PSYCHOLOGY

Health • Happiness • Success

SEP 29 '17

■ Unmarried Love ■

Persecution Complex—Seabury

Can a Woman Philander?

Upton Sinclair on "Free Will"

Mental Medicine—Hypnotic Sleep

Real Life Stories!

Green Lights Ahead!

"I've Got a Job, Mary!"

A Kitchen-Husband Protests

"It Couldn't Be Done—
So We Did It!"

[illegible]red Adler's Views on "Mind and Body"

Crime by Suggestion
Sex Crimes Explained

The Pseudo-Revelation
A Famous Court Trial

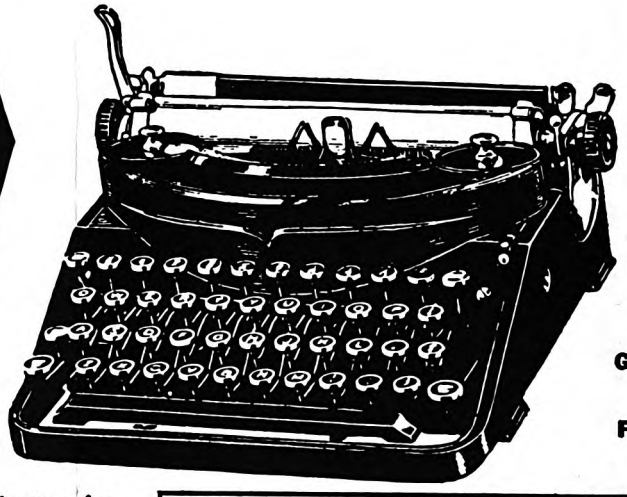
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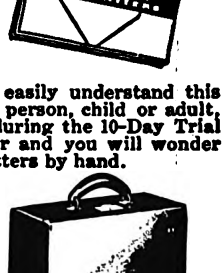
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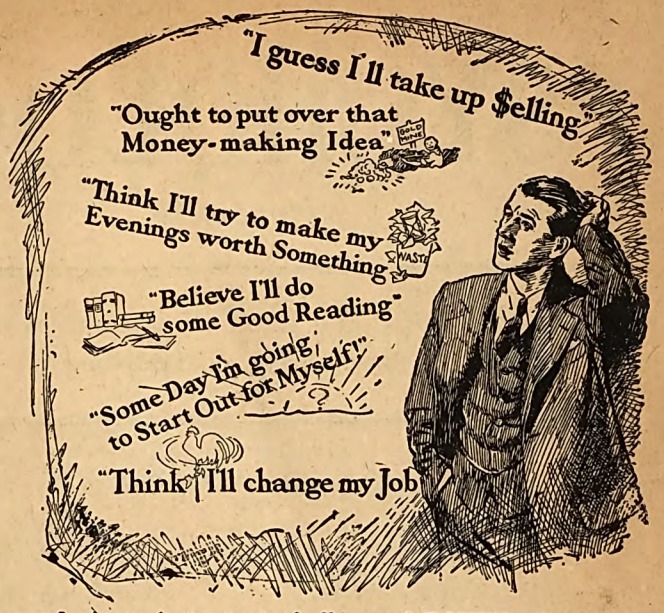
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The Man with the "Grasshopper Mind"



YOU know this man as well as you know YOURSELF. His mind nibbles at EVERYTHING and masters NOTHING.

At home in the evening he tunes in the radio—gets tired of it—then glances through a MAGAZINE—can't get interested. Finally, unable to CONCENTRATE on anything, he either goes to the MOVIES or FALLS ASLEEP in his chair.

At the OFFICE he always takes up the EASIEST thing first, puts it down when it gets HARD, and starts something else. JUMPS from ONE THING TO ANOTHER all the time!

There are thousands of these PEOPLE WITH GRASSHOPPER MINDS in the world. In fact they are the very people who do the world's MOST TIRESOME TASKS—and get but a PITTANCE for their work.

They do the world's CLERICAL WORK, and routine drudgery. Day after day, week after week, month after month, year after year—ENDLESSLY—they HANG ON to the jobs that are smallest-salaried, longest-houred, least interesting, and poorest-futured!

If YOU have a "grasshopper mind" you know that this is TRUE. And you know WHY it is true. Even the BLAZING SUN can't burn a hole in a little piece of TISSUE PAPER unless its rays are focussed and concentrated ON ONE SPOT!

A BRAIN THAT BALKS at sticking to ONE THING FOR MORE THAN A FEW MINUTES surely cannot be depended upon to get you anywhere in your YEARS of life!

The TRAGEDY of it all is this: you know that RIGHT NOW you are merely jumping HERE AND THERE. Yet you also know that you have WITHIN YOU the intelligence, the earnestness, and the ability that can take you right to the high place you want to reach in life!

What is WRONG? WHAT'S holding you back?

Just one fact—one SCIENTIFIC fact. That is all. And when you know what it IS, then you can easily learn how to apply it; make it carry you STEADILY, POSITIVELY, AND DIRECTLY to prosperity and independence.

That fact is one which has been PROVEN and stated by the world's foremost scientists and psychologists. You are only ONE-TENTH as successful as you COULD be! Why? BECAUSE, as Science says, you are using only ONE-TENTH of your real BRAIN-POWER!

TEN per cent of his brain is all the AVERAGE person uses. He is paid for ONE-TENTH of what he really possesses because that is all he actually USES. The remainder lies dormant. The longer it is unused, the harder it becomes to use it. For the mind is like a muscle. It grows in power through exercise and use. It weakens and deteriorates with idleness.

What can you DO about it? That is the question you are asking yourself. Here is a suggestion.

Spend 3c for a postage stamp. Send in the coupon below for a copy of "Scientific Mind Training." There is no further obligation whatever. You need not spend another penny.

This little book will tell you the secret of self-confidence, of a strong will, of a powerful memory, of unflagging concentration. It tells you how to acquire directive powers, how to train your imagination (the greatest force in the world), how to make quick, accurate decisions, how to reason logically—in short, how to make your brain an instrument of all-around POWER. It tells you how to banish the negative qualities like forgetfulness, brain fag, inertia, indecision, self-consciousness, lack of ideas, mind wandering, lack of system, procrastination, timidity.

Men like Judge Ben B. Lindsey, Sir Harry Lauder, Prince Charles of Sweden, Jerome K. Jerome, the famous novelist; Frank P. Walsh, Chairman of the National War Labor Board, and hundreds of others equally famous, praise the simple method of increasing brain power and thought power described in this free book. OVER 750,000 OTHERS PRAISE IT.

You have only A STAMP to lose by writing for your copy. You may GAIN thousands of dollars, peace of mind, happiness, independence!

Thousands who read this announcement will DO NOTHING about it. The effort and the will needed to send for this book—which is FREE—may be lacking. How can these people EVER gain what they hope for, crave for? They are the skeptics, the doubters, the "show me" wiseacres.

Other thousands will say, "I can lose only A STAMP. I may GAIN a great deal by reading 'Scientific Mind Training.' I will send for it NOW. It promises too much for me to RISK MISSING."

The thousands who are open minded—who are willing to learn something to their advantage—will ACT on their impulse to send the coupon. They will be better, stronger minded for having TAKEN SOME ACTION about their lives, even if they do nothing more than to READ a booklet about the inner workings of the mind. For your own sake—and for the sake of your loved ones, don't continue to GAMBLE that your future will be bright whether or not you DO anything about it! Mail the coupon today—NOW.

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Please send me without obligation your free booklet, "Scientific Mind Training." This does not place me under any obligation and no salesman is to call on me.

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PSYCHOLOGY

Health *Happiness* *Success*

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

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HOW FEAR

Can Ruin Your Life!

by C. Franklin Leavitt, M. D.

Both mental and physical disorders are usually classified as either organic or functional in type. Eliminate the organic forms of mental disorders, where structural changes have taken place, and we then have to deal with emotion and a hyper-sensitive Sympathetic Nervous System. There is a vast difference between the Central and the Sympathetic Nervous System as far as seriousness and outcome are concerned. For example: A true form of insanity is not termed a functional disorder—while an unreasonable FEAR OF INSANITY would be.

FEAR is responsible for a large portion of the functional mental states which people drift into. I mean by FEAR, not fear of a physical character, but fears which are associated with self. Worry is an active principle of FEAR. Worry means crossing your bridges before you get to them. Apprehension, over-seriousness, over-anxiety, self-consciousness, introspection, are a few of the common forms of fear.

These unreasonable fears are created in various ways. A shock of some kind; the seriousness you attach to an operation; a story you hear which is taken too seriously; the suggestion of another which makes a deep impression on you; financial setbacks; sickness of a loved one—in fact, ANYTHING that causes you to turn that fact or suggestion over in your mind to the point of your dwelling on it, can in time create a very real HABIT OF FEAR. You may have a little pain and you suddenly feel that something is wrong in some part of your body. You notice that your heart palpitates faster than usual—you see someone have an Epileptic convulsion—you witness some tragic accident—you read about one who has had some of the little symptoms you have been rather conscious of in yourself, doing some tragic thing—and FEAR IN AN ACUTE FORM IS THERE BORN.

Whether you are suffering from Neurasthenia, Psychasthenia, Psychosis, Neurosis, Self-Consciousness, or a complete Nervous Breakdown; you may be SURE that FEAR is back of your disorder. You could of course have a nervous disorder of true physical origin, but you would not possess nervousness, except in a physical sense, unless FEAR were present. It is safe to say that at least 90 per cent of mental and nerve disorders are functional in character and the result of over-seriousness and introspection.

These fears play on the Sympathetic Nervous System until you may become so weak and limited that your symptoms seem most alarming to you. And this added fear has its reaction on the nervous system and the sufferer becomes panicky and most depressed. Each little fear you indulge in acts as a tiny shock to this Sympathetic Nervous System, until you later find yourself a wreck on the shoals of life.

The nature of your fear depends upon what you become over-serious over. Let me enumerate a few of the more common fears so that you may be assisted in diagnosing your own case. As a Neurasthenic you might have FEAR OF CROWDS, FEAR OF HARMING ANOTHER, FEAR OF SUICIDE, FEAR OF INSANITY, HEIGHTS, CLOSED PLACES, ELEVATORS, AUTOMOBILES, TRAINS, THAT YOU WILL LOSE CONTROL OF YOURSELF, OF EMBARRASSMENT, OF DEATH, OF DISEASE OR GERMS OR DIRT—THAT SOMETHING HAS HAPPENED TO YOUR BRAIN—OF POVERTY, OF LOSING YOUR POSITION, OF LOSING YOUR BREATH. You may have the feeling of being unreal—different—and it frightens you. Little by little you permit these fears to limit you more and more until you may become a PRISONER IN YOUR OWN HOME.

Neurasthenia in time is followed by a more acute trouble known as a NERVOUS BREAKDOWN, for the Sympathetic Nervous System cannot withstand this attack of fear without in time being tremendously weakened. You then begin to experience a new group of symptoms of a more physical character; such as—a passing out sensation which frightens you; a sense of great weakness at times so that you wonder if your legs will support you—a numbness in certain parts of the body—creepy, crawly or twitching sensations — digestive disturbances; perhaps sleepless nights. With nerve tension naturally the circulation is interferred with, functional life less and less active, and your vitality and tone materially lowered.

You have been "trapped" by A HABIT OF FEAR. And these unusual and alarming symptoms you experience are ONLY the reaction which is quite sure to follow. In other words, you have lost confidence in self, and the opposite of confidence is FEAR.

Your FEARS are imaginary, but not the nerve reactions, for they are very real and can be most trying. Do you realize that fear actually develops a poison in your body? It is stated that today one out of every ten persons in the United States has been or is, a victim of a mild or acute form of Nervous Breakdown. And yet this trouble is one which is commonly little understood. Your family tell you to forget it, your friends perhaps laugh behind your back and think you queer. NO ONE who has not experienced this vise like grip of fear can possibly realize what it means. You ask, "But how am I to know that my fears are unreasonable?" Well, in the first place, you should visit your family physician, which you perhaps have already done, and get his opinion. If he states that your fight is a mental one, that there is little wrong of a physical nature, YOU MAY BE SURE that your fears are unreasonable and due only to YOUR LACK OF UNDERSTANDING. The next step is for you to get in touch with one who specializes in such troubles, and in selecting such a guide, I trongly recommend that you choose one who has had medical training back of him so that he will be well qualified to guide you.

Many ask me, "Is my mind weak?", when suffering from mental and nerve troubles. They are inclined to believe that something has taken place from which they can never fully recover. My answer is, the very fact that you have drifted into the state you have, proves that you possess an active, "going" type of mind. A dumbbell never thinks enough to get himself into trouble.

And, naturally, I am asked many times, "CAN I BE CURED?" My reply is, another cannot actually cure you, but he can direct YOUR efforts so that through a form of mental training, the mind can be restored to a normal state, and the nerves again made strong.

It is your nature that is really back of your troubles. If you are a victim of any of the mental or nerve states I have described, it is very evident that you were born with a sensitive, emotional nature, with a tendency toward nervousness. This is a splendid nature, and represents REAL POWER when you are in command of it; but let it get the upper hand and that same force can become quite destructive. Rest assured you possess all the requirements necessary to living a normal, efficient, happy life, and that the reason you have failed to do so, is due to your LACK OF UNDERSTANDING and the failure to properly use and direct the powers within you. There IS a way-out of all your mental and nerve problems; and when you fully understand yourself, your own powers, and how to use them, and the laws underlying life, and then set about putting that new understanding to USE, you will find things changing very materially for the better, and you can look forward to the day when you will be MENTALLY FREE.

If you are really interested in bettering yourself, I suggest you send 25 CENTS, for a 100-page book I have written on various mental and nerve disorders. You will find it very valuable, and unless I am mistaken, it will open your eyes to many truths, you have never before realized. And, to purchasers of this book, SELF MASTERY THROUGH UNDERSTANDING, I promise to assist you by giving you a FREE Preliminary Psychological Analysis, if you desire it. Feel free to address me and be assured that your information will be held confidential.

C. FRANKLIN LEAVITT, M. D.
Suite 1516G,
58 E. WASHINGTON STREET
CHICAGO, ILL.

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The LAST LAUGHS



GOOD PSYCHOLOGY

Mrs. Peebles (ready to go shopping)—"Mrs. Smart has a new hat, darling."

Mr. P. (slyly)—"Well, dear, if Mrs. Smart were as attractive as you are she wouldn't have to depend so much on new hats."

BORED

He (chattily): "When I was a small boy I remember I always wanted to be a clown when I grew up."

She: "It must be nice to realize your ambition."

THE NOVICE

"Wonderful achievement!" the spokesman shouted. "You've broken all records for a non-stop flight. How did you do it?"

"Well, to tell the truth," the rank outsider answered modestly, "I think luck had something to do with it. I didn't find out until about five minutes ago how to stop the darned thing."

"IT CAN'T HAPPEN HERE!"

Customer: "I should like to try on that frock in the window."

Assistant: "Sorry madam, but the management will not allow that. Would you care to try it on in our private fitting room?"

DEGREES OF INTIMACY

"Look here, waiter. You know me, don't you?"

"Oh, yes, sir; I know you quite well, sir. Will you have Scotch or rye?"

"I don't want a drink, waiter. I find that I have left my purse at home, and I thought perhaps——"

"Sorry, sir, but I don't know you as well as I thought I did."—New York Sun.

JUST TOO MUCH!

"I don't mind," said the professor, "if I see a student fidget about toward the end of the hour. I don't mind seeing him take out his watch and look at it. But when he takes out his watch, stares at it, puts it to his ear, and then shakes it!!!! It gets me!"

CHEERY SPECTACLE

"Well, I did my good deed today, made at least a hundred people more cheerful."

"How was that?"

"I chased my hat when the wind blew it down the street."

"I WON'T WORRY!"

Caleb: "Why don't you get a job and go to work? You know that worry kills more people than work does."

Loafer: "Yes, I've heard all that but the trouble with me is that nothing worries me so much as work. I'd rather loaf and let other people do the worrying."

INSPIRING SPEECH

Defendant—"Whatever the outcome of this trial I feel sure the experience will make me a better man."

Judge—"In what way?"

Defendant—"In striving to live up to the speech made by my attorney."

PLAYING SAFE

Dr. Slicem—"Now, don't worry about your wife. You'll have a different woman when she gets back from the hospital."

Chubbwitt—"But what if she finds it out, Doc?"

MISTAKEN IDENTITY

First Father: "What, your son is an undertaker? I thought you said he was a doctor?"

Second Father: "No, I said he followed the medical profession."

"OH, OH——"

In the middle of a stupid card party one of the guests spoke to a young man who was yawning.

"Insufferably boring, isn't it? If it weren't so embarrassing I'd go home."

"Yeah. I wish I could, too; but, hang it all, I live here."

"I'LL BORROW YOURS"

"Ma, can't I give baby a bite of my apple?"

"He has no teeth to bite with yet, dear."

"Can't I get him yours, ma? They're on the bureau."

TWO OF A KIND

Guide: "This, sir, is the leaning tower of Pisa."

Tourist: "Pisa! Let me think. No, that doesn't sound like the contractor's name who built my garage, but it looks like his work."

AIR POCKETS

Airman (explaining crash)—"I just happened to get into an air pocket."

Sympathetic Old Lady—"Oh, dear, and there was a hole in it."

THE PSYCHOLOGICAL MOMENT

"Where are you going in such a hurry?" asked Mrs. Bibbles.

"Over to John Jagsby's house," said Mr. Bibbles. "He has just telephoned to ask if I could lend him a corkscrew, and I'm taking it myself."

"Couldn't you send it?"

"Mrs. Bibbles," said Mr. Bibbles, in cutting tones, "the question you asked me shows why most women are unfit to lead armies and make quick decisions in business deals involving millions. When the psychological moment arrives they don't know what to do with it."

UP-TO-THE MINUTE

"Are your neighbors modern people?"

"Modern? Say, they sent in last night to borrw our radio set!"

DECORATIVE

"How do you like that new clerk you hired?"

"She does splendidly with her nails, but she has no apparent interest in my letters."

ONLY HIMSELF

A colored boy was reading the inscriptions on the tombstones, "Not dead, but sleeping."

Scratching his head, the negro remarked: "He sho' ain't foolin' nobody but hisself."

STEAL AND IRONY

He: "If a man steals, no matter what, he will live to regret it."

She: "How about those kisses you used to steal before we were married?"

He: "You heard what I said."

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Are you going FULL SPEED TO SUCCESS

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

SUCCESS IS A MATTER OF CHOICE NOT CHANCE

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

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

Here Is YOUR SUCCESS PLAN!

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

SOME OF THE SUBJECTS COVERED IN THIS BOOK

- Selling Oneself . . . Developing the Qualities of Leadership
- How to Solve a Problem
- How to Become Financially Independent
- How to Get a Job
- How to Save Money
- How to Write a Letter
- The Complete Guide to Mental and Physical Efficiency
- How To Dress for Success
- How To Get an Education
- How To Get What You Want
- How to Develop a Good Memory
- How To Make Money in Spare Time
- How To Increase Your Vocabulary

FREE GRAPHOLOGY READING

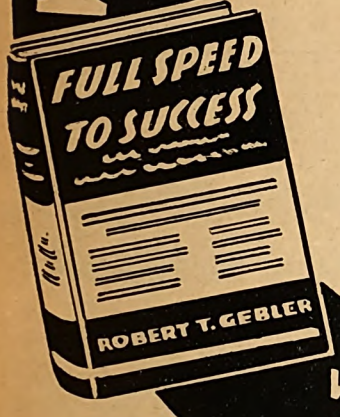
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This is a call for men everywhere to handle exclusive agency for one of the most unique business inventions of the day.

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.

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.

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.

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*

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PSYCHOLOGY in BOOKS



Helping Yourself

A BOOK by David Seabury is always an event of importance in the world of psychology, but in "Help Yourself To Happiness," Mr. Seabury has outdone himself. There is so much that is helpful in these 340 pages of practical application of psychology that one is at a loss to know where to start telling about it.

The book differs from his previous work in that it is not an attempt to instruct the layman in the theories and terms of psychology, but rather to show him how to use the knowledge that is already available in the cure of his mental maladjustments.

Of course, Mr. Seabury makes no effort to offer methods of curing advanced neuroses and psychoses that can be adjusted only by the personal ministrations of competent psychiatrists and neurologists. What he does here is to give practical, workable solutions to such everyday problems as inferiority complex, fear, sensitivity and the more common sexual difficulties.

The reader will be interested in the author's views on mental depression. Most writers look for causes: straws that broke the camel's back. So many patients have insisted that their unhappy state has come upon them without cause and so many psychologists have been impatient with them for the statement, that Mr. Seabury is deserving of our gratitude for clarifying the matter.

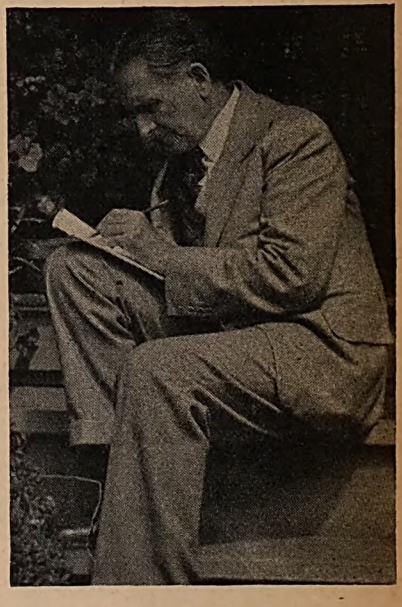
"One of the strange things about depression," he writes, "is that it does not always come at once after misfortune. It obeys the law of after-sensations and after-images. As a dog licks its wounds, we turn our troubles over, becoming more tense and disturbed as we contemplate our injuries. . . . In other words, you have habits of self-infection, memory associations to which, from long practice, you respond appropriately with emotional illness. You re-infect yourself with old mental germs."

The book contains a number of ideas and systems that can be applied as "mental medicine." These are little nuggets of precious wisdom. For instance: "Dare to assert to others who and what you are. There is a curative power in such statements." Again: "Every time you survey your life, strive for a feeling of being willing to have had things as they were. What has come to pass, has happened, you know. One might just as well stop fighting that fact."

Whittlesey House.

Building Toward Success

BOOKS by Grenville Kleiser are as regular as the flowers that bloom in May—and as welcome. One wonders where this author gets his boundless knowledge of human nature and his tireless energy. Articles, poems, books, stream from his pen in endless profusion and the quality never lags.



Grenville Kleiser

Before writing "How to Succeed In Life," Grenville Kleiser had written and published upwards of thirty other volumes of constructive non-fiction. In this book, however, he seems to have concentrated all that he has learned and discovered into eight fundamental chapters.

The reviewer can think of no better way to elucidate the comprehensiveness of the work than to list the chapters: How to Plan Well, How to Sleep Well, How to Eat Well, How to Think Well, How to Work Well, How to Serve Well, How to Do Well and How to Live Well.

This is not a collection of high-sounding generalities, but rather a series of practical, material methods of achieving the success promised by the title. For instance, in the chapter on How to Work Well, the author writes: "In considering the future, one *(Continued on page 53)*

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Who Else Wants to Take the Thirteen Steps to Riches?

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THIS startling announcement ends your money worries! It answers, once and for all, the question of *how you are going to make more money.* It puts a stop to aimless wandering in blind alleys; it banishes doubt, fear and uncertainty. It puts you squarely on the road to wealth.

For at last the way to grow rich has been discovered! Yes, the actual step-by-step way that leads straight to fortune. It is the way taken by men who have made millions. It is the one way by which anyone, anywhere, can hope to make real money.

This new way to wealth comprises just thirteen steps. Thirteen definite, practical steps that you take in logical order, each one bringing you nearer to the fulfillment of your desires.

Think and Grow Rich

Most amazing of all, these thirteen steps are purely mental steps. You take them within your own mind. Once your mind is directed to them, it immediately starts you on the course of action that leads swiftly and surely to success in any line of endeavor. You simply "think and grow rich."

And that, in the last analysis, is the only way anyone ever achieves success in life; everything you do, every dollar you make, is the direct result of your mental processes. But most people do not know how to use their minds to make money. They work in the dark, misdirecting their efforts, scattering their energies, futilely hoping that somehow, sometime, they will get their "lucky break." And they find little help in the countless books that have been written on the subject of success, filled with theory, generalities and impractical "isms."

The Secret that Makes Millionaires

Now, at last, Napoleon Hill has written the book that tells *exactly* how to think and grow rich. For the first time he gives you the actual thirteen steps to riches—the magic money-making formula of America's richest men, obtained at first hand, straight from their own priceless experience. Here are the actual methods used to make millions, starting at scratch, without capital, "pull" or even much schooling.

Andrew Carnegie first whispered the secret to Napoleon Hill. Other men of great wealth confirmed it. An analysis of the careers of over 500 of the nation's biggest men in business revealed the actual methods used to amass fortunes. All had followed the thirteen steps to riches. Step by step, they had *thought* their way to millions.

It Works!

And that is what you can start doing now, today. You can know and apply the definite, proven principles that translate dreams into dollars.

Already "Think and Grow Rich" has created a sensation. Already thousands have put its secret to the test and proved that IT WORKS! Readers can scarcely find words to express their gratitude—and their wonder.

You, too, will find "Think and Grow Rich" a revelation. It will open your eyes. Making money *can't* be as simple as that, you will say. For the astonishing fact is that once men learn and apply the secret, money literally pours in; everything they touch seems to turn to gold. As Napoleon Hill says:

> "When riches begin to come, they come so quickly and in such great abundance, that one wonders where they have been hiding during all those lean years."

Make this Test —Without Risking a Penny

Does it all sound "too good to be true?" Then prove for yourself that the secret will work for you as it has for others—without risking a penny. Whoever you are and whatever you are doing, you *must* find immediate help in "Think and Grow Rich" or it will cost you nothing. Put this amazing book to the test for 5 days. Then decide whether you would part with it for less than $1,000.00.

Mail the coupon now and *stop groping in the dark.* Stop worrying about money. Save yourself heart-breaking toil and disappointment. Join the lucky "favorites of fortune" who calmly get everything they want without strife or struggle. Start at once to think and grow rich. You have nothing to lose and everything to gain, so mail the coupon below. Do it NOW, before you turn this page.

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Rhythm in Living

EVERYTHING in nature sways to rhythm;
Even the wind in the trees
As it changes tempo, vibrates rhythmically
As it sings.

The birds know rhythm,
And their songs echo soothingly,
As they make us aware of them.

Everything looks upward,
Keeping an eye on the Great Director
As the symphony of Earth moves along.

Our hearts beat with nature
And our minds can be in tune
With all that is harmonious,
Producing vibrations that unite humanity
In a grand symphony of happiness.

by **Katherine Maurine Haaff**

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Time to Think Straight

IN her capacity as columnist, the other day, the wife of our President remarked that she quite dreaded opening the papers to the news these days.

And indeed, one can readily sympathize with her point of view. What with kidnapings, murders and an Eastern hemisphere seething with wars and threats of wars, the temptation to be pessimistic is indeed great. Seethingly, man's inhumanity to man bobs up all over the world. Life has become complicated beyond the most fantastic dreams of what was once a comparatively quiet world.

Certainly many old landmarks are broken down, while others are passing. But just to remark that this is true gives an incomplete picture of the actual advances that have been made and are still being made. Pessimism is the easier way, but optimism should prevail.

Consider the Medieval days and the Middle Ages. In those times, peace was news; war was the accustomed state. Not only did nation war against nation, city against city and tribe against tribe. It was family against family. Shakespeare illustrated this graphically in Romeo and Juliet when he depicted the recurring battles between the house of Montague and the House of Capulet. As for crime, it was not safe to travel by stagecoach from one town to another; highway robbers looted, robbed and killed.

WE have our problems today, but when in history has it been possible for two nations to live side by side without even an army at the border, as Canada and the United States do today? And *we* can board a train for a trip of any length without a thought to bandits and train robbers.

We have advanced even in so short a period as that between the World War and the present day. That war was started by the killing of a nobleman: the final "incident." Now far more serious incidents are smoothed over without recourse to war. Among the threatening headlines are omens of hope for civilization's future.

Let's not yield to the pessimists. Individually let's hold on to all the beauty, mystery and wonder of life that we can command. The effort will go a long way toward making life mean something to us and those we contact. After all, we are living in the greatest age of all time.

Life in modern times is often most difficult, but for the man with imagination and initiative, unlimited opportunities for the improvement of the world and of his own conditions do exist. If we stop to think about it, we know that against disease, poverty, superstition, bigotry and ignorance, a hardy battle is always being waged.

* * * *

As psychologists who believe in the power and effect of right and constructive thinking, let's tune in with the rhythm of an advancing world, even though that advance may seem slow. To paraphrase a catchy commercial slogan that you have often heard, we offer the suggestion—and we are now considering both health and spirits—"It's smart to be optimistic."

An Editorial

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Unmarried Love

by **DR. OSCAR REINBAUER**

AGAIN and again we hear the age-old cry: "Why must we who are in love be denied a normal sex life merely because we are not yet in a position to be married?"

The answer is difficult, for the sympathies of all who are students of psychology and who know the nervous effects of repression and suppression are with the young couple floundering helplessly in the tidal wave of their emotions. But despite the temptation to change all signals to green and to shout "Go ahead!" we must weigh in the balance the evil effects of indulgence before marriage as against chastity. And in the light of unbiased analysis, chastity tips the scales.

In every land there are some young men and young women who, under certain conditions, indulge in occasional illicit sex relations. They may not be engaged to wed. They may not even be friends. With these we are not here concerned; we are interested, rather, in those who have plighted their troth and who honestly *intend* to be married.

To the statement that sex relations between engaged couples amount almost to prostitution, the youngsters reply, "We resent such an accusation. We intend to marry as soon as marriage is possible. We are faithful to each other and we do not philander. We would not harm each other for the world and we know that in our love we can do no wrong."

In short, they resent the slightest suggestion that they are not wholly respectable and that there is anything lowering or immoral in making sex relations a part of their courtship. Although this amounts to a deliberate questioning of the present standards of morality, it would be unfair to deny that they must find present-day restrictions irksome at times. Under the natural intimacies of what is known as respectable love-making, there will be created on both sides something more than normal sexual stimulation. At this point comes the temptation to take greater liberties.

It is true that in the beginning there is no intention of going too far, but the best of intentions will go astray, and often such a state of passion and desire is created that finally extreme intimacies result.

GENERALLY it is the man who makes the first overtures toward sex. He argues to appease the conscience of the woman and if he succeeds in this and in sufficiently increasing her emotions, the inevitable follows.

If he is told that it is wrong to deprive a woman of her chastity before marriage, he declares that it doesn't matter because eventually he will marry her. Now his intentions may be entirely honorable, but a girl is not married until the ring is on her finger. Men have changed their minds at the last moment—and so have women, and there are other things that can prevent marriage.

We may not like to think of such things, but there is the possibility of death, or accident—a thousand things *might* prevent. When a young woman has given herself and the marriage does not take place, her chances of successful matrimony in the future have been lessened because of her experience.

Whatever may be the extent of the physical harm that can be caused by irregular relationships, there is little doubt of the tremendous mental damage that is brought about. Consciously or unconsciously, the girl who allows herself to be drawn into an illicit union creates within herself a conflict that no amount of rationalization can resolve. Rare indeed would be the girl who could suppress the promptings of a heritage of centuries of moral development with the argument that her love justifies defiance of convention. Even if it were the truth, she could not fully believe it, and the conflict within her would rage until it might develop into a complex.

There are many women who, if they are honest, must admit that an irregular sex life after marriage was directly or indirectly brought about by a looseness established before mar-

Youth says, and rightly: "You have told us that we must not consider sex before marriage. Yet we who are in love often cannot consider marriage for economic reasons. What then, can you suggest? What solution do you extend?

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riage. When the first sex union has taken place, something has gone that will never return, and marriage will never be quite the same to that couple. Marriage will be an anti-climax.

ANOTHER consideration is the fact that once the initial act has taken place before marriage it becomes increasingly easy for it to be repeated, for the moral barriers seem to have been destroyed and the courtship has degenerated into nothing more than periods of time when the forces of passion are allowed full play. We have said that the moral barriers *seem* to have been destroyed; actually, however, they have been merely shoved aside. They are still a potent force and a constant source of irritation. They react so that instead of feeling a glow of happiness after the sex act, the woman—and often the man—is filled with distaste, if not actual disgust. As for companionship, the guilty feelings created have all but destroyed that.

Clearly, then, sex before marriage is not desirable. Youth will ask, "What, then, shall we do? You have told us that we must not have sex before marriage and we find it impossible to have marriage so that we may sanctify our normal, natural sex urge. Tell us, now, your solution."

There are two solutions, one immediately practical and fairly satisfactory, the other a complete cure for the evil of premarital relations, but not immediately available.

Let us consider the first: sublimation. It is commonly agreed that it is possible for young men and women to divert their drive toward sex into other channels, constructive and valuable. Young men may expend excess energy in athletic pursuits or in the study of vocational or academic subjects. Young girls may undertake the study of music and domestic science so that in the years to come they may be more valuable to the partnership they propose to create.



Illustrated by Leonard Kissell

This is a threefold solution. In the first place, it is an outlet for that seething unrest which overwhelms the young couple caught in the toils of sex desire. Secondly, it acts to improve the character of those who practice it by improving their minds and bodies. Thirdly, it creates an interest-field between the sexes that is not limited to sex alone, but is broader and more general, just as the ultimate marriage relation should be if it is to flourish.

It is important that in practicing sublimation the young man and the young woman do not become so wrapped up in the process that they completely banish all thoughts of sex. Sublimation, like every other good thing, is more valuable when not carried out to excess. The man who strikes a happy middle ground of love and sublimation will be *(Continued on page 56)*

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Crime by Suggestion

RIDING side by side with man's natural urge to attain an ideal—in the social, vocational or purely personal life—is the stimulus upon his yearnings created by the operation of the psychological principle so often described as the "power of suggestion."

At its best, this "power," the mechanism of which depends on the simple human inclination to imitate ("to do as the other fellow does"), has been highly effective in educational methods and in public campaigns which have sought to raise the social standard.

The bathtub—and its implications of sanitation—as well as the codes by which the highest professions are ruled are a result of this principle. When parents are advised to set a proper example for their children, and employers are urged to do likewise for their employes, the workings of the principle again are to be seen. It has been adapted and developed for advertising and selling, and it is the potent reason why manufacturers and merchants are eager to obtain for their products "word of mouth" praise by their customers.

Just as human emotions can become thwarted, twisted and perverted, so may the operation of the "power of suggestion." Nothing proves this better than a series of crimes of a similar or identical nature, as for example the recent sex murders of little girls in the East, the sexual assaults on women in the Middle West which were preceded by attacks with bricks, and the earlier series of bathtub and other sex crimes upon women.

Why thwarted personalities seize upon lurid excitement and commit crime in an effort to attain a "successful feeling."

Given a man with a defective personality—regardless of the origin of the defectiveness—who has the same desires for beauty, success and social approval as the man with an integrated personality. Let this man be unable, because his emotional and mental difficulties are obstacles he cannot surmount, to achieve the finer things of life. And make glamorous for this man through conversation, the printed word or otherwise the adventure inherent in an attack on helpless creatures of the opposite sex—and you have created a social menace.

A psychological explanation of some of the deep-seated causes of the recent sex crimes which have shocked and horrified the nation.

Here one has a case of human emotions thwarted and twisted. The joys of success in proper spheres, to be achieved by socially approved methods, seem out of reach, put there by the defect in personality. And here, again, is a case where the power of suggestion, on the negative or unsocial side, finds good soil in which to plant its seed. For no personality is more suggestible — particularly in an undesirable direction—than the defective or neurotic personality. Unable to achieve good citizenship, the man seeks a substitute in a "successful feeling," sometimes in innocuous activities, sometimes, unfortunately, in dangerous ones.

ON such a man the spoken word, whether directed to him or overheard by him, or the written word describing in exciting detail the method of attack on a little girl and the pleasure derived from it by the confessed slayer is so potent in its suggestiveness that he becomes another such murderer potentially. Soon after he has heard or participated in a conversation, listened to a radio or read a newspaper report on sex crime, he may be making an effort to commit one himself. The fact that more such crimes are not reported is no indication of the number of potential sex slayers. For some are thwarted in their attempts so early that it is not recognized a crime was in the making; some have opportunity to go no further than "impairing the morals of a minor;" some actually attack a little girl without taking her life and escape—efforts to arrest them often being dropped at the insistence of parents eager to save the reputation of a young daughter; still others attack and kill or (in cases where the assailant is so far gone in neurosis as to be a necrophiliac) reverse the process.

People who hear about these cases or read of them in the papers do not realize how much harm they do by emotionally picturing and discussing them. The newspapers themselves, in printing every lurid detail not only of the attack itself but of the emotions of the killer—usually pleasurable—contribute to the harm. Impres-

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by **WAIN SUTTON**

sionable, suggestible persons are at every side of us. They listen, discuss such cases, drinking up every detail with great relish, without our realizing they are neurotic personalities falling under the influence of exciting suggestion. If they are not themselves incited to commit similar crimes, they will later give their own reports of the crimes such glamour as actually to stimulate a more susceptible person to the point of perpetration of such a deed.

Public officials who have had to deal with these cases have admitted themselves helpless because suggestion has been so potent a factor in creating a "wave" or series. Sex murders are not the only kinds of crimes that are the result of imitation, or the power of suggestion. Kidnapings also belong in this category, as well as bank robberies and holdups. Of interest to the student of this problem is the similarity of such crimes when they do occur. They are so often carried out in similar places, under similar conditions, and with similar methods, that it is apparent one crime has attempted to duplicate the technique of another, and soon thereafter. Only through reading or listening to the exciting conversations that follow such a crime could he have learned so much of another's method as to be able to follow it so closely.

Illustrative of this are not only the recent crimes upon children and women which have already been mentioned. It was also true of a series of stabbings that occurred in New England when the "phantom stabbers" operated. First a woman was stabbed in the left breast as she walked along a street, at twilight, in Bridgeport. The hue and cry which arose over this was still at its height when one after another other women were stabbed in the same spot, also when they were walking at twilight, and in widely scattered parts of the entire northeastern area. In every case the same portion of the body was chosen, the attacks occurred at twilight, the women were always walking—and consistently a thin, sharp instrument was used by a man who brushed lightly against the women, made the attack swiftly and moved on so rapidly that the victim barely realized anything had happened. The crimes were so similar in all their circumstances, and in the technique used, that for a long time they were believed to be the work of one man. The first arrest and identification did not stop the crimes, nor did the second and the third. Suddenly the entire wave ended, as they do for a time in any series where the power of suggestion is operating.

Method of Crime Imitated

Similar conditions prevailed in the series of the "shoe stealings," as they were called. In upper New York State a neurotic, with both sadistic and fetichistic impulses (the same impulses which swayed the "phantom stabbers"), seized a woman as she was walking and stole her left shoe, pulling it off her foot. Again the newspapers ran exciting stories, precipitating agitated talk. Soon, one after another other neurotics were succumbing to their own im-

Tools of the modern criminal—from the sawed-off shot gun to the bullet-proof vest.



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pulses. Arrests were never made in these cases, but they occurred in so many different places so soon after each other that it was apparent at least a half dozen men were the assailants. The power of suggestion undoubtedly had much to do with precipitating the wave.

While it is not the purpose of the writer at this time to point out why individuals become susceptible to anti-social or criminal suggestion, it should be remembered that normal impulses become perverted in abnormal persons. This is often apparent to the layman; to the psychologist, it is always apparent. The man who committed a sex murder upon a little girl because she resembled Shirley Temple was driven by the same impulse that led a famous writer to strive for a Hollywood contract because he wanted to meet and marry a celebrated and beautiful film star whom he had admired on the screen. In the case of the writer, he had met and solved all his problems normally. In the case of the sex murderer, it is doubtful whether he dealt with any of his problems normally. Yet, he also desired to associate with and derive pleasure from beauty. But his impulse had become thwarted and he was blinded to the horror of the deed he was to commit—and no doubt, momentarily and twistedly, of course, he dwelt in ethereal realms (as they would seem to his own inner perverted world) when attacking and slaying the little girl.

Glamorous Suggestion

The power of suggestion works in another way. Reading and glamorous conversation about lurid crimes may suggest the commission of crimes to the susceptible. They may also create panic and terror to the reader and listener. Young boys and girls, after reading accounts of sex and other slayings or after hearing such accounts discussed by their elders, develop terrible phobias. Parents too become victims of such phobias, on behalf of their children. Sometimes the fears in adults reach a point where, as in the case of the man who killed his young daughters to prevent their being ravaged by a sex maniac and then himself, extreme and drastic measures are taken. Such adults are also the victims of the power of suggestion.

Every one of us is attracted to the glamorous, the adventurous, the exciting and the thrilling, and it is unfortunate that we inherit from our ancestors an appreciation of violence. The primitives lived by violence because food and peace to live was achieved by violence, and even race propagation came about in the same way. The power of suggestion which helped make their society was based upon the same psychological principle which is inherent in our society. But civilization is changing the course of its influence. Our interest in war, bloodshed, pugilism and even the milder excitements—such as ordinary elopements—springs from the same atavistic impulse.

But we can control these vestiges of former attitudes. We must recognize that when we thrill to the adventure in crime we give moral encouragement to crime, even if we never actually express ourselves this way and even if we cannot truthfully admit we have derived a vicarious pleasure from reading or hearing about a crime. The fact that we thrill to such adventure gives color and glamour to our conversation on crime in general and makes our words assume a proportion and suggestive power in the mind of a susceptible listener that we never intended. This is especially true of our discussions of sex crimes, for such crimes make fascinating conversation.

Society's Fight Against Crime

We can help society fight its wars against sex and all other crimes by toning down our talk on the subject, by thinking of them as obstacles to progress and enlightenment and by regarding newspaper reports of them as no more than efforts to give us information for our protection and understanding rather than as efforts to pander to an undesirable, atavistic taste.

We can also help by participating in the growing movement for more mental clinics for those who threaten to become social menaces. Perhaps our conversation and reading matter would be more worthwhile if the subject were such clinics instead of exciting sex and murder themes.

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"Here and There"

PSYCHOLOGY IN THE NEWS

Education Never Ends

HOW long does education last? When a young man is graduated from high school, or college, or university, is his education completed?

"Proper education continues for a lifetime," is the answer of Surrogate James A. Delehanty in a ruling on a trust fund set up by Dr. W. Beran Wolfe for his younger brother, Daniel B. Wolfe, now fifteen. PSYCHOLOGY readers will remember the instructive psychological articles by Dr. Wolfe published in these pages during his lifetime.

Proper education for one individual might not be proper for another, Surrogate Delehanty said. But in this case, "since Dr. Wolfe was a scholarly man, he hoped that his younger brother would develop unmistakably as a man of quality and doubtless foresaw the process of his education would be endless."

In his opinion, Surrogate Delehanty wrote, "Experience beyond the school and experiment in every direction are quite as necessary as the formal instruction of the classroom.

"Plato attributes to Solon, the lawgiver, the saying: 'I grow old ever learning many things. Perhaps this brother of the deceased has the spark of genius. If so, his education will never end in this life. As he learns, deeper and wider his insight will extend, but his curiosity (the mark of a student) will never find complete satisfaction."

Mrs. Roosevelt's Subconscious

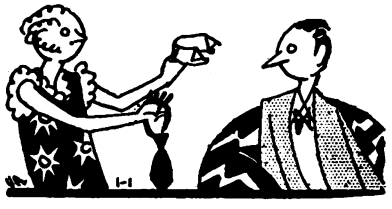
IN her column, "My Day," America's First Lady told recently of the workings of her own subconscious mind in the construction of some creative work.

"An amusing incident happened to me this morning," she wrote. "For weeks I have been considering how I should write a certain subject, and every attempt I made seemed to me hopeless. I woke up this morning, and suddenly I knew just how I wanted to write it, all wholly clear in my thoughts!

"Queer quirks in one's subconscious mind, I suppose. There is so much we do not understand about the human brain. Probably many investigators really do know a great deal. But I remember hearing Dr. Carrel say the mind was a part of medical science about which the world knew the least."

A "Lover's Church"

READERS of PSYCHOLOGY MAGAZINE will undoubtedly be very much interested in a recent statement by Dr. W. A. McKeever in which he explained the objectives of "lovers' church" in Oklahoma City with which he is affiliated.



"They don't recognize the little causes"

"It's time we dealt with the problems of married life," declared Dr. McKeever. "Married love is quite as big a problem as unmarried love.

"A large percentage of married couples are in a row most of the time, and in not a few cases they don't get together because they don't recognize the little causes and problems with which to deal."

Dr. McKeever outlined a three-point teaching program which the "lovers' church" was instituting:

1. Detailed methods of conciliating quarrels.
2. How to tolerate each other's irregularities.
3. Definite ways of side-stepping divorces.

"A good many couples go into marriage under ideal courtship relations," he said. "Then they find out to their sorrow they have been tied up for life with someone who has an extreme eccentricity or a disturbing incompatibility.

"Sometimes such a situation might not appear prominently at first. But they seem to grow worse and then the worst part comes—each one begins to remind the other of faults. Teaching couples to avoid such *(Continued on page 63)*

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Thoughts and Digestion

by

Dr. JESSE MERCER GEHMAN

HAS it occurred to you how much your mental processes affect the digestion of your food? Is thought, or what and how we think, of great importance in the vital economy of the body?

Every one has heard that expression, "The sight of such and such a food or the thought of so and so makes my mouth water."

There is far more behind those words than mere fancy. Our thoughts, what we habitually think exerts tremendous influence in the life of every individual. From the super concentration of the Yogis of Eastern civilization whereby they accomplish unbelievable physical phenomena . . . the cessation of the heart beat and pranayamaic control or breath control and centralization, to the thought controlling the great industrial era of Western civilization, we see and may realize the power of mind.

We of the Western World, the new world as it is by comparison, have not progressed as far as our Eastern brothers in the utilization of thought power for health-building purposes. For the most part we have been content to use this power to build material wealth; modern conveniences bringing comfort and not infrequently disease.

Yes, we have made some progress here in America . . . psychology, the study of mind and mental processes, and thought, at first treated lightly has through pioneer effort, gained a foothold and is now a recognized science. It has guided thousands to better and happier lives and living.

But even among those inclined to study psychology and the power of mind a brief study or observation of the great power of thought in the digestion of food serves to give us an inkling as to how this force of mind can be used to create healthful functionary processes in the body.

Scientific experimentation and observation brings forth ample evidence to show the power of thought in aiding or obstructing digestion.

The several types of glands of the mouth, the parotid . . . near the ear . . . the sub-lingual, beneath the tongue, and the sub-maxillary situated in the concavity of the lower jaw . . . are engaged in the secretion of certain fluids or juices combined to form saliva. The ptyalin, the active principle of saliva and other constiuents do their particular work.

This is all very interesting, but what is more interesting is the fact that these glands begin secreting at the sight and odor of foods, and even at the thought of food. And thus we have the experience of the . . . well-known watering at the mouth which is what science calls, "the psychic secretion."

Nor does this psychic influence end in the glands of the mouth and concern only the secretion of saliva. This thought, this psychic sense is transmitted over fibers of the great Vagus nerve to the epithelium or the cellular tissue of the gastric glands of the stomach.

That tireless scientist, Pavlov, tells us that the primary stimulus of gastric juice in the stomach is psychic in character, induced, as is saliva by the sight, odor and hunger on the one hand, and by exhilarating emotional feelings on the other. This first secretion from the gastric glands of the stomach he terms, "psychic or appetite juice."

Still further along the alimentary canal we learn that thought influence can stimulate or retard the secretion of the digestive glands. So this is not a phenomenon peculiar only to the mouth and stomach glands.

In the duodenum, the first part of the small intestines which receives the food after the stomach digestion is completed, the most complicated of all the complicated work of digestion goes on. Here all types of food are acted upon by the combined secretions of the pancreas and the glands of the duodenum itself in addition to the bile from the liver.

The secretion of the glands of the duodenum react to thought and again we are indebted to Pavlov for his researches revealing the influence of thought, sight and odor in stimulating the pancreatic glands to initial activity.

Agreeable emotional states increase the secretion. Depressing emotional states decrease the secretion.

And so we find that happiness and pleasing discussions at mealtime are vitally important. They should be encouraged.

Instead of discussing depressing subjects at the family board, think up interesting and stimulating ones. Talk of such things as son Bill's winning the hundred yard dash at school. *This* is no time to discuss your troubles no matter *what* they are. Refuse to yield to the temptation and you and your associates will profit in health and temper for thoughts and digestion are surely most closely allied.

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That Persecution Complex

How to Rid Yourself of an Insidious Complaint

by DAVID SEABURY*

MY father used to tell me: *"You cannot be as completely tricked by something after you know it is tricking you."*

If you have a really sensible friend—and they are rare—it is a good idea to talk over some of your hurts with him. If he's a real friend he will not mind and he will be glad to help sometimes. But never let him sympathize. If your trouble is hypersensitivity, nothing is more fatal than sympathy, unless it is to have the other person justify your feelings. . . .

After all, every neurotic state is only a sickness like the measles. It isn't *you* who are at fault. Mental illness is the cause of the trouble. Why not think of your condition as you would any other malady and cease to have a ridiculously wounded pride because your mind has been upset.

You aren't upset over the things said to you ten years ago. You have forgotten most of them. Life has been too big and interesting in between for you to remember anything so insignificant. It is too big now to let what may just have happened disturb you, if you only believe it to be so. The pressure of daily living could be lessened if we considered some of its annoyances as having happened, not this morning, but ten years ago.

If Minnie or John is the sort of person to say something unkind or do something unfair, why, that is the sort of person each is. The bleeding of your spirit will not make them any better. Why take their failings to your soul? The world is full of ruthlessness. Only infants think otherwise, and even infants are not always treated with tenderness. We all need to see what a little way the human race has progressed from savagery. Not as long as war can exist are mercy, justice, and peace very often possible.

That is our present state of development, and it is not you alone who are picked on. It is everyone, though they do not tell you of their discomfiture. They forget it or conquer it. Go out and tan the skin of your soul in the sunlight of reality. Some day man will become civilized. In that day, kindness will rule. Until then, brutality will appear in the conduct of your nearest and dearest. Mothers, fathers, husbands, wives, sons, and daughters, not to forget one's friends, all have streaks of the savage in their make-ups. These delinquent areas make them jealous, cruel, critical, mean. Accept that fact. There it is. It has not hit you only. None of us is angelic yet. We shall be nearer it by and by. Patience helps.

Meanwhile, our deflections of attention to what "he did" or "she said" are a serious waste. You do not need to feel as if the universe had crashed because someone said an unkind word. It is helpful if people will write down every night for a while all the things others did or said that upset them—and then ask themselves if it was really worth while to let such incidents ruin a day.

DAVID SEABURY.



The Tactlessness of Others

Everyone is tempted to emotionalize the tactlessness of others, and often a sense of persecution develops a special group of sensitivities. Someone may mock us for being stupid. That does not matter. But if he implies we were not considerate, the woe is terrible. Or, the question of intelligence may be our sore spot, while we laugh at being called selfish.

Designers talk about "color schemes." Hypersensitives have "hurt schemes," requiring perfection in the conduct of other persons. We do not mind if the whole world sins on points that seem venal to us—but just let anyone touch the pus button of our own special type of thin-skinnedness and all is lost.

Even to know that we have such characteristic receptions of evil is a help. It takes responsibility off the other person and

*Author of "Help Yourself To Happiness," Publisher, Whittlesey House.

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places it where it belongs, on the self. For most of us get upset according to a prearranged vulnerability, an individual pattern of pernicketiness. . . .

Why continue to burden life with the coincidences of your infancy? See the emotionalized centers and determine to grow up. They cannot rule you as an adult if you become mature, actually developed. That Tom and Jerry were ruthless was probably a fact, but that it upset us is our own concern. The truth of it is *we each have a series of words in our minds around which we have gathered a mass of foolish emotion.* Let anyone play upon these in a way to recall the sorrow or resentment they aroused years ago and we are in for it—until we see the folly of such nonsense.

These negatives in our stream of thought, if discovered and understood, no longer subject us to their infantile reactions. Since we are impervious to much worse conduct in present-day affairs, why need we carry over the neurotic design of childhood all our lives?

A persecution complex is a dramatized arrangement of exaggerated memories. Every difficulty with others, every unfair situation, tactless or selfish incident in environment acts as a stimulant to ring up the curtain and set the actors performing in our heads. We then project this neurotic pageantry upon quite harmless incidents, seeing good-natured people as evil in intent.

There is no cure for this dilemma unless we learn to consider motives as the measuring rods of conduct. Even if Tom is tactless, he may not be intentionally unkind. If Dick is blunt, he does not know it and does not mean to make you suffer for his honesty. Harry does not know all the facts of your situation, nor anything about the way your feelings were made raw by criticism and injustice in your growing years. And each of these friends may himself be in some measure neurotic. Many a time you have said or done things you did not mean, thoughtlessly, in ignorance of how others would feel. You hate to be blamed for what you never intended, and long to have others understand your motives.

Most Criticism Lacks Evil Intent

To grant others this same compassion which you desire for yourself is half the cure of a persecution complex. It helps to discover how harmless most criticism would be if trained—and rightfully—of evil intent. An analysis of the trouble-producing material that upset hundreds of hypersensitive people revealed that less than two per cent of the disturbing speech or conduct has been planned.

Hypersensitivity is directly caused by our pseudo-idealism, that ethic which holds the standard of absolutism up to humanity. Such a doctrine is anti-evolutionary and breeds anything but gentleness. Those infected with it come to a harsh attitude by which they judge everyone but themselves. Seeing his perfectionism and how it has denied him insight into the deeper areas of experience is sometimes the first thing that leads an individual out of a neurotic state.

Perspective leads to detachment, understanding to poise. A major *(Continued on page 64)*

Psychological Terms—Meanings

AICHMOPHOBIA—Obsessional fear of sharp-pointed objects.

AILUROPHOBIA—Morbid fear of cats.

BLOCKING—A stoppage of thought and speech due to revival of a painful complex.

COGNATE—Related through the mother; akin by birth.

DEREISTIC—Pertaining to fantasy; imaginative; daydreaming.

EFFEMINATION—The condition in which a man has the feelings and tastes of a woman.

ELECTRA COMPLEX—The suppressed sex desire of a daughter for her father, accompanied by hostility toward the mother.

ERYTHROPHOBIA—Neurotic tendency to blush. Morbid aversion to red.

FORMICATION—A subjective sensation as if ants were crawling over the skin.

GREGARIOUS—Tendency to associate in flocks, herds, or companies; not habitually living alone.

HEBETUDE—Lethargy; mental dullness.

HETERO—A combining form signifying unlike, different; the opposite of homo-.

HORMONE—A chemical messenger produced by one organ and capable of exciting action in another organ when carried thereto.

HYDROPHOBIA—Fear of water; dread of going into or upon water.

MALINGERER—One who feigns an illness or disability.

METAPSYCHOLOGY—Psychology which considers every mental process from three points of view, the dynamic, topographical, and economic.

PONOPHOBIA—Dread of work; morbid laziness.

PHOTOPHOBIA—Fear of light.

PSYCHIATRIST—A physician specializing in mental and nervous disorders.

SHELL SHOCK—A form of neurosis characterized by motor, sensory, and special-sense disorders. Military hysteria.

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You Answer These!

Test Your Knowledge of Psychology

Readers of PSYCHOLOGY, *we feel certain, are interested not only in solving immediate problems of their own or of their friends but also in learning as much about general psychology as possible.*

And who does not enjoy testing his knowledge? For testing what we know is fascinating as a game, a means of clearing up doubtful points and a stimulus to further study and thought.

For that reason, PSYCHOLOGY *begins in this issue a series of features designed to aid its readers in testing what they know of the subject in which they and we are interested. Read these actual cases from life and compare your opinions of the problems involved and their possible solution with those given elsewhere in the book.* *(Page 63.)*



1. Mike Grady emigrated to the United States twenty-five years ago. At first, he had a hard time of it here because he had no trade and the unskilled laboring jobs he obtained intermittently paid very little. Sometimes he skipped meals and often he wondered how he would pay the rent for a cheap little room. The prospects of great fortune and importance, which he had been told could be attained here with ease and dispatch, seemed nil. But after a while he learned the bricklaying trade, made "good money" at it, helped organize a union and became its leader. The union had many members who paid high dues, and it insisted on giving Mike a good salary. What startled all his friends and associates immediately was that Mike, who had impressed all with his simple tastes, began to spend money recklessly and pointlessly.

He bought things he did not need, indulged in luxurious and nonsensical purchases, "treated" strangers unnecessarily and otherwise made a display of his prosperity. He did the same with the union's funds, buying office equipment and other things which were out of keeping with the character of the organization or completely unnecessary. But it must be understood that he in no way misappropriated funds. Eventually, however, Mike's reputation suffered and he was deposed as leader. Mike was the victim of a psychologic disorder. What was it? And could it be explained entirely on the grounds of his former poverty?

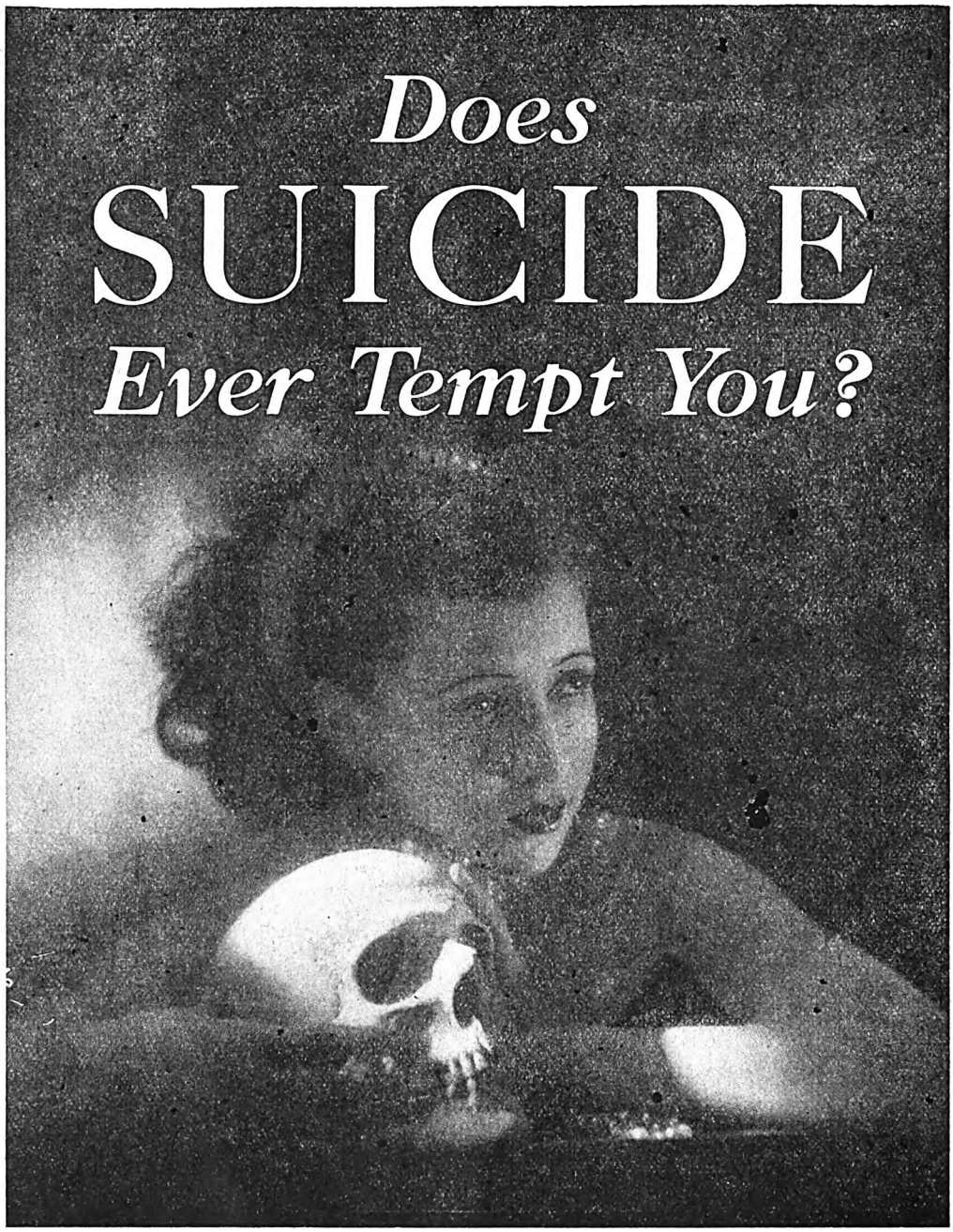
2. Everybody knows a person who, jokingly, sarcastically or only meaninglessly, uses the same phrase over and over in almost any situation and in reply to almost any statement. An excellent example is the locution, "So's your old man!" This is not a serious condition, unless it becomes the expression of a significant fixed idea and consequently a symptom of schizophrenia. Yet it has a name and an underlying basis. Do you know what these are?

3. Or take Mrs. Jones and Mr. Brown. Mrs. Jones is a doting mother. There is nothing she would not do for her children. Yet, let one of them cut himself and observe whether she will do anything to help him. She may even run away from the crying child, hide herself in another room and suffer terribly on his behalf, but someone else will have to attend his wound. Mr. Brown, on the other hand, has proved in public again and again that he is a courageous man. Yet, tell him to go to the dentist or to get that carbuncle on the back of his neck removed, and quietly investigate whether he does so. He won't. For both he and Mrs. Jones suffer from the same psychic condition. What term describes it, and what is a simple factor behind it?

(Continued on page 56)

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Does SUICIDE Ever Tempt You?



Whiteley Photo: Posed by Natacha Nattova

"IT has occurred to me that some lives might be saved if those who are contemplating a step into eternity could first find someone to whom to tell their troubles."

The speaker was Harry M. Warren, D. D., who was delivering a sermon at a service in the old Fifth Avenue Hotel in New York away back in 1906.

"I would like to reason with them," Rev. Warren went on, "that there is another way out of their troubles than suicide. I stand ready to help any who need such a friend. The heart that is heavy with woe needs sound advice and sincere sympathy."

About a dozen despondent persons called the next day to pour out their woes to the sympathetic minister. He listened compassionately, and with well-chosen words showed them the futility of suicide, the unhappiness it would cause to loved ones, and the road back to hope, courage and normal thinking. They left him with thoughts of self-destruction banished and a determination to fight the battle of life without surrendering.

Out of this first small group of would-be suicides grew the National Save-A-Life League which today aids and comforts thousands of persons who seem to have worried themselves into such a state that they can see no relief except through suicide.

"Often we have as many as ten visitors in a day," said Miss L. B. Bonnell, Counsellor at the

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The Save-a-Life League Aids and Comforts Thousands

offices which the League maintains in New York. "They come in all stages of despair and hysteria, seeking some solution to the problems that are driving them to self-destruction.

"The first thing we do for them is listen to their stories. It is amazing how much the mere recital of their unhappy tales clears their minds. They have not been able to bring themselves to the point of discussing their problems with friends or family and so it grows in on them until they lose all sense of proportion.

"Here they feel that they can open their hearts. We do not even ask their names unless they offer to tell us. Nor do we question creed or color. Our work is purely humanitarian and non-commercial. There is never any charge for our assistance. After they have told their stories, the feeling of relief is almost visible. The telling acts as a catharsis and there is usually an immediate lessening of tension."

While Dr. Warren believes that spiritual guidance is of great importance in the prevention of suicide, he is practical enough to grasp the necessity for using whatever emergency method seems feasible at the time of greatest stress.

Try to Bridge the Gap

"The Save-A-Life League is not a welfare organization," explained Miss Bonnell, "but if a patient is in need, we try to bridge the gap between the time he comes to us and the time we can arrange for a welfare organization to come to his assistance. In cases where a patient is contemplating suicide because of extreme economic stress, we do what we can to alleviate the condition at once.

"Recently a young man came to our office with a look of such intense fear on his face that I knew he would do something desperate unless he received immediate relief. He explained that he had left home to seek a job in New York. He had shared a room with another young man to cut down his expenses and had started to make the rounds of the employment agencies. He had not been able to find a position and had resorted to pawning whatever he could possibly part with. Beaten and filled with despair he returned to his room one evening to find that his roommate had absconded with all his remaining possessions.

"The poor chap was almost unable to stand up under this final blow. He walked toward the river front and gazed down into the rushing current. 'The water seemed to invite me to come to its embrace and forget my troubles,' he told me. A passerby seemed to sense what was going through his mind, for he stopped and talked to the boy. After hearing his sad story, the man gave him some money for his dinner and got him to promise that he would come to this office the following morning.

"I knew that the boy needed spiritual guidance but I knew, too, that it would not help just at the moment. 'So I comforted him as much as I could with words of encouragement and saw to it that he got a good, hot meal. The boy seemed startled that there were persons in such a cruel world (cruel to his tortured mind) who actually took an interest in his welfare although he was a total stranger to them. The fear in his face was somewhat softened.

Recovered Self-Respect

"We managed to get him a second-hand suit that was more presentable than the one he was wearing. Then, through a friend of the League, we got him a temporary job. After a few weeks the young man had recovered enough of his self-respect and had so completely lost the look of fear that he was able to get another job without assistance. However, we saw that drifting from job to job would not be the best thing for him. We advised him to return to his home town where he could be with those who loved him. He took our advice and is today living a normal, happy life with his parents. Thoughts of suicide are foreign to him these days. He knows that self-destruction is not the solution to anything."

The League does not limit its activities to patients who are contemplating suicide. It also tries to serve families in which a suicide has already occurred.

"When we hear of a suicide," said Miss Bonnell, "we sent a field counsellor to the home of the bereaved family. If the victim, as so often happens, was the head of the house, the counsellor calls on the widow and offers consolation and assistance. This help is not thrust upon her; if it is not wanted, the counsellor immediately departs. However, the widow is usually in such a desperate state herself that she welcomes the com- *(Continued on page 60)*

by

MARTIN PANZER

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Freedom We Possess

by UPTON SINCLAIR

WHAT do we really know about this universe? The materialist answers that we know a mass of matter in motion; that and no more. The truth is that we don't know that at all. We know a series of states of consciousness.

We say that we "see" light, we "hear" sounds, we "feel" a piece of wood, and so on. But all we really know are sensations, and the rest is inference.

When Dr. Samuel Johnson kicked a stone, and said he knew it was there, the old fellow wasn't telling us anything except that he was a dogmatist; he didn't really know that the stone was there, he only knew that he had certain feelings, and made an inference from them.

Imagine, for the sake of argument, that the universe consisted of an intelligence, which presented certain feelings to us in regular sequence; then we should know what that intelligence chose for us to know, and no more. How easy for me to take my dog, the Duchess of Lankershim and shut her in a dark room, and throw upon a screen an image of another dog, and produce dog sounds, and with the help of a chemical laboratory the proper dog smells! If my technique were imperfect, Duchess would become suspicious; but if I did the job with skill, I could confuse her beyond hope, and forever....

This morning is the same as all other mornings to her; the fact that I am putting her into an article, and that great numbers of people will read about her—that means nothing to her, and there is no way I can convey it to her mind. In the course of this article I hope to suggest that we are in the same position as Duchess; there may be universes lying all about us, of whose existence we have only faint hints.

In short, we are just at the beginning of the task of knowing, and our greatest virtues are humility and caution. I promise you that if you travel along with me, I will remain humble and cautious; I won't get you to admit that you are not sure about the reality of matter, and then spring on you some dogma about the reality of mind, or soul, or whatever name we agree to give it. The plain truth is that we don't know what reality is; we don't know what is cause and what is effect, and our one task is to keep our bodies and minds functioning while we acquire more knowledge.

Ever since I was a boy in college I have had friends who called themselves "materialists"; and always I have said to them: "You are as dogmatic as a dervish." Now, forty years later, I still have that attitude. We have no idea what matter is, basically. We have no idea what mind is, basically. We have no facts to enable us to judge whether they are one and the same, or which comes first, if either, or which causes the other, if either.

We never saw mind turn into matter; we never saw matter turn into mind. We have seen both undergoing changes, but we don't really understand causation, we just know that events follow, and we find out what follows what. For all we can tell, both matter and mind may be, basically, entirely different from what they seem; they may both be the products of some entity, or activity, or ultimate reality, entirely different from them, and utterly unknown to us.

The brilliant author of "The Jungle," "Oil," "The Brass Check," "What God Means to Me," etc., tells why he is convinced that we have freedom of will and how, as free agents, we can use the mental powers we possess toward developing peace, happiness and further progress for ourselves and for our posterity. . . .

LET me show you the difficulties into which "determinists" are led by the simplest happening in our lives. You who read this, lift your finger. Do it, please, right now, so that I will be able to say that you have done it. All right, you have lifted your finger. Now, why did you do it? You say, because I asked you to; that is, I caused the request to be printed, and you read it, and got the idea, and complied. Note the point: You got the *idea*. I brought about a certain state of consciousness, and that caused a lifting of your finger.

But let us trace it farther. Your finger was lifted because your muscles pulled it. The muscles were affected by chemical or electrical changes in a nerve, and those in turn were caused by a change in the brain cells. So far, that is according to mechanics, the invariable sequence of the determinist. But what caused the change in the brain cells? Well, the determinist will say, an impression came to the brain cells by

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way of the optic nerve; the optic nerve reported certain letters printed on a page. It is, then, the power of certain shaped symbols to cause one effect on brain cells, and of different shaped symbols to cause a different effect.

Suppose that instead of printing the symbols "lift," I had printed the symbols "shift." Then you would have done something different. Have the symbols that power of themselves? Or—here is the crucial point—is it the *idea* which these symbols awaken in your mind, which causes you to lift instead of to shift?

A profound truth is hidden here, so pardon if I pursue it further. There is a story which was told to me more than forty years ago by the composer MacDowell. Some of his students sent him flowers on his birthday, and inside they put a card with a quotation from "Das Rheingold." The German words were: "O, singe fort"—meaning, "Oh, sing on"—a pretty enough thing to say to a musician. But it happened that when MacDowell looked at the card, he thought French instead of German — "Oh, powerful monkey" — not so pleasant for a piano virtuoso! Upon MacDowell's face there came a frown, instead of the smile which his students had meant to cause.

The importance of the story lies here: That it was the very same symbols! Gone is any claim of the materialist that the symbol causes the movement of the brain cells. You see the manifest fact—that it was an *idea* in the mind of MacDowell which made the difference. He thought French, instead of German—that was all. The sight of the symbols started a French idea instead of a German idea.

BUT now see where that leaves the mechanist. An idea has burst in on his chain of causes and effects, and shattered them forever. According to his own theory, the universe for all future time will be different because MacDowell frowned instead of smiled. Also because he told the story, and a writer was interested in the idea—note the crucial word *idea*—and took it up, and put it into books, and newspapers reprinted it, and millions of people read it, and changed *their* ideas about the universe, and behaved differently forever—in spite of all determinism!

You see what happens when you admit one free agent, one mentally caused event into a mechanistic system; you shatter it all to bits, and prove it the complete nonsense which it is.

Look a moment. You and I are discussing this problem of free will versus determinism, and we become excited, and I hit you a whack on the nose. And now what do you do? Do you say: "That was a piece of mechanism which hit me, and of course it had to do what it did, and could not act otherwise in a predetermined universe"? Do you say that? If you do, you are the first real believer in determinism I have so far encountered in life. My guess is that you will act in a way to prove that your talk about the mechanistic hypothesis has nothing to do with your real beliefs. You really know that I am a free and responsible agent, and that I hit you because I wanted to hit you, and it proves me to be a low and ill-bred fellow; you will either hit back, or else walk away and refuse to speak to me again—anything but treat me as you would treat a falling stone, or a branch from a tree, or other truly mechanical object which hit you without consciousness of what it was doing.

* * * *

I am trying to get at the things we really know about this universe, as distinguished from theories which become fashionable at a certain era, and then pass out again. I put as number one among the certainties the fact that I am a moral agent, a creative energy, operating freely upon the material world. I don't know what I am in the ultimate sense, or what put me here, or where I am going; but I do know that now, at this moment, I am sitting at a typewriter engaged in deciding what I shall write. I sit and ponder; and something in me, the thing which I call myself, decides what I shall put on this paper.

And what I put here will decide many other things in this universe. I may write thoughts so stupid or so base that no one will print them—but still I might print them myself, and do all kinds of harm to other men. I might incite someone to assassinate the President of the United States—and surely if I did that, I would exercise a considerable influence upon the future of the race! I might cause the police to come and put me into jail, and that *(Continued on page 54)*

"I Will Go Forth"

I WILL go forth.
I will ambush the hours
And press them to my service.
I will take toll of the sun
And draw gladness from its rays;
From the argent moon I will sap
A greater mead of kindliness
Than has ere been mine.

I will go forth.
I will give of the great gifts
Which are mine and mine alone.
Endowments long dormant
I will offer to more needy souls
And share the beatitude of sheer living,
I will blind myself to all but beauty,
Except it be some hurt or ache
Which I may alleviate:
And in that I too will seek
The greatness that lies
In human fortitude.

by **F. W. H. Edgecumbe**

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Mind and Body . . .

MEN have always debated whether the mind governs the body or the body governs the mind. Philosophers have joined in the controversy and taken one position or the other; they have called themselves idealists or materialists; they have brought up arguments by the thousand; and the question still seems as vexed and unsettled as ever.

Perhaps Individual Psychology may give some help towards a solution; for in Individual Psychology we are really confronted with the living interactions of mind and body. Some one—mind and body—is here to be treated; and if our treatment is wrongly based we shall fail to help him. Our theory must definitely grow from experience; it must definitely stand the test of application. We are living amongst these interactions, and we have the strongest challenge to find the right point of view.

The findings of Individual Psychology remove much of the tension from this problem. It no longer remains a plain "either . . . or". We see that both mind and body are expressions of life: They are parts of the whole of life. And we begin to understand their reciprocal relations in that whole. The life of man is the life of a moving being, and it would not be sufficient for him to develop body alone.

A plant is rooted: It stays in one place and cannot move. It would be very surprising, therefore, to discover that a plant has a mind; or at least a mind in any sense which we could comprehend. If a plant could foresee or project consequences, the faculty would be useless to it. What advantage would it be for the plant to think: "Here is some one coming. In a minute he will tread on me, and I shall be dead underfoot"? The plant would still be unable to move out of the way.

All moving beings, however, can foresee and reckon up the direction in which to move; and this fact makes it necessary to postulate that they have minds or souls.

"Sense, sure, you have,
Else you could not have motion."
—Hamlet, Act III, Scene 4.

This foreseeing the direction of movement is the central principle of the mind. As soon as we have recognized it we are in a position to understand how the mind governs the body—it sets the goal for movements. Merely to initiate a random movement from moment to moment would never be enough: There must be a goal for the strivings.



There is the feeling of being poor and deprived—empty handed. . . .

Since it is the mind's function to decide a point towards which movement is to be made, it occupies the governing position in life. At the same time, the body influences the mind; it is the body which must be moved. The mind can move the body only in accordance with the possibilities

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by **ALFRED ADLER***

which the body possesses and those which it can be trained to develop. If, for example, the mind proposes to move the body to the moon, it will fail unless it discovers a technique suited to the body's limitations.

Capable of Moving Environment

Men are more engaged in movement than any other beings. They do not only move in more ways—as we can see in the complicated movements of their hands—but they are also more capable, by means of their movements, of moving the environment around them. We should expect, therefore, that the ability to foresee would be most highly developed in the human mind, and that men would give the clearest evidence of a purposive striving to improve their whole position with respect to their whole situation.

In every human being, moreover, we can discover behind all partial movements towards partial goals one single inclusive movement. All our strivings are directed towards a position in which a feeling of security has been achieved, a feeling that all the difficulties of life have been overcome and that we have emerged finally, in relation to the whole situation around us, safe and victorious. With this purpose in view, all movements and expressions must be coordinated and brought into a unity: The mind is compelled to develop as if to achieve a final ideal goal.

It is no different with the body; the body also strives to be a unity. It, too, develops toward an ideal goal preexistent in the germ. If, for example, the skin is broken all the body is busy in making itself whole again. The body, however, is not merely left alone to unfold its potentialities: The mind can help it in its development. The value of exercise and training, and of hygiene in general, have all been proved; and these are all aids for the body supplied by the mind in its striving towards the final goal.

From the first days of life, uninterruptedly till the end, this partnership of growth and development continues. Body and mind are cooperating as indivisible parts of one whole. The mind is like a motor, dragging with it all the potentialities which it can discover in the body, helping to bring the body into a position of safety and superiority to all difficulties. In every movement of the body, in every expression and symptom, we can see the impress of the mind's purpose. A man moves. There is meaning in his movement. He moves his eyes, his tongue, the muscles of his face. His face has an expression, a meaning. It is mind that puts meaning there. Now we can begin to see what psychology, or the science of mind, really deals with. The province of psychology is to explore the meaning involved in all the expressions of an individual, to find the key to his goal, and to compare it with the goals of others.

Goal of Security

In striving for the final goal of security, the mind is always faced with the necessity of making the goal concrete; of calculating "security lies in this particular point; it is reached by going in this particular direction." Here, of course, the chance of a mistake occurs; but without a quite definite goal and direction-setting there could be no movement at all.

If I lift my hand, there must be a goal for the movement already in my mind. The direction which the mind chooses may be, in reality, disastrous; but it is chosen because the mind conceives it mistakenly as the most advantageous. All psychological mistakes are thus mistakes in choosing the direction of movement. The goal of security is common to all human beings; but some of them mistake the direction in which security lies and their concrete movements lead them astray.

If we see an expression or symptom and fail to recognize the meaning behind it, the best way to understand it is, first of all, to reduce it in outline to a bare movement. Let us take, for example, the expression of stealing. To steal is to remove property from another person to oneself. Let us now examine the goal of the movement: The goal is to enrich oneself, and to feel more secure by possessing more. The point at which the movement sets out is therefore a feeling of being poor and deprived.

The next step is to find out in what circumstances the individual is placed and in what conditions he feels deprived. Finally we can see whether he is taking the right way to change these circumstances and overcome his feeling of being deprived; whether the movement is in the right direction, or whether he has mistaken the method of securing what he desires. We need not criticize his final goal; but we may be able to point out that he has chosen a mistaken way in making it concrete.

The changes which the human race has made in its environment we call our culture; and our culture is the result of *(Continued on page 62)*

*Author "What Life Should Mean to You," Little, Brown & Co.

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It Couldn't Be Done

by **HAROLD S. KAHM**

MY friend and I wanted to go to New Orleans to take in the Mardi Gras. It is a long way from Minneapolis to New Orleans, and traveling costs money. We figured out the financial end of the trip, and on the basis of what little money we had we decided that it couldn't possibly be done. We might get to New Orleans all right, but we would assuredly starve to death after we got there, and we wouldn't be able to get back.

So we went.

It was one of those things that couldn't be done. We figured it out in black and white. Figures are facts. Figures don't lie. Those figures told us that *we could not take that trip.*

My reasoning, when I decided to make the trip anyway, was simple. I said to my friend, Will Stewart, who is a very intelligent young man, "Let us suppose we go down there and, as our figures show, find ourselves broke. Do you actually believe that we will starve to death? That we will suffer horrible agonies? That we will be unable to return to Minneapolis? You know that these things cannot happen to us. We can proceed without fear."

Will agreed with me, and we went to New Orleans. Needless to say, we did not starve to death, nor did we suffer any agonies, nor did we fail to return home for lack of means. In one way or another, ways and means presented themselves, and assisted us. We maintained the same standard of living that we were accustomed to at home, we enjoyed good food, we had an apartment of our own in one of the better residential districts, we took in the Mardi Gras, saw the sights, had many exciting adventures, and in general enjoyed ourselves.

Of course we ran out of money, not once but many times. But we did not worry when that happened. We *knew* that everything would work out satisfactorily and that we need not worry about it. We did all we could, then sat back and waited for results. And results never failed to materialize. In every case, when we ran out of money, money came the next day, just when we needed it. If it happened to be delayed an extra day, as happened once or twice, then we merely charged our groceries and supplies, for our credit (miraculously, considering that we were complete strangers) was good.

From Unexpected Sources

Where did the money come from, when it came? Invariably from unexpected sources. I received checks on several occasions for articles and stories that I had sent out more than a year previously and about which I had either forgotten or given up hope. On one occasion I sent wires to three different magazine publishers that owed me a little money. An hour after I sent these wires I returned home and there was a letter from one of the firms I had wired, with a check enclosed.

It was amazing the way we managed to get along without worry, without disaster, accomplishing what could not possibly be accomplished. We joked about it often. "This isn't New Orleans," we would say. "It's just an illusion. We couldn't possibly take the trip to New Orleans, you remember? We're not here; this is Minneapolis." We had a lot of fun during our two-months stay, and we came back to Minneapolis in luxury, and even managed to stop over in Chicago for a few hours of sightseeing. We had had a grand adventure, and we did it in spite of the fact that it couldn't be done.

Perhaps a more striking example of how faith and determination operate may be seen in my trip to Europe. It had been the ambition of my life to visit Paris, but I had never had enough money to take that wonderful trip.

I Was Going to Paris

Then one day I made up my mind that I was going to Paris, and that nothing could stop me. I had little more than the fare to New York, and had no faint idea as to how I was going to get across the ocean. But I *knew* that somehow, in some way, I would accomplish my purpose. On the face of it, it was a total impossibility just as it always had been in the past. But I made sure that I would go through with my intention; I told all of my friends that I was leaving for Europe. Now, *I couldn't* come back to Minneapolis without having been across; my bridges were burned behind me.

I have many friends in New York. When I arrived I told them I was going to Europe. When I made this New York announcement my cash capital consisted of four dollars, and I didn't know where my next week's rent was coming from. But I went one further: I gave them my

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So We Did It!

Confidence. This was the sole asset of a young man who wanted to travel to far places—and did

sailing date—April 20th, on the *Veendam*, a Holland-America Line ship.

So there I was with a ship and a sailing date all picked out, and my friends and relations all waiting to wish me *bon voyage*, and I had four dollars.

It was now the first of March. I had about six weeks time in which to make my fortune, and make good my intentions or else become a subject of pity, laughter or contempt. When I made the mistake of confiding my true situation to a young lady friend of mine I learned that my friends knew more about me than I supposed they did. "Harold," said my friend, "I wish you wouldn't keep telling people you're going to Europe; everybody knows you're broke; they're all laughing at you." "Well, the laugh is on them," I answered, "because I *am* going."

I knew, of course, that my pride and self-respect depended upon my going to Europe, but I did not worry. I *knew* that the money for the trip would come from somewhere, somehow, when the right time came.



"Why not go to Holland?" he asked.

I SUDDENLY conceived an idea. I would *write* my way to Europe! I would get free passage from a steamship line in exchange for publicity, and I would write articles in Europe, getting the assignments in advance! Burning with a violent enthusiasm, I immediately sent letters to every magazine I could think of, asking for European assignments, and at the same time I called on every steamship company in New York with my publicity proposition. After all, it didn't really matter if I went in a different ship than the one I had selected.

The steamship companies explained that although my proposition was very interesting, a trade agreement made it impossible for them to grant passage in exchange for advertising or publicity. A Holland-America Line official, however, made a suggestion when he learned I wanted to go to Europe to write. "Why not go to Holland," he suggested, "and write up the International Flower Show—it is held once every ten years, and it will be on in April." He did not, however, suggest by what means I was to get to Holland.

Nothing daunted, however, I sent out no less than twenty-two letters to as many magazines, advising them that I was sailing for Europe on April 20th, on the *Veendam*, and would they like an article on the Flower Show. The answer was No.

March was drawing to a close. I was walking along upper Fifth Avenue when I suddenly remembered that the Italian Line had suggested that I call on the Italian Tourist Bureau with my proposition; they might be interested, and something might be arranged. I dropped into the Bureau's office and had a talk with the manager. Nothing doing.

Something Important Happened

But in the course of that conversation something vitally important happened; the other man mentioned, by chance, the name of an important magazine that I had overlooked when sending out my twenty-two queries about a

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Flower Show assignment. When I returned home I sent a letter to that magazine, and by return mail received an invitation to come down and have a talk with the editor, who was interested in my idea.

I had a talk with him, and came away with not one assignment, but *two!*

After that things began to happen. I received several more assignments for articles to be done in Europe, and these assignments totalled up to several hundred dollars more than the whole trip would cost.

But I still did not have a dime toward my passage money. But I knew that I would get it, somehow. And somehow, I did. Checks came in from unexpected sources. Hitherto unsold manuscripts were accepted and paid for. As soon as I accumulated fifty dollars I plunged it into a deposit on my steamship ticket—and I had no faint idea then as to where the balance of the money was coming from. April 20th was rapidly approaching and my stateroom on the *Veendam* was reserved.

The next money I got in—a check of fifteen dollars—I used to buy a passport, visas and passport photos. I had some left which I used for subway fare and dinners. I was all set for Europe. Almost. Then I called on every editor I could think of from whom I could extract some cash, and I extracted it. I had published a novel the previous year, and my next royalty period was not due for some time, and my publishers flatly refused to give me any further advances. But I had full confidence in the power of the faith within me. I ignored their refusal and merely kept on asking, until they gave me what I wanted—maybe to get rid of me.

BEFORE I came to New York I had interviewed a certain famous doctor for a magazine, and this doctor had given me a copy of an address he had made to a druggists' convention; he told me I could use the address in my magazine if I wished to; it was mine. I was just twenty-five dollars short of enough money to pay for the balance on my steamship ticket when I thought of that address. I immediately called up a druggists' trade journal and offered to let them print the article if they would pay me twenty-five dollars immediately (it was their custom to pay on publication, weeks later). They agreed, and I delivered the manuscript and walked away with a check. I went straight to the Holland-America Line with it, and proudly bore away a yard-long round-trip ticket to Rotterdam.

One more problem had to be solved. I now had my passport and steamship ticket, but I had not one cent besides. I would have no money for my expenses in Europe, nor even money for railroad fare from the port to where I wanted to go. And it was now the 18th of April. My ship sailed in two days.

I Called on the Editor

"Ask and ye shall receive!" rang in my ears. I called on the editor of one of the magazines for which I was to write some European material and boldly asked for a cash advance for expenses. This editor didn't know me from Adam; there wasn't a reason in the world why he should give me an advance. How did he know that I would complete my bargain? Suppose I merely spent his money and wrote no articles? Suppose I did write them and they were too poorly done to be printable? So I asked for an advance.

"Will $100.00 be enough?" he asked me, and when I nodded he ordered his secretary to make out a check. Even his secretary—a charming young woman—was shocked. "An *advance*—now?" she murmured. The editor nodded, and I held my breath lest he change his mind.

Thus it came about that I went to Europe, to the amazement of many of my intimate friends, promply at twelve o'clock, April 20th, on the *Veendam.*

If you look back upon your own life carefully you will certainly realize that all of the important things that happened to you came more or less as a surprise. People speak of their luck, not realizing that what you receive is not the result of chance but the result of a strange, immutable law of nature whereby you receive just about what you ask for, or rather, what you *expect* to receive, and what you believe you will receive, whether of good or of evil. If you are unhappy because of some lack in your life, search yourself well and examine your beliefs, your expectations. You desire such and such a thing strongly; do you believe you will get it, here and now? Are you blindly confident and sure that you will get it? Or do you consider, instead, the remoteness of the possibility of getting what you want?

"Seek and ye shall find" is an absolute law, like the law of gravity. There is no circumstance in human life to which it does not apply with absolute infallibility. "I tell ye, if ye have faith as a grain of mustard seed, ye can move mountains!"

For faith, backed by determination and action, *will* move mountains. The man who has faith in himself, faith in the ultimate power of faith itself, and the good sense to back his faith with works—such a man cannot fail.

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Green Lights Ahead!

Don't Block the Subconscious

by **FRANK B. ROBINSON**

THE psychological field seems to be divided between those who use the term "subconscious mind" and those who do not. Men of intelligence are to be found on both sides of the question, and it seems to me that there must be a common ground upon which both sides must meet.

The question probably is purely an academic one, however, and those of us who do not admit the existence of the "subconscious mind" *do* admit the existence of a power lying below the surface of man's consciousness, which power is far more potent than is the reasoning power of his "mind" or consciousness. I cannot see that it makes much difference how we designate this power so long as we admit its existence —and I believe all psychologists will do that.

I think it safe to say that although the actual presence of this "unknown" power is a definitely established fact, yet the methods of calling it into operation are somewhat varied. Since such a power does exist, the thinker must be eager to discover some scientific means of "contacting" and utilizing it. The thoughtful person will take the theories of every leader in the field of psychology and carefully appraise them, trying meanwhile to see if there may not be in each one of them a sign-post pointing the way toward the end of the trail. It may be quite likely that the answer is far closer than most of us now realize.

The whole world is waiting for something. Men's minds are progressing past the stage where they are satisfied to accept things told them. Those of us whose duty throws us in daily touch with the lives of many all over the country, and whose duty ofttimes consists of advising these hundreds upon the most sacred things of their lives, are impressed by the almost universal longing and heartache to find actually and know personally the secrets of the mysterious power of the inner self.

I am convinced of two things beyond the shadow of a doubt—and I am convinced of them by experience too. First I am convinced of the actuality of this power. Second—I am convinced that it can be contacted by whosoever desires to contact it. I am convinced further that the solution of life's every problem is tied up in the correct understanding and contacting of this unseen power.

Instead of giving ways of contacting it, I want to mention a point which seems to be hindering many from finding the power they desire. In doing this effectively we might be able to suggest by inference and point out an effective way to realize results from this "mind." The one big thing standing in the way of many students is their own *attempt to force the issue.* In other words, instead of remaining quiet enough to allow their psychology to work, they work themselves up into a frenzy and imagine that their own efforts will produce the results.

There must be a *quiet trust.* And by quiet trust I do not mean a spirit of indifference, but a spirit of happy confidence that the results are to be made manifest in the immediate future. Just as sure as the student worries over the ultimate outcome just so surely does he effectively block the answer he desires.

Is there an intense longing in the heart for some much needed thing? Then the desire, coupled with simple faith and impressed upon the mighty, ever-present Intellectual Ruler of this universe, *will bring the* *(Continued on page 54)*

Today Is Yours

HOLD it——
This life is all we have.
Do not sacrifice it
For the vain thought of a better one
To follow!
For 'tis better to have lived strongly,
Than never to have lived at all!

What folly——
For a man
Dying on the desert
To dash from his lips
A cup of clear, cold water,
Because he thought he saw
A sparkling waterfall in the distance.

Life——
Is that cup
Of clear, cold water!
Neither waste nor spill it.
But pour it down
Your parched and desiring throat—
All of it.

Yesterday is gone——
Forget it.
Tomorrow has been centuries on the way
And has not yet arrived.
But today is here—
Is always here—
So surrender yourself to whatever joys it may hold!
Live with your whole heart and soul
Day by day—hour by hour—minute by minute—
Today, this day is yours.

by S. A. Reiss

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The Pseudo-Revelation

How Emotional Typhoons Produced Reactions that Amazed Those who Attended a Famous Court Trial

by

A. LILLIAN GAFFNEY

JUDGE YANKWICH, a California justice, hid his mirthful smile behind a mask. It was difficult for him to wear the robe of judicial dignity, for a divine comedy was being enacted in the court room. A "play" beyond the frontier of ordinary human understanding.

Those calling themselves Jesus and John the Baptist were there. And one they had dubbed the Virgin Mary. These phantasmal "mystery" names had been adopted by the principal role-bearers because they felt that bearing these names they could more perfectly emulate the ideal lives.

But the crowns of glory . . . the phosphorus silvery halos around their respective heads were evanescent to that sea of black and white faces, for these rays of heavenly light are only visible when one is in a certain state of consciousness.

John Wuest Hunt (Jesus the Christ), H. B. Peters (John the Baptist), and Delight Jewett (Virgin Mary) were no longer banqueting with angelic hosts. They had become mortals again as they recited this strange, strange story.

It is this story we are interested in, not the physical facts, for they have been disposed of in their own realm . . . the law.

We are intrigued with what appears on the surface to be super-physical facts. Hunt's own amazing recital of how vibrations seized him. How he rolled on the floor in a synthesis of pain and ecstasy. How these fiery vibrations caused his portly body to twist and contort into all sorts of shapes and positions, completely levitating his physical frame into thin air. And lastly the actual nail marks that appeared in his hands, the truth of which was certified to by a number of spectators.

THERE was no question in anyone's mind but that John Hunt was telling the truth—as he knew the truth in his own mind. He was desperately sincere in his attempt to portray from the witness stand the part he had played in this celestial drama. He made no claims to divine heritage and frankly admitted that "he didn't know what it was all about."

Hunt had waded through mud and mire during most of his thirty-three years. He had exhausted the catalog of vices. By his own honest confession, he had been a bad, bad boy. Born in luxury with no particular bent toward work, he had spend his youthful life seeking thrills. He found them galore, but they soon wore thin.

Suddenly he was caught in the powerful vortex of a "contrast" thrill. An escape mechanism against a dissipation that had begun to pall. He was sucked into Father Divine's invincible magnet. The dynamic fire that this huge dynamo released possessed him like a battery of hypnotic drums. Faster and faster the rhythms pounded through his whirling brain, scattering the microscopic gangsters of his own individual underworld . . . the demons that had ruled his life.

This highly elaborate ritual seems fantastic to us, but the mechanics without the ritual is but a phase of modern technology. Speed is the keynote of vibration. Vibration is the keynote of ecstasy. And ecstasy is the fuel that needs the "cultish" fires in Father Divine's heavens.

PEACE! It's wonderful! This inspiration of spirit diffuses from this gigantic magnet like steam from an engine. It penetrates like warm wine brewed in the cauldrons of Bacchus, and intoxicates those within its radius, for it operates from the motive power of group consciousness.

As each notch of the dynamo was released it matched a notch in the glandular system of John Hunt. The vibration was intensified. Ecstasy streamed forth. Gradually it filled him until he became intoxicated with a divine madness. He was whisked into transcendental realms by an emotional typhoon.

Under the intensity of this vibration his own consciousness was projected into space in much the same manner that a cannon ball is shot from a cannon. His mind, fluid and unhampered, could wander at will. It mixed easily with alien thought. The clairvoyant faculty was wide open. In high crescendo it burst into flame. In that moment he had an overwhelming sense of the Infinite. His consciousness moved upward from ideal to . . . *revelation*. He had made contact with the spark. *(Continued on page 61)*

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In The Psychologist's Office

A New Approach to the Cure of the Mentally Distressed



by **EDWARD SPENCER COWLES, M. D.**

DEMENTIA praecox is an adolescent insanity. About forty thousand boys and girls break down every year and go into the asylums. They are the flower of our flock. These boys and girls for the most part never come out of the asylums again. They are called the model girls and boys. They are often the most brilliant in their class.

The disease begins at the age of ten. The child is over conscientious and over sensitive. As a general rule they withdraw from the rough, the rollicking fight of the average child and as the years go on they become increasingly seclusive. They are then given to a good deal of day-dreaming. As the years go on they become increasingly stubborn, self-willed, super-sensitive. They develop peculiarities of behaviour that set them apart from the normal, healthy minded child. As they get older their seclusiveness increases.

They stay up late at night and get up late in the morning. They appear to be in "deep thought." They cannot make friends; they cannot get along well with other children. They break down and become violent any time between the age of eighteen and forty, but the earmarks of the disease are there long before they break down. They imagine people are controlling their minds; people are saying ugly things to them. They are high-tempered and violent; imagine that people are organizing against them. Working in the office they fancy that this one or that one are laughing at them, whispering about them, plotting their downfall. Horrible ideas come to their minds. They have a constant fight with themselves. Their ideas are so terrible at times that when the spell comes on them they fly into a violent temper, break up the furniture, break down the doors, smash the pictures, rage and rant, use the vilest language.

About sixty thousand more pupils having this disease go from our public schools every year into crime. It is the same disease with a different type of symptoms. The so-called sex crimes that the public and the medical profession are treating so ignorantly are as a matter of fact dementia praecox cases. At the Body and Mind Clinic we are treating hundreds and thousands of cases of dementia praecox and an amazing percentage get well. About sixty per cent recover their health completely and the others make such an adjustment that they are harmless to themselves and to society. They are the earlier cases. They are called early cases because they have not become too fixed in their delusions, although they have had the disease anywhere from ten to fifteen years before we get them.

WE worked out a special method of treating dementia praecox cases. What is this particular method that is giving such brilliant results in the treatment of dementia praecox patients?

After a thorough physical and mental examination and the patient is diagnosed as a dementia praecox case we give the patient a prescription containing ergot and quinine. Then we give the patient eight teaspoonsful of Atop in a half glass of water. We make the patient lie down on a couch and with suggestion and the medicine combined, reduce his emotional violence.

In his quiet state we use suggestion to impress upon him the convictions we wish to leave with him. In the patient's now quiet and more rational state of mind we re-educate him. We enable him to get a clearer insight into the operations of his mind. It is often amazing, the quickness with which he drops his delusions and understands that his fight is not with other people controlling his mind but with one personality in his mind fighting the other personality. The quinine acts as a check on the vagus nerve. It helps to regulate the glandular function and the ergot checks the over secretions in the brain. Atop, quinine, ergot are three medicines that are vitally important in the treatment of these cases.

Frank B. Sandborn, formerly Superintendent of all of the Massachusetts Insane Asylums said, "After seeing this method at work, after visiting the asylums all over the world and talking with the various Superintendents, I have greater hope

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.

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in the methods of Dr. Edward Spencer Cowles than that of any other man. His method is to take the mind of the dementia praecox case and so adjust it that the dementia praecox case can see himself, understand himself and help in his cure."

I give you now one case out of many hundreds treated by this method. I will let this case tell his own story in his own language. This patient has now been well for fifteen years. He is a man of splendid intellect.

Tragedy Broke Early

He says, "my home was congenial and my parents kind. But tragedy broke early for me. Passing over the pre-school years which are a hazy recollection for me, my first great emotional experience occurred when I made my debut at school. The prospect threw me into a panic and I literally had to be dragged. The demands made upon me did not exceed my ability to perform, and I got along in school well. This acute fear vanished after a time and a state of constant excitement took its place. I was always pre-occupied with my thoughts and feelings and when I was called upon to do something before the class I almost passed out. When passing from class to class during promotion the old feeling would again grip me and a very disturbing readjustment would have to be made each time.

"When I was twelve a friend several years older than I took me to the pressroom of the publishing plant where he was employed. The roar of the huge presses threw me into a spasm of fear and I had to rush from the place. I was panic-stricken. It occurred to me that one day I should have to make my way in such a world. I was terrified with the thought and drew more into a world of fantasy. The time to take graduation examinations came. I was afraid to go to the distant part of the city where the examinations were held. So I left school without a diploma. My father explained my condition to the school authorities and they agreed to permit me to take the examinations at home, but in a tremendous emotional outburst I refused to do so. I would have none of it. Henceforth I would rule my own life.

"They wanted me to go to college. I refused. I was stubborn, wilful and violent. My father suggested that I learn a trade. I agreed. I hated everything connected with it and besides it aggravated the old undercurrent of fear. After that experience I wanted to work in an office and obtained a position myself. I stayed there three months. When I was in the office I felt that I was being watched and talked about and after three months I had to quit. I would not go back. I was again in the grip of fear.

"During the next sixteen years I was unable to do more than to read and daydream. No one dared to cross me. I went into violent fits of temper. I would break up the furniture. I took refuge more and more in myself and created a world of fantasy as a substitute for the world which terrified me so much. I tried to learn why this world terrified me so much. When I was eighteen I discovered Herbert Spencer. I read his 'Synthetic Philosophy.' I went to Descartes, Spinoza, Hume, Kant, Bergson and others.

I Was in Despair

"But to no avail. I had tapped the well dry and the Philosophers' Stone had escaped me. I was in despair. My universe assumed the fate-laden overtones of a Greek chorus. I felt as if I were the lone passenger of a train, plunging forward at a terrific speed, piloted by fate, and carrying me to destruction. The controls were there, but I could not find them. I was doomed. Occasionally I found release in a drinking bout but most often by smashing articles of furniture. This last habit was growing upon me, and was happening all too often. Sometimes someone suggested that I might be nervous and that would throw me into a rage. I would tear the pictures off the wall and smash them or dash a chair or small table to the floor, bellowing the while like a mad bull.

"My father took me to many doctors. They seemed to regard me as a spoiled child and could offer no effective help. I was committed to an insane asylum. My father finally took me out. I was no better. I was now almost thirty years old. I was violent and dangerous. Then my father in despair brought me to the Body and Mind Clinic. Under treatment, gradually the old fears, the old fantasies gave way. My high temper and my violence subsided. Today the old fears have gone. I get along with people for the first time. I hear no voices. I give and take. I am well."

* * * *

You have just read what this patient had to say about himself. As a matter of fact his memory was clear but he was insane, dangerously insane. He had delusions of persecution and tormenting ideas. On one occasion, just before he came to see me, he fancied that one of his neighbors was saying ugly things about him. This threw him into a violent state. He went to the neighbor's house and started a fight. His father was in despair and brought him to the Body and Mind Clinic. After a month's treatment the violent attacks *(Continued on page 54)*

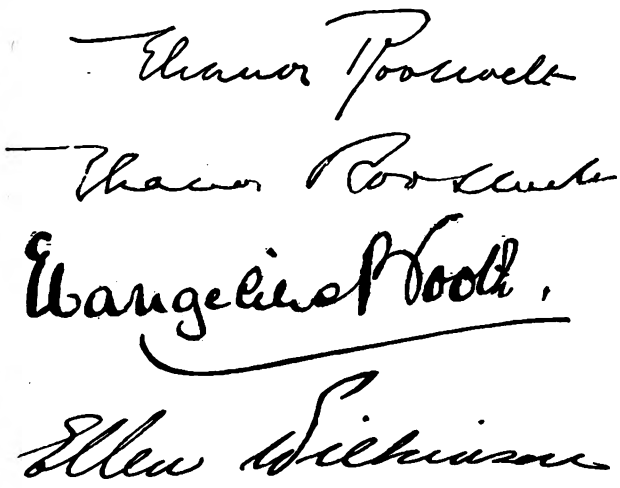
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"As A Man Writeth"

by M. de BERRI TENNENT

SINCE we have the names of Eleanor Roosevelt, First Lady in the United States and foremost among women today; Evangeline Booth, General of the World Salvation Army; and Ellen Wilkinson, Labor member of the English Parliament, this month's article might well be a study of the capital "E" which begins each name.

"E" was not found until the days of Roman and Greek culture, therefore it definitely fixes the past as well as the present culture of all who make it. All cultural letters become less so when they have unnecessary flourishes, so the comparison here is excellent. By the capital "E" alone, each of these women tells of her heritage from the past. Each expresses the fundamental meaning of "E", which is to give out, to be a volt, as in physics.



Signatures of three famous "E" ladies.

Eleanor Roosevelt, in showing that she clings to the past in the beginning stroke of her "E", also declares later that she is not only a Roosevelt but that she is proud of it. See the form of the "R", which takes on an element not even suggested in the gentle, merry "E". The pointed small "e" and the tops of the "n" show just how keenly her mind works in a personality full of kindness, since the "n" is rounded at the bottom.

During an illness, Mrs. Roosevelt wrote the wavering signature. She was still fighting the illness, as her "R" very plainly says, but not so strong on her feet. She thinks ahead, according to the "t" bar that still clings to the letter, showing how she keeps her head, plans as she goes and does more in one day than some do in a month. Eleanor Roosevelt is a typical cultured American.

Strangely enough, the great leader of the Salvation Army, in her heavy writing, shows less spirituality than the First Lady of the United States. This is proof that not all spiritual leaders are completely other-worldly, with no thought of this world. It is the more remarkable that Mrs. Roosevelt should do so much when it is considered that her virile writing shows such a light outline; but graphology tells that forceful people may be able to do as much as people who are merely much stronger physically.

Evangeline Booth shows her English background with spirituality in her rounded writing, which has developed a flourish, here and there, not easily detected but rather suggested to the student of this science. She walks erectly and loves a home, as do all three women whose signatures are here analyzed, since the capitals run on to the next letter. All are simpler in their first names than in their surnames. They are themselves! Family names have to be upheld!

The capital "E" is typical of General Booth. She walks that way. She is poised, generally, but she can feel emotion and be upset, too, for she jumps off the line at the end of her first name. She makes a ticky "t" bar and so she can speak, perhaps without thinking, but nevertheless with sharpness. Her "v" expresses irritability. She makes no beginning strokes; she is independent.

However, along comes a graciously curved understroke and you feel happier, because this, with the twinkly "i" dot, shows that General Booth is not severe. She is kind and determined. She knows what it is to meet difficulty, for her capital "B" bucks up. She wrote this for me before she became General and she knew she was undertaking a big thing.

ELLEN WILKINSON, known as the red-headed, fiery defender of the Labor Party in the staid British Parliament, is really one who is somewhat shy and self-effacing except when duty calls her to speak out as she does. She says herself that she lacks decision and strong will power, but she makes up for that in tenacity and firmness, as can be seen from the little twirl on the end of her "E", which letter has a hook at the beginning, "typically British," you say, getting what she wants. *(Continued on page 57)*

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A MAN is human . . . everyone will tell you that. He eats what he likes, when he likes. He drinks, smokes and philanders successfully with the greatest of mental comfort . . . because he is that way!

But you find no indulgent humoring of the more deadly of the species. No, public opinion does not allow woman to enjoy love in the plural, especially if she has signed up to belong to one man until death or the other woman parts them.

In spite of gossips, ice men innuendos, tales of irate husbands banging at front doors, out-in-the-snow evictions and movie plots, there is such a hush placed over female philandering that one would think that the erring male chose a mermaid for his heart interests instead of Mrs. Bright Eyes who makes such fun at the crowd's parties. Those who make themselves responsible for humanity's decorum say that the nice women (the one who had a good reputation before marriage), be she bold, modest, smart, dumb, modern or naively gullible must not enjoy male company outside her mate, who is supposed to represent all she can ever desire in physical, mental or spiritual companionship.

Nevertheless, almost every woman in the world philanders in her heart, and as leisure becomes more common and women demand more and more personal freedom, a surprising number are stepping off the gold standard.

A CLOSE friend of mine edits a love lorn column for a fairly large newspaper. Letters to this anonymous confidante from hundreds of anonymous confessors reveal the mental attitudes and conflicting emotions of women who claim a man's privilege of abandoning marital blinders.

The saying that "men tell" is but a mild truth compared to women. Romantic women tell *all*. They do, however, warn the patient listener that she must not tell for someone might not understand and interpret the affair as cheap and common.

Now, I happen to have one of those trustworthy faces, amiable manner and above all, willing ears. Consequently, I cannot ride to town on a bus but what a strange seat companion tells me the secrets of her Uncle Charlie's will. Friends and near friends literally smother me with sorrows and the complications of their love life. Inasmuch as I don't cluck! cluck! at anything, I hear plenty.



She wants to attract an intelligent, sensitive-typed man. . . .

It seems to me, if I may put it a bit crudely, as philandering goes up the social scale, it goes down.

The Little Mrs. in a small apartment who has a baby and a very young husband releases her over-the-border thought on speculating how things would be with the boy she didn't marry. If she sees him unexpectedly, she is thrilled at his stares and interest. He hasn't married yet . . . it seems he can't get over her. So narcissistic

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thoughts satisfy her and she continues to make the baby's formula and keep herself looking attractive for her husband.

The Mrs. in the small house, whose social life is appeased by the Bridge Club, is true to her husband. She tells you so. But you should see her get the best cuts from the butcher and excellent service from the laundry man. Her philandering is utilitarian, and not the least bit serious she really means no harm at any time.

Can a Woman Philander?

by

Alice Rebentisch

The Mrs. who is a college graduate, living in a large house is looking for mental seduction. She wants a man to read books with her and share that life in which her husband takes no interest. She wants to attract an intelligent sensitive-typed man physically as well as mentally but turn down any practical gratification—for she is good, pure, sweet, noble and kind and "although it is hard for men, Alas, it must be that way." In her mind, the neighbor's affair is sordid and sexual but hers is platonic, mental companionship and genuine soul comfort.

The quite-rich Mrs., the apartment dweller, has ideas. She is free, she will tell you. She is a good wife. Her husband enjoys seeing that she is attractive to other men. She has a clever line and can tie a man up in knots in no time. When, after plenty of double meaning remarks, her husband's friend suggests that he call tomorrow alone, she is philosophical. Why should he? What is it in her that makes him think this, or that, or what does he think? He, if he is smart, will tell her that he knows that she wouldn't see any other man and that he has utter respect for her . . . but, in order that he might go on handling the very important business that is his, he must come and talk to her so that perhaps he can get her off his mind. Results depend on technique. Her attitude and mental comfort depends on the state of her sexual hormones, the degree of her inferiority pattern and her power of rationalization.

Certain, deep-rooted biological forces mark the wandering of the male. When he distributes his favors here and there, he does not violate any basically physiologic destiny. He can, because of this, philander quite free from any mental torment that would cause him to give up eating, sleeping, or, take to mooning into space or subconsciously tossing with uneasiness. He has work to do. Sex is practical for him but romancing is not.

Women, annoyed as they are at any general classification, even in this growing matriarchy of our times, still find philandering a definite psychic hazard to well-being. It isn't easy to escape the instincts nature implanted in her for the continuation and welfare of the race. Not that it isn't easy to want another man . . . but it is not so easy to take him. Romance is practical for her, sex is not!

But what if the modern woman decides she is free, equal to man in every way and despite the handicap nature places on her, is willing . . . even determined to live her own life and take love where she finds it? What are the attending difficulties?

In the first place, in order to have her cake and eat it too, she must not be obvious. Her husband and her friends must not know of her philanderings. She must be clever, oh, ever so clever if she would not suffer the embarrassment of discovery. She must tell enough to make her life seem an open book . . . but skip some chapters. She must be surprised at statements the other man's wife makes at a party and never give away the fact that she heard it yesterday afternoon in her own living room. She, not being satisfied with any man but one in her own social class or higher, must retain her own position, safely. The man *(Continued on page 61)*

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Mental Medicine

Part IV. Development of Hypnotic Sleep

by

DR. CLAUDE WILLIAM CHAMBERLAIN

WHILE the historians give to James Braid the credit for the discovery of hypnotism, and it probably is true that he coined the word from the Greek, (hypnos-sleep), the early scientific experiments with the phenomena of sleep as a special therapeutic agent seem to have had their origin in the findings of the Marquis de Puysegur, Mesmer's most famous pupil.

When Mesmer left Paris, the Marquis also left the city and retiring to his estate near Soissons continued his investigations. He selected an elm tree on the village green and carefully magnetized it. The peasants in the village, fatigued from their day's labors, would collect around this tree and he secured some of the same results that had followed the use of *baquet* by Mesmer.

The magnetized state, as described by eye witnesses of the work of Mesmer, was very much of an hysterical order, sometimes including loud cries, sobs, contractions and fits of various kinds that were supposed to precede the influence of the magnetic fluid in some cases.

The Marquis discovered that his more simple device produced much more simple and mild phenomena, including peaceful slumber. He discovered as one phenomenon, following what he designated as "artificial somnambulism," that the subject had no remembrance of what had taken place during the unconscious period. . . .

He conducted numerous experiments with these simple and highly suggestible subjects and particularly with his gardener, a young peasant named Victor. According to the Marquis, Victor in a somnambulistic state exhibited marvelous telepathic and clairvoyant phenomena.

Theory of a Magnetic Fluid

Unfortunately the Marquis held to the mesmeric theory of a magnetic fluid and it was left to other investigators to separate the phenomena of sleep from mesmerism and to present it as a new theory in therapeutics. . . .

The Chevalier de Barbarin, during the same period, dispensed with all paraphernalia and magnetized people by sitting by the bedside and praying. Abbe Faria of India arrived in Paris in 1814 and gave public exhibitions, boasting that he had produced five thousand somnambulists by his methods. He would seat his subject in a chair, with the eyes closed, and then he would cry out in a loud commanding voice: "Sleep!"

It is interesting to note that Abbe Faria believed that the state was caused by no unknown force, but rested in the subject himself. If he and the scientific investigators could have appreciated just how accurate his conclusions were, civilization might have been spared nearly a century of experiment with the phenomena.

In 1841, the French magnetizer, La Fontaine, gave some public exhibitions in Manchester that attracted the attention of the physician, James Braid. Now comes the development of theory into science, and yet when Braid began to strip the mystery from the subject, he replaced it with complex phenomena that misled investigators for nearly eighty years. Commencing as a skeptic, he refused to accept the mesmeric theory and took as his main concept the phenomena of sleep.

It was here that the scientific world got off on another false track, drawing its conclusions and preparing its data from the irresponsible statements and acquiescence of the abnormally suggestible individual who provided the material for hypnotic experiments.

Sleep Induced by Command

When Braid began his investigations he undoubtedly checked up all of the current knowledge and experience concerning the phenomena of sleep in hypnotism. And from this information he decided just about what phenomena to expect. There was the cataleptic phenomenon of Petetin, who had published a paper on the subject and who had discussed "sense transference." Then there was the inducing of "sleep" by simple command as recommended by Abbe Faria. Also de Barbarin had produced results without physical contact and the Marquis de Puysegur had remarked no remembrance of what occurred during the state of sleep. So altogether Braid had plenty to lead him astray in his investigations.

It indeed was fortunate that Braid did not have reason to expect *(Continued on page 64)*

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SINCE the opening of this department over three years ago, we have received an avalanche of letters from persons who are eager to correspond with our readers on subjects of mutual interest.

Perhaps *you* have been cut adrift from friends and relatives and are without many opportunities for meeting people?

Perhaps you are surrounded by uncongenial people and would like to find new acquaintances?

Perhaps an illness, accident, or misfortune has temporarily isolated you and you would like to meet others who are similarly situated?

Then join our correspondence club!

Write and tell us about your situation, your work, interests, hobbies. We shall be pleased to publish your letter, with only your initials, whenever it fits in. Then any readers who would like to get in touch with you will reply to the letter, and we will forward letters to you, directly.

By the same token—if you wish to contact members whose letters appear on these pages—send your letter to us and we will forward it to the right person.

Dear Editor:

It is with some trepidation that I try to enter the portals of your club, for while I read a great deal and PSYCHOLOGY *is listed among my "musts," still that'd hardly qualify me as an experienced psychologist! I am only the veriest novice, but I couldn't resist your club which, I hope, will be the Magic Carpet that will wing me away to that great outside world—outside of the Islands of Hawaii!*

I happen to be one of those who have never left the Islands since birth and so my whole life has been bounded by the blue Pacific and the extent of my travels to spasmodic trips between the different isles comprising our Archipelago. Naturally I'd be eager to hear from fellow contactors who'd like to be a guide of sorts to me.

Being of an inquisitive trend of mind, I certainly would like to peer into the most secret nooks of American behaviorism, so would prefer those who are broad-minded and are not prudes. I am sure that I can prove an interesting correspondent—if you'll overlook my faults in English and my not too intelligent brains—I'm no Einstein.

Thank you, Mr. Editor, for your space—it's greatly appreciated.

(Mr.) J.A., Honolulu, Hawaii.

One does not have to be an experienced psychologist to join this club, Mr. J.A. We feel that many of our readers will be eager to learn about life on the romantic Islands of Hawaii!

Dear Editor:

I always read with interest the contributions to your unique club, but horribile dictu! among the many gems in this glittering galaxy of epistolary output, I look in vain for any moiety of Canadian ink. Why the discrimination? We may be elemental and of the primordial, but we "have it in us."

Of a truth, one's inferiority complex might well be accentuated by reading the rhetoric rarities and occult profundities of your erudite clientele, had not wisdom whispered us to strive to emulate, in however infinitesmal a degree, rather than to grovel in invidious despite.

Astrologically, I am of Aquarius, so long "to know." I crave a working knowledge of this stupendous macrocosm of which I, ever the so neglible I, am a microcosm.

Will the philanthropic among those who "have arrived" at the source of wisdom, let fall from the Helicon of their plenty some few drops upon my parching mentality?

History, biography, archaeology, and things occult are among my chief interests. I should have been a great traveller, had not "chill penury repressed my noble rage."

I shall promptly reply to any communication and wait in hope.

(Miss) A.M.J., Alberta, Canada.

If this is an example of "Canadian ink," Canada should be proud. The evanescent characteristics of your humor and the subtle, transcendental comprehension—oh, we give up, Miss A.M.J. Honestly, though, we know a number of our readers will be more than anxious to receive your sparkling letters.

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Dear Editor:

Experience has taught me that to be without "Psychology" is like an infant without its milk—you simply starve for it. Right now I'm starving for some good correspondence.

The young lady who signed herself Miss V.M.F. in a recent letter, is not alone in her likes for the wide-open spaces, nor in her dislikes for formality. I, too, feel as she does.

Aviation is one of my interests, but I have many others. I take great pleasure in traveling. I have visited Hawaii, China, Japan, and the Philippine Islands, crossed the United States, from New York to San Francisco, six times. I have a passion for writing, and for reading good books. Like to meet interesting people. I trust that this letter will make me eligible for "Contacts Club."

(Mr.) F.F.L., Canal Zone.



Well, we don't think our readers will let Mr. F.F.L. starve for correspondence. With all that traveling to tell about, and the experiences evidently attached to each trip, we predict an extensive response to his invitation.

Dear Editor:

I always study your magazine thoroughly, and have often wondered whether members of your club would like to correspond with me in Germany. So now I want to try my luck on finding some congenial correspondents.

I was brought up in America, but now my English may not be the very best, although I always get the fine meaning of each nice word in the magazine. I know some French and Spanish—in addition to German, of course—and should like to have some interesting personal news from all over the world. In turn I will be glad to report on doings in the Old Country.

(Miss) C.H., Berlin, Germany.

Here's a letter from far-away Germany! Our readers don't have many opportunities to correspond directly with members in Germany! We wager that Miss C.H.'s mailbox will be overflowing with correspondence.

Dear Editor:

Some five years ago a copy of your esteemed magazine fell into my hands and, incidentally, it was the turning point in my life. The only way I can repay you for the valuable help it has been to me through these years is to recommend its highly inspiring articles to all who I think may be in need of encouragement in trying to solve the problems of life.

My interests in life encompass the whole gamut of the higher arts, particularly psychology and philosophy. I am interested in the great outdoors and travel, languages, music, microscopy, voice culture, poetry.

I have just arrived where life begins, and I would like to meet, through correspondence anyone having more than the average ambition to realize one of life's greatest wealth—happiness.

(Mr.) G.A.B., San Mateo, Calif.

We sometimes make the mistake of thinking happiness consists in the environment itself, when in fact it consists entirely in the adjustment of oneself to the environment. Let's all help Mr. G.A.B. to find his happiness.

Dear Editor:

Wordsworth said, "To him who in the love of Nature holds communion with her visible souls, she speaks a various language." My hobby of Nature Lore, and a growing interest in psychology was piqued by the title of the editorial in your "Contacts Club" in the August issue, namely, the explanation of the term "Talking Leaves," as defined by the Indians, who were so worldly wise in their naive manner.

I am past fifty, write a bit, work with children's leisure time clubs, read, and when life becomes monotonous, jump up and plan a trip somewhere, to see what can be found new and interesting. This summer it was a trip to Williamsburg to see the Restoration via New York, for ideas for craft work.

I shall appreciate it if you will register me as member of this unusual, interesting club.

(Miss) M.C.L., Detroit, Mich.

The sharing of aspirations and inspirations with others is a good tonic for everyone. We trust that many will take advantage of this opportunity to do so with Miss M.C.L.

Dear Editor:

I have read your wonderful magazine for about three years, have been greatly benefited by it, and now I'd like to be considered a member of the "Contacts Club."

I am interested in *(Continued on page 65)*

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.

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Seed Ideas

by

DAVID V. BUSH*

DR. SMITH ELY JELLIFFE, of Columbia University, has stated: "The oldest and yet youngest therapeutic agent is suggestion. The power to heal by faith is not the special property of any sect or class, nor the exclusive right of any system.

"Belief in gods and goddesses, prayer to idols of wood, of stone, of gossamer fiction, faith in the doctor, belief in ourselves engendered from within or without—these are all expressions of the great therapeutic value for healing that resides in the influence of mental states on bodily functions," declares Dr. Jelliffe.

A suggestion may be called a "seed idea" which is planted in the rich mental soil of the subconscious. In psychology, both the conscious and subconscious minds are amenable but more strictly speaking for practical purposes, suggestion as used here has a more direct meaning of a thought, idea, or suggestion reaching the subconscious mind by way of the conscious. Thus suggestion may be briefly defined as the subconscious realization of an idea.

Everybody is using suggestion—the merchant, the banker, the butcher, the baker—and it undoubtedly "works!"

If a man's mind has been exiled to a "Devil's Island" of fear it may take some time for scientific psychology to get hold of him. I, therefore, marshal medical authority to endorse our statement.

Dr. James J. Walsh, as dean of the medical school of Fordham University, and for fifteen years editor of a medical journal, says that many students feel the symptoms of diseases which they study, and they become victims of those diseases. This is observed every year, although the students are forewarned that they may come down with the diseases they are studying.

AUTOSUGGESTION is suggesting to one's self. All suggestion is autosuggestion, because any suggestion, no matter how it is received by the individual, if it is accepted by him, is *endorsed by him*, so to speak, before it becomes lodged in the subconscious.

It is practicable to outline here at least two simple ways of applying autosuggestion which can be used with valuable results even though only the most rudimentary methods are employed. One is implanting in the mind an advance outline of the day. The other is giving the mind something constructive to work on during sleep.

Several years ago, I heard a successful executive tell a group of young men how he did his work, and included in the talk was the advice to prepare at the close of each day's business a list of the ten most important things for the next day.

To this I would add: Run them over in the mind just before going to sleep, not thoughtfully, or with elaboration of detail, but with the sure knowledge that the deeper centers of the mind are capable of viewing them constructively even though conscious attention is surrendered in sleep.

Then, if there is a particular problem which seems difficult of solution, review its features lightly as a last game for the imaginative unconscious to play at during the night. Do not be discouraged if no immediate results are apparent. Remember that fiction, poetry, musical composition, inventions, innumerable ideas, spring from the unconscious, often in forms that give evidence of the highest constructive elaboration.

IT is a truism of psychology that thoughts or elements of thought which are frequently and regularly indulged tend to become fixed in consciousness, to become thought habits. Hence, if one does not have his or her mind organized so as to think along constructive, happy, successful and healthful lines various untoward and negative thoughts creep in and gradually but surely establish subconscious habits.

All successful men, whether they have organized their minds constructively or whether they naturally have had a proper subconscious condition, do not allow themselves to dwell upon the negative side of living. They *know* better!

If a business man habitually thinks of failure, dwells on lack of *(Continued on page 56)*

**Author of "Applied Psychology and Scientific Living," "How to Put the Subconscious Mind to Work," etc.*

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"I've Got a Job, Mary!"

"I'VE got a job, Mary. Do you hear me—a job, a real one!"

A few nights ago, Fred fairly shouted this announcement. I looked up. The big eager man with the bounding light step, the shining eyes—ah, this was the Fred for whom I had waited and hoped and believed I should see some day.

I closed my eyes for a moment. I was almost too happy. But between that time and a certain other day—.

On *that* day we had been quarrelling. Unusual for us who had so deeply loved each other, but for some little time a rift had been opening, widening, between us.

"Fred, I can't understand why you should mind my working for awhile," I had been insisting. "After all, your firm has failed. And you have no position."

His face set. "I've always take care of you, Mary. And I guess I still can. We'll get along—if you'll only wait a little while."

"But this opportunity may not wait. A man finds out I'm an unusually clever designer—offers me a position—at an attractive salary, and . . . oh, Fred, can't you see? It means we won't have to do without things. I can help you. And at a time when we need it most."

"But Mary, I need a *different* kind of help now. Can't you understand that?"

"I can only understand you're being unreasonable, Fred," I flung at him. "But I'm going to take that position, no matter what you think about it."

And I did. How Fred hated my going to work—at *first*. Then, after awhile, he no longer seemed to care. By and by he gave up looking for another position. He had accepted the reversed situation in which he performed the duties of "cook and bottle washer," while I "brought home the bacon."

Things went on uneventfully for some time. One evening when as usual Fred served the dinner, my eyes followed him as he got up and started to clear the table.

Suddenly a feeling came over me as if I were lost in a fog and in which little rifts of light were beginning to dispel shadows. I rose. I knew Fred wouldn't let me help with the dishes, but all at once I fairly ached to go into the kitchen. I had almost forgotten that I really loved my home. And that I liked to care for it, too.

Forcibly it dawned on me that I wasn't happy—had not been for a long time. I suddenly knew that underneath the efficient business woman I appeared to be, I was an old-fashioned sort who wanted to be loved and cared for by the man I had almost forgotten I loved.

I stared around the living room. It seemed almost strange to me. The deep dark rug—the handsome couch and chairs, the expensive drapes. "One must have a good address," I had told Fred, when he wanted to move into a less expensive apartment.

I glanced down at the French model I was wearing. Clothes—my closet was full of them!



"I have never doubted," I said —and meant it.

But there was always another model to buy. For I had to be well-dressed—even better dressed than hundreds of other well groomed women whose clothes I designed. That was part of my job. And now—I was tired—tired of the struggle to keep up appearances. I was tired of being a slave to inanimate objects. I wanted to be myself. And something else I wanted—my husband. The old Fred. The man who used to be so proud, so happy when he brought home the things to me that I now bought for myself.

I sat down abruptly, put my head against the chair back and closed my eyes. Could anything be done, I wondered. Were we in an impossible situation which could not be righted? I felt the tears welling and kept my eyes closed even after I knew Fred had come into the room. Presently I looked over at him. He was sitting very quiet, not reading. Just looking miserable.

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The intimate story of husband and wife.... Life had settled into a concrete of untoward conditions... but there is always a way out!

"Fred," I said suddenly, "I've been wondering if you couldn't get something in your old line, if you tried again. There's not a man in the country who knows woolens better than you do."

"Well, one firm seemed to think so for fifteen years," he responded wearily, "but now that they're out of business—oh, there's no use. I can't start over again. Excuse me, Mary, I've things to do in the kitchen."

I knew why he didn't want to stay. My brain whirled as I wondered how I could give Fred back the confidence that was his only a few short years ago. I knew that I—and I alone—could restore that courage.



"Watch my dust, girl. There's no stopping me now."

I must give back the things I had unwittingly taken from him. *I* had to *believe* in him—wholly and without reservation. *I* had to make him protest against his fate and give back his ambition. By *reversing our positions* once more. But how?

Suddenly I knew! It was all very simple. I would again become dependent upon him, as I had been in all the beautiful years before. I would bring out his protective sense by being wholly woman! But suppose Fred didn't live up to my hopes? Suppose he didn't get a position? Suppose he didn't want to? Suppose—.

"Coward!" I called myself scornfully. "How can you give *him* confidence unless you yourself have it?"

Once I set my course I steered by it. Outwardly, I was just the same. But inwardly I was fighting a desperate battle—for I knew I was staking financial security against love for my husband.

But I told myself—and meant it—that my love for Fred meant even more to me than financial security.

Then one night, I told him I would shortly be without a position. That *did* take courage. I dropped my eyes to avoid seeing the fear that came into his eyes and for a moment I faltered. I didn't have to resign; I could keep my position—this thought struggled through. I could go on temporizing . . . but *that* wasn't the way I'd planned.

"But what will we do? How . . ." His bewildered, shaken voice reached me.

I looked at him. Had I waited too long? I began to cry, in spite of myself. Great sobs came welling up in me, as I sensed how much Fred had changed from the man I had married.

Suddenly his arms were around me, holding me close to him. My heart beat faster. I waited! Waited in agony for his first words.

"Don't cry, darling," he said, tenderly. "It'll be all right. I'll find a way out of this for us both." How gentle his hand, as he smoothed my hair. I knew now how deep his love for me had always been.

"I— perhaps— I can get something to do in my old line," Fred said, after a long silence.

Happy moment!

I sat up straight. "Oh, Fred, if only you could. If only I won't have to go back to work again."

"Was it really as bad as that?" he asked seriously.

"It was terrible! Darling, you'll never know how I've missed being here. I've wanted to cook—to hang curtains—to—to keep our home."

"And I thought all the time . . . I thought you loved your work . . . that *(Continued on page 51)*

by **OUISE VAUPEL**

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Halted? Then Detour

I remember an incident that made a great impression on me. It was a busy day in the school room. Everyone of the forty youngsters had been trying to get the attention of the teacher all morning. I was among them.

I was studying my reading lesson in the Fourth Reader. I came to a word upon which I stuck. I held up my hand until it was tired. Everybody else received attention but me. The time to recite was approaching. At the last minute, he came to my seat.

We've been taught that one of the most important steps toward perfection is to acquire wisdom. That's very true, but we must understand that wisdom is not the amount of knowledge we possess—its the use we make of what we know.

I was so disappointed and discouraged that I burst into tears. I wouldn't have my lesson that day because the teacher had failed to pronounce one word for me. I was hopelessly stuck.

"What is the matter?" he asked kindly.

"I can't pronounce that there word," I blubbered, "and so I couldn't get the rest of my lesson." "Never mind, forget it. You shouldn't have stopped there. Why didn't you call it *something* and go on?"

The memory of that day has stayed with me, and so has the remark of my old kind teacher. What a tragedy is enacted whenever someone holds up Life until he has learned to pronounce one word!

We shouldn't let anything become a stumbling-block upon which our whole future is wrecked. We are all seeking perfection. At the same time, we must realize that if we are too insistent upon becoming perfect in every detail before going on to the next thing, we will never get anywhere. Few pupils would ever graduate if it were necessary for them to be one hundred per cent perfect in everything. Most of us have been satisfied with a passing mark.

Human progress has been developed by practicing this principle I am emphasizing. If Steinmetz, Edison and Bell had waited for Dr. Milikan to isolate the electron before they applied the principle of electricity to practical use in the home and shop, we would not be enjoying the benefits of the electric light, the telephone and all the many conveniences that have helped to take the drudgery out of the housewife's work and make life more easy and pleasurable to all of us.

No doctor can explain all the processes of nature. He can't diagnose every condition accurately. He does not know the cure for cancer. He cannot save life every time. But often he can alleviate pain and many times he can assist nature to effect a cure. He recognizes his limitations, but he doesn't allow them to deter him from doing the best that he can with the knowledge that he possesses and the means at his disposal.

He does not refuse to do *anything* until he is able to do *everything.* He does not consider it necessary to know it all before he makes use of what he does know.

As a matter of fact, those who do excel have not reached the peak of their accomplishment without tasting failure. Many times they have had to leave some question unanswered, some problem unsolved, and tackle the next job. To have insisted upon first finding the right answer to each tough situation would have held them up and made them miserable failures.

There are many things that we can't understand till we have passed them. Looking back we get the perspective that makes it possible for us to understand. We can only thoroughly understand some things by going on and considering them in the light of what happens after.

There are many men, highly educated, and who know something about almost everything —but this has not helped them to get anywhere. They have not turned their knowledge into wisdom. They are immense reservoirs that have been filled, but never tapped.

The leaves of the book of life are turned for us very rapidly. Time does not wait; we are given but little opportunity to study each lesson. They are never re-leaved for us to review. However, when you find on them a problem the answer to which you are not able to determine, go on, *the answers are always at the end of the book.*

Too often we concern ourselves with matters

by **GILBERT PRICE**

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Psychology in Salesmanship

that are beyond our control. A rainy day, a spell of illness, a bit of what we call "bad luck," should never be allowed to upset us. We have no right to worry over things we can't correct. There is a great deal in this life that has been

The ideal of every sales-manager is a perfect selling force, a group of salesmen all of whom are "top-notch" and who never slump. Yet his records will show that the bulk of his business does not come from the extraordinarily good salesmen.

taken out of our hands for our own good and comfort.

Life would be a burden if we had to order the circulation, the beating of our heart and the multitude of precise details, which Nature has undertaken to look after for us. We ought to be glad that if we plough up the ground, plant the seed, *something else* will attend to the operations by which the germ life will develop, burst the shell of the seed, and find its way through the soil to the light.

If we will keep the weeds out, *something else* will make the plant grow and see that it selects what it needs from the soil to develop into plant and flower and fruit. The man who has no harvest to gather usually is the man who has refused to do his part.

The man who is unfit to enjoy the harvest is the fellow who worries so much over the things that were beyond his control, that he became physically unfit. The wise man cheerfully and faithfully plays his part of the game and leaves the rest to *something else.*

We've been taught that one of the most important steps toward perfection is to acquire wisdom. That's very true but we must understand that wisdom is not the amount of knowledge we possess, it's the use we make of what we know. There are many men who have been highly educated and know something about a great many things but it has never helped them to get anywhere. They have not turned their knowledge into wisdom. They are immense reservoirs that have been filled, but never tapped.

And there's no place where that's truer than in the selling field. Some college graduates have been big flops. Men who have never finished grade school have been top-notch salesmen. The best salesman I ever knew murdered the king's English but that man did not let his lack of education prevent him from being a successful salesman.

Men have overcome physical handicaps and in spite of them have outdistanced their competitors who were more fortunate physically. There are greater handicaps than physical disabilities or lack of education. The salesman who sold me my automobile this spring has two wooden legs but he sells more cars than any other man in his organization. And I'll bet he's happier too, and has a more contented family than most of the other fellows in his outfit.

A good salesman doesn't have to be top-notch in every phase of his work. Some men make a dandy approach, are great on their description but weak on closing. Other men make a very poor approach, are slow of speech in their sales talk, but are able to get the name on the dotted line.

To be a perfect salesman is the dream of every man in the field, but the best of them stumble along getting the details, making many mistakes, falling down miserably at times before they are uniformly successful. If they had stopped at any particular point and insisted upon perfecting themselves there they never would have arrived.

The same principle holds true in the daily canvass. The best of men are unable to land every order. The failure stops with his first refusal. The successful salesman would be in the same class if he indulged in the same practice.

The ideal of every sales-manager is a perfect selling force, a group of salesmen all of whom are "top-notch." Yet his records will show that

Most firms would have to close their doors if they depended solely upon the business that is produced by the "star men." It is that bigger group of persistent pluggers that comprises the backbone of the average business.

the bulk of his business does not come from the extraordinarily good salesman. His firm would have to close its doors if it depended solely upon the business produced by the "star men." It is that bigger group of persistent pluggers that comprises the backbone of the average business and out of which the "star men" develop.

The man you see at the top reached it over the same road that you are traveling, and it took time. The bones of the *(Continued on page 57)*

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"Life and Life Hereafter"

A Department Devoted to Discussion
Telepathy Grows in Interest

Ed Bodin, Chairman

THE recent discussion entitled "Telepathy—The Sixth Sense," brought forth a rather unusual response. Here it is: "Dear Mr. Bodin: You have certainly made things clear to me. I had very little schooling but I did attend Sunday School. My wife read your article to me and she is writing this letter. In Sunday School they told me that God knows everything we think or do. I tried to realize how He could do this, and how He could hear our silent prayers. Now I know. He uses telepathy and it is all so easy. Thank you for clearing up this problem in my mind. G. A. W."

Some people might call this letter childish; but I am sure it is sincere, and it gives us plenty of food for thought. Let us all be childish for a moment and consider some of the things that children have been told by teachers and parents who couldn't explain their statements but had faith they were saying the right things.

I remember as a child I was told that God had a huge "Book of Life" in which every day He would jot down the good and bad things I had done or thought during that day. I must confess that I didn't take much stock in the idea. I could conceive, however, of some invisible eye watching the things I did. But when I had an evil thought, I was perfectly confident that no one knew anything about it. It belonged to me, only.

But one day something happened that made me realize I had better watch my thoughts. In my village there lived a boy who was disliked by most of the others because this big boy would tell us evil things—the kind of subjects that frighten young boys.

One day, this boy called at my house and met my mother. After he had gone, my mother said: "What a wicked face that boy has. He must think terrible thoughts to make his face look that way."

I was startled. I was afraid that her remark indicated that my mother knew about the things this boy had told me. But then she assured me that she had never seen nor heard about him before. The fact that this boy's face revealed his thoughts, was enough for me. My thinking conduct was regulated from that day on. I didn't want people to point to me and say: "What evil thoughts he has."

My mother had taught me a lesson quite unconsciously—and it was that lesson which led me into the field of psychology and the conviction that thought is an actual force. It was my first step toward telepathy. I found later that my mother had practiced telepathy for years, but never realized it. She always called it "intuition" when she read my thoughts. She doesn't know to this day how she realized I was in a hospital in France. But she *knew* it, and wrote me encouragement before my letter had reached her, telling of the fact.

* * * *

Psychology has proved that our thoughts not only regulate our conduct and our personalities, but lead us into paths that bring us to people and destinations in keeping with those thoughts.

The development of telepathy, merits consideration if for no other reason than teaching us the value of right thinking. Students of telepathy will not readily yield to temptations. They will not be fooled by the so-called glamor of crime. No nation made up of telepathists would resort to war. Telepathy will help to adjust the errors that lead to discord and misunderstanding. The greatest psychologists in the world, were telepathists in the true meaning of the word. They "judged" *(Continued on page 51)*

This department is an open forum in which PSYCHOLOGY *readers are invited to express their opinions. Address Chairman of Discussion Department, care of* PSYCHOLOGY, *404 Fourth Ave., New York, N. Y.*

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WHAT CAN WE DO FOR YOU?

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



Dr. Leavitt has won thousands of friends in the United States and Canada through the help he has extended them in times of illness and anxiety.

He has the advantage over non-medical psychologists, in that he is a thoroughly trained doctor of medicine, with many years of successful experiences.

By locating the trouble, and showing people how to remove the disturbing "complexes," Dr. Leavitt is able to guide them into paths that lead to mental and physical health.

If you wish to consult him in a very personal way through correspondence be assured that your confidence will be sacredly guarded.

The Editors.

QUESTION: A.B.R. writes—

Will you please tell me just what are the symptoms and cause of a nervous breakdown and what you would suggest in the way of treatment? I have been to a number of physicians and so far have received no real help; in fact, I think I feel worse than ever. There must be something wrong that the physicians have not yet discovered.

ANSWER:

It is evident that you think of a nervous breakdown as a physical disorder—one that results from physical causes, and that can be repaired by physical remedies. In this, you are at least ninety per cent wrong. A nervous breakdown is a "personality disorder." It is the mind and the emotions rather than the physical structures that are at fault. Underneath it lie fear, anxiety, worry, unwillingness to face the realities of life, lack of ability to withstand strain, hysteria, lack of courage and poise. Sometimes all of these qualities enter into the personality. In other cases one of them is to the fore; in other cases, another.

The type of personality which is most subject to the disorder is that which goes by the name "nervous personality," though the cyclic personality, in its depressive phases, is liable to run into what is called "nervous breakdown." The breaks which occur in other forms of personality should be called by names other than this one. If the breakdown is a mild one the symptoms may be a feeling of inadequacy, unwillingness to try to meet obstacles, to fight back. There may also be dizziness, lack of appetite, fatigue and insomnia. If it is more severe it goes by the name of symptoms of psychasthenia. The core of treatment is mental, spiritual and social training.

QUESTION: B.A.E. writes—

My life is most limited and I do wish that I could throw off the strange feelings and fears that I at times experience. Certain spots I cannot pass without becoming frightened and I am obliged at times to go possibly a mile out of my way to avoid them. Lately I am unable to go any great distance from home for fear I'll drop dead.

When I get these attacks my heart races and runs up perhaps to 150 beats per minute. I fear overeating or drinking, so I have lost about fifteen pounds, probably through not eating enough. My stomach and nerves are in a frightful state. I always avoid crowds. Is there any hope for a man in my condition?

ANSWER:

Through not understanding your condition it is quite natural for you to picture it as very serious, but it is not. Your trouble is commonly called neurasthenia and it is a disorder in which imagination and unreasonable fears play a leading part.

This state becomes a fixed habit and that is why, try as you will, you are unable to forget yourself and your fears. Each unpleasant experience you have had recalls this to your mind on coming in contact with it a second time—through thought association—and away go your thoughts, imagination and then feelings.

Under such conditions if your heart did not beat rapidly it would not be a normal heart. What causes the heart to palpitate as it does is your emotions playing on your nerves, which, in turn, stimulate the heart.

You have been running away from your fears as you might from lions which your fancies create in your pathway. There is but one thing to do and that is: First, gain a better understanding of your troubles, see your fears in just their proper light, realize the natural power you possess to combat such unreasonable feelings and sensations; and second, carry yourself through a process of training and development so that you will not be so sensitive and impressionable to these things that have been frightening you.

You have completely lost confidence in yourself and until that confidence is restored you will suffer more or less from these fears. You are really in need of help from one who understands. You *can* get out of this miserable situation you are in now.

QUESTION: W.W. writes—

From boyhood on, I have lacked personality. I have never been able to "put myself over" when with people and I am just one of the "sheep" instead of the leader, and most of the time even as

(Continued on page 58)

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ALEXANDER HAMILTON INSTITUTE

Announces

A NEW PLAN OF EXECUTIVE TRAINING

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

Important to whom?

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

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

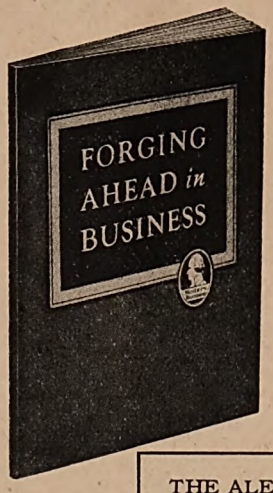
The next five years, even though they be years of prosperity, will prove a more severe test of personal and executive competence than any similar period in the past. Men who want to win financial independence must meet a new set of requirements. There will be none of the indiscriminate, get-rich-quick prosperity of the last boom. A higher order of business knowledge, executive training, and understanding of the new rules of industry will be the price of better-than-average income.

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

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

For Men Who Set No Limit on Their Futures

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"I've Got a Job, Mary!"

(Continued from page 45)

you were happier that way. . . Oh, my God!" His voice held a note of despair in it.

I wiped my eyes with his handkerchief. "Darling," I ventured, "perhaps we could start again—live simply—move to a cheaper place."

"But after making so much money . . . doing things . . . as you have . . . would you be content with that, Mary?"

"*So* content," I sighed.

He got up and walked to the window. I watched him anxiously. Then, after what seemed to me an eternity, I saw his shoulders straighten. When he came back to me, I *knew*. It was written on his face—a set and determined face with eyes that glowed with something I hadn't seen in them for years.

"I believe I *can* come back. . . . I can believe in myself again . . . if *you* believe in me. You see, I never realized . . . how hard these last years have been on you. I kept telling myself that you were successful . . . happy in your work—and instead . . . I'll make it up to you."

* * *

So we began the slow climb. We moved to a cheaper apartment. I resigned my position, and took to cooking, to making a home for the weary man who dragged home each evening. "If it weren't for your *faith* in me," he said one night, after he had been turned down by a firm that had all but promised to give him a position. . . .

I put my hand across his lips. "You'll *do*," I said, "because you've got what it takes. And besides. . . . I made a Brown Betty for dinner. To use the bread crumbs . . . come and get it!"

He got up slowly, a bit wearily, but the old smile was on his lips as he went to the table. "You don't seem to be sorry, Mary," he remarked, "so I guess I can take it, if you can." I bent and kissed the top of his head. "I guess I'm the happiest woman in this block," I told him.

But the night he came home, his eyes shining, his step light, I really *knew* I was. For Fred began to shout as soon as he came in the door.

"Mary! Mary! I've got it! I've got a job—a *real* one." One of the members of the old firm is starting in business again. He appreciates my knowledge of the business. He needs me." He paused to catch his breath. "Mary—I'll make the grade now. I *know* I can!"

"I never doubted it for a minute," I told him.

A week later, Fred brought home his first pay check.

"They're tickled with what I've done so far, Mary. I'm going to get them a lot of business, too. From some of my old customers. I'm not used to working like this . . . but as soon as I get my land legs. . . ." His eyes were twinkling like those of the old Fred. "Watch my dust, girl."

"I'll be watching," I said.

"Life and Life Hereafter"

(Continued from page 48)

people by telepathic reception, rather than evidence of eye or ear. Jesus Christ was a supreme psychologist. His words and actions prove that He considered telepathy greater than sight or hearing. And He used it constantly.

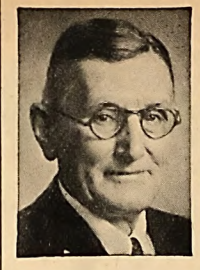
A remarkable instance of telepathy has been reported by Mrs. Ruth W. O'Dell, a member of the House of Representatives of Tennessee. On August 14th she was thinking of a friend in Nevada who was on a trip through the desert. Mrs. O'Dell sent a card reading: "I feel very near to you today and know you are taking note of the things you see. Hope you return someday." Mrs. O'Dell has forwarded a postcard she received from this friend mailed the same day. The card reads: "I am making observations as we go along. May come back."

Mr. J. R. Canales of Dilley, Texas, always sits before the mirror when he concentrates. By gazing into his own eyes he says he can send his messages more easily. Mrs. Helen A. Parker of Ocean Grove, New Jersey, sends a clipping from a Seattle newspaper telling about Gene Dennis, a psychic friend of Amelia Earhart. Mrs. Dennis claims to have "seen" Amelia Earhart and Frank Noonan on a South Pacific islet.

Telepathy should be able to aid in locating kidnapped or lost people if the telepathist can visualize the person and the background and perhaps catch the picture that the lost person is looking at. This was suggested in the story, The Magic Crystal, printed in this department recently.

Questions asked by residents of Hollis L. I., New York, and of Nazareth, Pennsylvania, are being answered by letter. Those asking personal questions are requested to enclose a self-addressed stamped envelope.

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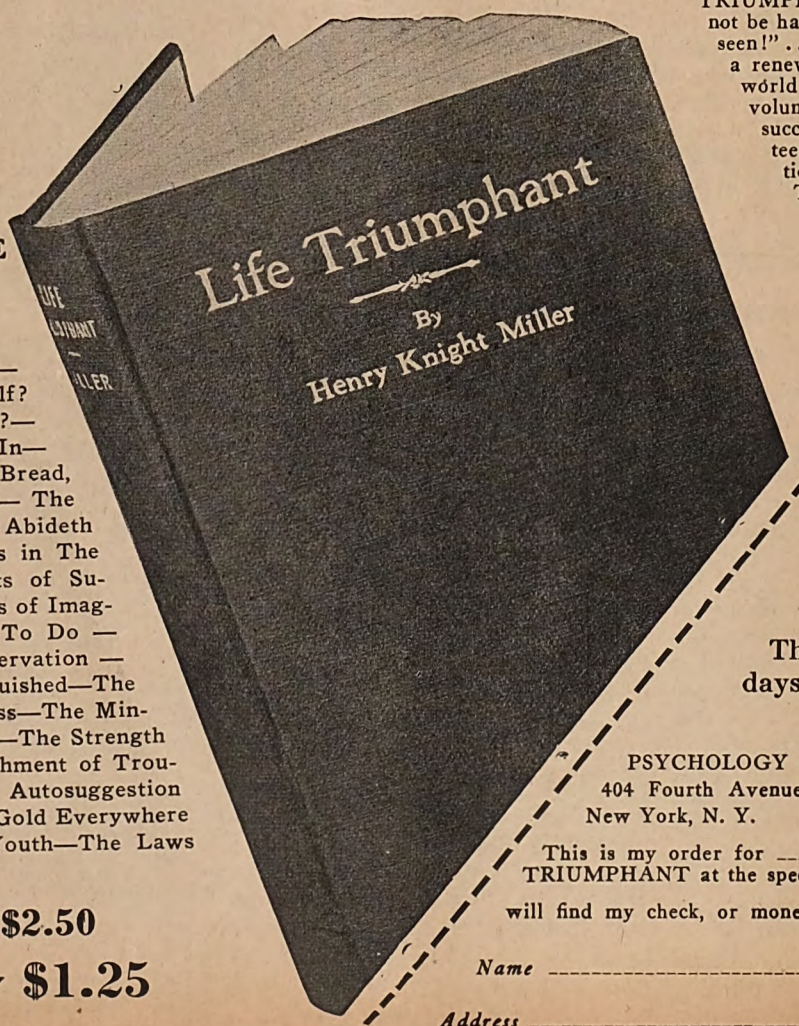
"The one essay, 'Ministry of Forgetfulness', alone renders the book beyond price to me. It helped me to live when everything seemed black." . . . "I would not part with my copy of LIFE TRIUMPHANT, if another copy could not be had, for all the money I've ever seen!" . . . "I landed a new job through a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

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Psychology in Books

(Continued from page 10)

should first aim at work that is naturally suitable. If a boy shows a marked aptitude for engineering, say, it is wrong to put him, willy-nilly, into salesmanship or office work without having first made every effort to get him the work for which he is naturally inclined. . . . It is obvious that a very tender hearted and sensitive man could not like the work of a soldier, or a butcher, because his whole self would rise in revolt against the occupation." He goes on to tell just how to discover what your aptitudes are and what to do about them.

Funk & Wagnalls Company.

Getting Along With People

The art of living in a world full of people is receiving considerable attention from authors these days, but few can present it in a more enlightening and sparkling manner than Milton Wright does in "Getting Along With People." Mr. Wright is never heavy or ponderous in his approach. Although he realizes the seriousness of his subject, he does not allow that to overwhelm the reader or himself.

The book is replete with interesting anecdotes, some extremely amusing, lists of rules, systems and analyses. It is the sort of book you can read from cover to cover if you so choose, or open to any page at random and then jump back and forth through the pages. One thing is certain, each time you open the book, your time will be well spent.

The author is perhaps at his best in telling the "why" behind your emotions. In explaining why you become elated, he writes, "When you join the Ancient Arabic Order of Nobles of the Mystic Shrine and parade in a red fez and a little blue jacket and big yellow bloomers you are actuated by this very common and very well-defined emotion of elation. One of the ways to please a man or to get him to fall in with your plans is to elevate him to a position of prominence—not necessarily a position of authority, but a conspicuous position which carries with it the *appearance* of authority."

There is a valuable chapter on the inferiority complex in which the author says, "The first thing for us to do about it is to understand it. We must take it apart and find out what it is made of. Then we can decide what to do to eliminate it, so that it will never again be the chain about our ankle holding us back from where we want to go." He then proceeds to tell the reader just how to go about it.

Whittlesey House.

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Sherwin Cody's remarkable invention has enabled more than 115,000 people to correct their mistakes in English. Only 15 minutes a day required to improve your speech and writing.

MANY persons say, "Did you hear from him today." They should say, "Have you heard from him today?" Some spell "calendar" "calender" or "calander." Still others say "between you and I" instead of between you and me." It is astonishing how often "who" is used for "whom," and how frequently the simplest words are mispronounced. Few know whether to spell certain words with one or two "c's" or "m's" or "r's," or with "ie" or "ei." Most persons use only common words, colorless, flat, ordinary. Their speech and their letters are lifeless, monotonous, humdrum. Every time they talk or write they show themselves lacking in the essential points of English.

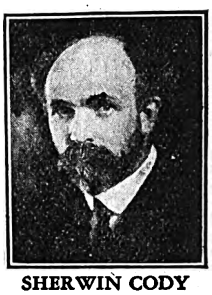
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Freedom We Possess

(Continued from page 27)

also would make some difference.

All my writing life I have had the belief that I was helping to decide other men's lives, and to me that has been the essence of my job. I have known writers who incited young men to get drunk, and have had their way; I have insisted upon arguing for temperance, and so I have been called a "puritan," which has limited my influence. The point of these details is that my whole life is based upon the idea of moral responsibility, and a mechanistic theory simply leaves me flat. It leaves you flat, and it leaves every human being flat, and the thing for us to do is to go ahead and forget it as a piece of silly nonsense.

We don't know what we are, absolutely and ultimately, but for purposes of common sense and practical affairs we know that we are free agents; and that it is our business to use the freedom we possess, and the reasoning faculties we have so far developed, to make peace, happiness, and further progress for ourselves and our posterity.

Green Light's Ahead

(Continued from page 33)

answer. And it will bring that answer much more surely and effectively than "exercises" which, while perhaps necessary at the present stage of man's mental development, are in the last analysis only means to an end.

Life's master philosopher does not need "exercises" to draw from him the needed things, but we need the exercises in order to strengthen what little faith we may have.

Rest assured that your prayer or desire (they are the same thing) cannot fail to bring you the actual manifestation, when accompanied by confidence—"faith as a grain of mustard seed."

In the Psychologist's Office

(Continued from page 36)

subsided. In a year under constant treatment this patient was well. He has remained well and has worked hard ever since.

By this method we are able to cure about sixty per cent of the dementia praecox cases without having to send them to an asylum.

(Continued next month)

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"OUR CORNER"

Amateur poets are invited to contribute. The two best poems published on this page each month will receive prizes. The prizes will be new psychological books of lasting value. Unused material cannot be returned.—THE EDITOR.

FIRST PRIZE WINNER

THE SUN FEARS NOT

The sun fears not a frowning cloud
Which his bright features hides,
For when he passes from its power,
With greater strength he rides.

And likewise may a radiant life
Creep silent shadows through
Emerging a far finer force
In triumph to the view.

Cyril Creque,
St. Thomas, V. I.

* * *

THE DOCTOR'S DIAGNOSIS

Always complaining and finding fault
You have symptoms of a neurosis!
Be more agreeable and tolerant,
Then I'll change my diagnosis.

Edward Stoffel,
New York, N. Y.

* * *

WHERE'S YOUR TIME?

If you're always saying, "I haven't time"
Is that true, after all?
Time is ever awaiting you,
Winter, Spring, Summer or Fall.
It's everywhere. You and I must learn to use it;
So pick it up, just anywhere,
But it's sacred—don't abuse it!

Jeanne Seymour,
Delano, Calif.

* * *

THOUGHTS

Negative thoughts are like a storm
They take the beautiful sun away
Leaving only black clouds to form
Thoughts that become your prey.

Positive thoughts are like red wine
They stimulate your aches and gloom
Into your happiness others will combine
Sunshine will float around your room.

Agnes Rossi,
Rockford, Ill.

* * *

THE WINNER

Most contestants only try until
They think their chance is gone,
But the winner with his powerful will
Just hurries on and on.
For help the careless person begs
He never tries to crow,
But the winner stands upon his legs
And for no help will go.
The careless person slackens when
He's only tried to score,
But the winner tries, and then
He tries just a little more.

David A. Thompson,
Blacksburg, S. C.

FIRST HONORABLE MENTION

HARDSHIPS

Hardships are where men may test
Their courage and will-power;
Big men will journey on them
But little men will cower.

D. R. Miller,
Philadelphia, Pa.

* * *

SECOND HONORABLE MENTION

THE TEDIOUS TRUTH

Give us the low-down, the inside dope,
It's the truth that we want to know;
Millions of people voice this appeal,
Little knowing it only brings woe.

For the truth isn't sugar-coated,
It's likely to lump in your throat;
To peel off the glamour and tinsel,
Leaves a story dull and remote.

Ill feelings aren't caused by flattery,
It's the truth that cuts in deep;
When a candid person tells you straight,
You're but one in a flock of sheep.

Aren't little white lies much better,
In the course of our daily grind?
When we know they help ease sorrow,
And bring peace to the troubled mind.

Norman C. Lahey,
Haverhill, Mass.

* * *

SANCTUARY

Into the deep stillness of the night—
My spirit soars in silent flight—
Freed from the shackles of doubt and fear—
It surges beyond mortal sphere.

Profound peace reigns within those vast heights—
Boundless realm of the satellites—
There lies the kingdom of Harmony—
Where the soul flees captivity.

Estelle Chase,
Minneapolis, Minn.

SECOND PRIZE WINNER

"THE STORM"

I sat alone at eventide,
The wind my only guest,
Whose mighty breath spread far and wide
And gave to me the rest
My wearied body needed so;
I gloried in its spell,
Away from all life's strife and woe,
On pleasant thoughts to dwell.

But peacefulness was not for me,
The darkness in its wake
Brought clouds I readily could see,
And fears I could not shake;
I tried to hold an outward calm,
And feel that all was well;
In times like these there is no balm
To break a terror's spell.

The storm in all its fury broke—
The thunder crashed until
It seemed as though the heavens spoke
In anger, from the hill;
But He who rules the universe,
"Peace" to the storm gods said;
And then I saw the clouds disperse
And blue skies overhead.

Ruth A. Hartzell,
Baltimore, Md.

* * *

SCATTERED FRAGMENTS

Scattered fragments of my life
Beside a dried-up pool
Arise and form a faithful heart
And learn the Golden-Rule.

You know the lesson time has taught
But only through sad tears;
The evil that one sows comes back
After many years.

Roy Eddy,
St. Paul, Minn.

* * *

SHIP OF LIFE

Like an untried ship we are launched,
On the wide ocean of life;
We have sailed from a harbor safe
And know not the way of the sea,
Nor naught of its dangers rife.

We have neither compass nor chart;
Frail is our ship to begin
A great voyage that calls for skill.
But with faith and hope at the helm
Our life-ship must surely win.

For a star gleams brightly above,
Guiding us on in its wake;
'Tis the star of hope leading to
The right course that's safe, one
A sailing life-ship should take.

C. M. Arthur,
Los Angeles, Calif.

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"I HAVE KNOWN ONLY ONE LOVE"
by
PRINCESS RADZIWILL

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"MY LOVE AT FIRST SIGHT"
THEODORE DREISER

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"ADVENTURES IN ROMANCE"
LOWELL THOMAS

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NOW!

You Answer These!

(Continued from page 23)

4. Here is a slightly more complicated, yet common problem. After his fiancee, despite earlier protestations of undying love, had eloped with another man, Herbert Clark, a bookkeeper, vowed he never again would become interested in a woman. To keep his mind off his disappointment and longing, for he had loved the girl excessively, Clark decided he would devote his leisure hours to the study of sociology, a subject which had always interested him but for which he had had no time during the courtship.

Among the books he used as texts were several on public health. Soon, his office associates observed that he avoided shaking hands with those he met, even when it was imperative to do so to avoid an affront, and if someone seized his hand before he could withdraw it, he would rush away to wash. He had developed a mental condition which can be described by three different terms. What are these? And what are some of the factors involved in Clark's case?

The answers to the above problems will be found on page 63.

Seeded Ideas

(Continued from page 43)

business, loss of sales, disloyalty among his employees, distrust among his associates, that kind of thinking creates within his organization the very conditions he gloomily anticipates.

I was sitting one day in the dining room of a hotel, in Beverly Hills, California. I was the guest of one of the biggest business men on the Pacific Coast. He had had a most phenomenal rise from the rank of a common salesman. In the conversation following dinner, this millionaire said: "Every Tuesday I go horseback riding with" (and he named some of the leading business men of Los Angeles and Southern California). "One rule which we adhere to is that no negative thoughts shall be discussed. We never allow anything in the way of discouragement, fear or unpleasantness to creep into our conversation." Holding positive thoughts finally makes a subconscious *habit* of the positive.

Many people fall short of the success and happiness and health because they are afraid to think in big enough terms. They have probably been taught from infancy not to expect too much. They have taken on this habit and in thinking only about the little things of life, they *have* only the little things of life.

There are countless cases on record of cures made by means of "mental medicine"—suggestion. Suggestion, when properly understood and practiced, will give man health and proper mental attitude for success.

Unmarried Love

(Continued from page 15)

more likely to work his marriage problem out to a successful conclusion than the man who concentrates entirely on sex or the man who destroys sex desires through over-sublimation.

The idea is to keep the mind constantly on the goal of marriage while using sublimation as the means to that goal.

Our second solution is one toward which all young men and young women who want to marry and live normal sex lives, and all older men and women who want to help them in this worthy ambition, should bend every effort. It consists simply of making marriage possible where it is now impossible.

Since most marriages are delayed because of economic insecurity and the fear of marital responsibility in the face of such insecurity, it is elementary to assume that by eliminating the economic barrier we should arrive at our solution.

A concentrated effort should be made to have marriages financed by the Government much as houses are now financed with twenty-year mortgages. The houses will be of little use without families anyhow. If the young man about to embark on his matrimonial venture were offered a substantial Government loan—secured by a character investigation—to be repaid at low interest over a period of ten to twenty years; and if the Government would devote itself to securing jobs for the young benedicts that would enable them to repay the loans, there seems little doubt that marriage could take the place of sex before marriage.

And the man who *then* talks of premarital sex relations will stand out in his true colors!

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"As A Man Writeth"

(Continued from page 37)

And what she gets she holds, — for others, not for herself. If you could see her capital "I" and other forms, you would know that Ellen Wilkinson is not fighting to make herself great. She has an ideal and she is fighting for her people. A woman Moses, I would say.

The hook in her "W" shows aspiration, and her name ends with a hook, too. Her writing has a good outline, fairly heavy, and might be granted some material force with a vital element that indicates her ability to speak in public. Her capital "E" plainly tells of her origin, which was not so cultural, and so the evidence is before you.

You may choose any of these women and find that the capital "E" is a very important factor in determining many other things that their writing pictures to me as I give this out to you.

Ellen Wilkinson might easily be classed as an American, for she breathes the free spirit of this country. However, she is typically British in her tenacity.

NOTE: *M. de Berri Tennent is glad to receive letters from readers interested in hand writing analysis, but kindly include a self-addressed, stamped envelope if you wish a personal reply.*

Halted? Then Detour

(Continued from page 47)

failures that you see beside the road are those of the men who refused to go on.

One lost sale does not prove the futility of your effort nor your weakness as a salesman. One bad day does not necessarily mean a profitless week. If you keep going you will arrive.

Will I succeed? Will I gain my desired end? Will the future be an improvement over the past? Will I be sorry or will I be glad? Will I be rich or will I be poor? I do not wait to find the answer to these questions before I undertake the task in front of me. If I do, then I will surely be a miserable failure, for there is no one who can give me the answers. To wait until I am sure I am right means to keep on waiting. And then I will not know because there is only one way for me to find the answers and that is to enter upon the experience, do the best that I can, "Call it *something*, and go on!"

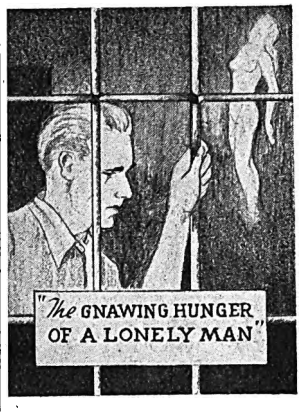
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The Amazing Truth about DO CONVICTS REMAIN SEXUALLY SANE?

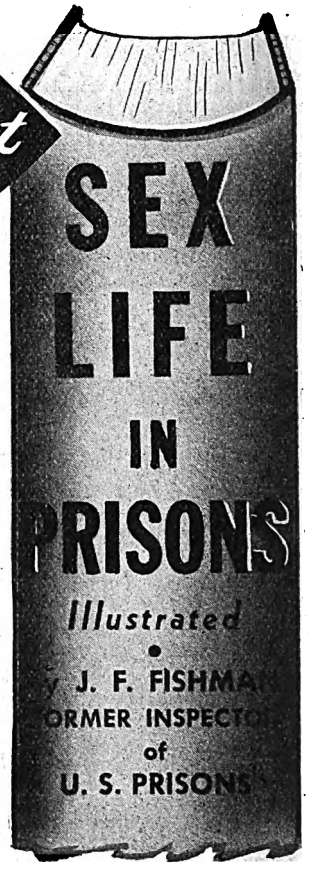
Now at last the greatest authority on prison life in America has pulled aside the veil of hypocrisy, and revealed the facts of sexual degeneracy among convicts. At last J. F. Fishman, for 18 years Federal Inspector of Prisons, has dared to lay the truth before the American public. Nothing like this has ever before been published—nowhere in all the literature of America is there such a candid, frank and fearless expose of this great social evil—the depraving and degenerating influences of prison life on convicts. Dr. Harry Elmer Barnes, world-famous sociologist and historian, says, "If one were consciously to plan an institution perfectly designed to promote sexual degeneracy he would create the modern prison." That is the situation which until this book was published, was hidden by a hush-hush policy of prudery!



Now the truth is exposed! Inspector Fishman visited more than 3,500 prisons and jails in an official capacity representing the United States Government. In SEX LIFE IN PRISONS he reveals publicly for the first time mountains of confidential and inside information, facts and case histories which he gathered in his intimate survey of prison life. In this book—a human document of stark realism—he answers that question, "Do convicts remain sexually sane?"

A Burning Social Problem

Day after day newspapers throughout the country report brutal sex crimes committed by ex-convicts. What is to be done about it? Sudden assaults, rape, degrading self-abuse, trickery, bribery, homosexuality, exhibitionism, lesbianism—what a sorry list of perversions result from prison life! It took daring indeed to reveal these truths without camouflaging them—but only a daring expose can rouse the public to meet this burning social problem. You may shudder or be shocked when you read these pages—but you will have a much better understanding of the dangers that lurk in every community, of why there are so many innocent sex crime victims.



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What Can We Do For You?

(Continued from page 49)

a "sheep" I am bringing up the rear end.

I have been told by people that I am not bad looking, am average height and in no way deformed, but I just lack that "something" that I see in others that makes them well liked. Is this lack something that I have inherited, or is the fault more or less mine? If I just *knew* perhaps I could try harder to change myself, but if it is an inheritance —well what's the use?

ANSWER:

It is quite apparent that you have all the essential powers that are given to the average man and that the fault is all yours. You have lacked confidence and through it have built up an inferiority complex that is holding you back. You have not placed a proper valuation on yourself.

It is evident that you are of a sensitive nature which easily becomes fertile soil for the growth of just what you are suffering from. Learn to command yourself and your powers—*know* that you are as good as the best. Think this and act it—and in time you will, through exercise, practice and experience, assume a very different attitude toward yourself and life.

Personality and magnetism are merely reflections from within. It is a thought atmosphere that you surround yourself with. If your thoughts are weak, wavering and lacking in confidence, this atmosphere is felt by others and you lack that drawing power. Generate the right kind of thoughts regarding self and you will find things quite different. You have not inherited the things you are suffering from today.

QUESTION: D.L. writes—

I am twenty-nine years of age and have been married almost two years to a man who is ten years my senior. We get along very well when his people are not with us, but his mother makes her home with us and her children and grandchildren come to visit us most of the time.

My husband is a martyr to his people, and he thinks they are always right. He and his family are robbing me of my individuality and my pride will not let me leave.

I worked for ten years before I married and I am not afraid of the world. Please advise me what you think is best for me to do.

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ANSWER:

The question you ask me is a very delicate, personal one and difficult to reply to. I think, under the circumstances you have described, that most girls would leave. They would make a husband choose between his folks and them.

It would be wrong for you to remain in an atmosphere that was robbing you of your personality and individuality, for if you later have to face the world you will find it rather difficult with these very important attributes gone. Yet, I would not advise you to act hurriedly, nor would I suggest a separation until all other means had failed. You must consider yourself to a certain extent and conserve your strength so that, if it is necessary to separate, you will be well prepared to take up life's battle.

QUESTION: K.O.A. writes—

I can't seem to make decisions and stick to them. Where circumstances change, my mind changes with them. I'm in a position that requires a great deal of adaptability and perhaps that has a bearing on my personal problems, but it is quite uncomfortable and seems to continually prevent me from being happy and poised and contented.

From childhood I have always been given to tears and when things go wrong I succumb to them—in the privacy of my own room. Try as hard as I do to master the situation and develop a stoical attitude I can't seem to do so. How can I overcome that weakness?—I don't want to marry unless I do.

ANSWER:

In a few words your case represents —intellect normal; emotion plus; and will-power minus. You live too much on emotions; feelings and sensations are your guide. You haven't a good enough opinion of yourself, therefore you have failed to exercise your power of judgment to a point where you feel you can rely on it. Fear enters into your decision to too great an extent and you are too suggestible.

The correction lies in exercising your powers, and gradually developing more of an indifferent attitude toward the thoughts that others may hold. You must learn to rely on your own judgment, merely listening to the argument of others for the purpose of information, so that you may be impartial and fair in your judgment and have what knowledge you can to base your own convictions and judgment upon. Confidence must be built up so that you will feel that *your* opinion is worth something. It will take a plan, purposeful action, and perseverance, to accomplish what you seek.

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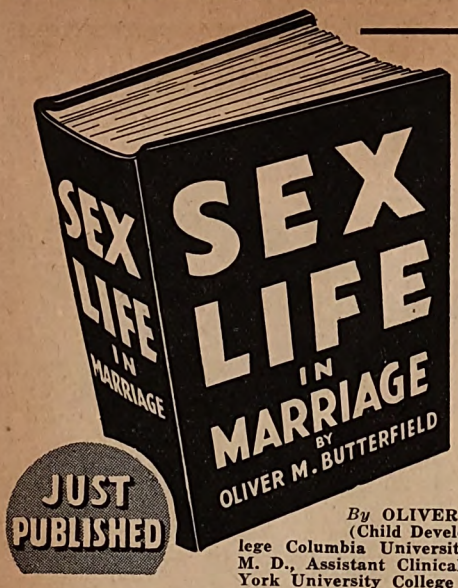
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Does Suicide Ever Tempt You?

(Continued from page 25)

forting presence of the visitor.

"If the man has left the family destitute—and the chances are that he has taken his life because of money reverses—we inform the widow as to her rights in obtaining state aid. We tell her where to apply, whom to see and how to go about it.

"Our interest does not stop there. We do not have much money, all our funds being donated by kind friends, but we manage to send the children of suicides to a place in the country for two weeks or so in order that they may not have to remain on the scene of the tragedy while it is still so fresh. Occasionally we can manage to get the widow, too, away for a time. And on Thanksgiving Day and Christmas we send them a basket of food so they may know they are not forgotten."

A Definite Check

The National Save-A-Life League has managed to exert a definite check on the rising curve of suicides in New York during the past quarter century. However, the suicide problem in the nation as a whole is still far from a solution. When it is considered that from twenty to thirty thousand Americans annually commit suicide the importance of preventive work such as that in which Dr. Warren has pioneered is immediately apparent. And preventive work *can* be done.

"In all modesty, I say that I am happy in the belief that while my organization has been engaged in this work," says Dr. Warren, "we have saved fully twenty-five thousand lives. I know from experience that nearly everyone contemplating suicide *can be persuaded not to do it.*

"There are of course, a relatively few cases in which the mental condition is beyond cure. But I have found that it is usually possible to save persons suffering from disorders as grave as melancholia. All persons who commit suicide are not insane, by any means, and many of those who were mentally deranged might have been cured if they themselves or someone close to them had known where and how to provide the proper stabilizing influences."

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The Pseudo-Revelation

(Continued from page 34)

On the physical plane the radio explains this principle. When the instrument is properly grounded and tuned in the result is reception.

Merging freely with the alien, John Hunt's consciousness captured the "highest." His mind mingled with echoing images. They whispered to him of mysteries undreamed. He touched for the moment . . . the fire of Hermes.

Orthodoxy calls it . . . salvation. Heterodoxy . . . initiation. There is nothing unusual about Hunt's experience except in degree. His cannon shot him a little farther into space.

But he came back confused . . . bewildered. His mind erred in the literal grasp of his experience. It confused principle with fact. While roaming about in transcendental realms he saw the "seed idea of life the same as in the parable" (his own excuse for his act) . . . but he forgot a very important point. That one must "render unto Caesar the things that are Caesar's . . . and unto God the things that are God's."

He carried this literalness still further when he began to flag everything around this one central point. When he associated a cross on Delight Jewett's hand . . . a scar she had obtained in the washtub with the symbol of the crucifixion. And by a still wilder stretch of the imagination she became to him the . . . new Virgin Mary.

In other words he immediately began to turn every divine concept to his own use. He was no longer capable of discerning where to draw the line.

For a brief moment he had in his forehead the crown jewel. He sipped his wine from the "oracular" cup . . . the synthetic Holy Grail. But obviously it was a negative experience.

The vibration that shook his body is the same power that runs our industrial plants. It is called in nature the "fire" element.

Levitation was the "bellows," the wind in the lungs that fanned the spark into flame. The "air" element. The bodily distortions were caused by contact with a powerful "thought" form . . . the pattern of the crucifixion. It was the Christmas season and the pageant of 1900 years ago was again in power. The intense vibration caused a direct creation. Thought became . . . thing. Spirit was substantiated in flesh. The "earth" element. Hunt's baptism into the experience was the "water" element. This comprised the four-square.

John Hunt is in prison now, removed from the influence of the dynamics that sustained him, for it is in fellowship that any religion gains and holds its power. It will prove a miracle if he can still hold to his intuition. Emotionalism must inevitably give way to intellectualism, for it isn't the experience that counts—but what one does with that experience.

Can a Woman Philander?

(Continued from page 39)

must have some leisure that can be made to correspond with hers; and a place to be together that will not offend their aesthetic natures. Fate must play into her hands so well that telephone messages never get mixed up, company come unexpectedly or her child or children talk too much. No, she cannot have a lover openly . . . and keep the other things she wants . . . community favor and secure family relationships.

Then, she has to be so adroit that she can keep the other man where she wants him. That, it seems, is a particularly trying problem. He will forget some day that she is the one that is granting favors, that it is *her* plan that he must fit into, *her* family life that must not be endangered. He will even dare praise his wife for her chastity and truth, in spite of all that early talk about her not understanding him. A quarrel with this man has such emotional tragedy about it, that it is only a remarkably adjusted woman who can take it!

So it is only the woman with a sense of humor . . . one who is so straight thinking and disciplined that she will never yield to the race tendency of wrapping the victims of her wiles in female possessiveness, who can philander successfully.

But to arrive at that phenomenal state where she feels no guilt . . . guilt—that greatest psychic enemy to sane living . . . she needs be egotistical, calculating, selfish, deceitful and deliberate, and who wants that kind of woman?

So in my opinion, philandering for the woman who wants an integrated, secure personality, is like crime—it doesn't pay!

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When you meet a man or woman who sets you aflame with desire, can you awaken the same blazing interest in the other person? If you are repulsed once, twice, a third time—what is your next move? Do you have a rival? Is it proper to kiss a person who refuses your advances? How important is beauty? What does a man seek in a woman — and what does a woman seek in a man? What to say and do when the passions boil? These and thousands of other intimate details and answers to your questions are explained in "The Art of Love."

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Mind and Body

(Continued from page 29)

all the movements which the minds of men have initiated for their bodies. Our work is inspired by our minds. The development of our bodies is directed and aided by our minds. In the end we shall not be able to find a single human expression which is not filled with the purposiveness of the mind.

The mind is engaged in governing the environment in such a way that the body can be defended—so that it can be protected from sickness, disease and death, from damage, accidents and failures of function. This is the purpose served by our ability to feel pleasure and pain, to create phantasies and to identify ourselves with good and bad situations. The feelings put the body in shape to meet a situation with a definite type of response.

Phantasies and identifications are methods of foreseeing; but they are also more: They stir up the feelings in accordance with which the body will act. In this way the feelings of an individual bear the impress of the meaning he gives to life and of the goal he has set for his strivings.

Reinforced by Feelings

Clearly enough, it is not the style of life alone that governs an individual. His attitudes do not create his symptoms without further help. For action they must be reinforced by feelings. What is new in the outlook of Individual Psychology is our observation that the feelings are never in contradiction to the style of life. Where there is a goal, the feelings always adapt themselves to its attainment. We are no longer, therefore, in the realm of physiology or biology; the rise of feelings cannot be explained by chemical theory and cannot be predicted by chemical examination. In Individual Psychology we must presuppose the physiological processes, but we are more interested in the psychological goal.

It is not so much our concern that anxiety influences the sympathetic and para-sympathetic nerves. We look, rather, for the purpose and end of anxiety.

A Starting Point

To be dissatisfied with one's self is to be in a decidedly healthy state of mind, near a starting-point from which one may move in leaps and bounds toward one's city of dreams, provided that he does not make the fatal mistake of placing too strong an emphasis upon the thought: "How hopeless my circumstances are," instead of "What can I do to overcome my defects?"

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"Here and There"

(Continued from page 19)

a fault-finding attitude is our hardest job."

Fighting Sex Crimes

Government psychiatrists are advocating the inauguration of a nation-wide sex education campaign as one means of averting in the future sex crime waves such as the one the nation is now experiencing.

According to Dr. Roscow W. Hall, head of St. Elizabeth's hospital, Government mental institution, sex education would be helpful even if it did not aid certain abnormal individuals. The gains to the rest of the students, he pointed out, would be social assets.

Dr. I. J. Silverman backed Dr. Hall's statements, declaring that he believed sane sex life and sex education would tend to reduce the number of sex crimes.

The psychiatrists disagreed, however, in their opinions on the causes of the present outbreak. While Dr. Hall believes that many of the crimes committed are due to suggestion in the minds of abnormal individuals, planted by the news of similar crimes, Dr. Silverman thinks that publicity has little to do with the 30 per cent rise in sex crimes. He said that in his opinion the increase was due to social unrest and economic upset.

The city of Chicago has called upon another group of psychiatrists to determine a legal definition for sex psychopathy and to help formulate rules for a board, to be set up by a state law, which would have the power to examine suspects and confine those found to be sex degenerates to hospitals for life.

Other cities throughout the nation are watching with interest the reports of the psychiatrists and hoping to apply their findings to their own problems.

Mental Tests Before Marriage

According to Dr. Robert N. McMurry, executive secretary of the Chicago branch of the Psychological Corporation, marriages would be more successful if those who are planning to wed would submit to mental examinations. His comment came on the heels of the recent passage by the Illinois Legislature of a law requiring couples to undergo physical examinations before they can be licensed to marry.

"Extreme as it may seem," declared Dr. McMurry, "mental examinations might save a great deal of misery and heartache which occurs out of the ill-advised choice of a life partner."

Dr. McMurry went on to say that "I would risk the assertion that the number of divorces could be cut in half if all persons contemplating matrimony were required to undergo a thorough examination by a competent psychiatrist."

Answers to Psychological Problems

1. Oniomania, an uncontrollable urge to spend money. Mike could now buy everything he had always wanted and envied. But, more important, he was endeavoring to compensate, through a display of prosperity and power, for an inferiority developed as a half-starving immigrant.

2. Stereotypy, or verbigeration. In the common cases such as described, it signifies a paucity of ideas and vocabulary—a lack of imagination, plus enjoyment of the sound and "taste" of the phrase. In actual dementia praecox, or schizophrenia, the repeated expression is often a clue to the causation and a guide to the treatment.

3. Algophobia, fear of pain. Both Mrs. Jones and Mr. Brown feared it. In Mrs. Jones' case, she feared it so much that she could not endure seeing or imagining others suffering from it, especially ones so close to her as her beloved children. In Mr. Brown's case, it was a more direct and simple reaction, but more complex in that it proved Mr. Brown was courageous only through the power of will and only under circumstances where he could make his courage obvious to others.

4. Microbiophobia; compulsion neurosis; hand-washing complex. Clark felt contaminated by association with a girl whose treatment of him he would describe as "dirty." Study of books on public health intensified his fears of further contamination—by associative process, through germs.

QUEER MYSTERIES OF SEX!



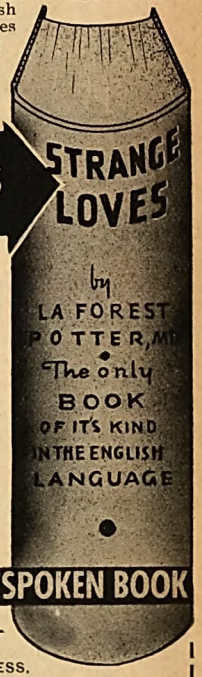
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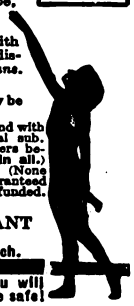
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Mental Medicine

(Continued from page 40)

nose bleed, insanity or hair pulling as essential phenomena of hypnotism, or his subjects might have done their best to have supplied these or any others that he expected and unconsciously or consciously suggested to them. In 1850 "electro-biology" was introduced in England and other countries, but was easily identified with hypnotism and aroused little interest. Meanwhile, in England, France and America the interest in hypnotism was growing. Societies were formed for its study, magazines and journals were devoted to the exposition and discussion of the subject, and many men became proficient in producing the regulation phenomena.

Professor Hypolite Bernheim, a lawyer and physician of note, became interested in the phenomena and joined Dr. A. A. Liebault in experiments. These men contributed more to the science of mental healing probably than did any other European scientists. The city of Nancy became famous through their contributions and added to its significance years later when Emile Coue became a world figure.

Charcot, who headed the group known as the Salpetriere school, was indefatigable in research work but appears to have gone farther astray than did the investigators at Nancy. In 1886 Bernheim published his famous book on suggestion and hypnosis, and a little later the Nancy school received just recognition at the hands of the Academy of Medicine, Paris. Meanwhile, American scientists were endeavoring to get recognition in their country, and some of the greatest investigators became very much interested in the subject. Among these men may be mentioned Professor William James, Professor Hugo Munsterburg, and their pupil, Boris Sidis, a young Russian who worked under them at Harvard.

Exploded Delusions of Hypnotism

We come now to one of America's pioneers in the field of mental medicine; The man who exploded the delusions of hypnotism and who classified the suggestible Somnambule as a distinct type, whether he is being used as a hypnotic subject or going about as do the rest of us.

Herbert A. Parkyn, a physician, opened his first psychotherapeutic clinic at Toronto, Canada, in 1891. So far as the writer has been able to determine this was the first scientific clinic of its kind on the American continent. In February, 1896, he incorporated and opened the Chicago School of Psychology.

In 1907 Dr. Parkyn began to substitute autosuggestion for hypnotism. Meanwhile his school was turning out physicians and healers who were skilled in suggestive therapy and he advised his students to refrain from using the word "hypnotism" in their practice. They were instructed as to the popular conception of hypnotism but the use of much of the phenomena was discouraged.

No account of pioneering in this field in America would be complete without some mention of Sidney A. Weltmer, whose early work had to do with magnetic healing. Weltmer, and E. A. Neal, were young school teachers who experimented with hypnotism. Neal later taught hypnotism by mail. The writer is in possession of a letter written by Thomas Adkin, who was associated with Neal at Rochester, and he states that this mail course was sold to Emile Coue.

* * *

Hypnotism without drugs has come to mean simply the concentration or focusing of one's mind upon a single complex without allowing any contradictory ideas to turn one aside. Any associated phenomenon of sleep is simply a perfectly normal condition, such as follows ordinary fatigue.

But it will be many years before the existing delusions concerning the subject are replaced in the mind of the average person with present-day known scientific facts.

Next month, Dr. Chamberlain will continue the history of mental medicine with reference to modern cults which include the employment of suggestion to produce physical results.

That Persecution Complex

(Continued from page 22)

change is assured to anyone whose feelings have been easily hurt when he comes to apply the spirit of evolution to his setting. We learn to give love even to those who injure us, not in virtuous self-glory, but because we find people more sinned against than sinning. The faults of most of your friends lie in the influences of their background. Too many circumstantial mosquitos turn any man irritable. Social friction makes a saint petulant. *Half the world's ill treatment of its fellows is stupidity, and most of the rest is due to fatigue.* Believe this and you will take the knocks more good-humoredly!

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"Contacts Club"

(Continued from page 42)

psychology, psychiatry, religion, health and anything that makes life more interesting and this world a happier place in which to live. I always try to look on the sunny side of life.

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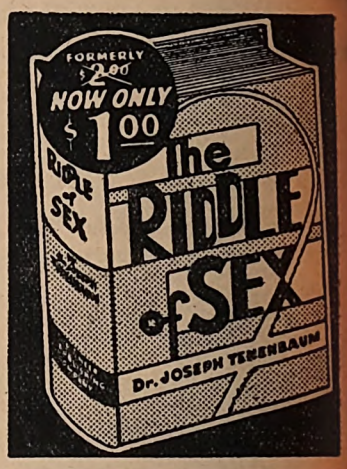
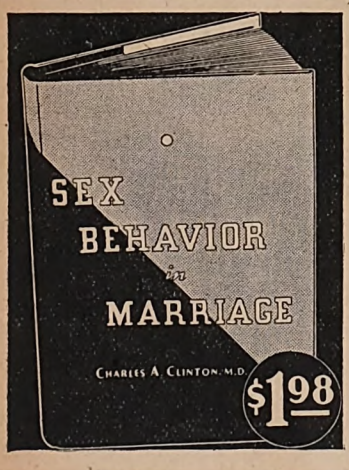


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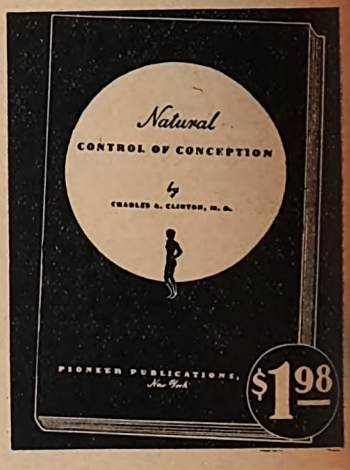


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