all the "plays". It was her chessboard of imagination and she moved him about at will.

Clark Gable isn't the only movie star who has suffered at the hands of sex-crazed women. They literally clawed at the dead flesh of the late Rudolph Valentino. Even today, ten years after his death one mysterious visitor places flowers on his grave each year on his birthday. Did the woman psychologically wed the great screen lover of silent days? Does she still labor under a delusion?

Romance is the one means for idealization in human experience. Women of this class have a possessive consciousness for their "man" and they satisfy the appetite in imagination. Of course Mrs. Norton's case is not new. It is merely the extreme. All people everywhere must have idols. That is, they must have some visual representation for their ideals. There must be some communication of their own ambitions. Figures like Clark Gable catch the blunt of much of this human weakness, for these individuals capture the popular imagination. The psychological price of stardom comes high. (Continued on page 63)

Mass Suggestion—and You

Don't Let Other Minds Too Easily Sway You

IN connection with the deeper and more remarkable manifestations of human power, it is interesting to note that before the English Society for Psychical Research was organized, it was a risky thing for any public man to express a belief in occultism. The "scientific" world regarded any one as a fool or a knave who dared to step beyond the frontier of mundane experience. But these times are slowly changing.

On the whole, the materialistic school is still hiding behind its purely mental and physical yardstick. In the eyes of the dyed-in-the-wool materialist, such phenomena as clairvoyance, clairaudience, telepathy, etc., are still the "stuff that dreams are made of". But the solid front of the scientific world against speculation in this realm is broken. An ever-increasing number of reputable scientists, including not only psychologists but philosophers and statesmen, are taking a leading part in psychic and occult research.

The important thing is that psychic and occult phenomena prove the claims of therapeutic, educational and reformatory psychology.

From a general point of view, mental suggestion may be said to dominate people the world over. The highest and the lowest—all reach into a world of emotion and activity and all, to a greater or less extent, are under the sway of various forms of suggestion. Humanity does not realize to what extent it is controlled, for weal or woe, by this universal power.

THIS dictator rules men and women alike. They are blind followers and do not realize to what extent they serve. They even arrive at the point of believing that the opinions and decisions are of their own making; for they do not distinguish that which is imposed by suggestion, confusing their desires with its orders.

That mental suggestion is a universal instrument is a self-evident fact. It has been practiced, consciously and unconsciously, in all times and for every purpose.

This is particularly true of the various branches of the healing art, from the physical, mental and moral points of view.

The miracles of remote antiquity, cures of Christian Science, the recoveries of New Thought in all its branches, the marvels of the "twice-born", the wonders of *remedia medica* and *remedia psychica*, are almost all traceable to the singular power of mental suggestion.

All methods of mental, physical or spiritual healing are intended to reach the "spirit" and "power" within. Whether we refer to this part of man's being as "subconscious," "soul," "spirit," or "*vis medicatrix natura*," makes little difference. We know it is the only principle for making the mind and body whole. Every healing science depends upon this vital force to make good its claims. In all methods of healing as well as in surgical operation, the curative agent is found in the recuperative power of man's nature.

Although there is a considerable difference between these different restorative methods, there is one which is common to most of them, namely, the power of suggestion. By suggestion is here meant the enforcing influence of an idea.

All are included under "mental healing," whether in the guise of a bottle of nerve tonic or in a *subliminal appeal*.

IN each of these methods of healing the curative effect is brought about by the influence of some strong or vivid idea, of some subtle energy other than physical, upon the abnormal or morbid state of the mind and body.

It is the faith of the patient in the physician or healer that is of most importance in bringing about his cure. Christ asked one of his patients: "Dost thou believe that I can make thee whole?" "Yes, Lord, I do," said the patient. "Then thy faith hath made thee whole," concluded the Great Physician.

It may be said generally that a patient will fail to achieve the most beneficial effect unless the physician's or healer's suggestions possess his conscious mind so completely that his subconscious mind will absorb them in their entirety.

The most powerful and beneficial suggestions are those which tend to establish a direct and

by G. ARTHUR GAYER, Ph.D.

Illustrated

by

R. A.

Burley



"All reach into the world of emotion."

favorable connection between themselves and the subconscious mind.

It can be seen from this that the mental suggestionist does not pretend to *recover* persons who are sick, but simply puts them in the way of *recovering themselves*.

The genius of the truly great healer, therefore, is nothing more nor less than his superior ability to establish the necessary connection between his patient's mental state and his subconscious reaction or response.

How true it is that there are psychic and spiritual capacity and powers in the physician and the patient whereby a failing vitality may be fanned into new strength, a sick mind or body restored, and whereby even an organic disease may be favorably affected.

That mental or psychic suggestion in its higher form contains strange mysteries of life and death is an established fact. There are men who are in possession of psychic knowledge and power which are of the profoundest importance to the human race.

It is not generally known that the exercise of this mysterious force at the point of apparent death, is apt, at times, to manifest a power unparalleled in the experience of the whole range of mental and psychic states. In my long practice as a metaphysician, at least two persons were brought back from the very brink of dissolution. And even where death is inevitable the passage from this world to the next may be robbed of its "wreath of thorns and cross of pain" by wise suggestions appropriately offered.

That mental and psychic force may sometimes be employed to keep a person from dying, even after the attending

(Continued on page 60)

“Life and Life Hereafter”

A Department Devoted to Discussion

What Do YOU Think?

ED BODIN, *Chairman*

THE New York *Daily Mirror*, in commenting on mental telepathy as covered in this department, says in part: “Perhaps Mr. Bodin is right. But what interests us most is: All psychologists and telepathists agree that a necessary part of the transmission of thought waves is *concentration*. We know that there are few obstacles men can not surmount with concentration. Coupled with imagination, concentration can make possible the impossible.”

Quoting further from the *Mirror*: “There’s nothing supernatural about telepathy. Our brain is actually equipped for telepathy. Men of science and medicine perhaps will not agree on the exact amount of our brain which is now actually used—but they all admit that there are large portions of the brain which can be removed without affecting any of the normal functions of a man.”

Thus, when popular newspapers pick up our work and carry it to the public in general for discussion and favorable comment, we feel that time spent in securing data for this department has not been wasted—and that sooner or later we will learn more secrets of the telepathic world which will enable us to become so much more benefited.

EVEN our severest critics salute concentration as the secret of it all. We would like to hear from more readers as to the best method of concentration. How do *you* go about it?

Most letters indicate that the more visual you make your concentration, the better. Holding a photo of the person to whom you are broadcasting, often helps a lot. Closing your eyes has a tendency to make your mind wander. Eye focus aids concentration. And your effort will have better results if you know where the person is at the moment, and can visualize him in your mind’s eye, with yourself standing beside him and calling his name—perhaps men-

tally touching him on the shoulder. Even the touch can be registered on the person. A reader comments that his wife suddenly exclaimed, “Who touched me on the arm?” He was concentrating on this very result in another room.

A dark room with a violet light, makes the best sending station. Just enough violet to see a photo or a crystal ball in which you visualize your object. Ordinary light has a tendency to bring in outside vibrations which disturb. You might try stuffing your ears with cotton, while broadcasting.

Here is an interesting letter of a woman—Mrs. J. H. Heller, of Brunswick, Ga. “In the month of February I sat down to write my brother in Roumania. I had not heard from him for several months. My husband was reading. I was at the desk. Suddenly I felt much disturbed and my pen fell from my hand. There was no apparent reason. My husband still sat quietly in his chair. . . . I sent that letter. Later I learned that my brother had died at the very time I was writing it.”

There are many instances of this kind where the person at the moment of death and thus released from physical restraint seems able to broadcast his thoughts and register a touch or other material manifestations which are very convincing. It seems possible that we may possess this power at will and that we could use it if we were sure enough of our power. But evidently we have not learned the secret of concentration or emotional force necessary to carry our messages.

* * * *

An unusual story is related by Mrs. Clara Bell Thomas of Sharon, Penn. She writes; “One morning at the breakfast table I said to my husband: ‘Wasn’t it nice about your brother Richard getting a raise in salary?’ My husband replied: ‘Did he—how do you know?’

(Continued on page 56)

I Burned My Bridges— Then I Got Well

This interesting true story of a man's fight for life and health tells how applied psychology helped him to win

EVEN as I begin this account of my experiences, I know what some persons are going to say.

"He admits that following the doctor's directions faithfully, even to the change of climate resulted in his getting better—entirely well in fact. What's unusual about that?"

I *could* answer that I have known many persons who were equally faithful in all the ways outlined, even to changing climate, who did *not* get well. However, I am more than willing to concede that obedience to the laws of health, the effort to do all I could to be in harmony with my doctor-friend's suggestions were of extreme benefit.

I am sure that in my battle for health, the knowledge that I *was* doing my duty—honestly endeavoring in every way to leave no stone upturned, helped decidedly. It was a big first step toward the building into my subconscious, assurance, confidence, a sense of well-being. However, if I didn't thoroughly believe—and who should know better than I?—that mental reiteration as I shall touch upon it here, was of extreme benefit in establishing the health and success I now enjoy, I wouldn't trouble to write this article.

Indeed there would be no point to my doing so. Any good publication that outlines well-known health laws—eating of nourishing, wholesome food, rest, plenty of sleep, quantities of pure milk, and in addition adds the advice usually given to those suffering as I was—change of climate—could say all I have to say up to a certain point. But let's go back.

I HAD had an attack of influenza in the latter part of a certain January. A relapse in February set up symptoms that frightened me. Stripped to the waist I stood waiting the doctor's verdict.

He was a friend of mine and looked regretful as he indicated with his stethoscope the location of danger points. "Spots," he said laconically. Some emotion on his part crept in and he made it all very vivid.

But even as I stood there I resolved to choose and hold to my own mental impressions. I understood perfectly what he meant, and had, as I say, a vivid first impression of what he had in mind.

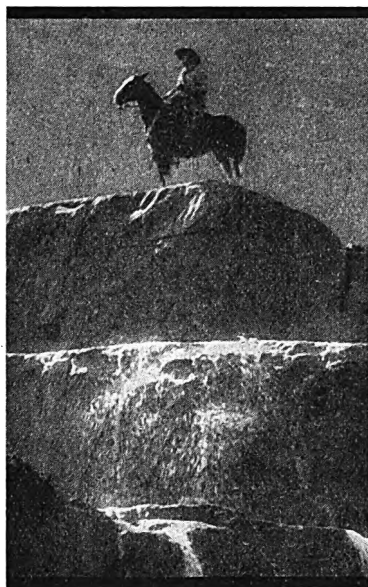
"You must burn all bridges behind you. Go away. Never come back."

Easily said. How difficult to follow—this advice. I was well situated in my work in that Central Northern state. I had *made* my place. I liked it. They liked me. And I was asked to give all this up. To "go west" as the doctor advised meant vocational and social readjustment—and there was my wife to consider.

I was a student of psychology—had been for some time. I knew the importance of considering what you feed the subconscious. As I dressed myself there in the doctor's office—mercifully he had left me alone—I resolved that one of the things I was *not* going to do was to respond to any "let down" feeling, discouragement or fear. I said nothing to my friend as he came back into the room and he probably thought I was too over-come to talk.

Sympathetically he made out a schedule for me and his last words were "Lose no time. Go west without delay."

And so, one day, some time later, I stood with my wife beside me and my nine months' old baby in my arms and looked about at the scenery, and bathed in the sunshine of Union County, New Mexico. It was "high and dry" all right, and 5,189 feet above the deep blue sea.



by JAMES TODD

BUT to my mind, almost in spite of myself there floated the doctor's last words: "There are no cavities"—he was tapping my chest—"but large spots on both front and back of your lungs—especially the right. If these are not healed up, they will become larger—and your case will become more serious." And he had added, "But try not to worry!"

I would have worried all right, only I had a schedule of thought as strict as the one the doctor had given me. And it had to do, as I have indicated, with that very susceptible and responsive subconscious. I had to watch what I told that fellow. Nothing that I didn't *want* to come true could I picture. So that day I turned determinedly as I had a thousand times before and remarked that I was sure I was going to be better.

I meant it. And in the days, weeks, months that followed, I always meant it.

I slept for long periods, ate nourishing food, drank good milk—and stretched upon my bed, every day I concentrated upon my lungs, conscious of them to the exclusion of other parts of my body.

I Was Improving

Time passed. I was able to walk around with lighter feet. Later, out to the edge of town, and then on out the road a mile and one half to the rim rock of Apache Valley. There I would sit alone on the rim rock in the sunshine and look across the upper end of the valley to the Rabbit Ear Mountains ten miles beyond. They looked to me but two or three miles away.

I would change my view and watch the sheep herders with their sheep move up and down the valley. I would dream; both of the past and the future, but more and more of the future. There seemed to be a deep yawning chasm between myself and the place where I would be able to eventually carry on again. A chasm just like that valley there before me.

But those peaks over there on the other side, and beyond! I hung my dreams up there on them, and then some day I would go over there and climb up and take them down. They would be no longer dreams—they would be realities. I would be really living again!

Summer came. We went up into the beautiful New Mexico Rockies, among the spruce and the pine, and camped awhile. With the coming of autumn the old stride began to return in the walking again. I drank in the air and the sunshine, and continued my auto-suggestion. I could feel that tired feeling slipping and falling from my entire body. A new body was being made! A new life was to be lived! A new spirit had been born within!

The next February the doctor pronounced me an "arrested case." The "bugs" had gone to sleep. The spots were all healed over now with new tissue. But that new lung tissue must toughen. I must not go below cap-rock, 2,500 feet, for five years. In June we came down to the plains of West Texas, up in the great Panhandle country, 3,200 feet in altitude.

Won at Sacrifice

That which had been won at such great sacrifice was precious and must be safeguarded. Gradually and with a deeper understanding coming out of an experience which is that of 700,000 others, the exercise became more intensified. When a greater pressure could be safely placed upon that new lung tissue that was now becoming tougher and tougher, deep breathing exercises were practiced. Those balloon-like bronchioles, or air sacs or chambers, were expanded more and more each day.

Larger quantities of oxygen were taken into the blood through the layer of flat, thin cells of the wall of the capillary blood vessel, and carried on by the blood to the tissues of the body. Likewise the carbonic acid gas and vapor thrown out of the (Continued on page 59)

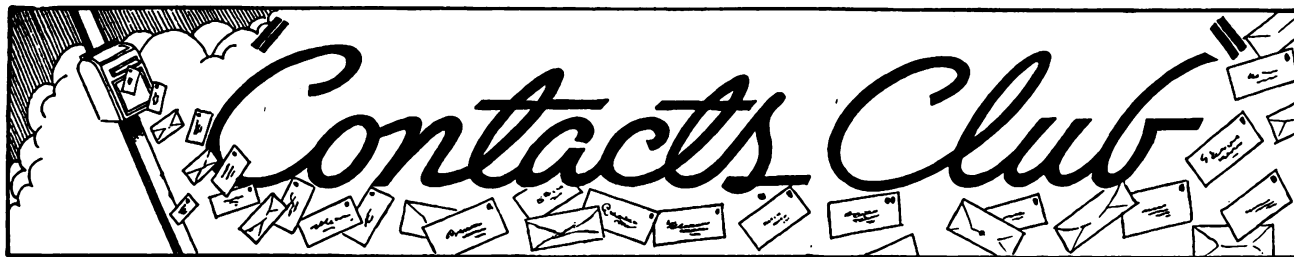
Try Your Wings

DO feet of clay
Hold you, fast-bound,
To the earth?
Does your Spirit
Long to soar, as the eagle,
To the heights and the stars?

Courage! Try your wings!
Put aside doubt and fear—

They, too, are earth-bound.
Your spirit has wings!
Try them—
Let them lift you,
These strong, white wings, •
To your Vision, your Dream,
To your Castle on the Heights!

By Eva Dumbeck Garner



CCROSS-ROADS of the highways of life, make it a grand and glorious world in which to live. We may become weary and discouraged in something that happens to us but we easily forget that when time brings us with our troubles to the cross-roads. There we meet others who will either help us through or encourage us to carry on.

The "Contacts Club" is one of those cross-roads. Here we meet real friends that are the conveyors of a true spirit of the real meaning of friendship. Here is where you can be yourself and be accepted for what you are. In this circle, you will find the hopes and ideals that will give you the courage to keep on trying.

Dear Editor:

I have read every issue of your magazine for over a year. It is my favorite; quite the most inspirational magazine!

I am greatly interested in the "Contacts Club." The vast love and unity of our kindred ones, linking together peoples from this multifarious globe through storms, seas, mountains and forests by the invisible chain of friendship.

Letters from readers of your magazine from America, England, Germany, India, China and Japan that are interested in business, photography, literature, physical culture and nature study in general would be most sincerely appreciated.

I live in this strange land of Kaitaur and The Eldorado (the fabled City of Gold) and promise to reciprocate to the best of my ability. My thoughts and best wishes for the welfare of this organization.

(Mr.) M.A.A., British Guiana.

Judging from this sample of your letter writing, Mr. M.A.A., we should say that you are headed for a great number of interesting pen friends.

Dear Editor:

Your "Contacts Club" serves a great purpose; many worthwhile persons are sure to find delight in discussing their hobbies and interests with those of similar tastes.

My special interests are music, dancing, motor-ing, discussing matters of importance, and any

pastime that appeals to wholesome-minded, intelligent people.

I was born and educated in Canada; I know that country from Montreal to Vancouver, also this country from Seattle to New York, and many parts of England. I shall be happy to hear from correspondents from any clime.

I have written a few poems and am now working on the lyrics for a song (theme friendship) which has been kindly criticised. Much appreciation for your club.

(Mrs.) A.R., Los Angeles, Calif.

A song writer, poet, and traveler! Indeed an interesting selection of interests. A call from a member in sunny California!

Dear Editor:

I am interested in your magazine and like the idea of your Contacts Club. I would love to become a member.

I am a Hindoo, and am interested in almost every subject. I am just finding my way in psychology—I have a passion for understanding things. I can imagine the world bettered in so many ways that sometimes I feel sad and bitter, because the world is not what it might be. But more often it provokes laughter in me. My laughs, however, are Shakespearean and not Johnsonian. I have an aptitude for literature. I have recently graduated from the Bombay University with honours in English Literature.

I love all young people—and old people who are really young in spirit. Youth to me means generosity, optimism and effort—things which will save the world. I would love to talk to young people—through the post. I can tell much about Indian life, art, literature and philosophy. I am especially interested in America.

(Mr.) R.I.P., Bombay, India.

Those who desire to take flights in both atmospheric and literary realms might compare notes with Mr. R.I.P. India, the land of mystery, is well represented.

Dear Editor:

Truthfully, I think this "Contacts Club" is simply wonderful, for my experience has been that so many people we meet and talk with seem

to withhold the very thing that we are always so anxious to know—"What are their interests."

But we who are fortunate enough in being members of this club need never worry on that score—for we are sure to meet people who are of our own interests.

I would appreciate letters from everyone—nice, long, interesting letters all about your own personal interests. Start writing now, for I am waiting for the postman.

(Mrs.) G.A.G., Orlando, Florida.

You won't have long to wait, Mrs. G.A.G. One with such an appreciative nature will surely reap the benefits of a good crop—of letters.

Dear Editor:

I am a Chin.-Dutch tea planter in Java, and an enthusiastic reader of your interesting magazine. I should like to enter into correspondence with other members in order to enable me to make pen-friends of either sex in all parts of the world. I am desirous to know more about psychology, which seems to me very wonderful. I also wish to increase my knowledge of the English language, to learn the modes and customs of the Universe, and to exchange Dutch Indian stamps for those of other countries.

I have travelled extensively in China, Japan and the Malay Archipelago. I am living in the hills in Java about 4,500 feet above sea level, with my wife and two-months-old child. The nearest village is thirty miles from the plantations. I suppose there are people who would like to know about Java, the "Garden of the East" as they call it, and I shall answer all inquiries to the best of my ability.

(Mr.) Y.T.L., Java, Dutch East Indies.

A beginner in psychology—but we think he has used good psychology in preparing this letter. A plantation in Java, philately, and life in China, Japan, Malay—indeed, a wealth and variety of interests.

Dear Editor:

Being a subscriber to PSYCHOLOGY MAGAZINE speaks my little piece as to how I like it—from cover to cover.

It's about time we were giving our attention to the other nine-tenths of our unused brain. I would like to hear from those who wish to help themselves so that they may help others.

Come on all you folks who want to help make this a better, happier earth to live upon, for yourself and others. I would like to form a club where we could help others and accept their

thanks as our remuneration. Anyone from any country, young or old, of either sex, is invited to participate in the furthering of this idea for the good of humanity.

(Mr.) R.K.K., Santa Ana, Calif.

We are happy to open this department to you, Mr. K. . . and are pleased to know that you wish to help your fellow-man.

Dear Editor:

A resident in a very small town in the Transvaal, I find it very lonely at times. I have always been keen to correspond with people from other parts of the world. I should appreciate any effort on your behalf to assist me in meeting congenial persons who are interested in psychology.

May I express my appreciation and thanks for the friendly atmosphere your magazine has created amongst all my friends in this little country town.

I will be glad to impart interesting information on the people and customs of our community to those who are interested . . . and discuss subjects of universal interest.

(Miss) L.D.S., South Africa.

We know that many of our readers will feel inspired to answer this appeal from the Transvaal. Miss L.D.S. will reciprocate with a description of her country—if you will but help her forget her loneliness.

Dear Editor:

I am a young nickel miner and enjoy reading your clever magazine. The study of human personalities will always be most baffling to us now, as in the past. Nevertheless out of the flotsam and jetsum which each succeeding year throws up, a small precious amount of true worth is salvaged. I congratulate your magazine for supplying an outlet for creative contributors to the world's oldest and newest science—psychology.

I would like to correspond with intelligent people in every State of the Union, and every country in the world. I am chiefly interested in people of all sorts that go to make up this queer mixture called life. Greedy for life and knowledge, I subscribe to (Continued on page 64)



Editor's Note: Letters sent to us to forward should be in a plain, unsealed envelope, accompanied by the proper postage. Foreign letters require five cents in stamps.

WHAT CAN WE DO FOR YOU?

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

QUESTION:—C.L.M. writes—

I have a problem concerning my mental state which I do not understand. It is a sense of humiliation when I am in company and in public places, and I have gotten into a deep, morbid state of introspection which keeps getting worse. If I could bring this mental agony to a state of conscious understanding I would gain more friends and be successful I am sure. At times I doubt my sanity. Just what is the cause of this, and is there a possible cure for me?

ANSWER:

You are suffering from an inferiority complex—called self-consciousness. This represents a habit of fear—fear of yourself. It is caused by the fact that you are sensitive and impressionable and have not understood yourself, your own powers, or how to use and direct them.

You will not go insane, unless you were to experience some very great mental shocks. The condition you are in does not breed insanity. Yes, your present condition can be corrected. If you care to write me further and send your name and address, I will take the matter up in greater detail.

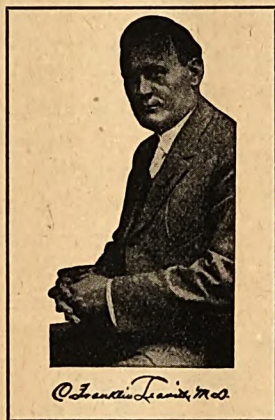
Your habits of fear are foolish ones, and these fears have only the power you give them. You are now in a "mental trap" and will require some help to release yourself. You have every reason to build up hope and faith in your future, for you can master your state of weakness.

QUESTION: W.M.D. writes—

I have set myself the task of carving a niche in literature and drama, and earning by my pen enough to bring comfort and ease and what happiness can be brought to a certain young woman—provided she does not tire of waiting before I do all this.

For my employer I work hard, earnestly, carefully and turn out a consistently good product. For myself I do not work well at all. I know just what steps are necessary to carry me to my goals. Each night I resolve to spend the greater part of next day's leisure doing the things which I know are necessary for my progress. Each day I fail to do them.

I have studied at least half a dozen



Psychic Culture

I
THE truth that today is working out the salvation of men from sickness and poverty, is that of the unity of all things. We are bound up in a bundle together. We are all of the same material—all things are made of Divine material.

An acceptance of this truth dispels every doubt and fear; instills faith, hope and love; drives away all darkness, and insures to every one of the human family, health and success.

It is the purpose of these statements to show you what a wealth of blessedness awaits your acceptance; to show you what tremendous power you really possess.

II

The mere thinking must not be expected to do the whole work. Such an attitude will no more bring health and peace of mind and success; than a similar attitude will bring food and raiment.

The necessary supplies are at hand, and in unlimited quantity, but the organism that would avail itself of them must reach out after them and then let them in.

The elements of happiness are all about us. Those who are unhappy are so, not because there is nothing to make them happy, but because they fail to contact the elements that can make them happy. And the same is true of success.

III

In order to reach the highest estate we must come into what has been aptly termed realization. This realization means an acquaintance with both ourselves and the resources at our command.

The study of psychic culture is the
(Continued on page 62)

self-improvement courses and then failed to apply their teachings. I know I have tried enough of them to succeed with what I already know—if I can simply put my finger on the one loose nut in the machine.

ANSWER:

Your weak point is lack of action. You are depending too much on thought. The ordinary course will not benefit you, for it will fail, as you do when you try to work for yourself. You need someone back of you whose personal interest you feel and who will criticize you at times if you become lax, and encourage you when you do well. Your dream must become so alluring that nothing will be permitted to stand in its way.

You have lacked will power. This has permitted other things, when they present themselves, to side-track you. Your will has not been strong enough to hold you steadfastly to that one thing you have in mind.

You believe yourself capable, you believe you possess the essentials to the success you desire, but you have not had perfect faith that you can accomplish it. You have "hoped" you could—but you have not been sure.

I feel sure you have the qualifications, and it is just a question as to whether you will get these weakened mental muscles fully developed and swing into a strong, persevering action. You must learn discipline.

QUESTION:—H.G.W. writes—

How does one, kindly but forcibly, keep people from imposing on one's good nature? I do not know whether this falls under your department or not—but if it does, I would appreciate your giving me the answer.

ANSWER:

It is my opinion that fear of some nature is always back of such a state as you describe. You fear the criticism of others; you may fear you will hurt another's feelings; it may be a fear that if you do not do such things you will not be popular. There is some fear lurking back of it I assure you.

I think that every busy person is obliged at times to say "no" to favors that are asked, even when close friends

(Continued on page 61)

"I Think" (Continued from page 10)

Hospital for Speech Disorders, of New York, said recently.

"In our work at the hospital we have treated people who stuttered playing musical instruments, becoming stuck on a note on the piano as a stutterer does on a word. Others stutter on a violin or a typewriter.

"Still others demonstrate their hesitations in dancing, driving, golfing, swimming. I am sure everyone has observed stuttering automobiles, with the driver imparting his own spasms to the machine."

Dr. Greene declares that the chronic stutterer in whatever fashion comes from neuropathic stock demonstrating neuropathic tendencies. There are about eight times as many boy stutterers as girl stutterers.



Don't stutter in your swimming.

Better Half

SCIENCE, usually ahead of the average man, has lagged far behind him in discovering that a man's wife is actually his "better half."

Dr. Robert N. McMurray, of Chicago, has recently announced the results of a survey that proved conclusively that at least fifty per cent of a man's success depends on his wife.

The following traits, says Dr. McMurray, are those which force a man into failure and obscurity:

1. One who is hostile to her husband.
2. The constant nagger.
3. One who makes a fool of her husband—corrects his English, etc.
4. One who enjoys spending his money—especially on charge accounts.
5. One who enjoys ill-health and has doctor bills to prove it.
6. One who continually humiliates her husband.
7. One who likes to mother everybody, including her husband.
8. One who is determined to be the boss.

To offset these traits, he lists only one, which he claims more than balances the ledger: A good wife—an actual partner in everything.

Ban School Nagging

NEW YORK school teachers will not nag pupils any more. Instead, they will find out if the misbehaving youngsters are ill or troubled about conditions at home.

The new system already has been successful in experiments, according to Dr. Emil Altman, chief medical examiner of the Board of Education.

"An intelligent teacher must recognize when a child is psychically or emotional ill the teacher should not accuse a child of being 'bad' when he is suffering from a severe cold or a maladjusted home life," he explained.

Dr. Altman cited one instance—a boy who developed chorea—St. Vitus' dance—from being held up to ridicule and punishment for fidgeting in his seat.

Nor should the teacher be ill or worried in her own life; Dr. Altman believes: "The teacher must be taught to have patience with the emotional needs and conflicts of childhood. They may leave life-long scars by nagging, sarcasm, and querulousness."

"A Boy or a Girl?"

TODAY's question—"What will it be, a boy or a girl," tomorrow may be—"Which shall I decide to have!"

Definite progress toward the time when man can determine at will which sex his children shall be was reported recently by Dr. Richard B. Goldschmidt, Professor of Zoology at University of California, and an authority in research on sex determination.

He has charts showing the secret of "it"—that high degree of femininity or masculinity which makes a man or woman the idol of the opposite sex. Fundamentally the sex genes make the initial determination, two sex genes in the chromosome determining a male and one a female.

But the real factors are the hormone producing powers making it a sort of race in the progress of the genes. In cases of complete femininity or masculinity, the highest degree of "it," the predominant genes win the race against the opposite sex genes with a clean sweep, virtually leaving the opposite sex determiners at the post.

Dementia Praecox Cured

"THE first and only cure for dementia praecox" was disclosed a short time ago by Dr. Frederick W. Parsons, head of the New York State Department of Mental Hygiene.

The treatment consists of the new hypoglycemic method. Coma is induced by the use of insulin and then the patient is revived by administering sugar.

Dr. Parsons asserted that of 275 patients who have had the treatment, 115 were cured or practically cured. "The only question yet to be answered," he said, "is (Continued on page 62)

"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.

YELLOW STREAK

Fear in itself has a yellow streak;
It only dwells in a mind that's weak.
For fear itself knows darned well,
In a mind that's strong it cannot dwell.

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

* * *

"TEACH ME . . ."

Teach me the faith of the mountains,
serene and sublime,
The deep-rooted joy of just living
one day at a time,
Leaving the petty possessions the valley
folks buy
For the glory of wind-swept space
Where earth meets the sky!

*Joyce Benedict,
Easton, Pa.*

* * *

LIFE

A whirlpool of heartbreak, tears and
strife
Is this e'erchanging, eventful life.
It swirls you up on the crest of joy,
Then suddenly drops you—a mere toy
Into the whirling abyss of despair.

Then when waves are torturing and
smothering,
And few are the hopes of ever recover-
ing;
The tide whisks once more upon life's
shore,
A weary being—tried to the core—
Much the richer for life's greater tests.

*Margaret Kaufmann,
Bronson, Mich.*

* * *

SUCCESS

Success and happiness go hand in hand
Enough in this world for every man
But behind it all, we must learn
Our honest duties never to spurn.

Our troubles we must learn to face
Our hardships we must bear with grace
Our worries we must leave behind
Then success we'll surely find.

*Frederick S. Weeks,
Halifax, Canada.*

HOME SWEET HOME

Henry come here, there're dishes to
wipe,
You heard me call you before;
Don't you dare light that smelly pipe,
Or I'll throw it out the door;
Say, pick up those papers off that rug,
And now fix that curtain there,
Who do you think you are, you mug;
Well hurry, don't stand there and
stare;

Stop that grumbling you dizzy baboon,
And cover up that sneer,
You wouldn't turn on me so soon,
If mother were only here;
I could yell at you 'til I'm hoarse,
You wizzled-up old crony,
You brute, I ought to get a divorce,
And let you pay alimony.

*Norman C. Lahey,
Haverhill, Mass.*

* * *

HUMAN HEART

Deep down in that complexity
Which mortals call a heart,
Where love takes root and grief may
sit,
Where passions find their start. . . .

There is a land else blessed in peace
With duties to perform
Beset at rudest intervals
With wild, cyclonic storm.

Which rends and tears the verdure
sweet
And so disturbs the soil
It passes o'er when next it comes
The fruit of little toil.

*George A. Berry,
Gloversville, N. Y.*

* * *

CLAY SHACKS

As down life's street
My way I beat,
New shacks I meet each day;
And some are square,
And others bare . . .
While many show decay!

And . . . by the way!
Those shacks of clay,
Strange inmates oft possess;
The smallest minds,
One often finds
In shacks that look the best!

And then, some shacks,
With many cracks,
And walls both gray and worn;
House minds so great . . .
They'd sway the fate
Of millions still unborn!

*J. P. Gimenez,
Virgin Islands.*

"SING—AND DREAM"

"Two things puzzle me,"
Remarked Youth to Lao San
As they strolled on the shore.
"Two things—life and love."
Lao San stared quietly out across the
sea . . .
"Life," he answered, "is a song.
Love is a dream."

"Your words are pretty,"
Said Youth, smiling in his wisdom,
"But you have not helped me."
"I have answered you,"
Lao San replied.
"The rest is up to you.
You must sing—and dream."

*H. B. Carey,
Dallas, Texas.*

* * *

DESIRE

I desire
That my path
Shall be difficult,
Stony, inaccessible
And leading to the heights;
Only thus
Will I ever know
The true joys
Of victory.

*Elinor C. Woolson,
Naugatuck, Conn.*

* * *

THE TRAIL OF LIFE

Many times we grow discouraged
As we strive to reap and sow
And we often feel so useless
As along the trail we go.
Can it be then, life is futile,
Just a struggle all in vain—
Tears and cares—awful heartaches
With no victory to gain?

A smile is such a trivial thing
And sympathy is free,
Yet if our lives have rendered thus
Rich shall our harvest be.
We grow so weary from the struggle
We oft forget to wear a smile,
But if we're making someone happy
We are doing things worth while.

*Violet Thompson,
New Mexico.*

PRIZES

Prizes will be given each month
for the two best poems published on
this page. The prizes will be new,
psychological books of lasting value.
Winners' names will be published.

50% price slash!

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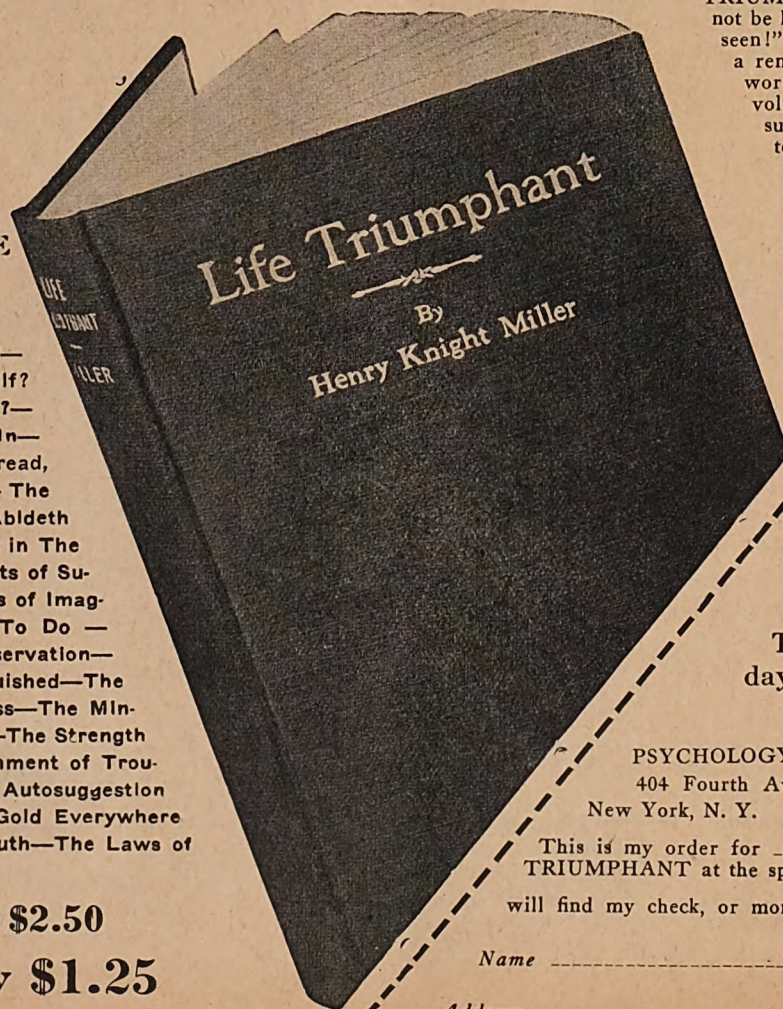
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In McDougall's Classroom

THE eminent psychologist, William McDougall, then of Harvard, was standing near me.

"You can't move your head! Try!"

I was standing rigidly erect with my back against the blackboard, my hands clasped in front of me. My eyes were shut. In front of me sat an indefinite body of students of abnormal psychology. I was indifferently conscious of their presence. The professor seemed to be making some remarks to the class relative to my condition. I do not remember what they were. I had no particular concern about them at the time. Then he turned to me.

"You are stuck fast to the wall," he declared. "You can't move. Try to walk away. You can't. Try. You are stuck fast. Try. You can't."

And the harder I tried the more tense became the extensor muscles of my legs. I could not move an inch. The other muscles of my body were comparatively relaxed. My head was resting easily against the blackboard. I believed that if I cared to do so I might shift it about in various positions.

The professor had ceased challenging me to move away from the wall and was again addressing the class. Then I heard him advancing toward me. Placing his hands upon my head, he gently pressed it against the blackboard.

"Now," he announced, "your head is stuck fast to the board and you can't move it away. Try. You can't. It's stuck fast. Try. You can't." Involuntarily the muscles at the back of my neck set and increased their tension as I strained to draw my head forward.

After directing a few comments to the class he spoke to me once more, "I'm going to count three presently, and when I do you will open your eyes, but you will remain fixed to the wall. When I put my hands in my pockets you will sit down in the chair near you. When I put my hands behind my back you will relax, will feel perfectly yourself in every way and will take your seat. No one will be able to put you into this state again without your consent in writing."

For a moment nothing but a blank of silence. Then the professor's voice deep and clear:

"One." I felt no different. "Two." I was rather anxiously wondering whether it would be as he had said. "Three."

Another second, perhaps two. Automatically my eyes opened. The professor was looking at me with a sort of professional amusement. He walked slowly to and fro in front of me. After a brief lapse of time his hands eased into his trouser pockets.

An Irresistible Urge

With the automaticity of a mechanism I felt myself leaving the wall and taking the chair near it. He withdrew his hands from his pockets.

"Now, do you feel any different?" he asked.

I murmured a negative between my teeth.

"What will make you feel different?"

"Your hands behind your back," I managed to mumble.

Turning to the audience, "See, he understands everything I say to him."

He folded his hands across his bosom. "Now, do you feel any different?"

Again a mumbled negative from me.

For a little while longer he continued to walk back and forth before me. Then he brought his hands behind his back. Again that same irresistible urge. My hands unclasped themselves and I arose easily from my chair, my face relaxing into a smile at the novelty and strangeness of the whole situation.

On the way to my seat the professor shook my hand, thanking me for volunteering as a subject for a scientific demonstration, while the class cheered at the success of the experiment.

When I took my seat the girl on my right greeted me with a smile, congratulatory and at the same time mingled with an expression not unlike that which one would register upon witnessing the return to earth of a departed loved one. The man on the other side whispered to me in a tone which was forcedly casual. "You should take down your introspections at once on this experiment." There was a sort of strained and awed enthusiasm in his voice and manner.

Well, that is hypnotism—the first stage of it. A most unusual and remarkable sensation. As for the deeper stages, I can say nothing experimentally. For several years I had been studying various phases of psychology under different professors. . . . Among these was the psychoanalysis of Freud, with its intricate theory of dream analysis. *(Continued next month.)*

**by Paul Horst, M.A., Fellow in Psychology,
University of Chicago**



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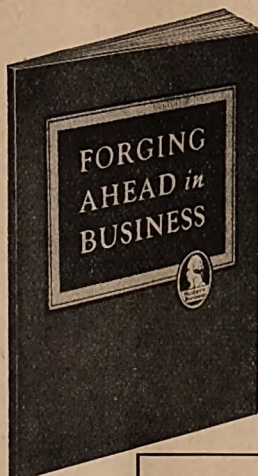
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Wake Up Your Memory!

(Continued from page 23)

say what you please about Jones but there is one thing you must admit, he can always be depended upon to give one a square meal" (deal).

Things in which we are deeply interested will be remembered without conscious effort. If we are interested in baseball or football we will naturally remember the scores in the big games. If we have an appointment with a friend to go some place that we really want to go, there is no danger of forgetting it; but if it is a "have-to" appointment we will quite likely—and quite honestly—forget to keep it.

We have a tendency to forget that which is unpleasant and remember that which is pleasant. We are always talking about the "good old days" and the "golden past." That is because we remember only the pleasant part of the past, the glamor and the romance and we forget the dim kerosene lamps and the muddy roads. We recall the cool delight of drinking water from the old well but we forget the back-breaking task of carrying it to the house. So too with our clothes. Garments that we do not like are apt to be hung away

in the closet and forgotten, but there is no danger of forgetting the nice new serge suit or that lovely evening gown.

"Ignorance of the law is no excuse." This principle was formulated to cover this very idea. If it were not so, people would tend to forget the laws they do not wish to keep.

* * *

Returning again to the fact that we will not forget that in which we are interested, it is logical that to develop and build an interest in whatever we would mentally retain, will keep us from forgetting about it. Give minute attention, unearth any facts you can, and concentrate upon the history, beauty, or what not, of the object you would retain. You'll find then of *that* you'll not be able to say, "I can't remember." And if this works in one case, it will in all. Summing up then:

If you don't remember, it's because you haven't been interested. If you *want* to remember, then unearth, cultivate an interest, and as sure as two and two make four, you'll find you have awakened and acquired a good memory!

Student "Howlers"

(Continued from page 32)

a monastery is a place where monsters are kept". In medical knowledge "howlers" excel. "False doctrine is when a doctor gives wrong stuff to a man"; an "optimist looks after your eyes" and "a pessimist looks after your feet."

Other "howlers" which will probably come under Dr. Vaughan's studious eyes include such gems as "A grass widow is the wife of a vegetarian." "A person who looks on the bright side of things is called an optimist, while the person who looks on the dull side of things is called a pianist." "Alexander, the Great, was born in the absence of his parents." "Edward III would have been King of France if his mother had been a man." "In 1658 the Pilgrims crossed the ocean and this is known as Pilgrim's Progress."

"There is only one way to avoid such ridiculous mistakes," asserts Dr. Vaughan. "The critical power must be definitely increased. Observation and concentration must become second nature. Intensive observation of these howlers in my collection convinces me that schoolroom training is not suffi-

cient. We must go back further than that.

Variety of Mental Experiences

"It is as important that the child be given exercises to develop his brain as that he be given kiddie cars, scooters and other toys designed to develop the muscles of his legs and arms. These brain exercises should be carefully planned. The child should be given a wide variety of mental experiences.

"My sole excuse for this collection of howlers is that it is far better to profit by other people's mistakes, and although mistakes may be stepping stones to knowledge, wherever it is possible most of us prefer an elevator to climbing a long flight of stairs.

"Once the reasons for the lack of knowledge as shown by students throughout the country are understood, I hope a means may be perfected by which logical association of ideas may be made corrective from early childhood until the student is able to utilize this knowledge in practical fashion when dealing with problems in everyday life."

DID YOU EVER TAKE AN INTERNAL BATH?

This may seem a strange question. But if you want to magnify your energy—sharpen your brain to razor edge—put a glorious sparkle in your eye—pull yourself up to a health level where you can glory in vitality—you're going to read this message to the last line.

What Is an Internal Bath?

Some understand an internal bath to be an enema. Others take it to be some new-fangled laxative. Both are wrong. A real, genuine true internal bath is no more like an enema than a kite is like an airplane. The only similarity is the employment of water in each case.

A bona-fide internal bath is the administration into the intestinal tract of pure, warm water, Tyrrillized by a marvelous cleansing tonic. The appliance that holds the liquid and injects it is the J. B. L. Cascade, the invention of that eminent physician, Dr. Charles A. Tyrrill, who perfected it to save his own life. Now, here's where the genuine internal bath differs radically from the enema.

The lower intestine, called by the great Professor Fages of Vienna "the most prolific source of disease," is five feet long and shaped like an inverted U—thus Ω . The enema cleanses but a third of this "horseshoe," or to the first bend. The J. B. L. Cascade treatment cleanses it the entire length—and does it effectively. You have only to read that booklet "Why We Should Bathe Internally" to fully understand how the Cascade does it—without pain or discomfort.

Why Take an Internal Bath?

Here is why: The intestinal tract is the waste canal of the body. Due to our soft foods, lack of vigorous exercise, and highly artificial civilization, a large percentage of persons suffer from intestinal stasis (delay). The passage of waste is entirely too slow. Result: Germs and poisons breed in this waste and enter the blood through the blood vessels in the intestinal walls.

These poisons are extremely insidious, and may be an important contributing cause of the headaches you get—the skin blemishes—the fatigue—the mental sluggishness—and susceptibility to colds—and countless other ills. They may also be an important factor in the cause of premature old age, rheumatism, high blood pressure, and many serious maladies. Thus it is imperative that your system be free of these poisons, and internal bathing is an effective means. In fifteen minutes it flushes the intestinal tract of impurities—quick hygienic action. And each treatment tends to strengthen the intestinal muscles so the passage of waste is hastened.

Immediate Benefits

Taken just before retiring you will sleep like a child. You will rise with a vigor that is bubbling over. Your whole attitude toward life will be changed. All clouds will be laden with silver, you will feel rejuvenated—remade. That is the experience of thousands of men and women who faithfully practice the wonderful inner cleanliness. Just one internal bath a week to regain and hold glorious, vibrant health! To toss off the mantle of age, nervousness, and dull care! To fortify you against epidemics, colds, etc.

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"Life and Life Hereafter"

(Continued from page 44)

"Why, your mother told me."

"That's funny—she didn't say anything to me about it in the store yesterday," said my husband.

"I didn't think anything more about it until that evening when my mother-in-law called. My husband mentioned Richard right away, and then my mother-in-law asked me how I knew. I explained that she had told me. Then it dawned on me that I hadn't seen her for a whole week, and I felt guilty. But then I insisted that I must have dreamed it for I had an impression of seeing her in a chair in my room and she told me about the raise.

"Finally, my mother-in-law told me that the previous night she had dreamed she had gotten a letter from Richard telling her the good news and in her dream she had told me about it. Then the next morning she *did* get such a letter just as she had dreamed it. 'You must have sent me the message tele-

pathically,' I said, 'for I had the positive strong impression that you had told me in reality.'"

* * *

Other interesting instances of telepathic power are acknowledged from: Mrs. E. Holmes, Chicago; Jack Billingsly, Stamford, Texas; Carrie Gobre, Lexington, Kentucky; S. M. Thompson, Valdosta, Georgia; Ann Lenz, St. Joseph, Missouri; James Hanisky, Ringtown, Penn.

Our subject for future discussion will be ways and means of concentration especially as applied to sending thoughts by telepathy. We now have several hundred instances on record of telepathic experiences—but until we find the best ways of communication at will, we will not be able to accomplish that which we hope to do—and thus help others in making life just so much more enjoyable and interesting.

"I Won't Be Criticized!"

(Continued from page 25)

that people do not waste much time in talking about that which does not interest them, or that for which they have no regard, or hold at a distance. The home is the place of the closest of ties. Home people criticize more than others because they are more deeply interested.

Criticism Often Compliments

If we would only take it so, most criticisms could be turned into compliments. If somebody finds fault, remember he would not take the trouble if he did not care. Every critical remark can be turned into a compliment when we take the broader view. The ego, instead of being hurt, will take the *import* instead of the *content* of

the words, and be glad.

This constitutes reaction, and reaction is of more concern to us than action. Words are colorless until we paint them. These words will mean to us what we want them to mean. If we insist on our own weakness we will allow the hurt. If we insist on our own strength, we will interpret in such a way that whatever may be said will be used as a contribution to our better selves.

For the world is what we make it and words are what we make them. He who has the mind to do it can make of apparent criticism a ladder on which to mount toward the skies of serenity and larger life.

Are You "Accident Prone"?

(Continued from page 15)

to the person who, recovering from one accident, has found himself staggering into another. First, of course, he has to take in the fact very clearly that he has had something to do with his accident proneness.

If he has resignedly given over to the idea that he's the victim of circumstance, blind "bad luck", then he's got to come out of this miasma. Such a person can begin by educating his subconscious mind to expect only *normal* experiences; to the contention that he has a right to, and will experi-

ence, only normal reactions in his environment.

The feeling that what he *thinks* has something to do with what *happens* to him, and the realization that he is *doing something about it*, will lessen his fear. Automatically, the lessening of fear will make him surer in his movements, will make his reactions firmer, stronger, more positive—and summing up all the deductions of the Health Research Bureau, the accident-prone person is bound then, to be less *prone* and far *healthier*.

Psychology in Books

(Continued from page 8)

freedom, she touches other lives vitally, and this mixture of work and normal struggle, all operate toward balance and normalcy for the girl. It is hard to recall a more absorbing story of the regeneration of a mind.

Simon and Schuster

Power of Mind

The power of the mind in making a man is the subject of "Thought—The Master Key," by Leonard E. Jennings. The work purports to be a simple and practical guide to the use and control of thought, and it succeeds admirably in its purpose. Many years of research and activity among men have gone into the making of the book, some of the chapters having been begun during the World War.

"Thought can be as great a power for good as it can for evil," writes Mr. Jennings, "as merciful as it can be unmerciful, as constructive as it can be destructive. Thought can heal or wound, cheer or depress, make or break."

Turning thoughts into the channels in which they can best serve humanity is the task to which the book mainly devotes itself.

The Fenland Press

Women in Marriage.

Probably thousands of married women have wished time and again that there might be some authoritative source of advice to which they might refer whenever their marriages seemed to be entering into rough waters.

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The authors are utterly frank in their analysis of wedded life and do not, as so many more squeamish writers have done, skirt around the true problems in order to keep up to a certain mythical standard of good taste. "The Married Woman" is a book for women who really want to know how to make their marriages successful and are not afraid of plain talk.

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I Learned to Laugh!

(Continued from page 19)

minor success, I began to study joke books. I read current fun magazines and almost labored over those evasive cartoons. Every week I told a joke. I didn't take any chances on old ones though and they had to be pretty funny to interest me.

Finding that many things in the world can well be taken as subjects for jokes helped me to relax, to take life much easier. I learned that other people "waited for street cars." I was surprised to find that girls were not such serious business as I had thought either, and that a little "kidding" took the "smartiness" out of them. When I began to laugh at the man who took eight kinds of pills, I quit taking them myself.

So now, I have a sense of humor, a girl, a good liver—and if you want someone to come over to laugh with you some evening, just give me a ring!

First a Mental Concept

By RICHARD LYNCH

THE tremendous need that is in the world today, misinterpreted as lack of material possessions is, in reality, a lack of the understanding of the meaning of substance.

Substance is a mental concept, not a physical appearance. The moment you perceive this idea you have a sense of well-being, a substantiality of thought. Substance is causal; to change the effect, the cause must first be changed. According to the doctrine of cosmology or monism, we understand every existing thing to be composed of primordial substance, infinite in extent; continuous, indivisible, without beginning or end. The modern scientist, subdividing solids, liquids and gases, arrives at this same conclusion regarding the cosmos.

* * *

Substance underlies all outward manifestations, providing a permanent basis for infinite phenomena; it is the real of everything. All that ever was in material form still exists—changed or transformed, very likely, but never destroyed. All nature illustrates this fact—there, the same substance exists; never more, never less, sometimes visible, often invisible.

There is no lack of supply—it is everywhere present. It flows through each individual, as channels are kept open for its passage. Each must know that in himself is the possibility of this omnipresent, unfailing substance; his every need is supplied as bountifully as he holds its idea in his consciousness.

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The Modern Philanderer

(Continued from page 18)

—will she be happy with him? Is he the type of man who can make a woman happy? Is he at all fit for marriage? Won't he discover in a few months that this was not after all the great and genuine love? Does he really know what genuine love is? Isn't he mistaken about the strength and character of his feelings?

These are the questions he asks himself and he rolls them over and over in his mind. Thus reflecting he discovers suddenly a number of shortcomings in his chosen Ideal. She is not modern enough; or else she hasn't sufficient imagination. With the sharpened insight of the person who on the point of doing something unfair is searching the other person rather than his heart for the motive, he suddenly sees in her various faults which he had not discerned heretofore.

No, he must make an end of this affair before it is too late, before he ties himself irretrievably and for life. He must get away, away, away! He must leave town on some pretext or other and let the affair "die a natural death".

You, in your ignorance of what is brewing, you have spent the night in fanciful, sweet reveries, towards morning counting the moments to hasten the day when you are to see him again—the day of days. Shall you disclose to the others the reason for your happi-

ness, a state of mind which they see reflected anyway in the shimmer of your eyes, in your steady, confident motions, in your magnetic personality? Why not shout jubilantly to the whole world your fresh and sweet and majestic happiness?

* * *

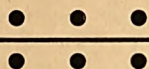
But what is this? Has something dreadful happened? The appointed hour has passed and he does not yet come. Could anything have happened to him?

What does this mean?

A letter next day shakes you out of heaven and brings you to earth with a thud.

He has thought the whole matter over very carefully. He is a most unhappy man, not born to love. He wants to withdraw in time, though he does it with a "bleeding heart" because he doesn't want to make her unhappy for life. Let her look at the whole affair as a pretty dream. He will not forget her as long as he lives. He is most grateful to her for all the pleasant hours they have spent together. She will surely find a better and healthier man more worthy of her love, a man who will appreciate her and make her happy. A long, almost endless letter, all in that tone!

So, ladies, I say, train yourselves to be hard and unyielding—to the modern philanderer.



I Burned My Bridges

(Continued from page 46)

blood were more fully thrown out by the forced exhaling. More time was found to be spent out in the sunshine and the wind.

Early morning walks were begun before sunrise. Before leaving home two or three oranges were eaten, or the juice of them drunk. The walk was begun toward the east so as to watch the sun rise. The deep breathing was done along the way. Iron attracts oxygen, and as the blood picked up the orange juice and the iron found it's way into the blood the oxygen from the early morning air was picked up likewise.

Walking and facing the sun this statement would be daily uttered aloud: "I am the master of my own destiny, in spirit, soul, and body. This is a new day. I will take it and use it for making myself more and more the 'master of my own destiny.' I will think no

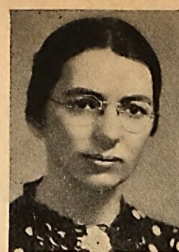
ill of any one this day. I will think positively and constructively. I will be grateful and thankful. I will take the spirit of this new-born day and make it mine." These and other thoughts I would speak aloud, hearing them, and feeling them.

Real Joys of Life

More than eleven years have been lived here now. Last year I applied for life insurance. My ten years since my "T. B." history had expired. I was six years over the necessary line of forty to safeguard that ten years. The examining physician found me with a chest expansion of three and one-half inches. "O. K. in every way."

I have learned how to live. The little nine months' old baby girl, now a true "girl of the West" and in High School, has helped me along the way to find the real joys of life.

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Mass Suggestion—And You

(Continued from page 43)

medical practitioner has pronounced the death verdict, was demonstrated by the late Dr. John D. Quackenbos, who was a member of the faculty of Columbia University, and one of the most noted specialists in mental, moral and nervous diseases in America, if not in the world.

He was called upon to attend a young woman who was suffering from pneumonia. It was a well-developed case. Consolidation of the lungs was evident. The patient had a temperature of 107. The pulse was beating at the rate of 160 a minute. At the completion of his examination, Dr. Quackenbos fixed his gaze upon the young woman and said in a firm voice: "Open your eyes. Where are you going?" She looked up at him. Her breath came quick and fast. "It is too late," she gasped, "too late." "No," said the doctor, concentrating all his forces, "it is not too late. You cannot die, you must not die, you will get well."

The mental and psychic forces were immediately evident. Her temperature subsided. Her pulse went down, and within a few days she was as well as ever.

I have no doubt that many people have died prematurely because of wrong but reversible mental and subconscious attitudes toward the diseases that held them in cruel bondage.

Mental and psychic suggestion actually means to awaken, to arouse, to make alive, to restore. Its chief purpose is to reach the marvelous potency which resides in the innermost recesses of a man's life and apply it to his every need.

Artificial or induced sleep is in exceptional cases more helpful than waking suggestion. But even in the sleep state, the sleeper is not a mere recipient of whatever suggestion comes his way. He has within him a power able to resist any suggestion that is not in agreement with it—or with the rooted

convictions for which it stands. The sleeper is at no time a mere puppet, for laboratorial experiments of the greatest scientists in this field have proved that, under the most unfavorable condition, the sleeper has force and will. There is something greater in man than subconscious power, and that something is wholly on the side of what many are pleased to call "God".

We see from this that even hypnotic suggestion is of no great value if the patient's innermost desires and convictions are not in agreement with it.

Genuine hypnotic subjects are comparatively rare. A great many people cannot be hypnotized, despite every effort on the part of the most willing patient and the most skillful operator. If the aid given by suggestion depended on true hypnotism the cures would be few and far between. But I have discovered several psychic states in which the conscious and subconscious mind are peculiarly susceptible to desired and accepted suggestions.

Now it may be said that nine-tenths of all our ailments, pains, failures, fears, worries and difficulties are due to our wrong subconscious conditions and subconscious management.

Let us remember in this connection that the subconscious mind works in perfect accord with our habitual mental moods, thoughts, desires and acts. By the very law of its nature it has no other choice. The hand at the subconscious wheel happens to be the conscious mind, and if that hand does not work in strict accord with the universal law of health, happiness and success, it means disaster.

The subconscious mind is like a block of marble: our conscious mind the chisel. We can chip it rudely, so that nothing emerges but a mutilation, a caricature, or we can wield the chisel with such careful skill and delicacy that the effort is marvelously beautiful, like the mirror held up to nature, like the revelation of the "Image of God".

Your Right Place

(Continued from page 21)

and disturbing analytical and psycho-analytical talks. That man found himself through the use of scientifically calculated tests (tests, by the way, that are not given indiscriminately to all comers, but which are selected specifically for the individual after a complete personal history has been taken) that showed what his aptitudes were and what his personality was capable of.

* * *

In the cases of students who cannot

decide what schools to go to or what professions to study, Dr. Link points out that five or ten hours spent on aptitude tests often save five to ten years of misdirected schooling.

"Psychologically," he declared, "the vocational approach to education is the only sound approach to culture—not only as a means of mastering the subjects but as a means of developing personality through proper work habits, consistent interest and ultimately, through economic independence."

What Can We Do For You?

(Continued from page 49)

may request them. I would simply state in such a case that "I would like to grant you this favor, but it is quite impossible at the present moment."

People who are overridden in this manner are usually negative, "yes" people. They lack courage and confidence, haven't the respect for themselves and their time that they should have. I think if you were to follow the "Golden Rule" under such circumstances that you would go right. Do as a favor anything that you would ask of another and have a right to expect of him.

QUESTION:—"X" writes—

Tell me why love, which should give greatest happiness, often brings such bitter sorrow? Real life and late fiction bear similar testimony. It hurts my very soul and I rebel. What is wrong? What is the remedy?

ANSWER:

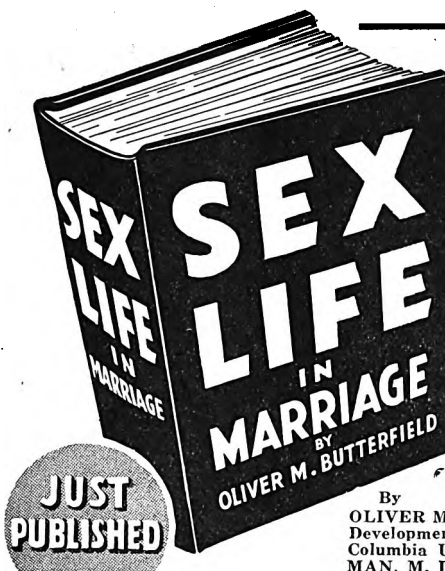
There is nothing wrong with "love," but with those who suffer deeply and long through lack of understanding and misapplication of this wonderful force.

Most emotional persons are extremists, lack control, and they permit their love natures to carry them beyond the bounds of reason. One can be intemperate in his expression of love, just as he can in the use of foods, drink, and many other things. To love too deeply is not only painful at times, but a real sin against self and the world in general, for such a love is all-absorbing and represents selfishness.

Again, too many try to put love behind prison bars, and when you undertake to treat love in this manner it usually flies out the window. If one could but count each moment, each hour, each day, each week, that he is favored with the blessings that love bestows as just that much gain, and not when it has passed think of only the loss and sorrow, then love would mean something real and each love affair a high spot in one's life that he would ever look back upon with pleasure.

Love, like life, is uncertain and we must be prepared for the disappointments so frequently experienced. Control and confidence will make this possible. When love is seemingly lost, remember there are others whom you can shower your love upon and thus avoid the long drawn-out period of sorrow through substitution.

Life and its pleasures are full of broken contacts and interruptions. Just have faith enough in yourself to know that if one of these must be faced you are big enough to rise above it and go on.



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The present work is no mere cataloging of sexual phenomena, but a considered treatment of the fundamentals and implications of the marriage relationship. The viewpoint expressed is a progressive one and of the highest social significance.

By
OLIVER M. BUTTERFIELD, Former Staff Member (Child Development and Parent Education) Teachers College, Columbia University. Foreword by SOPHIA J. KLEEGMAN, M. D., Assistant Clinical Professor, Obstetrics and Gynecology, New York University College of Medicine.

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Happiness Road

By MILDRED S. FERGUSON

WHICH is the road to happiness", I asked, along the way,
"How can I reach that secret goal For which men strive and pray?"

"Only through years of toil", said one
"There at the end, lies wealth,
"Only through wisdom", another said
"Wisdom's reward is health,

But when I asked one old and gray
My heart was still, as I heard him say:

"There is no road to happiness,
It grows . . . right where you stand,
It lives in the little things of life
Kind words, and a helping hand.

You may search the wide world over
For treasures to possess . . .
But sharing the load of your fellow-man
Is the way to happiness".

. . . Dr. Alfred J. Fox,
*recognized authority on mental
 therapeutics; formerly, resident
 physician at Manhattan State Hos-
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 of the Insane Pavilion at Sea View
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"I Think!"

(Continued from page 50)

how long the treatment is effective after the patient is pronounced cured. Our oldest 'cured' case is now six months old. In Europe, where the treatment has been administered for more than two years, patients have stayed 'cured' for that two-year period."

The result is brought about by psychological, not physiological causes. While the patient is in a coma, subconscious forces recreate the personality. There is a pleasant, dreamy sensation before the patient lapses into the coma, and he has no recollection of the treatment when he is revived.

Psychic Culture

(Continued from page 49)

greatest and grandest to which the human mind can turn. It is the study of one's own self. Some few things which we have learned about the universe have filled us with admiration and astonishment, but we have been unable to peer very deeply into the universe about us. But when we turn to an earnest study of ourselves, we will find that that wonderful self is truly an epitome of the universe. The deeper you go into a knowledge of the inner man, the more pronounced the health and success of the outer man.

IV

The mind of man is divided into two great divisions, the conscious, and the unconscious or subconscious; the objective and the subjective. The conscious mind represents to us the self, and yet it is not the greater and stronger self. The true ego rises into the region of consciousness only in spots and on occasions. Like the iceberg, by far the greater part of it lies beneath the surface.

That there is activity throughout this subconscious mind is demonstrated in many ways. It is the storehouse of all knowledge and power, and is the treasure of memory. It is also the seat of habit. It is an ever-present helper when we understand how to contact it harmoniously.

This subconscious self is ever seeking our good. Through its action we find the right events and the right people coming into our hearts and lives at the right time—provided we have set our faces, by the power of will toward the realization of the best there is in us!

V

Possibly at this moment you are facing a crisis in life. I sincerely hope that this will mean the turning point to which you will ever look back with devout thanks. Let me assure you that I stand ready to help you select the right books, so that your individual needs may be served. Just outline your needs and I will communicate with you. I do hope I have dropped seeds in the minds of many which will help and produce.

In the Psychologist's Office

(Continued from page 28)

association and habit, and the reduction of nerve cell energy. He was put under treatment with medication (ATOP) and suggestion. The medication was given to him to raise his nerve cell energy, to balance his emotions, and to strengthen his inhibitory system.

He was told that he did not have heart disease, that he had no disease except a fear of his own feelings. The medication and suggestion relieved him of the feelings, and he found himself balanced mentally again, with no abnormal impulses rushing over him.

* * *

In less than a week he had obtained a position, and in less than six weeks had gained forty pounds in weight, and in two months was discharged—completely well.

Recently he said, "I can't believe

this myself. I ride on subways, go on street cars, alone, and with no trouble whatsoever. My digestion is normal again, and I eat everything. The black depression has gone. I live in a new world. I'm strong and healthy, and I'm filled with confidence and the joy of living."

This patient has been well over a year. I happened to see him a few days ago, and he was in perfect mental and physical health.

It has been carefully estimated that 65 per cent of the people who go to hospitals and clinics for physical illness and getting only physical treatment, are actually nervous and mental cases. That is the reason that I have advocated a new type of hospital with broad research facilities where medical men may be properly trained, and this great army of cases may be scientifically and properly treated.

Substitute Fatherhood

(Continued from page 41)

The verdict crashed on Violet Norton's ears. She screamed. She yelled! She denied. "Why should I go to jail," she cried out . . . "for something that I know in my own heart."

And she did know it in her heart for that is where she generated the image. That is where the concept grew to maturity. That was where she gave birth to a child, yet that child had already enjoyed some six years of physical birth. This woman cannot be too severely reprimanded. It is a part of life. She was merely a victim of psychological circumstances. And if a careful survey of the world were to be made one would find literally thousands

of Violet Nortons . . . literally thousands of women who have psychologically violated their idols. It is a pure case of obsession. These individuals deliberately merge themselves with the alien, until they believe it wholeheartedly.

Going to jail won't remove the obsession from Violet Norton's mind. Neither will the hardship of a heavy fine. Yet the law must take its toll. If she were to escape it would make room for other human prey. One pays dearly for psychological errors, yet ignorance is no excuse in law. Whether natural or man made—it exacts its price, and that price must be paid.

Psychological Terms—Meanings

(Continued from page 36)

ism, drug addiction, and other neurotic behavior.

HEDONISM—The teaching that satisfaction or pleasure is the chief aim of life. The tendency to exaggerate pleasurable sensations.

HOMOSEXUALITY—Interest in, and love for, persons of one's own sex. One of the stages of psychosexual development.

INTROJECTION—A mental process by which one identifies himself with another, or an object, so that he takes on the feelings of the other. Subjection of the objective.

INTROVERSION—Withdrawal of interest from the external world to the

internal world of self; fantasy—day dreaming; self-centeredness.

MASOCHISM—The act of deriving pleasure in being punished; in making unnecessary sacrifices so that we may assume the martyred attitude and gain sympathy.

MISOGINEA—A morbid dislike for new ideas.

SADISM—The act of deriving pleasure in the punishment and suffering of others; whether the punishment and suffering be caused by the sadist, either directly or indirectly, or merely witnessed. Sadism applies to mental as well as physical.

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"Contacts Club"

(Continued from page 48)

the poet's philosophy when he wrote:

*And vile it were
For some three suns to store and
hoard myself,
And this grey spirit yearning in de-
sire*

*To follow knowledge like sinking
star*

*Beyond the utmost bounds of human
thought.*

*I deplore the increasing tempo of
modern industrial life, the standardiza-
tion of men's minds and labors. I think
Robinson Crusoe had the right idea
when he set himself up on his island
kingdom. Which plan I may yet adopt.
In the meantime, I remain, Crusoe,
without an island.*

(Mr.) N.S., Canada.

Anyone corresponding with this fellow, certainly will not want for subject matter. One with such an imaginative mind and intelligent means of expression will prove, no doubt, a delightful correspondent.

Dear Editor:

I have been a subscriber to **PSYCHOLOGY** for the past four years and look forward to receiving every issue with great pleasure. Especially do I enjoy reading the "Contacts Club" department.

Then came the idea—why not write a letter to the Editor with the hope that it might be printed. I enjoy writing letters to interesting people—do a great deal of reading and writing of all kinds in my spare time—and am interested in a great many outdoor and indoor sports.

Would be glad to hear from folks everywhere, particularly in and around this part of the country. I am a stenographer, and writing is second nature to me. Do let me hear from you who have wide visions.

(Miss) E.S., Waterbury, Conn.

We welcome you to our club, Miss E.S. This letter bespeaks an individual who would make correspondence a delightful interest.

Dear Editor:

Having been reared in a somewhat conventional environment, I am agreeably surprised to discover that the non-conformists—the intellectual rebels of this world—frequently possess both wisdom and charm. Associates of this type have, on painfully numerous occasions, reduced many of my pet convictions to the status of mere jelly fish withering on the sea shore of thought—yet, I wish to become acquainted with many more of these interesting champions of the unorthodox.

Whatever subject is chosen—be it psychology, philosophy, religion, economics, travel, music, art, literature, morality, love or marriage—the opinions expressed will be appreciatively and thoughtfully received. My replies will be prompt and enthusiastic.

(Mr.) V.G.M., Easton, Penna.

To our friends who like to receive worthwhile letters, Mr. V.G.M. offers a wide invitation. Note, however, that his thoughts travel in a more serious trend.

Why Get A Divorce?

(Continued from page 27)

lifted up, up towards a perfected flowering. Women have carried marriage on their backs with all its outgrown restrictions, but women are moving and with them marriage. Through the miasma, the haze we still throw around the whole subject of love and marriage we see that the vanguard of women, enough to serve as a leaven, have laid hold upon the new vision of marriage. And with their vision the marriage relation is expanding to broader proportions.

In much of the restlessness, the discontent breaking to the surface in divorce we may see evidence of impatience with outgrown standards, and of the expansion of ideals towards a partnership established on the highest terms. One must allow—patiently—

for some experimentation and many mistakes, but one can look past the flapper of today, past the bold experimentation, and visualize a young woman of another generation, clear-eyed, uncompromising, so stored within herself that, like a magnet, she will draw a man from the ends of the earth and hold him, unbidden, once he discovers her.

One sees in such marriage, the marriage of two independent souls, or at least of two pledged to independence, forging no invisible chains, seeking not an end in each other, but joining hands toward a mutual end. That will be marriage in the ultimate sense, sound throughout—spiritual, eugenic—and of such marriages will come the new race.

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Tricks of the Mind

(Continued from page 30)

we say that the words, whether of compliment or excuse, don't ring true; or the action shows embarrassment, as if hiding something; or somehow arouses suspicion. If it is plainer still and conscious, we call it hypocrisy.

How far we can follow Freud in finding in these tricks of the mind the clue to much of our behavior, waking and dreaming, is not wholly clear. The interpretation has much truth in it, and gives trifles significance. He is willing to apply it to himself. He tells us that he carries two keys, one large and round, for the door of his clinic, and the other small and flat, his house-key. He sometimes absent-mindedly finds himself trying to open the clinic door with the house-key, but never the reverse. He concludes that he has a sub-conscious or secret preference for the comforts of home as against the work of the clinic.

Dr. Claude William Chamberlain, in next month's issue will continue the STORY OF MENTAL MEDICINE begun in July.

God In Psychology

(Continued from page 34)

be any virtue, and if there be any praise, think ye on these things." Centuries before that, some ancient Jew wrote: "As he thinketh in his heart, so is he." *Teachers of the basic truths of the mind are constantly making these same discoveries.*

Next month, Mr. Sinclair will discuss "The Universe as Free Will".

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