

You Queer?—A. A. Brill, M. D.

PSYCHOLOGY

NOV 5 '37

▲ **New Mental Discoveries** ▲

The Wonders of Your Inner Self

Judge Daniel A. Simmons

Overcome Your Handicaps

Modern Psychological Triumphs

Joseph Jastrow, Ph. D.

No Head For Business?

Thought Habits Tell the Tale

Polygamous Man Grows Up

Are Matrimonial Ties Loosening?

**Vocational Adjustment
in Middle Life**

**Upton Sinclair on
Mental Radio**

**Now Answer These!
Psychological Tests**

**Sure, the Public's Honest
Honor System in Business**

Digitized by Google

Real Life Stories!

Candid Camera Cure

A Bachelor Wants a Son

Celebrities I've Interviewed

"I Changed My Thought"

Backward Student

FACTORY TO YOU

NEW REMINGTON NOISELESS PORTABLE

10¢ A DAY

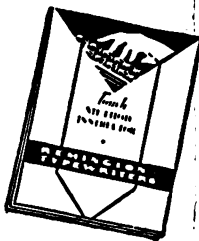
AT LAST! The famous Remington Noiseless Portable that speaks in a whisper is available for only 10¢ a day. Here is your opportunity to get a real Remington Noiseless Portable direct from the factory. Equipped with all attachments that make for complete writing equipment. Standard keyboard. Automatic ribbon reverse. Variable line spacer and all the conveniences of the finest portable ever built. PLUS the NOISELESS feature. Act now while this special opportunity holds good. Send coupon TODAY for details.

YOU DON'T RISK A PENNY

We send you the Remington Noiseless Portable direct from the factory with 10 days' FREE trial. If you are not satisfied, send it back. WE PAY ALL SHIPPING CHARGES.

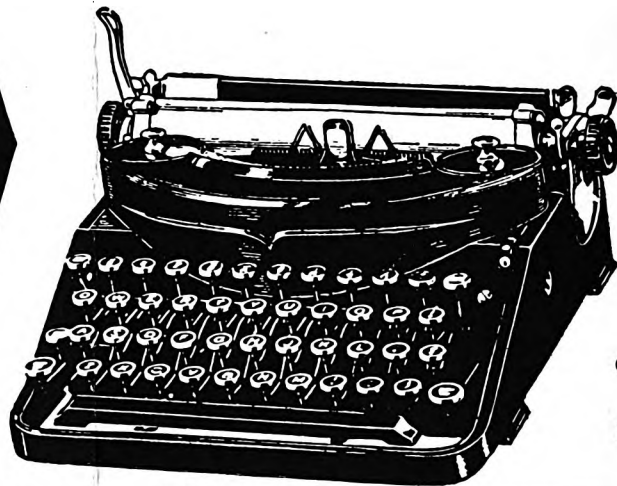
FREE → TYPING COURSE

With your New Remington Noiseless Portable we will send you—absolutely FREE—a 19-page course in typing. It teaches the Touch System, used by all expert typists. It is simply written and completely illustrated. Instructions are as simple as A, B, C. Even a child can easily understand this method. A little study and the average person, child or adult, becomes fascinated. Follow this course during the 10-Day Trial Period we give you with your typewriter and you will wonder why you ever took the trouble to write letters by hand.



FREE → CARRYING CASE

Also under this new Purchase Plan we will send you FREE with every Remington Noiseless Portable a special carrying case sturdily built of 3-ply wood. This handsome case is covered with heavy du Pont fabric. The top is removed by one motion, leaving the machine firmly attached to the base. This makes it easy to use your Remington anywhere—on knees, in chairs, on trains. Don't delay... send in the coupon for complete details!



**MONEY
BACK
GUARANTEE**

**10-DAY
FREE TRIAL
OFFER**

GREATEST TYPEWRITER BARGAIN IN 10 YEARS

The gem of all portables. Imagine a machine that speaks in a whisper... that removes all limitations of time or place. You can write in a library, a sick room, a Pullman berth without the slightest fear of disturbing others. And in addition to quiet is a superb performance that literally makes the words seem

to flow from the machine. Equipped with all attachments that make for complete writing equipment, the Remington Noiseless Portable produces manifold and stencil cutting of truly exceptional character. Furnished in black with shining chromium attachments. Mail coupon today!

SPECIFICATIONS. Standard Keyboard. Finished in glistening black with chromium attachments. Takes paper 9.5 inches wide. Writes lines 8.2 inches wide. Standard size, 12 yard ribbon. Makes up to 7 clear, legible carbons. Back spacer. Full size platen. Paper fingers,

roller type. Black key cards with white letters. Double shift key and shift lock. Right and left carriage release. Right and left cylinder knobs. Large cushion rubber feet. Single or double space adjustment. All the modern features plus NOISELESS operation.

MONEY-MAKING OPPORTUNITIES OPEN.

Hundreds of jobs are waiting for people who can type. A typewriter helps you put your ideas on paper in logical, impressive form... helps you write clear, understandable sales reports, letters, articles, stories. A Remington Portable has started many a young man and woman on the road to success.



A GIFT FOR ALL THE FAMILY. If you want a gift for birthday, Christmas or Graduation... one Father, Mother, Sister or Brother will use and appreciate for years to come... give a Remington Noiseless Portable. We will send a Remington Noiseless Portable to anyone you name, and you can still pay for it at only 10¢ a day. Few gifts are so universally pleasing as a New Remington Noiseless Portable. Write today.



SEND COUPON WHILE LOW PRICES HOLD

Remington Rand Inc., Dept. 195-12,
465 Washington Street, Buffalo, N. Y.

Please tell me how I can get a new Remington Noiseless Portable typewriter, plus FREE Typing Course and Carrying Case, for only 10¢ a day. Also send me, without obligation, new illustrated catalogue.

Name _____

Address _____

City _____ State _____

CLIP COUPON NOW...

Please use coupon or mention PSYCHOLOGY MAGAZINE when you write advertisers

Digitized by Google



World's Greatest Collection of Secret Photographs

NOW you can travel round the world with the most daring adventurers. You can see with your own eyes, the weirdest peoples on earth. You witness the strangest customs of the red, white, brown, black and yellow races. You attend their startling rites, their mysterious practices. They are all assembled for you in these five huge volumes of The Secret Museum of Mankind.

600 LARGE PAGES

Here is the World's Greatest Collection of Strange and Secret Photographs. Here are Exotic Photos from Europe, Harem Photos from Africa, Torture Photos, Female Photos, Marriage Photos from Asia, Oceania, and America, and hundreds of others. There are almost 600 LARGE PAGES OF PHOTOGRAPHS, each page being 62 square inches in size!

1,000 INTIMATE PHOTOS

You see savage love and courtship in every quarter of the world. You see cannibal magic and mystery in queer lands where the foot of

a white man has rarely trod. You see Oriental intimacies and female slavery in China, Japan, India, etc. Through the intimacy of the camera you witness the boldest customs of life and love, and the secret ceremonies of the most primitive peoples. You are bewildered by OVER ONE THOUSAND LARGE PHOTOGRAPHS, including 130 intimate full-page close-ups, and thrilled by the hundreds of short stories that describe them.

5 IMMENSE VOLUMES

The Secret Museum of Mankind consists of five immense volumes (solidly bound together for convenient reading). Dip into any one of these volumes, and as you turn its daring pages, you find it difficult to tear yourself away. Here, in story and uncensored photograph, close-up before you, is the WORLD'S GREATEST COLLECTION OF STRANGE and SECRET PHOTOGRAPHS, containing everything from Female Beauty Round the World to the most Mysterious Cults and Orgies. These hundreds and hundreds of large pages will give you days and nights of thrilling entertainment.

VOLUME 1
The Secret Album of Africa

VOLUME 2
The Secret Album of Europe

VOLUME 3
The Secret Album of Asia

VOLUME 4
The Secret Album of America

VOLUME 5
The Secret Album of Oceania

SPECIMEN PHOTOS

Nudity Round the World
Various Secret Societies
Civilized Love vs. Savage
Strange Crimes, Criminals
Flagellation and Slavery
Omens, Totems and Taboos
Oriental Modes of Love
Female Slave Hunters
Polygamy of Primitives
Murder and Mystery Rituals
Exotic Rites and Cults and
1,000 other Secret Photos

SEND NO MONEY

Simply sign and mail the coupon. Remember, each of the 5 Volumes is 9½ inches high, and opened over a foot wide! Remember, also, that this 5-Volume Set formerly sold for \$10. And it is bound in expensive "life-time" cloth. Don't put this off. Fill out the coupon, drop it in the next mail and receive this huge work at once.

METRO PUBLICATIONS,
70 5th Ave., Dept. 7012, New York.

Send me "The Secret Museum of Mankind" (5 large volumes bound together). I will pay postman \$1.98, plus postage on arrival. If in 5 days I am not delighted, I will return the book and you will refund my \$1.98. (No foreign orders accepted at this low price!)

Name

Address

City State

☐ CHECK HERE if you are enclosing \$1.98, thus saving the mailing costs. Same Money-Back Guarantee.



PSYCHOLOGY

Health

Happiness

Success

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

Eldorado Field, Editor

Martin Panzer
Associate Editor

Emile E. Allen
Associate Editor

Contributing Editors:

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

Contributing Editors:

Edward Spencer Cowles, M.D.
William A. McKeever, Ph.D.
Mrs. Elberta Wilson
William C. O'Donnell, Ph.D.

A • A. BRILL, M. D., Joseph Jastrow, Ph. D., LL. D., Dr. Edward Spencer Cowles, Upton Sinclair, Dr. Claude William Chamberlain, William A. McKeever, Ph. D., Judge Daniel A. Simmons—this is a partial list of our brilliant contributors this month.

This month—the closing one of the year. The month when we are looking backward and forward. *Backward* with gratification that we were successful in presenting to *Psychology* readers very many of the finest writers in the field of psychology and the thoughts and conclusions of real authorities in the science of mind.

Forward to a new year in which, undoubtedly, the oldest magazine in the psychological field (*Psychology*, as you know, was founded in 1923) will reach an ever-widening public.

We know you appreciate the magazine—your continued support proves that and, as always, we welcome your letters, your comments, your criticisms.

In the new year, we shall continue giving you accurate technical information, some of the finest thought in the inspirational field—for well we know that “man does not live by bread alone” and our contributors will number outstanding names in the world of psychology, psychiatry and logic.

And last but not least—your letters tell us you appreciate this feature—we shall include the real stories of actual persons who have applied psychological principles to their every day problems in their every day living. . . .

And so, we close this issue, and the year, with a strong wish for your
VERY MERRY CHRISTMAS!

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

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

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

Additional entry at Richmond, Va.

Subscription price \$3.00 per year. Canada, \$3.00. Foreign, \$4.00. Subscribers may send remittance by check, money order or registered letter. Please notify promptly of any change of address, giving old as well as new address. Telephone: Murray Hill 3-8255.

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

Copyright, 1937, Resolute Publications, Inc.

Advertising Director: S. F. Nelson, 404 4th Avenue, New York, N. Y.
Midwest Representative: F. W. Henkel, 75 E. Wacker Drive, Chicago, Ill.

DECEMBER, 1937

Vol. XXIII

No. 5

CONTENTS

	Page
An Open Letter	6
Closing Year (A Poem).....	7
Discoveries in Mental Realm.....	8
Judge Daniel A. Simmons	
Adjustment in Middle Life.....	12
Wain Sutton	
Are You Queer?—Abnormal Mental Reactions	15
A. A. Brill, M. D.	
Overcoming Handicaps	16
Joseph Jastrow, Ph. D., LL. D.	
Celebrities I've Interviewed.....	18
Doug Allan	
Mental Radio (Telepathy).....	20
Upton Sinclair	
Now Answer These!	23
Psychological Tests	
Sure, the Public's Honest.....	24
Martin Panzer	
No Head for Business.....	26
William A. McKeever, Ph. D.	
Focus Your Mind!.....	28
Patrick McKinnon	
Polygamous Man Grows Up.....	29
Cyrus Bernstein	
In the Psychologist's Office.....	31
Edward Spencer Cowles, M. D.	
Story of Mental Medicine—Part V.....	32
Dr. Claude William Chamberlain	
Backward Student	33
Marion Fradin	
The Mind and Voice.....	34
Ferdinand Dunkley	
The Power Within	36
Walter Clemow Lanyon	
A Bachelor Wants a Son.....	37
Anonymous	
Candid Camera Cure	39
Kathleen Winifred Welch	
I Changed My Thought.....	43
What Can We Do For You?.....	45
C. Franklin Leavitt, M. D.	

SPECIAL DEPARTMENTS

“Here and There”	11
Psychology in the News	
Psychological Terms—Meanings	41
Psychology in Books	42
Reviews	
“Contacts Club”	44
Letter Exchange	
Our Corner—Prize Winners.....	46
Contributors' Page	

Nervous and Mental Breakdowns!

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

The Psychology of Your Fears

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

What Your Imagination Can Do

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

Your Fears as a Neurasthenic

Neurasthenia is a child of FEAR. It is due to your sensitive, emotional nature getting the upper hand and dominating YOU, instead of your controlling and directing it. Frequent indulgence in these fears forms fixed HABITS which trap you. Some of the more common fears are: Fear of a loved one, fear of crowds and closed insanity, fear of suicide, fear of injuring

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

You Ask—"Is My Mind Weak?"

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

You Are Wasting Your Energies

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

Life Is What We Make It

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

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

Read What 25 Cents Will Bring You

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

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

FREE ANALYSIS COUPON

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

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

Name -----

Address -----

City -----

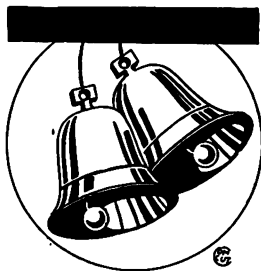
State -----

An Open Letter to a Good Old Scout

DEAR Old Kris Kringle—

It has been a long, long time since the nights when I peeped into the fireplace, expecting you to come out any minute. How well I remember! It was a very small fireplace, and sometimes I almost doubted that a fat man, with a pack bigger than a house, could ever get down a chimney that was so small it would squeeze our old house cat to get through.

I'll never forget one cold winter's day—the day just before Christmas. Mother was letting brother and me watch her put the snow-white icing on the Christmas cake; and when she stepped out, he stopped over and whispered to me, "There is no Santa Claus."



Way down deep in my heart, in a lonesome corner, I *knew* better. Hadn't I heard the bells on your reindeer as they stamped on the gables, while you wheezed and puffed down the tight old chimney? And didn't you always bring me the very things for which I wrote? Besides, brother could be

mistaken. He didn't know *everything*.

But somehow, over my wondering young soul, there fell the gloom-born shadow of Knowledge. Far into the night the cold wind howled loud and long, and the branches of the old oak tree made so much noise, as they slapped against the house-top, that I couldn't hear the bells on your reindeer as they stamped on the gables. Nor could I hear you wheeze and puff as you squeezed down the tight old chimney. . . "There is no Santa Claus. . . then—there would be no Christmas. . . only the 25th day of December."

I must confess—there followed years and years when I was disgusted with you, Santa. I wondered why you didn't vanish in sheer shame. I wondered why you still hung about like a ludicrous old caricature, doing nobody any good, and realizing that you were a fake—a creature of the mind only.

Through the Gate of the Years, down the winding Path of Wisdom and Tears, I learned many great truths—but one of the greatest, was—that *you are real*.

Now, I know that you *do* ride over the whole world in a single night, in your wonderful sleigh. I know, too, that the size of the chimney cannot stop you, no matter how big your pack may be. I am sure that it never becomes burdensome or heavy, nor can it ever be emptied of the little things and big things with which it is

loaded—no matter how many guns and drums and dolls and blocks you may take from it.

Now I understand. You are in *the spirit of giving and doing*. Although Christmas is the day we celebrate in your honor, you are daily and constant. You are in the cheerful "good morning" with which I greet the folks along the way. You are in the food I give to those who hunger and you are in the cup of cool water that is handed *me* when I thirst.



You are in the work I know how to do, and enjoy doing; in the warm glow of the fire, and the soft arm chair that brings rest and comfort. You are in the songs that soothe the weary; in the music of the pattering rain drops, and the laughter of little children. You are in the greetings, the kiss, and the warm handclasp of loved ones.

You are in the days that bring joy to others, making golden memories of summer's waving wheat fields, singing pines and cloudless skies; Autumn's days of scarlet and lingering twilights; winter's days of clear sunshine and long shadows. You are in the wreaths of smoke that drift heavenward, and in the little snow-covered trails that lead home.

You are in this letter that I am writing to you—in the letters I mailed only an hour ago. You are in each and everything that makes life beautiful, that brings joy to others.

Knowledge can never banish your weather-roughened hand, nor can the beginning reason of a child destroy your reality, nor the logic of the philosophers dim your glory—for you are in wisdom—the wisdom that comes with the years—the years that tinge the temples with gray. You are in the days and months that bring contentment and the Christmas spirit.

I shall never let you leave me, dear Old Kris Kringle. Henceforth I intend to travel with you along the pathway of life, for you are real—very real, and make more joyous the span of years.

I will not frown if things don't suit my petty demands. I will not eat good bread in secret, and turn my glance aside from the hungry. I will not wrap myself in a mantle of indifference to those who are weary of life's battle.

It matters not to me whether Christmas be considered a sacred occasion, a pagan festival, or just a date. It shall ever be as a monitor pointing me to a kindlier course in the days and years to come.

I mail this with the firm conviction that you will get it by celestial post, and always recognize me as *An ever grateful friend*.



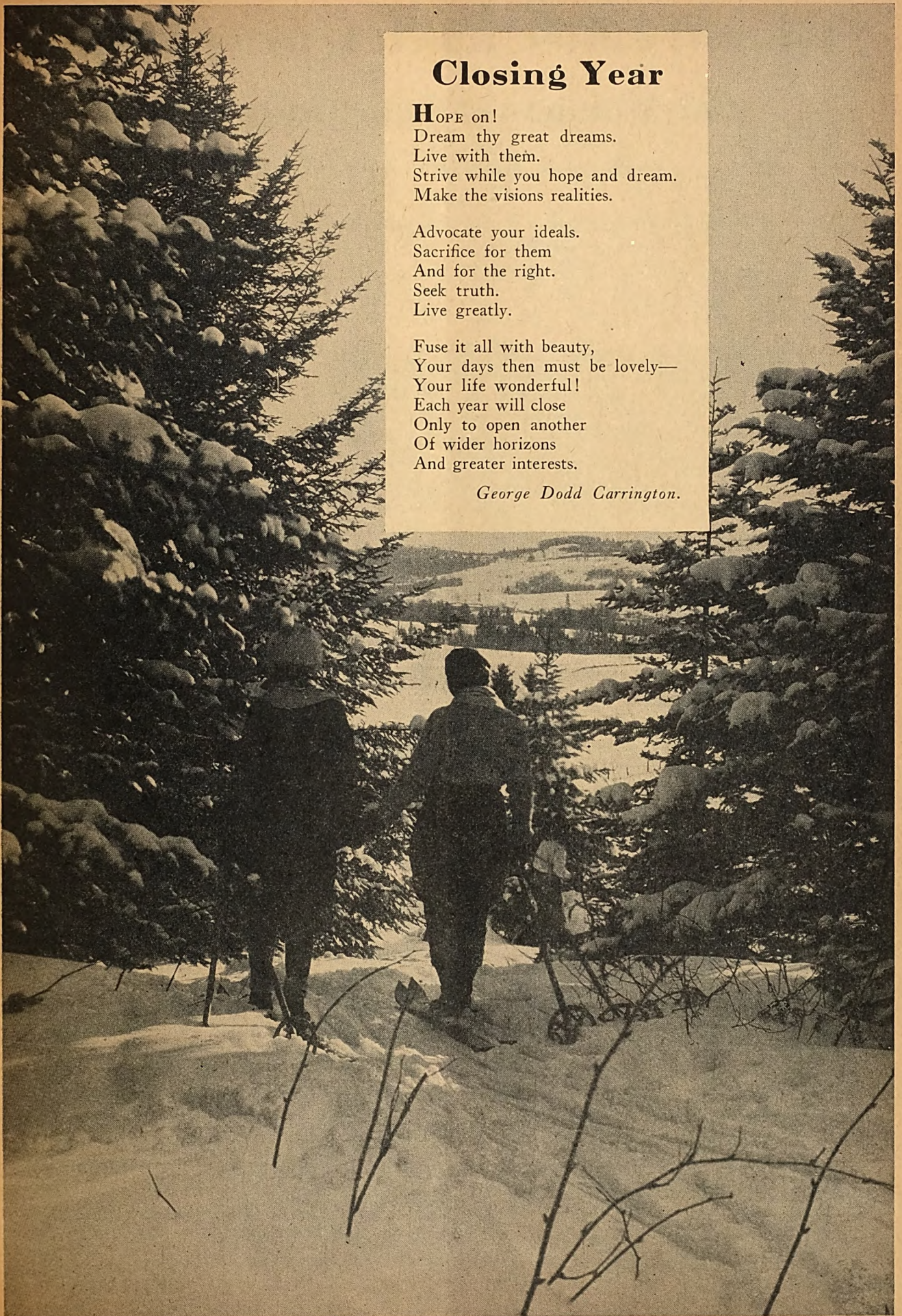
Closing Year

HOPE on!
Dream thy great dreams.
Live with them.
Strive while you hope and dream.
Make the visions realities.

Advocate your ideals.
Sacrifice for them
And for the right.
Seek truth.
Live greatly.

Fuse it all with beauty,
Your days then must be lovely—
Your life wonderful!
Each year will close
Only to open another
Of wider horizons
And greater interests.

George Dodd Carrington.



Discoveries and Conquests

The Wonders of Your Inner Self

by JUDGE DANIEL A. SIMMONS

IN this marvelous age of rapid advancement in the conquest of physical things and physical forces we have heard much also about discoveries and conquests in the mental realm.

We have been told by many teachers that there is within the human mind a marvelous realm of wisdom and power which is but little used, and which may be used by anyone of average intelligence. We have likewise been told that one who draws upon this power and wisdom *within* gets ahead in the world much faster than one who does not—that he moves toward becoming the person he wants to be, possessing the things he desires and accomplishing what he wishes.

This teaching is either true or false; it is science or it is bunk. Some say it is true; some say it is bunk. If it *is* bunk, then the sooner we de-bunk our minds of the whole business, the better off we will be. If it is scientifically true, then the work of learning more about the inner wisdom and power and devising ways and means of bringing them onto the job of building for ourselves happier and more abundant lives *is the most important work that any human being can do*. If it is true, it ought to be incorporated into our educational system, beginning in the kindergarten and running through our college courses. If it is true, then religion can rejuvenate itself by making it a part of its teaching. Is it true or is it false? Let's know the truth about it.

Average Human Being Rebels

The average human being rebels at the very threshold of this proposition. He cannot believe that there is within him any such store of wisdom and power as that here under discussion; and he usually resents any effort to convince him that there is anything of the kind in his mental make-up. He seems to consider such an effort as an affront to his intelligence. Human beings who are not psychologists are very reluctant to yield up their beliefs.

The psychologist knows that the great mass of what human beings believe, concerning themselves and other things, is untrue, and he is eager

to substitute truth for the false belief where ever it is possible to do so; for he realizes that truth will make him free—free from the things that hamper and retard and cheat him of the more abundant life he craves. Comparatively few people, however, are psychologists, and as a rule those who are not psychologists prefer to retain their beliefs, even though the thing proffered to them as the truth be more beautiful and promise much greater and happier rewards.

One who has never really dug into the teachings of modern psychology regards his mind as being just what it seems to be—a strange invisible part of him that thinks, and nothing more. His conception of the wisdom in his mind is that it consists solely of the things he has learned since his birth, and of the conclusions he has reached by reasoning upon the things thus learned. The true psychologist knows that one who thus accepts his mind as a commonplace machine makes a grave mistake and misses much of life's beauty, purpose and opportunity.

Let the one who believes his stock of knowledge to be only what he has learned since birth answer this question: What is the chemical formula for changing food into pituitin? Pituitin is the strange substance manufactured by the pituitary gland at the base of the brain, the quality and quantity of which substance determines whether a child shall grow up to be large or small, or whether, after one is grown, he shall be called "fatty" or "skinny". Answer please: What is the chemical formula for manufacturing pituitin?

Functions Run Like a Clock

Oh! You don't know it, eh? That is just one of the functions of your body with the establishment of which you had nothing to do, and which runs on like a clock that has been wound up—is that it? Well, let's try an easier one. If the temperature of the air around you in a room is seventy one degrees; if you are not clothed and sitting perfectly still; if your weight is one hundred and fifty three pounds; how much

in the Mental Realm . . .

sugar must your liver release into your bloodstream each minute in order to hold your body-temperature at ninety-eight and two-fifths degrees?

Can't answer that one either, eh? Just another instance of the wound-up clock running on? Some clock! But suppose the temperature outside the room in which you are sitting is at freezing; and suppose someone should open the doors and windows. It would be just too bad, wouldn't it? The clock would continue to tick-tock while your bodily temperature drop-



Tests reveal certain of the intricate processes that the body undergoes under emotion; Pneumograph measuring respiration) is shown around the subject's chest; sphygmomanometer (recording blood pressure) around left arm. . . Bulb (to test grip changes) in right hand. . . Two fingers of the left hand in cups of liquid. . . connected with galvanometer, to test electrical changes in body due to emotion. . . Kymograph drums with smoked paper, on table behind male subject, ready to record automatically the breathing and grip records (subject is viewing a motion picture.)



ped to the chill of death—do you think? *It would not!*

A way back and down in your brain there is a little knot of brain cells, from which runs a nerve to your liver. This nerve is a living telephone wire. When your blood temperature dropped about one-tenth of one degree, the little knot of brain cells in the extreme lower and back portion of your brain would sense the drop, and some intelligence within you would telephone down to your liver to put more fuel on the fire—more sugar into your blood—not a whole lot more, thus giving you a fever or throwing you into a violent perspiration, but just enough to hold your tem-

perature at ninety-eight and two-fifths degrees. If the living telephone wire is cut or paralyzed, the liver ceases to function and death ensues.

The master mechanic and chief engineer of the wonderful machine which is your body works through a part of your brain with which you have never learned anything nor reasoned upon anything. You can't send any messages over its nerve-telephones, because these telephones are not connected with your part of the



brain. They are strictly "service lines" which the master alone can use. You as an objective mentality, are not the master. You are just an ignorant, blundering tenant, believing and acting upon a mass of things that are mostly untrue; and therefore acting unwisely most of the time, and making more or less of a mess of your affairs.

The master came upon the job of building, repairing and operating your body when it was just a tiny cell produced by the blending of a male and a female reproductive cell, and will

stay on the job until your last fleeting breath is spent and your heart is still. It came with plans, specifications and a picture of your body.

For a few months it drew the building materials from the body of your mother, and since your birth it has been drawing them from your food. It did not build your body with hands nor tools, but by the sheer creative power of its thought—the power to make a mental image so strong and clear that certain forms and conditions of matter were attracted to it and filled it in. The materials in the cell which was the beginning of your body were “psycho-plastic” under the thought-force of the master builder; that is, they could be moulded by thought. Some of the materials in your body are still psycho-plastic, and the master sends them to repair wounds—sends them to the wounded area and by the power of thought alone moulds them into nerves, arteries, veins, cartilage, bone and skin.

The master within is the real you—the other part of you which was wondrous wise before your baby eyes ever perceived anything or ever you had reasoned upon any of your experiences. It is the deathless soul of you; an indwelling of the universal creative intelligence.

World Wide In Its Scope

In the language of psychology this master mind is usually called the subconscious mind. Sometimes it is called the unconscious mind. Sometimes it is called the superconscious mind. But these are all just names and mean the same thing. They all mean the realm of mind lying back of the perceiving and reasoning mind, except that certain psychologists have elected to divide the mind into three phases instead of two, namely: The objective or reasoning mind; the subjective or dreaming mind, and the subconscious or creative mind.

This division seemed necessary because there are many phases of mind that are not even remotely akin to either the objective mind or the subconscious mind, and they are grouped together and called the subjective. This division of the mind into three phases is now more or less general among writers and lecturers. However, we are here concerned only with the subconscious or creative mind.

The subconscious mind seems to be at least world-wide in its scope, for it performs the same functions in the building and operation of all human bodies, regardless of race, location or cultural conditions. It seems to be a sort of

world-wide broadcast to which all human bodies are attuned.

Some people to whom the subject of modern psychology is more or less new, find it rather difficult to think of one single mind filling the space around the earth; and that particular phase of the matter is of no practical importance here. The important thing is that such a mind actually functions in every human body. That is the fundamental postulate of modern psychology: The indwelling in every human being of a phase of mind infinitely wiser and more powerful than the pitifully proud little objective mind which knows nothing except what it has more or less erroneously sensed through the five physical senses of the body. The second postulate is that the human being may make contact with the wonderful indwelling mind and draw upon it for guidance in thinking and doing the things that bring happiness and more abundant life.

The subconscious mind never meddles with the individual's personal affairs unless it is invited to do so. It will let him believe a falsehood all his life and constantly act upon it to his hurt, and never even intimate that it is false. It will let him do and think things that make and keep him sick, and will use all the resources of the weakened body to repair the damage, but will never suggest the real cause nor the remedy.

It will dwell right along with an objective mind that is constantly doing, saying and thinking things that bring disappointment, failure, want, misery and sorrow, without the slightest suggestion as to what ought to be done and said and thought. However, it is, as Jehovah is said to have proclaimed himself through one of his prophets, nigh unto all who call upon it.

And that brings us to the crux of practical application. How can we call upon the subconscious mind so as to make it hear and heed? The call must be made in the right way, or it will go unheeded. If one is to speak to the subconscious mind, he must use its language.

Law Underlying Suggestion

First, it found the fundamental, scientific principle underlying what has come to be known as *autosuggestion*, which means a suggestion made to one's self. In practice it means a suggestion to one's subconscious mind, and not merely to one's objective mind; for a suggestion made to one's objective mind is of little or no value.

Here is a technical statement of the scientific law underlying auto- (Continued on page 60)

"Here AND There"

PSYCHOLOGY IN THE NEWS

Experiment in Telepathy

THE greatest experiment in telepathy ever undertaken has been inaugurated in the Chicago studios of the National Broadcasting Company. Each Sunday night, over a coast to coast hookup, a group of ten specially selected "telepathic senders" project their thoughts, making an entire continent the laboratory for the scientific investigation of extra-sensory perception.

These tests are to be conducted at first in the following manner: a selecting machine in the studio brings into view of the telepathic senders, wholly by chance, either a black or a white surface. The senders concentrate on the proper color seven times in succession and project their thoughts to the millions of broadcast listeners. The unseen audience are then asked to send in return cards with their choice of color on the seven attempts.

An analysis of the results of the experiment is expected to establish whether or not a mass perception beyond the limits of ordinary chance or accident exists. In later tests the ESP cards developed by Dr. Joseph Banks Rhine of Duke University will be used.

Phonography, Photography and Hypnotism

HYPNOTISM through a phonograph record is the latest achievement of Joseph Dunniger, famous for his research into "spiritualistic and magical frauds." Mr. Dunniger is, incidentally, himself no mean "magician," although he dislikes the word as applied to him.

While about one hundred physicians looked on, recently, Mr. Lewis Nelson, the subject chosen for the experiment, sat before an enlarged photograph of Mr. Dunniger's face. Then a phonograph carrying Mr. Dunniger's voice intoned:

"Look into my eyes . . . open your eyes . . . You are tired, oh so tired, oh so tired. You are very, very tired. . ."

Mr. Nelson began to look tired and when the phonograph went on: "Now you are going to sleep . . . You are going to sleep . . . sleep . . . sleep . . ." Mr. Nelson did just that.

Using the same technique, another record induced Mr. Nelson to awake. The doctors were not all convinced of the success of the experiment, but Mr. Nelson was quite certain of Mr. Dunniger's hypnotic powers.

According to Mr. Dunniger, persons needing mental care can use home treatments by simply registering their favorite doctors by camera and photograph.

Family Troubles Evaporate

TROUBLED husbands and nervous wives have found a new cure for family rifts, a therapeutic theatre in Beacon, New York, where they go on the stage and quarrel to their hearts' content.

According to Dr. Gardner Murphy of Columbia University, "The full psychodrama of our interrelations does not emerge; it is buried in and between us. In this theatre, spontaneous play-acting, done under medical supervision, has brought out some of the hidden facts of married lives."

One couple—George and Anne—were having marital difficulties. She seemed to suffer from hysterical outbursts when alone with her husband. In public she treated him like a superior being. She was given a termagant part to play—first with other persons, then with George. Gradually she developed a sense of humor and perspective. In a few months her hysterical fits stopped altogether.

And then there was Robert. He had "time" trouble. He always worried about being late for appointments. It got so bad that he went to one appointment three hours early to escape anxiety over being late. On the therapeutic stage it developed that it was really because "Mary never puts things in the right place," which made him late. They found a cure for their troubles by seeing each other in a different light through their play-acting.

(Continued on page 48)



Vocational Adjustment

THE admonition, "Don't change horses in mid-stream", is certainly good advice.

But no one will doubt the wisdom of the rider, who in a desperate need to get to the other bank and in peril of losing his life, forsakes a dying horse to climb upon the back of a sturdy, unmounted one in the stream with them. The change may involve the danger of drowning, but remaining on the dying horse until it is too late guarantees it, and there are always the possibili-

radio and sound movies; machinery, and the mass production it makes possible, is replacing the hand-craftsman, etc.

And the depression proved, only too harshly, that numerous vocations and professions were actually as crowded as they were said to be though prosperity had tended to obscure the significance of the statistics. Men and women in the fields with too many practitioners were able, in better times, to manage somehow on



Courtesy Paramount.

It was proved that numerous vocations and professions were as crowded as they were said to be. . . .

ties suggested by the old locution, "nothing tried, nothing gained." In any event, under such circumstances, the effort to change horses *must* be made; it must be made with courage.

There are many men and women in middle life whose vocational horses have broken down mid-stream and who must seek other horses, ones that are strong enough to carry them to the other bank and to save them from drowning. A multitude of accidents may have occurred to the horses that have carried them thus far: they may have become obsolete, as indeed literal horses have become in this automobile age—the liveryman is following a dying profession, as is the truckman who depends on animals for his motive power; ice is losing out to automatic refrigeration; the piano is giving way to the

small incomes; when the economic system collapsed, such incomes vanished.

But there is hope for those whose horses have broken down. Hope for those who have courage, intelligence and persistence—first, to change horses; second, to pick the new ones carefully; third, to stay on their backs once the change has been made. There may be no saddle to ease the riding on the new mount, and a bony back may have to be endured until it is possible to add a saddle to the equipment.

But, in any event, riding itself will already have been learned. Which is to say, the men and women who must contemplate a change in vocation already know the meaning of work and the value of applying all the energies to a job. For these there are none of the handicaps in

by **WAIN SUTTON**

in Middle Life

the new field which might beset those who never have acquired proper work habits.

IF the field in which one has worked for years seems absolutely closed now—for reasons which rest with the individual or are out of the control of the individual—it is no longer wisdom to endeavor to break into it again. For in such effort lies discouragement, depressed moods, feelings of inadequacy, and certainly the roots of dismal failure. It has become advisable to seek another vocation.

The steps to be taken are intricate and sometimes obscure. In this article, the writer will endeavor to present those steps which a layman may follow himself. First, he must make a complete inventory of himself, and answer the following eight basic questions:

1. *Is there a clue to what vocation I must choose in any of the vocational experiences I have had, even in the part-time jobs held in childhood?*

2. *What interests do I have now, or have I ever had, that might help me make a choice?*

3. *Have I an avocation that can be made into a career?*

4. *What special aptitudes have I that I have never attempted to develop, but that may lead me to a new career?*

5. *Have I the health and physical stature necessary to undertake certain types of work?*

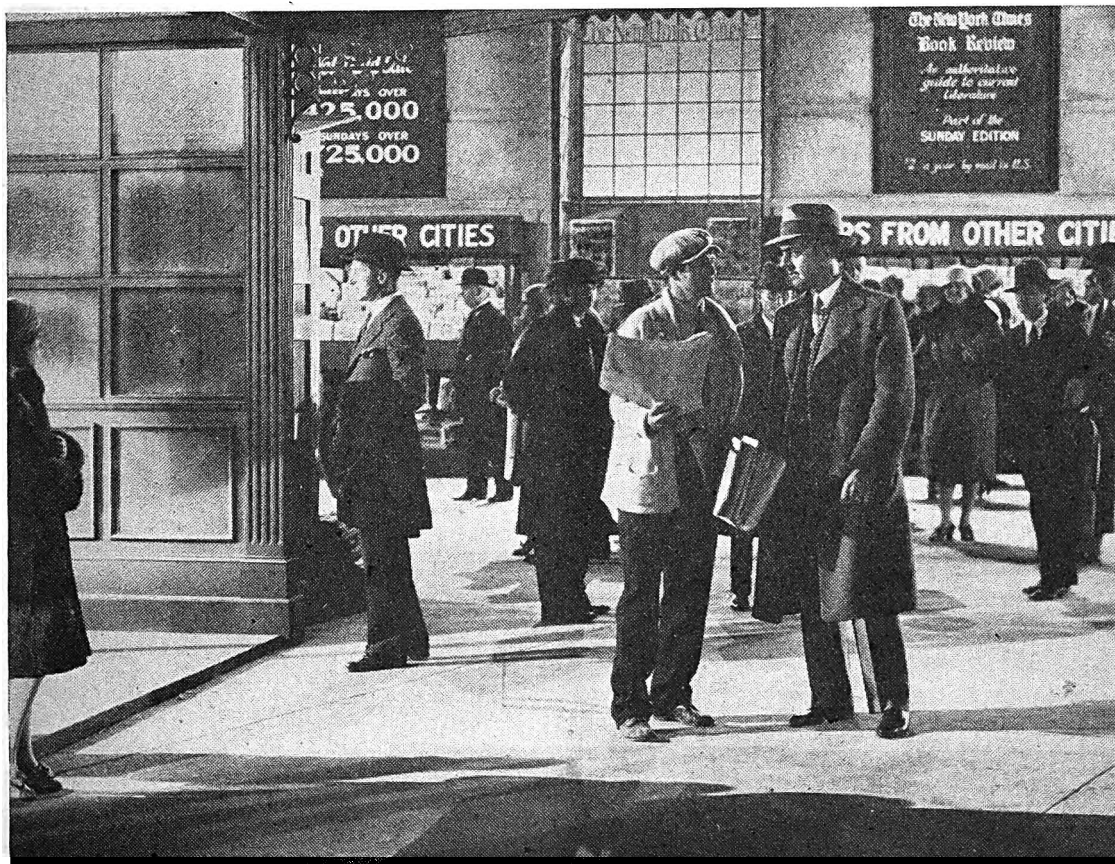
6. *Will my age stand in the way of entry into certain types of work new to me?*

7. *What elements in my old career can be salvaged for the new one?*

8. *Am I willing to undertake additional study, or training, that may be necessary in a new field?*

These and many more questions should be asked of one's self. For in past experience there may be a clue to what may be undertaken now. Perhaps a passing interest, or a casual part-time job, in childhood may point the way. An avocation followed now, or once indulged in but forsaken, may be the thing. A chore about the house which one does well and enjoys doing may also hold a clue. In the old job there may

Persistent efforts along the old lines only bring discouragement.



have been a function which can now be developed into a completely new job.

Three years ago, a certain accountant lost his job and, though he persisted in the search for a new one, did so in vain. He had, however, been somewhat of an amateur photographer. He was advised to take additional training in photography and today he is making more than he ever had done in accounting. And all he does is photograph store windows and displays!

Helped By Welfare Worker

IN Boston, there is a middle-aged Italian—handicapped by language or so it seemed—who had for years made a meager living selling ice. In his neighborhood old-fashioned houses, with old-fashioned ice boxes, were rapidly torn down, one after the other, and new houses, with automatic refrigerators, went up in their place. He had to take his family on relief. But he was taken in hand by a welfare worker with skill in vocational guidance. The worker visited an automatic refrigerator sales agency, suggested that a salesman able to speak Italian would be useful. The result was that, after some months of training without pay, during which time the welfare organization supported the family, the man became self-supporting by selling the refrigerators to builders of his own nationality.

A List of His Assets

There is the bookkeeper-clerk who lost his job with a large corporation because he was unable for some reason to learn how to operate a bookkeeping machine. He was unable to find another job. At his wife's suggestion, he made a list of his assets in aptitudes. All he had, or so it seemed to them, was a beautiful handwriting! Some letters went out to advertising agencies. Now he writes countless letters by hand for firms that wish to put a "personal touch" in their direct-mail advertising.

These are only a few examples of horses changed in mid-stream. Many others, encountering the same difficulties and possessing capacity and willingness to work, may make similar changes as successfully. There is the man with a beautiful speaking voice who is selling merchandise by telephone; the school

teacher who addresses mothers' clubs to promote the sale of books on babies and child health; the former owner of a flower shop who writes on horticulture for a trade magazine; even the ex-minister who is eminently successful as an assistant hotel manager—or "greeter"—and many others like these. All had to change their vocations in middle life.

Prospects Must Be Studied

FOLLOWING the leads furnished by the answers to the questions previously listed, and by the additional answers to questions that arise as a result of contemplation of the first list, anyone who has reason for changing a vocation should be able to choose a new one. Once a decision is made, the prospects in the field must be carefully studied. Talks with others in the new field might help, unless the idea is so original that revealing it prematurely would endanger its success. Often a person, in probing for a new profession, thinks of one that, though intrinsically sound, seems impossible of launching. But further reflection might show the way toward getting it going without much difficulty.

Training Always Available

Additional training might be imperative. It is always available. Perhaps there are schools close to home. Perhaps there are extension courses of State or other universities that are given in one's own city. Perhaps there are schools in a nearby city. There is always, also, the correspondence school. In many instances, organizations employing mechanical, selling and even clerical help are willing to give training to those who will or are able to work for little pay, or no pay during the training period. This is especially true of firms which themselves are entering new and even untried fields. Home study of books carefully selected at the library will help crystallize or guide a new career.

And if there is a vocational guidance expert available, it would be worth one's while to consult him.

But there is always hope for those who are willing to try, try again—even if they have met failure before.



Are You Queer?

A Study in Abnormal Mental Reactions

by

A. A. BRILL, M. D.

THE average normal person likes to avoid the doctor. But when the individual does consult him, it is only because something definitely is wrong.

Perfect health means intrinsically that one does not know one is alive. For the moment we become *aware* of our arm or head, for instance, we find out there is something wrong with it.

In comparing the abnormal with the normal conditions, doctors and medical men of old drew certain conclusions. Though we do not know so very much more than the people in the times of Tutankamen, there is no doubt that considerable progress has been made, and that particularly along theoretical lines. But as far as such conditions as sanity and insanity are concerned, it is most difficult to draw an exact border line between them.

The only criterion by which we may determine insanity is not in respect to the individual's adjustment to his social environment. We may consider him sane, if he had no psychic conflicts and is not aware of his existence. The moment, however, he begins to do something that conflicts with society, the question of his sanity or insanity presents itself. To illustrate:

A highly intelligent gentleman, Mr. H., came to me for consultation; and when I inquired his reasons for desiring an examination, he said: "My father says I am crazy." Analysis revealed that up to the time of the war he lived as a happy sort of Phillistine. He was married and lived with his wife and two children. When he returned from the war, however, the entire situation had changed; he found that his wife no longer stimulated him.

He had made the acquaintance of a very splendid young woman who greatly interested and attracted him; he was able to derive an emotional and intellectual gratification in her company that he could not receive from his wife, who it seemed, merely looked after the

children. Mr. H. stated that he wished to divorce his wife, so that he could take his new friend abroad and marry her. But since he had never supported himself, he had to get his father's consent to the arrangement. His father did not desire him to do this, and declared him "crazy"; then informed him confidentially that the situation in relation to his own wife (Mr. H's mother) had been a similar one for twenty years, but that it never entered his mind to divorce her on that account; he intimated further that because a woman is stimulating, one need not necessarily marry her.

Should This Man Leave His Wife?

It means great responsibility to us to advise in matters of this character. We know that the children would suffer from such a separation, and that his wife would be very unhappy; last but not least a normal person makes his own decisions. But in examining individuals with

the purpose of determining the question of sanity, we have learned to take note not merely of what they themselves tell us, but of a good many other factors.

A mental reaction is either normal or abnormal, depending on whether it corresponds to the type of person who performs the act. If an Irish peasant tells me that he sees ghosts and converses with them, I consider him quite normal because he believes in them; he was brought up to think in this way. But if a person brought up in New York told me that, I would think him a possible candidate for the insane asylum.

I therefore considered Mr. H's bringing up; he came from a good environment. When he spoke of his wife he said that she had no greater admirer than himself, that she is a wonderful woman and a devoted mother. The only fault he found with her was that she could not stimulate him. Life, (Continued on page 60)

DR. BRILL is internationally known as one of the pioneers of the great science of psychoanalysis, which has done much to revolutionize the entire world of psychology and has opened up new fields of healing measures for mental and nervous disorders. . . . He has translated into English a number of the chief works of Sigmund Freud, the founder of the psychoanalytic movement, and is himself the author of some of the clearest and most helpful books on the subject.

Overcoming Handicaps

IT IS consoling to find cases of great men who made a bad start, even though the general rule is that good physical health and good mental health go together. The Roman ideal was "a sound mind in a sound body"; and the Greeks put body culture on a par with mind culture. Their hero was the champion of the Olympic games open to all comers.

The great Newton, who showed that an apple falls and the earth revolves about the sun by the same force, how sunlight breaks up into the rainbow colors, and made many other discoveries, was so small and frail at birth that they might have put him in a quart cup. But he had good health in manhood and lived to

be eighty-five. Victor Hugo, the great French writer, was another weakling whose life was despaired of. He worked hard and lived to an old age. Daniel Webster, the great statesman, was another example of a weak infant becoming a strong man. If these cases occurred today, we should know more of what these infants suffered from, and how they were released from their handicaps.

As the late Alfred Adler once disclosed, we are now certainly prepared to recognize the fact that children who have been treated as step-children by Nature have an entirely different attitude toward life and toward their fellow human beings than those to whom the joys of exist-

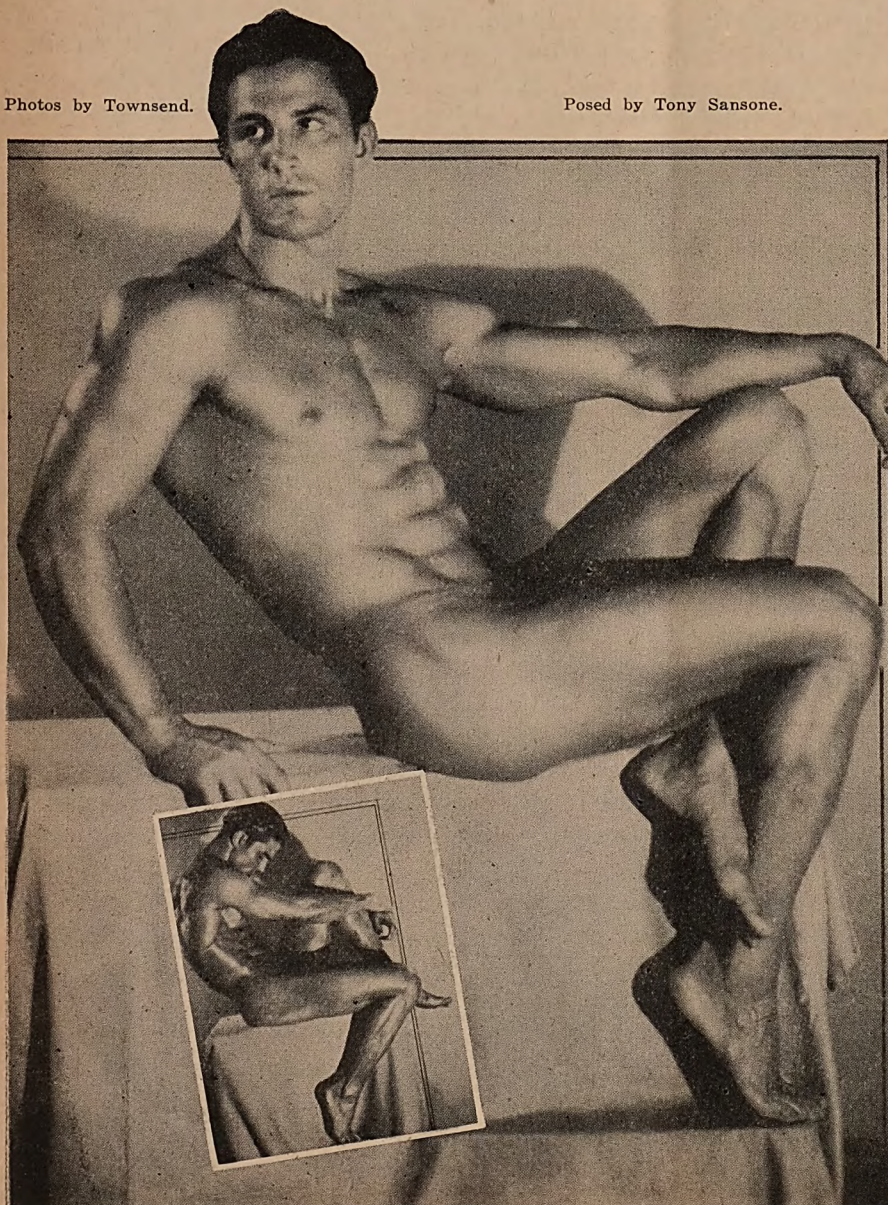
ence were vouchsafed at an early age. One can state as a fundamental law that children who come into the world with organ inferiorities become involved at an early age in a bitter struggle for existence which results only too often in the strangulation of their social feelings. Instead of interesting themselves in an adjustment to their fellows, they are continually preoccupied with themselves, and with the impression which they make on others.

What holds good for an organic inferiority is as valid for any social or economic burden which might manifest itself as an additional load, capable of producing a hostile attitude toward the world.

In modern psychology there is a new idea by way of explanation. If you have a handicap, it may act as a spur to conquer it. It is said that as a boy Demosthenes had a speech defect. In his resolve to overcome it, he became the greatest orator of all Greece. Byron had a club-foot and despite it, or as we should now say, in overcompensation for it, he became the best swimmer in all England, and a

Photos by Townsend.

Posed by Tony Sansone.



The Roman ideal was a sound mind in a sound body. . . .

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

good rider as well as a famous poet. Our own Teddy Roosevelt sought the open spaces of the great West to overcome his physical weakness, and became the Colonel of the Rough Riders, a strenuous President, a hunter of big game in Africa.

It's the fashion now to call this an inferiority complex. When you make a proper compensation, you go along the line of Demosthenes, Byron and Roosevelt. But if your handicap embitters your life and sours your disposition, because you are crippled and not like other folks, it may distort your character as well as your career, and invite failure.

THE mental side of an inferiority handicap may be even more distressing than a body defect. A blemish that interferes with your looks is a social not a physical handicap. It is almost worse to be disfigured than to be crippled. Or if you belong to an unpopular race or are otherwise the victim of social prejudice, it may induce a sense of inferiority, of not having a fair deal, of being discriminated against, which cripples effort and affects life-aims and happiness. In the case of minor handicaps like stuttering, it is quite intelligible how they interfere with a normal mental and social life.

There is one class of the handicapped for whom it is a particularly difficult task to rise above their bodily weaknesses, because they are largely mental ones—the nervously handicapped. There was Herbert Spencer, a reformer in philosophy, with a shelf of weighty books to his credit, an invalid all his life, often working only fifteen minutes at a stretch, yet reaching a good old age. Much of his difficulty could have been relieved by wise treatment.

The great Darwin had to take care of himself and did so wisely to the great benefit of the world, through the works of himself and his family of famous sons. Beethoven kept on despite illness and a deafness that toward the end prevented him from hearing the music he composed. Kant, the great German philosopher, had a strong mind in a frail body; and Heine, the German poet, suffered a living martyrdom of the flesh, while his mind produced immortal songs.

The overcoming of handicaps must be common among those who make a moderate success in life; we know more about the great ones. Whether they learn to bear their cross and make the best of it, or really overcome a defect, the

The defects and burdens of the heavily handicapped, through overcompensation, have repeatedly been turned into triumphs that have astonished the world...

gallery of fame of those who belong to this class should cheer others who have a like problem.

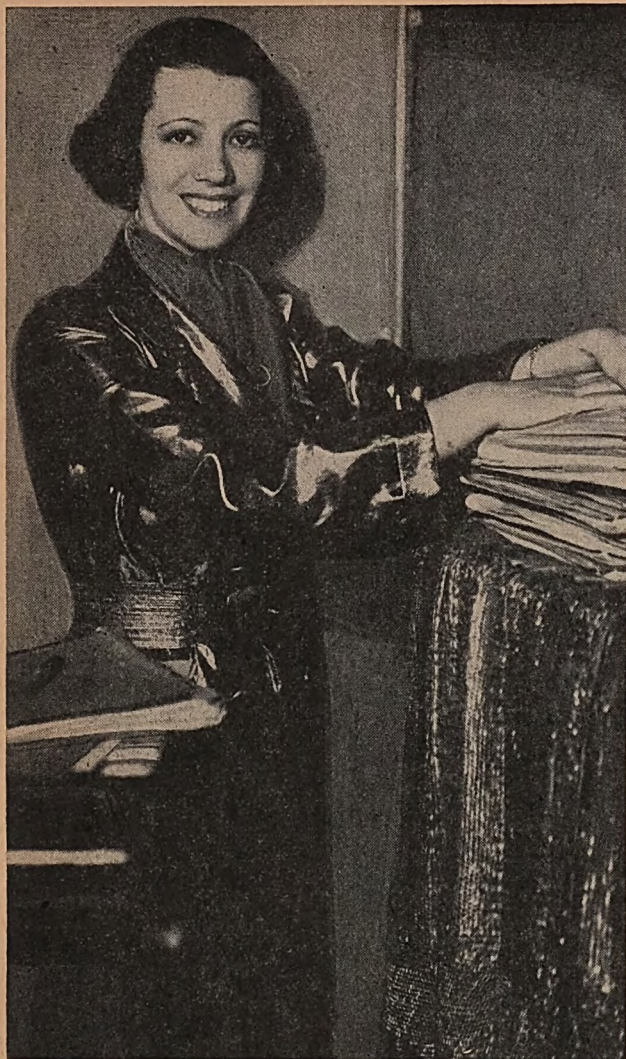
Following is a letter from a patient illustrating the despair of handicaps:

"For a great number of years I have been plagued by a certain (what I consider) physical deformity. It has had a deleterious effect upon my mental capacities to such a degree that I have given up a professional career, even after I was told I had brilliant possibilities. I am taking the liberty of writing you, feeling you are pre-eminently equipped (and I hope you will also be kind enough) to express an opinion. To elucidate: I was always constitutionally well. Graduated from high school, entered law school. After attending a while and doing very well I came upon a book discussing the offspring of first cousins. Being an issue of such a marriage I seemed to be affected by the contents of that treatise, particularly so when the author showed the majority of the offspring to be either physically or mentally imperfect.

"After that I was a different person. The idea seemed to take a tenacious hold. I was continually thinking of that book. Some time later a prominent psychiatrist discussed certain types of mentally disabled. In his discussion I found that he dwelt upon the shape of human hands and their relation to the mind. Being rather sensitive, I studied the shape of my hands and found them to be very small. While I am five feet seven inches, weigh 180, and have very good shoulders, I have the hands of a little girl. This fact is continually brought to my attention by others. While at times I am able to forget what my friends call foolishness, and am able to go along with my daily routine sometimes reaching the heights of brilliancy in my endeavors, when I begin thinking of those other matters, particularly my small hands, I lose all interest and drop to the depths of mediocrity. I trust you will find time to peruse this long narrative and express an opinion, which will be highly regarded.—H.I.W."

This well-told tale shows the writer's ability; yet this very opinion (Continued on page 58)

*Author, "Keeping Mentally Fit," Greenberg, Publishers.



Lily Pons, famous radio, stage and screen star.

SO you want to be snooty? Who are you, anyway?

"I'm President of our local bank."

"I'm Congresswoman from our district."

"I'm the Mayor of our city."

All right! So what? A lot of big frogs in little puddles! I'll admit you're big enough to make things splash when you so much as drop a word. But, don't let it go to your heads! Abnormal inflation is dangerous.

Let's admit that we're all important—in a way, and then, let it go at that. Let's all be human! In my associations with celebrities, I've noticed that humanness is one of their outstanding characteristics. They call me by my first name before I realize they know what it is. Occasionally, I do the same, but, being a bit of a diplomat, I let them take the lead.

You'd be amazed at some of the unusual situations those celebrities have been in when I've interviewed them, for I have no set place or method of interviewing. I catch them on the run, on the stage, on the wing, and I've darn near caught some of them on the old kisser.

Celebrities

I've

Interviewed

by

DOUG ALLAN



But that's only when they've tried to pull the snob stuff, or, suddenly wax temperamental.

I was scheduled to interview Count Serge Fleury, of France, over the radio, one evening. I called at his suite in the Ritz-Carlton, New York, late that afternoon to go over the script I had prepared. As I entered, he greeted me with, "Ah, Meester Allan! I am glad you have come! I have spent ze whole day writing my speech for tonight's broadcast."

"You've done what?" I asked.

"I have my speech nearly feeneeshed for tonight."

"What speech?"

"Why, Monsieur? Ze one you asked for, on France!"

"I'm sorry, Count, but I asked for no speech. It's to be a dramatized interview."

He flew into a rage. "But why you did not tell me? All day I have stayed in, writing! I even miss my lunch, so I could feeneesh it! Look! Eight pages!" He began pacing up and down the floor.

We argued. I realized I had to match diplomacy with this famous French diplomat. Soon, he shifted the blame to his agent, who also happens to be my agent—but, what's an agent when one's diplomatic honor is at stake?

I induced the Count to sit down. I figured he needed a rest. I placed my script before him. He started reading. I watched his eyes. His face slowly brightened. Then, he smiled. It

"They're All Mighty Human"

Says Commentator Who Has Interviewed Celebrities From Forty-eight Countries of the World

lingered. He made a few suggestions. Wanted one of his ideas inserted here. Another there. Perhaps two or three, all told. Ah! He was pleased. We had a splendid visit. Count Fleury is truly a gentleman, for my diplomacy had won. His own speech was either filed or scrapped.

Everything was ideal—or, was it? Yes, until that evening, when the orchestra started tuning up its instruments in our studio before we went on the air. They must have struck a sour note from "The Lost Chord," for Count Fleury flew into a fury, and again I had to call forth my already overtaxed diplomacy. The bout ended this time by the Count remarking I was altogether too good for that station. Ah, yes, Count Serge Fleury is a Prince of a fellow, with a marvelous sense of humor that far outweighs his electrified temper.

I went backstage in a New York playhouse one evening to interview Miss Lily Pons, famous singer and radio motion picture star. It was right after her broadcast and she looked beautiful, or at least I would have thought so had I not been swayed by the difficulties of the interview. Miss Pons, as you know, is also French, but having been in this country for some time, she usually carries on a very creditable conversation in English.

However, she must have been

a bit temperamental that evening, for she insisted upon lapsing into French every few sentences, although she must have perceived that "Parlez vous Francais" was the sole French contribution to our conversation that I was able to make. But for her charming smile which betrayed her humanness after all, I would have been thoroughly exasperated at what was certainly the least comprehensible foreign interview

(Continued on page 57)



Top: George M. Cohan; lower left: Dr. Shih I. Hsiung; center: Walter Winchell; lower right: Countess Daisy di Carpenetto.

Mental Radio

Readers of Psychology, for several months, have indicated deep interest in telepathy, and we are glad to present to them the views of the courageous thinker and brilliant author, Upton Sinclair, who, when asked the question: "What is the use of it?" (telepathy) answered, "What was the use of the lightning which Franklin brought down from the clouds on his kite-string?" and again: "The true scientist sets no limits to human powers—he merely asks that we verify our facts."

MENTION telepathy in company, and almost every one has a story to tell. You can find a clairvoyant to tell you about yourself for a dollar—and maybe she is a fraud, but then again, maybe she is a person with a gift which she does not understand, and the police throw her into jail because they don't understand it either.

I am sorry if I aid the mass of fraud which I know exists in this field, but there is no power of man which may not and will not be abused. The person who invented high explosives and made possible great tunnels and bridges, also made possible the destruction of the Louvain library. The person who makes a dynamo may electrocute himself.

In spite of all fraud, I am convinced that there are thousands of genuine clairvoyants and psychics. My friend Will Irwin told me recently how he spent a year or so collecting material and writing an exposure of fraud, "The Medium Game," published in *Collier's Weekly* some twenty years ago. At the end of his labors he went, on sudden impulse, into a "parlor" on Sixth Avenue, a cheap neighborhood of New York, and a fat old woman in greasy wrapper took his dollar, and held his hand in hers, and told him things which he believed were known to no human being but Will Irwin.

"What is the use of it?" some will ask. I re-

ply with another question: "What was the use of the lightning which Franklin brought down from the clouds on his kite-string?" No use that Franklin ever knew; yet today we make his lightning turn the wheels of industry, and move great railroad systems, and light a hundred million homes, and spread music and interesting programs thousands of miles in every direction. It is an axiom of the scientist that every scrap of knowledge will be put to use sooner or later; get it, and let the uses wait.

The discovery of the cause of bubonic plague was made possible because some foolish-minded entomologist had thought it worth while to collect information about the fleas which prey upon the bodies of rats and ground squirrels. . . .

What telepathy means to my wife is this: It seems to indicate a common substratum of mind, underlying our individual minds, and which we can learn to tap. Figure the conscious mind as a tree, and the subconscious mind as the roots of that tree: then what of the earth in which the tree grows, and from which it derives its sustenance? What currents run through that earth, affecting all the trees of the forest? If one tree falls, the earth is shaken—and may not the other trees feel the impulse? In other words, we are apparently getting hints of a cosmic consciousness, or cosmic unconsciousness: some



by UPTON SINCLAIR

kind of mind stuff which is common to us all, and which we can bring into our individual consciousness. . . .

THE human brain is a storage battery, capable of sending impulses over the nerves. Why may it not be capable of sending impulses by means of some other medium, known or unknown? Why may there not be such a thing as brain radio?

Certainly we know that every particle of energy in the universe affects to some slight extent every other particle. The problem of detecting such energy is merely one of getting a sufficiently sensitive device. Who can say that our thoughts are not causing vibrations? Who can set a limit to the distance they may travel, or to the receiving powers of another brain, in some way or other attuned thereto? Any truly scientific person will admit that this is a possi-

bility, and that it is purely a question of experimenting, to find out if it does happen, and how.

Again, consider the problem of clairvoyance sug-

gested by my wife's ability to tell what is inside a book she holds in her hand without seeing it, or to reproduce drawings when no human mind knows what drawings she holds. How are we to figure that as happening? Shall we say that brain vibrations affect material things such as paper, and leave impressions which endure for a long time, possibly forever? Can these affect another brain, as in the case of a bit of radium giving off emanations? It seems to me correct to say that, theoretically, it is inevitable.

Every particle of energy that has ever been manifested in the universe goes on producing its effects somewhere, somehow, and the universe is forever different because of that happening. The soil of Britain is still shaking with the tramp of Caesar's legions, two thousand years old. Who can say that some day we may not have instruments sensitive enough to detect such traces of energy?

A fundamental discovery in photography has made it possible to take "pictures" directly on cold, hard untreated metal without the usual photographer's medium of a sensitized plate. This reveals that seemingly impervious metal records on its surface unseen impressions from streams of electrons and that these marks can be brought into visibility by the right kind of a "developer", exactly as photographic images are brought out on sensitized paper.

If X-rays leave a permanent record on metal, why might not brain-rays, or thought-rays, leave a record upon a piece of paper? Why might not such energies be reflected back to another

Do developments in science make it inevitable that what is now the "last word" in material means of communication will shortly be called "old-fashioned," "crude," "unnecessary"?



brain, as light is reflected by a mirror? Or perhaps the record might stay as some other form of energy, turned back into brain-rays or thought-rays by the percipient. We are familiar with this in the telephone, where sound vibrations are turned into electrical vibrations, and in this form transported across a continent and under an ocean, and then turned back into sound vibrations once again.

That mental activities do leave some kind of record on matter seems certain; at any rate, it is the basic concept of the materialistic psychologist. For what is memory, to the materialist, but some kind of record upon brain cells? He compares these cells to photoelectric cells, and imagines a lot of stored up records which we can consult. If now it should be found that such memory records are impressed, not merely upon living brain cells, but upon the molecules or electrons which compose any form of matter, what would be so incredible about that? . . .

* * * *

In any company where the subject of telepathy is brought up, I have observed that invariably some person declares that he or she has had such experiences. One lady, highly educated, assured me that she and her husband had developed telepathy to a point where it served them on a lonely ranch in the place of telegraph and telephone. Only a short time ago I met at luncheon Bruno Walter, orchestra leader, who had come from Germany to conduct concerts in the Hollywood Bowl. Mr. Walter narrated to me the incident which follows:

While conducting in some middle western city, he was a guest at a luncheon, and found himself becoming very ill. He explained matters to his host, who called a taxi-cab, but this cab did not arrive, and Mr. Walter, in great distress, took his hat and left the house, saying that he would look for a cab. Turning the corner of the street, he came upon his manager, driving a car, and hailed him.

"A most fortunate accident!" exclaimed the sick

man, but the manager assured him that it was no accident; about half an hour previously, the manager had been seized by an intense feeling that Mr. Walter was in trouble, and had been moved to get into his car and drive. He did not know where Mr. Walter had gone, but simply followed his impulse to drive in a certain direction.

Another incident, told me by Fremont Older, editor of the San Francisco *Call*, and a veteran fighter in the cause of social justice. Older has seen many demonstrations of telepathy, and is completely convinced of its reality. A friend of his, living on a ranch, employed a cook named Sam who had the gift, and agreed to give a demonstration for the Olders. Sam asked Older to get a book and wrap it in thick paper, and Sam would tell the name of the book and the author.

Older went out to his car, but could find no book, only a folder of maps, which he wrapped in several thicknesses of paper. Sam put the package to his head, and after a minute or two said, "This is not a book, it is a map or something. Why don't you get me a regular book?"

So Older went to his car again and found a book belonging to his wife, and wrapped it with care and tied it. Sam put it to his head, and

began to spell letters, and finally stated as follows: "Julia France and her Times, by Gertrude Atherton, published by the Macmillan Company." This was correct. Sam added: "I get another name. What has Earnest Hopkins got to do with this book?" Older and his wife were dumbfounded; for the name was that of a member of the newspaper staff who had been asked to review the book, but Mrs. Older had taken the copy from him because at the last moment she wanted something to read on her trip. . . .

DR. CARL BRUCH of Berlin, has reported a series of tests closely resembling those here described. The main difference is that he used hypnotized subjects, four different young men, as the
(Continued on page 50)

Alexander Graham Bell, only a few decades ago, had an incredulous audience as he demonstrated a long distance telephone call between New York and Chicago. That seemed miraculous then—what does the future hold in the way of communication?



Now Answer These!

Test Your Knowledge of Psychology

Last month PSYCHOLOGY began a series of features designed to aid its readers in testing what they know of the subject in which they and we are interested. Again in this issue we present four actual cases from real life.

Read and study each problem carefully. Then diagnose for yourself the particular complex with which each patient is afflicted. Grade your replies as follows: twenty-five points for each answer. If your score is one hundred, you may consider that your knowledge of psychology is excellent. Seventy-five is very good and fifty is considered fair. If, however, you rate twenty-five or zero, it is time for you to apply yourself more zealously to your study of psychology.

The editors will be glad to have your opinions about the best ways to go about curing the symptoms of the patients whose cases are listed below.

THE four problems here stated are related—in that basically, each involves a person who, because of childhood conditioning, a precipitating influence or experience or other etiological factor, became a victim of a neurosis which enabled him or her to escape the realities of life and, consequently, the social responsibilities.

1. A neurosis such as afflicted Mary Harris sometimes results in a drive to over-compensate for the ensuing inferiority; this drive may cause the patient to become a success in many fields, among them aviation. Mary Harris had been reared by parents who put such stress on the proprieties that their daughter became a prude. At the age of twelve, she played "follow the leader" with a group of girl friends. The game took them to the roof of a five-story apartment house. It so happened that a terrific wind was blowing and when the girls reached the roof, a gust caught Mary's dress and whirled it about her head. She was so mortified by what she considered indecent exposure of her person, though she was well-covered underneath the dress, that for nearly eight years afterward, she would not go to a roof, ride in an elevator, would not look out of a window; in fact, she avoided so many situations of this sort that her social and vocational life collapsed. In desperation, she went to a psychologist, who helped her integrate herself. What was her neurosis?

2. Henry Arthur suffers from a closely-related type of neurosis. He was brought up by a grandfather who, in his efforts to get Henry to prepare adequately for the struggles of life, undoubtedly gave the boy a distorted notion of what the perils were in the outside world. Henry was a sensitive boy, highly imaginative, and easily frightened. His grandfather, in speaking

of difficult situations, naturally meant them in the abstract; but Henry converted the abstract thoughts into concrete demons and bogies. The result is today he is afraid to leave the house, though he knows there are no demons lying in wait for him. If it were not that his grandfather left him a sizeable

fortune, Henry might be a pauper today. His is a common malady. What is it?

3. George Frazer, on the other hand, suffers from a condition which is the reverse of Henry's. George, as a boy, bumped into a stranger in a dark hallway one night. Since then, anytime he has been obliged to remain in a small room, enter an elevator, sit in a crowded train or restaurant, or sleep in a room without great space and height, he has broken out into heavy perspiration, been seized with trembling and has turned white with fear. Yet he knows he is not exposed to any danger. What is he suffering from?

4. Almost everyone is acquainted with a woman—sometimes a man—who comes rushing into the house, exhausted and in a state of terror because she has just passed through an electric storm outside. Or who rushes into a closet, or shuts all the windows and pulls down the shades and cowers in a corner, or hides, face down, under the bedcovers—for the same reason. This is also a neurosis. What is it called?

**The Correct
Solutions to
These Problems
may be found
on
page 59.**

Sure, the Public's Honest!

The Honor System in Business

“WELL, I guess you just can't trust *anyone* these days.”

“In order to succeed in business you've got to be shrewd and suspicious of everybody.”

Time and again I have heard the above statements made by persons in all walks of life, and I have been duly impressed. It took only five minutes in the office of the vice-president of the Exchange Buffet Corporation, operating a chain of twenty-one restaurants in New York City, to erase that impression.

“These restaurants,” he said, “are run on the honor system. Each patron keeps track of what he eats and names the amount of his own check.”

“Have you found that your confidence has been justified in most instances?” I asked.

“We have been in business fifty-two years,” was the reply. “There's your answer.”

Here is how the honor plan came into being. In 1885, Julius P. Child, founder of the chain, had one little restaurant down near the stock exchange. Busy brokers and their customers would rush in for a hasty bite, and rush out again, naming the amounts of their own checks without waiting for anyone to figure it for them.

Trust Rarely Betrayed

Mr. Child never questioned these amounts, and with the passing of time it became evident that his patrons rarely took advantage of his trust in them. Partly because of the excellence of the food served, and partly because many persons were gratified that their honor was not questioned, Mr. Child's business spurted forward, until today that one little shop has blossomed into over a score of busy, modern restaurants.

Probably the most remarkable thing about the honor system is the amazement of those who hear about it for the first time. “To think,” said one woman, “that right in the heart of New York, sophisticated and hardboiled as it is said to be, there should be a business built on faith and trust—it's hard to believe!”

A little careful consideration, however, would have caused her to realize that behind the honor system there is a powerful psychology. The system caters to the ego of man, telling him subtly and forcefully, “You are a superior person, a

man to be trusted and admired. No one has to watch *you* to see that you will do the right thing. Honesty is inherent in your character and there is no doubt that you will live up to everything that is expected of you.” Very few can resist such flattery.

Colleges and universities long ago discovered that cheating at examinations can be almost entirely abolished by the institution of honor systems. Students who would not hesitate to “put one over” on a professor who was watching them with a suspicious eagle eye, would not dream of cribbing when they are left alone and on their honor.

Why Honor Systems Succeed

Another psychological reason for the universal success of honor systems is the fact that they eliminate the sense of adventure and the feeling of accomplishment engendered in not too intelligent minds by “putting one over.”

An example of the reaction of this type of mind is the experience that one of the Exchange Buffet cashiers had recently. A rather shifty looking individual announced, on his way out of the restaurant, that he had consumed ten cents worth of food. His statement was not questioned and the cashier took his dime without a word. About two minutes later the man returned, a sheepish grin on his face, and said, “I think I made a little mistake. I forgot about a sandwich I ate. Here's fifteen cents more.”

This, of course, is one of the unusual occurrences under the honor plan. The vast majority of customers tell the truth about their meals as a matter of course. The prices of all items are clearly displayed and it is a simple matter for each diner to keep a record of his purchases at the various tables and counters. Honesty is the rule rather than the exception at these restaurants.

And, indeed, honesty seems to be the rule wherever it is taken for granted. Even in jails, among hardened criminals, the honor system has rarely been violated. Trustees are given the run of the prison and rare is the report of a trustee's betrayal of his trust.

Again, the story is told of the man who opened a general store in a small town which he oper-

by MARTIN PANZER

ated under an honor system somewhat different from that of the Exchange Buffet restaurants. In his store there were no fixed prices on anything. Customers were advised that they might take anything they wanted and pay whatever they thought fair. If they wished to do so, they were permitted to satisfy their needs without paying anything at all.

It is another tribute to the innate honesty of humanity that the owner of the store became one of the most successful merchants in his state, amassing in a few years a very tidy fortune. Not only did his customers pay fair prices for everything they took; he found, also, that new customers came from far and near to experience the thrill of being trusted implicitly to do the right thing.

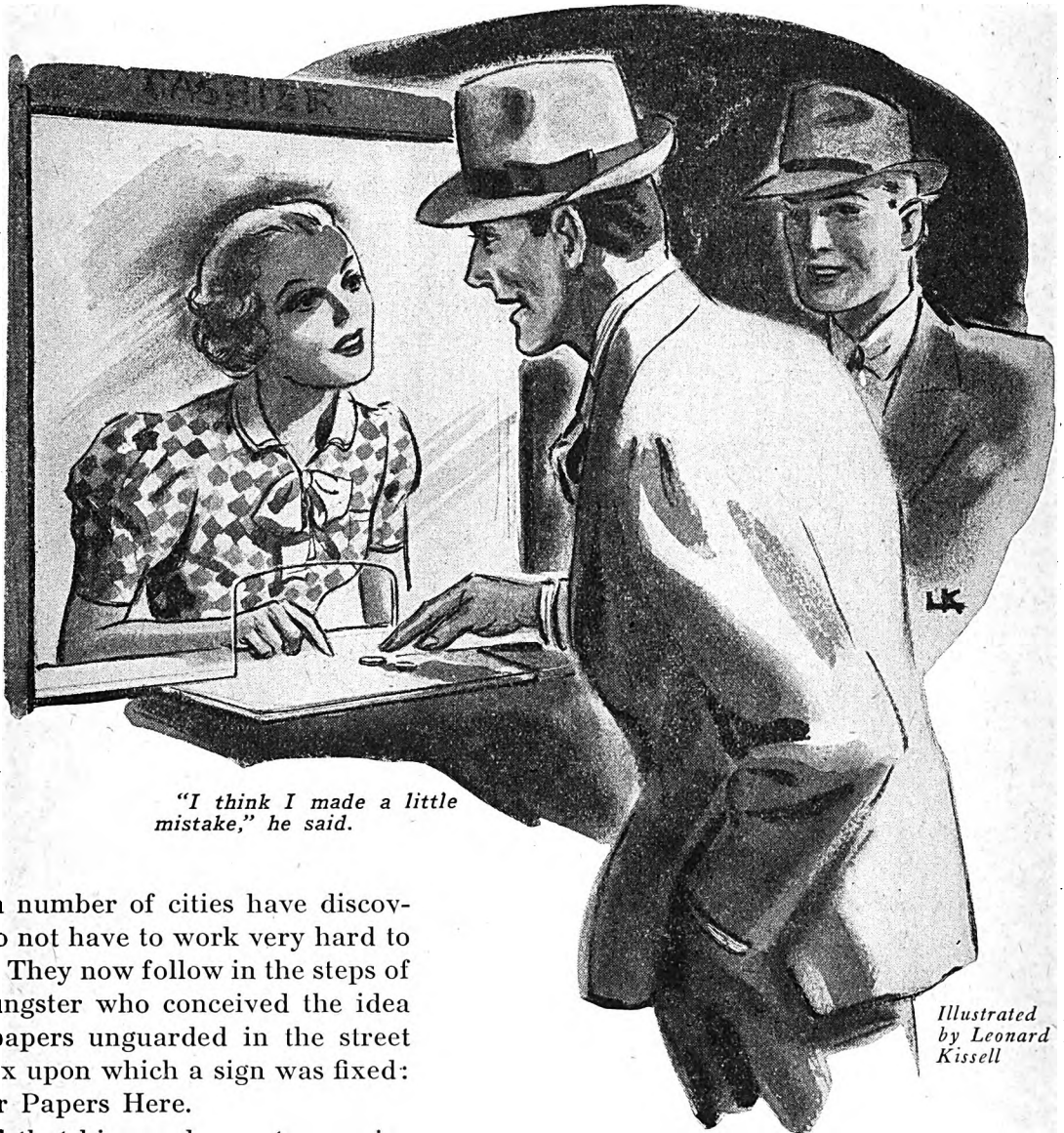
Newsboys in a number of cities have discovered that they do not have to work very hard to sell their papers. They now follow in the steps of the brilliant youngster who conceived the idea of leaving his papers unguarded in the street beside a little box upon which a sign was fixed: Drop Money For Papers Here.

He soon found that his regular customers invariably paid for the papers they took and that new customers were attracted by the trust he displayed. He was enabled to branch out, placing his papers at strategic points and covering far more territory than he was able to cover when he did business in the usual "no trust" manner.

An enterprising barker, in a Coney Island freak show that did not seem to be drawing sufficient trade, hit upon the happy thought of inviting his audience to pay "on the way out" whatever they thought the show was worth.

Business immediately boomed and a show that had seemed destined to failure became an overnight success.

It seems strange that business generally does not take advantage of the psychology of faith in men. We find offices maintained solely for the purpose of keeping close check on the honesty of clients. Can it be that the negative spirit



Illustrated
by Leonard
Kissell

of suspicion bears fruit just as does the positive spirit of trust? Is it possible that some installment houses and many loan sharks suffer losses through their obvious preparations for protection in the event of loss?

Twenty-one thriving, bustling Exchange Buffet restaurants are a living testimonial to the power of faith in the commercial world.

One is tempted to conclude that *honesty* is not the best policy. Rather, *belief* in honesty is the best policy.

FOR every unsatisfactory business or financial condition under which you are suffering, there is a corresponding fault in the logical sequence of your ideas. Every act, good or bad, has its roots in thinking. Thought habits especially tell the tale. Therefore, run through these, examining every part and detail. Learn, if possible, just where your thinking is loose, disjointed or negative.

First, clear the ground. If you were going to build a house, you would proceed to remove the debris and the other non-essentials lying in the way. Success or failure is never a thing in general, but always something in particular.

For instance, let us say that your business is salesmanship. You remark to me that you get along easily selling but you are a poor collector. "A poor collector"—that is rubbish in your mind and lying in the way of a sound mental structure of salesmanship. "A poor collector," you say, glibly and with evidence that this destructive phrase has worn a smooth path in your nerves.

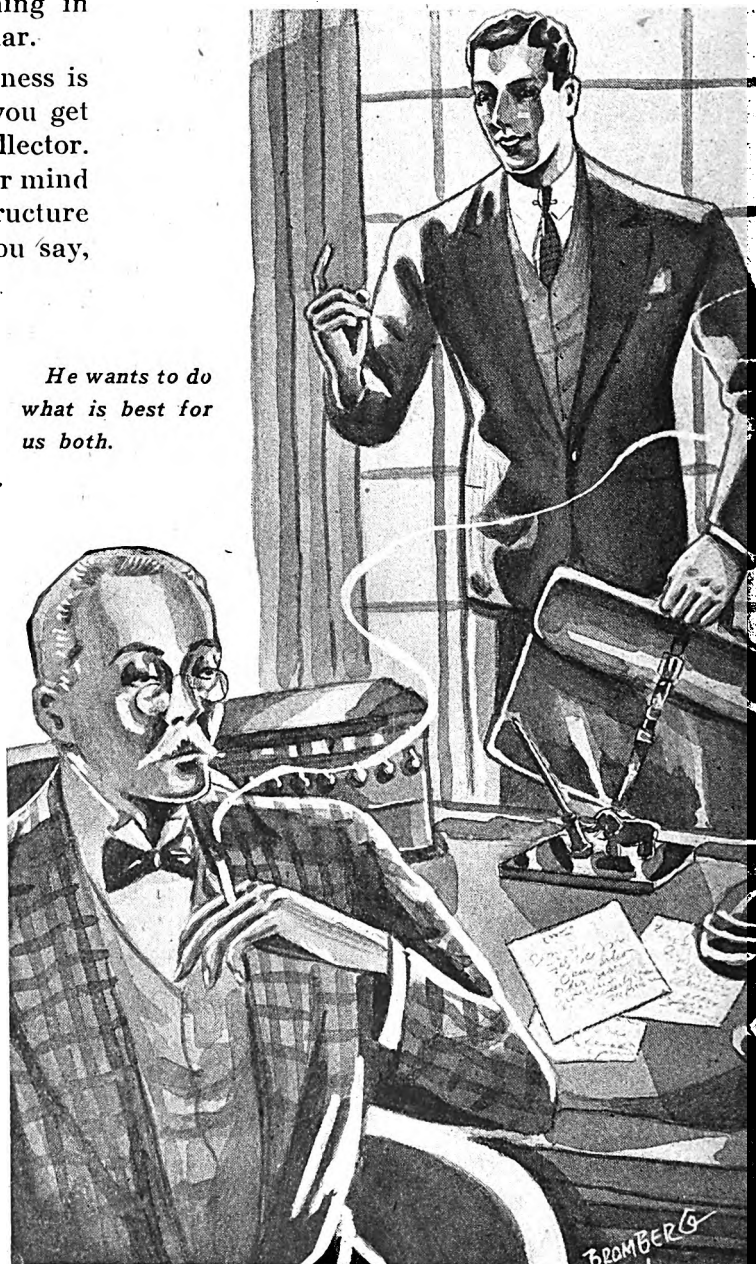
If you say it you think it, and you think it habitually, that will certainly make it true. Now fill that impoverished gap with a phrase of the other character. "I am a good collector." People like to pay me what they owe me, for they realize that works toward a mutual benefit. . . . If everyone were a poor collector, then all debtors would be poor pay and business would suffer serious demoralization as a consequence."

LEARN to think in such phrases as the foregoing. Regard it as both a duty and a pleasure to collect from others what they owe you. Think how your neglect of the matter may contribute to their weakness as well as to your own inconvenience. Drop such words as "bad pay," "poor collector," and "I dislike to ask people for money," entirely out of your vocabulary. You owe it to other people to collect from them what they honestly owe you, and you likewise owe it to yourself. Do you not see that by kicking out of your mind the habitual loose thinking in regard to the payment of just debts that you will thus tend to square those obligations?

"I make enough money and receive enough income to put me ahead, but somehow I don't

get ahead," I hear you say. Find the spot where the leak is located. Trace your income for a week or two and see precisely where it goes. One bad move or a single false stroke may cause all the trouble. Find this enemy, construct a sentence to take the place of the one secretly or subconsciously contributing to the error, and perhaps the whole affair will be changed for the better. Something, somewhere along the line of your routine business thinking is disjointed. There is a corresponding nerve habit

*He wants to do
what is best for
us both.*



which makes the error persist. But after you have found the exact spot and repeatedly phrased the corrective idea, the weakness begins to disappear.

"I never had much business ability. Have

never expected to make much of a success of anything." Here is another old familiar thrift killer which itself needs a doze of chloroform. Business ability is always highly specialized. Not even the best of us would make a success of everything. Where others succeed you would likely fail, but failure is no more general as a characteristic than is success. So long as you believe in your general lack of ability of course the error will persist, and you will not even examine yourself for possible strength. It is this bad habit of thinking yourself weak in all busi-

ness capacities that I especially wish you to attack and throw out of the way as mental rubbish.

once I have induced you to give up the habit of thinking of your supposed general weakness. "I have tried many things, but somehow I have never been lucky in business. Where others succeed, I would be sure to fail. It's my fate." Another old sick "friend" here wheezes out his complaint. Do you recognize him? If you do, if you are the guilty one, your error is a reflection on your intelligence. You are very stupid indeed, never having been fully awake. But, serious as it is the joy-killer that it has always been, this old joke about luck is easily put to rout.

Remember that "luck" is merely another name for something unnoticed as to its details. Nothing happens by chance but every occurrence, large and small, is in response to a law. Every hair of your head is numbered. Not a sparrow falls but some great law is exemplified.

Your first duty in dealing with luck is to learn that it is a mere phantom. It is your belief in it which does the damage. Pick up an instance of some one's so-called "good luck," and you will merely find that he was usually dealing with knowledge of facts and details which *you* did not possess. Pick up an instance of your own so-called "bad luck" and close scrutiny will convince you that almost certainly you were dealing blindly and unwarrantedly.

The business world of today is so conducted that mere guessing or "luck" simply will not work sufficiently to pay for any length of time. What I therefore wish to accomplish at this point in the discussion is that you must give up the idea of winning by luck or chance and go to work trying to win by effort or merit.

You can afford to look carefully into every business venture or deal before taking it up. A few errors may follow even this method, but at least slow-going success is certain to be your reward. Every man who, for any length of time, makes it his business practice of getting something for nothing invariably winds up with nothing for something, and something in the nature of a very heavy loss.

Now for the positive side of our interesting self-improvement in thrift and business success. Instead of thinking "poor collector," you now have a sentence or a phrase or a system of definite ideas which you run through your mind as preparation for precisely the sort of collecting which you are required to do. Thus, by bringing the matter down to a fine point of affirmation or autosug- (Continued on page 62)

No Head for Business Is This Your Complaint?

by

**WILLIAM A.
McKEEVER, Ph. D.**

Somewhere there is a vein of strong business ability in me. I will search myself through for it. And having found it, I will put it to work earning my bread and my increase. Destiny gives every normal person at least one able business capacity. Thus you reason with yourself, while you run through your possible talents and discover—let us hope and expect—some overlooked quality. Indeed, I shall have no misgivings about your finding this hidden genius

Focus Your Mind!

Concentration Develops Power

CONCENTRATION means focus; the complete centering of the mind upon one thing. You've perhaps seen a snapshot where you appear in one corner, or not in the picture at all above the watch-chain? Bad focus! The average fellow can't focus his mind. He doesn't have a clear mental picture of what he wants, and he can therefore direct his attention and energy along one line only for a very short time.

The sun's rays don't usually cause fire, but make them converge through a convex lens, and they will set paper blazing. The hypnotist demonstrates the power of concentrated thought by having his patient visualize intensely one spot on his back until blisters are produced. By focusing our mind on one thing we can likewise command irresistible mental force.

Napoleon could sit amid the inferno of cannon quietly mapping out a campaign, and, when he wished, would coolly turn over and sleep. Splendid achievement of concentration! "*Napoleon* could. That's just the point," you say. "We are not Napoleons." But Napoleon didn't make concentration; concentration made Napoleon. . . . By learning to concentrate you can gain the things you desire.

Perhaps you wish to raise yourself from the mob of timid, shiftless, undecided weaklings? Do you desire promotion? Then ask yourself the questions below. Go through the exercises faithfully, and repeat the suggestions in the confident expectation that this wonderful instrument can be yours.

Concentration is the power of leading back a wandering attention. It is acquired by discipline. Will power is the schoolmaster which drags back the truant thoughts into focus. The ability to concentrate grows steadily through the accurate performance of a system of mental exercise.

I know a man who has a three-fold rule of action to which he attributes much success. "Have a clear idea of what you want to do," he asserts, "visualize it, keep it steadily before the imagination, then put it into action, holding to it with the tenacity of a bull-dog." He is a living example of concentration.

Of course, all this means a driving force behind the scenes. My friend is a man of strong desires. We do desire whole-heartedly to concentrate so that our life will spell success. This desire is measured by the honesty with which

we do our exercises. And we must look for small successes before great ones. The principle to remember is the persistent calling back the mind to its job. This, aided by the exercises below, will ultimately make concentration a pleasure.

Can you answer "No!" to these questions?

1. Are you in the habit of going back to see whether you actually locked the front door, or not?

2. Have you a truant mind? Can you concentrate easily on some problem only when you ought to be at some other task?

3. Is your lack of concentration spoiling your memory? If so, rouse yourself to the need of doing concentration exercises.

4. Are you a day dreamer? Are you continually seeing rosy visions of tomorrow, while today's opportunities pass?

5. Have you one thousand brilliant schemes for success, and fail to devote yourself to any one?

TRY these exercises. What you get *out* of them will be in direct proportion to what you put *into* them.

When suffering from an attack of mind-wandering, get a pencil and put your thoughts or problem down on paper. The physical act of writing assists thinking, and is a most convenient and useful method for concentration training.

Make up, and repeat backwards and forwards, lists of words connected together by association. This exercise strengthens the nerve centers and improves memory! Bow—arrow—pierce—hurt—feeling—wound—soldier—gun.

Bacon said, "If a man's mind be wandering let him study mathematics." Substitute a mathematical puzzle, a competition, a game of chess, or even a good detective story.

Check the mind's habit of aimless reverie. If your mind is tired, either do some physical exercise or recline comfortably and sleep. The habit of sleeping at will for even a few minutes each day is one of the greatest sources of mental vigor and concentration. Many of the world's outstanding men have possessed this ability and have attributed much accomplishment to this habit which reinforced their strength and endurance. Fortunately this can be cultivated.

by **PATRICK McKINNON**

Polygamous Man Grows Up

by CYRUS BERNSTEIN

"THE male of the species is the aggressive hunter. It's difficult, if not impossible, for him to drop off his polygamous impulses. That's why I don't believe in marriage. It's unnatural—tying a man down to one woman."

Robert S., who said these words, had been a friend of mine over a period of years. He was a quiet, middle-aged man with no eccentricities of thought or conduct. He always accepted conventions and behaved accordingly. He was married, had three children. I feel sure that infidelity had never entered his conscious mind.

Yet he was declaring his disbelief in one of the most fundamental of civilized relationships. All civilized peoples regard marriage as the ideal. Monogamous marriage is held in higher repute than is polygamous, but everywhere marriage is recognized as essential.

But my friend was saying that marriage was unnatural. What made this attitude all the more interesting was that he, like so many others who hold similar opinions, was basing his conclusions upon a mass of misconceptions and commonly held errors.

Most people who have not examined the question very critically have the naive belief that the present system of marriage arose from a preceding order of promiscuity. Primitive man, they think, had no permanent mate. Matings were haphazard, were promiscuous. Like the Phoenix of old from the ashes, the present system of marriage arose from such a social order.

SUCH a belief sounds plausible. It parallels one's fixed notion of order from chaos, of the higher from the lower, of the planned from the haphazard. The Bible contains the narrative of the Creation, with the primordial homogeneous mass giving rise to differentiated, perfected structures. The evolutionist portrays his scenario of the life-drama with a procession from the simple to the complex, from the imperfect to the perfect, from the lower to the higher. And in like manner, the average man thinks that the system of marriage must have arisen from a system of promiscuity.

Such a belief contains subconscious confirmation that the

average man really recognizes the superiority of marriage and incidentally of monogamy. He believes that the present order, being superior, must have descended from an inferior order of haphazard promiscuity. That notion is contained in his subconscious. His conscious mind, however, seeks to justify his polygamous urgings by rationalizing that marriage is an unnatural state.

This notion, like so many others reasoned out "on paper," has absolutely no confirmation. The human race apparently has always regarded marriage as a vital institution. Folklore, religious legend, national tradition lend no assistance to any view other than that marriage has always been the conventional state. Always the family is a definite social unit.

Further, no primitive peoples that have been studied by the anthropologists display promiscuity as a regular feature. Many isolated tribes have been the subjects of extensive research, and always comes back the answer: marriage is the rule.

The notion, then, that marriage is a late development of man's social instinct is definitely discarded.

A more serious charge is that marriage is "unnatural,"—that it is a straight-jacket inflicted by man-made civilization. Here again observations belie the all-too-neat conclusion. Not only do primitive peoples of today and previous centuries practice marriage without the presence of civilization as we know it, but animals, who certainly never "heard" of civilization, often do the same.

When Westermarck wrote his immortal work on marriage he entitled the book, *The History of Human Marriage*, because marriage, even though without registration in city halls and officiation by clerks, does take place in the animal kingdom. Westermarck points out that neither the flesh eaters, often living in families, nor the grass eaters, usually gathering in flocks or herds, are promiscuous. The flesh eaters are

frequently monogamous or mildly polygamous, even though particular unions, it seems, seldom outlast one season. The grass eaters, such as wild horses, donkeys or



buffaloes, while scorning restricted family life, are yet not promiscuous. The conditions here are more like those of a male sex-lord with his harem of females. Elephants who go about in herds are monogamous: to each male his female. And even those primitive tribes who practice polygamy as part of their marriage institution have elaborate rules restricting the selection of mates.

THERE are reasons for the universality of marriage. It is essentially a protective device for the wife and children. Marriage is not necessary among the fish. The female deposits the eggs along the sea-bottom. The male fertilizes the egg with his milt. The eggs hatch without any parental care. The female is not disabled, and the eggs when hatched are merely miniatures of the adult. There is no incapacitation. Other animal forms display great disability of the female during pregnancy, and a corresponding period of helplessness on the part of the offspring. During this period protection is needed, and this is afforded by the male.

The human animal has one of the longest periods of gestation. The human mother carries the unborn child for about 280 days. And add to this interval of nine months the succeeding period of about twenty years until the human being is able to compete with the world. There is nothing quite so helpless as a newborn babe. For him and for his mother who must devote her time and energy to him was marriage intended.

Westermarck, in *The History of Human Marriage*, explaining why certain animal species male and female remain together not only during the mating season but till after the birth of offspring, says: "They are induced to do so by an instinct which has been acquired through the process of natural selection because it has a tendency to preserve the next generation and thereby the species. This is shown by the fact that in such cases the male not only stays with the female and young but also takes care of them. Marital and paternal instincts, like maternal affection, are necessary for the existence of certain species."

Destruction of Marriage Unnatural

To destroy the institution of marriage would be a most unnatural act, for it is against every best interest of the mother, the child, society, and the race in general. Marriage is a protection for the wife and children. Just as truly, it is a disadvantage for the husband, although there are thrown in various psychological sops. Someone defined "monotony" as the state "of living with one woman," but the fact remains

that marriage and monogamy are the mainstays of our civilization and must be maintained.

History has repeatedly shown that when the morality becomes lax the race suffers. The decay of a social order is caused by, or is in any event a concomitant of, the loosening of the matrimonial ties.

There is, however, a mental conflict waging in the subconscious mind of every man. His nature dictates that he be attracted to every woman; it also dictates that he restrict his attentions to but one. *Biology* says that he should notice them all; *sociology* says that he should forsake all but one.

This conflict is not so complex as it first appears. The adolescent boy is imbued with a sexual hunger toward all members of the opposite sex. If the male did not hunger for the female, and the female for the male, the race would perish. But as he grows older his interest usually focusses on one individual. This is natural; this is necessary. Polygamy is a means of keeping sexual ratios equal, and also is occasionally a religious measure to keep the blood-stock healthy by bringing in outside strains. But essentially, monogamy is the only genuine sort of marriage. Polygamy, especially polygyny, besmacks too much of the property concept, and that certainly would never go in our enlightened age.

Polygamy an Impossibility

From the psychological angle, polygamy is an absolute impossibility. There can never be more than one "true" love at a time. Polygamy reduces the entire marital conduct to a sheer sexuality, devoid of all the finer elements.

When, therefore, my friend makes such statements as heads this article he is forgetting several things. A man's psychological structure is such that he is fully compensated for his loss of liberty by the self-aggrandizement of establishing a family. The man wants to settle down after his initial period of experimentation and exploration. And he *can* get rid of his polygamous impulses by recognizing them at their face value.

Polygamous impulses are adolescent, are reversions. For an adult man to be attracted to every pretty face is an infantile regression. To continue the chasing stage throughout life is to maintain a level of childish behavior. We all have to grow up, and settling down is one of the signs of growing up. A real wife is a mate, companion and partner, all in one. The man who looks elsewhere for any of these wifely contributions is but a child. He is separating the psychic and physical (*Continued on page 63*)

In The Psychologist's Office

Part II: A New Approach to the Cure of the Mentally Distressed

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



WITHIN the last year a European physician discovered by accident the "insulin shock treatment" for dementia praecox cases. The purpose of this treatment, although physical, is to break up the disposition of the neurons, the old habit entanglements of the mind. It is to blot out the patient's diseased memory.

A young woman was brought to me about six months ago. She was twenty-two years of age. She was violently insane. I diagnosed her case as dementia praecox. Through her brother I traced the history of her illness back to her tenth year. She was considered a model child. She was over conscientious. She would give up any pleasure to serve her parents. She was an excellent student and graduated with high honors. She became a stenographer. In her work she showed the same over-conscientiousness and the same sensitiveness. If her employer said the slightest thing, even during the depression when jobs were hard to get, she would resign her position with the assurance that she would get another one. I mention this to emphasize her high degree of sensitiveness.

Her history showed that she was sensitive, stubborn, willful and high-tempered. On the other hand she was over conscientious, egotistical and shy. She showed peculiarities of behaviour that set her apart from normal, healthy minded children. In the last two years she began to imagine that people were talking about her in the office and that people laughed at her. Because of this she resigned one position after another.

Then one afternoon, coming from work on a subway train, someone asked her for the time. Then she fancied that she heard someone say two dollars. To her, the words constituted an inference that she was a woman of the street. This highly excited her. She began to go to psychiatrists with no relief. She grew worse. She could not get the incident out of her mind. Every now and then she would, when walking along the street, hear the hateful reference to

"two dollars." It was as if a person had spoken directly to her. Even the sound of the words and the intonations of the voice were as if someone had spoken. She would look around to see if she could detect the person that had spoken those words. Then suddenly it seemed as if a chorus of people were shouting "two dollars" at her. Night and day she could hear people shouting "two dollars." She became frantic, wild. She broke down the door of her room trying to escape. Her brother and sister sat up with her night and day holding her. In this violent maniacal state she was brought to me. She was laughing all the time—uncontrollable laughter. I put her in the Park Avenue Hospital and gave her the "insulin shock treatment."

THIS case was so interesting that at least a dozen of my medical colleagues came to see her. Even those who had had experience with the "insulin shock treatment" did not believe that anything could be done for her. Her treatment began with ten units of insulin, increased by ten units each morning until she went unconscious. It took one hundred and thirty units before this patient went into an unconscious state. She was unconscious each morning for five mornings. Then an unlooked-for event occurred. She went into violent epileptic convulsions. These convulsions kept up all day. Of course she was given glucose injections. In the evening I did a lumbar puncture and drew off some fluid from her brain. The convulsions disappeared.

Then she suddenly changed her personality. Her memory was blotted out altogether. For eight days she had no memory whatsoever. Then a slight evidence of memory began. She began to recall the names of her childhood friends. A few days later she would repeat new sentences automatically. Like, "I am better .", "I am well." and kept repeating these sentences over and over again. She did not recognize the doctors or her nurses, but in a week or so she was (*Continued on page 59*)

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.

Story of Mental Medicine

Beginning in the July issue of Psychology, Dr. Chamberlain has traced the history of many centuries of mental medicine. This is the fifth of the series.

“DISEASE and its power over life, its curability, are all embraced in our belief.”

Phineas P. Quimby, who often has been mentioned as the father of metaphysical healing in America, said this. The son of a blacksmith, with only the educational advantages that were to be had in a small New England town, in the early part of the nineteenth century, this leader of thought was destined to have a tremendous influence throughout the metaphysical healing field.

Born in Lebanon, New Hampshire, February 16, 1802, Quimby spent most of his life in New England with his home at Belfast, Maine. From the accounts of this man, he seems to have had a speculative and visionary tendency rather than the scientific attitude. He was an inventor but not a student of books and took no interest in the scientific texts of his day. Neither did he study philosophy or have much interest in the church. He was intensely interested in phenomena, and is described as being interested in the demonstrable and practical only.

He became particularly interested in healing, after experiencing a self-cure that took place after the regular physicians had declared him hopelessly ill. From being an invalid he returned to vigorous health through very ordinary hygienic measures and thereafter mental healing intrigued him.

It was in 1836 that Charles Poyen, a Frenchman, brought mesmerism to America, and through a Dr. Collyer was invited to lecture and demonstrate the theory at Belfast, Maine, in 1838. This started Quimby to investigating mesmerism, with the hope that he might find in it the explanation of his own health. He had become an avowed enemy of allopathic medicine from having almost sealed his doom by its ministrations.

Two years later, Quimby began to give public demonstrations of mesmerism, including some phenomena that he decided were clairvoyance. He used a young man, Lucius Burkmar by name, as his suggestible subject and Lucius acted as the medium, diagnosing the disease while ostensibly in a hypnotic sleep. Quimby finally became dissatisfied with this method of diagnosis and decided that Lucius' opinion was not par-

by

**DR. CLAUDE
WILLIAM
CHAMBERLAIN**

ticularly reliable. So he gave up the use of the hypnotic subject.

The discrepancy between the average physician's diagnosis and the actual state of a person suffering from disease gave Quimby the idea that disease was "a deranged state of mind."

"It (disease) is embraced in our belief," he said, and continued: "Some believe in various remedies, and others believe that the spirits of the dead prescribe. I have no confidence in the virtue of either. I know that cures have been made in these ways. I do not deny them. But the principle on which they are done is the question to solve; for the disease can be cured, with or without medicine, on but one principle."

While one may find many fallacies in Quimby's philosophy, as a whole, he has suspected the power of suggestion, or something similar, and he used little else in his later therapeutic work. He was opposed by the entire medical faculty, and ridiculed by nearly all other people, except the ones he healed. He finally located in Portland, Maine, where he practiced healing and among the best known patients who came to him may be mentioned: Julius A. Dresser, Mrs. Mary A. Morse Glover Baker Patterson (who later became Mrs. Eddy), and Reverend W. F. Evans.

Mr. Dresser became well known in the field of New Thought, Mrs. Eddy founded Christian Science, and Reverend Evans became a philosophical writer and investigator in early psychoanalysis.

Quimby died in 1866 at his home in Belfast, at the age of sixty-four . . . influenced many investigators to study along metaphysical lines.

* * * *

Rev. W. F. Evans, who came to Quimby from Claremont, New Hampshire, in 1863, was cured and became so deeply impressed that he took up the study and practice, encouraged by Quimby. Evans devoted much of his time to writing on the subject. In his book, *Mental Medicine*, published in 1872, he gives these views of Quimby's principles that he had accepted:

"Disease being in its root a wrong belief, change that belief and we cure the disease. By faith we are thus made whole. There is a law here the world will (Continued on page 52)

Backward Student

by MARION FRADIN

TO Emily the schoolroom was a terrible place. She feared her teacher, Miss Nelson. She had antagonism toward her classmates because she felt they didn't like her. She always wished she could be some place else and never had to come here.

Emily was not a happy child. She was a slight, tense, poorly dressed little girl, extremely thin, with heavy, dark hair. She always wanted to hide herself.

On this afternoon Emily felt unusually nervous. It was history time, and teacher was settling herself before her desk. Teacher always asked questions when she settled herself like that, and Emily's heart sank. She felt she must hide herself so teacher wouldn't notice her and wouldn't call on her. Not that Emily had not prepared her lesson; she had. But she was afraid to stand before the class. Every time she stood before the class she became flustered, and she didn't seem to know what teacher wanted from her.

Yet Emily tried hard to study. When she wasn't conscious of it she even loved to read. But frequently she would become confused, and get no sense from what she was reading, like last night, because her mind would begin wandering and she'd begin pretending and imagining.

She could hear the alert voices around her. Each time teacher delivered a question, Emily'd beseech God frantically not to have teacher call on her, and when Miss Nelson called on someone else, Emily'd be relieved, but would glance anxiously toward the clock.

But then there was Miss Nelson staring directly at her. Oh, oh! Miss Nelson, look away! Don't look at me! Look at someone else, please. Oh, dear God, dear God, don't let her call on me! Please, God, don't let her call on me!

Miss Nelson called her name.

"Emily," she said, "Who said 'Give me liberty or give me death'?"

Emily in fright hung her head.

Miss Nelson repeated her name more sharply.

"Emily, stand up."

She knew she must stand up. Yet this was something Emily found extremely difficult to do. She knew just how the kids would stare

at her. She didn't want them to stare at her. She hated them.

"Emily! Stand up!"

She rose obediently to her feet, clinging to her desk.

Teacher questioned: "Why do you clutch your desk? It won't run away."



She could hear the alert voices around her . . . Miss Nelson was talking . . . now she was turning . . . she was staring directly at her . . . Emily hung her head . . . she was making a frantic little prayer . . .

There went her pet giving a laugh. That's why he was her pet; he always laughed at her jokes.

"Well," said Miss Nelson.

In consternation Emily scanned the floor to find the answer to teacher's question. She knew she wasn't thinking; but she couldn't make herself think.

"Weren't you listening?" demanded teacher. She repeated her question. "Who said 'Give me liberty or give me death'?"

Teacher and the class waited.

Emily lowered her head. Teacher informed her sharply that she wouldn't find the answer on the floor. When teacher said this Emily felt tears rushing to her eyes.

Miss Nelson was exasperated.

"Didn't you study your homework last night?" Emily nodded; yes, she had.

How long?

(Continued on page 55)

The Mind and the Voice

by FERDINAND DUNKLEY

WE hear of applied psychology in many fields of activity. Will it help the voice?

Mind, in the form of the individual's subconscious mind, has to be called upon to operate the physical vocal organ to its best advantage, understanding of the formulas to be used being a necessary part of the call of the conscious mind.

We hear much poor singing and poor public speaking. Apart from innocence of any attempt to train the voice, there are two major reasons for this: First, failure to realize that control of the voice is a mental operation. Second, ignorance of the way physical actions in voice production must be directed mentally.

There are also many minor causes of imperfections in speech and song. These, however, are not difficult to remove if the fundamental conditions are correct; but, without the proper foundation, some of the minor defects are incurable.

The first law of voice production is obedience of the vocal organ to voice thought.

Obviously this means that first there must be thought before there can be voice. Consequently, "as a man thinketh" (vocally), so is his voice.

Subconscious Mind the Agent

In voice production, as in every other human action, the subconscious mind is actually the agent in the performance of the action, whether the action has or has not been ordered consciously. Usually the subconscious mind has to be trained to the action very intensively by the conscious mind—not necessarily the will, for many habits are formed in the subconscious through cognizance by the senses, without any definite effort of the will.

Until the subconscious mind is trained along the line of the particular activity concerned, its performance of the required physical action is more or less primitive, faulty, incomplete. Exception to this may be seen when, occasionally, the subconscious mind is controlled by genius. Then, the tedious training is almost or entirely unnecessary.

It is well understood by psychologists that the subconscious mind does not reason. Without a murmur, it accepts any instruction, wise or foolish, given by the conscious will, or through the senses. How important, therefore, that the training of the voice shall be through right thinking.

Voice is produced by a wonderfully complex and delicately adjusted instrument. This instrument must be put in the right condition to be played upon. Being animate, only the subconscious mind can put this human voice-instrument in either correct or incorrect condition to be played upon as the fancy may direct. Indeed a complex problem! Let us examine it carefully.

The subconscious mind has to produce tone with an instrument which it should itself have previously properly conditioned—all this in obedience to the desire and commands of consciousness. At the same time, and this is most important to remember, the conscious mind has absolutely nothing to say about the details of the subconscious mind's work. For while the conscious mind may know very minutely the physiology of the voice, it knows nothing of, or at least it can have no part in, subconscious operation of the voice mechanism. The moment there is any attempt to dictate to the subconscious mind how it shall perform its operations, there is interference with its proper functioning.

Reject Destructive Suggestion

Not that all the users of psychological methods know what they are about. They may give wrong suggestions, and a wrong suggestion is as psychologically potent as a right one, only it is destructive instead of constructive.

One of my pupils won a summer school scholarship under a fancy-priced metropolitan teacher. The girl did not have wisdom enough to reject false directions, and in six weeks she returned home with her voice a wreck, temporarily at least, and so hoarse she was almost unable to speak.

It occurred to me to ask her to sing one of the songs she gave in a recital prior to going to the metropolis. She sang it, and seemingly a miracle happened. During the singing her voice was clear, free from hoarseness.

"I feel all lifted up," she replied with an expressive gesture. Her face was illumined, her whole being free again.

She explained how the "great master" had told her she must think this way and that, and had illustrated his meaning with a gesture. But, unfortunately, the gesture was a deadly one, and had acted like a hypnotic pass. It had "set" her in a rigid state, in which state she had

worked during the remaining weeks of her study, and almost ruined her voice.

Almost instantaneous relief from the hoarseness had been obtained through the subconscious suggestion which the memory of her old song had given her.

What is the preliminary condition of the voice organ to be achieved by the subconscious mind as a basis for subsequent tone production and real development of voice? What thinking shall bring this about?

A preparatory amount of energy, strength, must be summoned. How shall we summon energy? By the impulse to action. A physical gesture must be made. To execute this gesture, the subconscious mind will furnish the energy.

The condition of voice for the artist speaker or singer, must be one in which he has instantly available the whole range of his voice, every

possible degree of power, from the least to the greatest, every shade and color, clear enunciation, perfect pronunciation—in short, the perfect organ, upon which his "soul" may play as feeling may require.

The whole voice may be likened to a sphere. A spherical body is the most perfect symbol of completeness. Voice must never be cut into hemispheres or fractional parts of the whole.

When it is adjusted for its highest note, there must remain in that adjustment the capacity to produce at will the lowest note, without "breaks" between; when adjusted for the lowest note, the power for the highest note must be in the organism—requiring only opening of the throttle, so to speak, and not greater steam pressure in the boiler. And all this is done by mental operation—psychology.

Don't Knock!

AN INDIVIDUAL emerging from the mass must always expect a certain amount of snarling and carping from those he leaves below him. No doubt when Venus rose from the waves the crabs and fishes made unfavorable comments on her figure, good taste, and morals. Probably the most charitable crustacean predicted that she would catch her death of pneumonia.

The adage, "Every knock is a boost," is an unmelodious statement of an absolute truth. Disparagement is admiration with a reverse twist. It is the homage inferiority involuntarily pays to its betters. It is an ineffectual attempt to bring a superior man down to the cabbage level. It is the poorest and most common of weapons, used by the wall-flowers at the country club against the pretty girl who grabs off all the nice men, by the dumb-bells against the shrewd and enterprising, by the small calibres against the big guns everywhere.

Disparagement must not be confused with criticism. Criticism is a legitimate attack on a procedure, a policy, institution, or individual. There are many abuses in the world, and it is the part of a man to attack them. The oily fellow who goes through life praising everything and never lifting his hand against anything is palpably either a fool or a hypocrite. The poet sitting on a sunny Italian hillside may really have believed that all's right with the world, but that was before eggs went up to sixty cents a dozen. But disparagement is another matter. It is, simply—as the world's people would put it—envy shooting off its mouth.

There is more idle detraction and social nagging in small towns than in the cities, not because the inhabitants of the little communities are fundamentally different from the metropolitans, but because, in general, they get less diversion. Carping is often the resort of people who lead drab and uninteresting lives. If their days were busy and full of zest they would have no time to run down their neighbors.

The instinct of good sportsmanship is always against disparagement. The world admires a good loser. A smile and few words are one's greatest ornaments in defeat. *No one has to stay defeated.* Everyone is inferior in some respects, but no one need be inferior in every respect. If you are fat and ugly, write beautiful love poems and deny yourself to photographers. Are you afraid of cats and dogs? Invent a new type of steel bridge to show your manliness. Is your business ruined? Run for Congress. The world is wide, and every man's principal enemy is behind his own shirtfront.



The Power Within

by WALTER CLEMOW LANYON

ONCE you become conscious that all power is resident within you by virtue of your ability to become one with the Father within, you come to the centre of your being. You do not have to bring this power down or from without; *you are a sub-station for it.*

It automatically flows through you as the air through the screen or light through the window-pane. The greater your faith in the power, the greater the manifestation of the power—*not* that you increase the power by manifesting it, but you become more aware of what actually is.

All power is given unto you—remember this, for it means instant ability to set aside any condition or theory that is functioning in your life. You must remember that you came before any man-made theory; therefore you are superior to it.

The saying of Lao Tse, 6th century B. C., expresses clearly what the power is of one who knows the Finished Kingdom . . . “He who knows how to shut, uses no bolts, yet none can open. He who knows how to bind uses no cords, yet none can undo.” All doors are open to this power, for it is spiritual and unconditioned, and no condition can withstand it. The way is straight and plainly mapped out, for this power knows, and it knows it knows.

Keep constantly in mind the fact that it is the

unconditioned power with which we have to deal . . . the Father is within you, your power is unconditioned, and by allying yourself with this power all conditions in the relative world are under your dominion.

Becoming aware of this brings the consciousness of power, and, I repeat again, that we only become aware of it when we actually acknowledge that it exists and put our radical faith and reliance in it. Nothing short of “radical faith and reliance” will enable you to decree a thing and have it come to pass. You can only manifest that power which you acknowledge exists.

Get this point firmly fixed in thought, that while we speak of this power, in contradistinction to another power, we realize there is only one power, and that is unconditioned. There is no relative power that has power; it only seems to have such, by reason of misinterpretation on our part—just as truth is truth and there is no such thing as relative truth, except in the field of imagination.

* * * *

Again I say to you that the power is impersonal. Just as Shakespeare speaks of the qualities of mercy, which fall on the just and the unjust alike, so we know that this power is no respecter of persons.

The invitation is to (Continued on page 61)

A Bachelor Wants a Son

I like children.

Maybe it is because children like me, for they certainly do, but anyhow the fact remains: I like children.

Whenever I see a group of children I like to watch them at their play. I like to hear their youthful shouts and laughter. I like to watch them at their mischievous antics. I like to study their actions and to detect the threads of adult behavior in their childish deeds.

It is surprising to find how mature a little tot of nine or ten can be. And it is always a source of pleasure and amazement to me to notice that just a moment or two after the child has betrayed the wisdom of one who has lived a long time on this earth he is very likely to resort to some very childish form of conduct.

I find children exceedingly refreshing after a day of contact with grown-ups. On the one hand the children display, as I have just said, a flash of maturity which breaks the monotony of continual childishness. On the other hand I feel that I am with an "honest" person, such as Diogenes was hunting for. These little tots are too young, too unspoiled to weave their

heavy plots, to do any particular acts with a concealed purpose. I do not mean that children do not lie, for that is not the case. But they are so amateurish in their little white lies that one does not take them seriously. I do insist that when you want sincere attention without ulterior purpose you must go to the child.

I like children, I should like to have a son of my own. Sometimes in my mind's eye I see him coming to meet me—that desired son.

There need be nothing startling about that. Many people have wanted children.

But I am not married. Further, I am not a woman.

We have all read of women who took conventions by the horns and threw them out the window. They chose some man as the father

of their child. The actual genesis of the child was not important—as far as the man was concerned. The mother of the prospective eugenic baby could spend her time preparing for the little bundle of brightness which meant so much to her. The father was completely out of the picture. The woman only was concerned in the preparation for the birth.

But—I am a man. I envy those women the biological privilege they enjoy of being mothers.

The first answer that comes to mind is that I should marry. I have thought of that, but long ago I decided that I don't want marriage. In my opinion, women around the house can be very annoying. Oh, they make good mothers, of course, but it has been my observation that sometimes they are so good that they miserably spoil their children.



Sometimes I see him coming to meet me.

MOTHERS have a tendency to indulge children. A baby is a pleasure-seeking individual and wants his hedonistic impulses gratified. The mother, often against her better judgment, will yield to the little child. I have seen it any number of times, as have most other persons. If you want to talk to the "boss" of the

average family of three, you will have to talk to baby. He is lord and dictator of the house. What he wants, he gets. If he doesn't get it, or if he doesn't get it soon enough, just watch out! The neighbors will hear the loudest Indian whoop. Pillows, inkwells, bottles and other movable objects will fly about. The little "angel" has gone into a tantrum.

That is what some women do to a child. I must confess that some men are guilty of this sin, too, but on the whole, I think a man is a stabilizing influence more often than a woman. A man is rarely moved by an infant's tears. The child soon learns that a man is left unaffected by fits and tantrums. More realistic measures have to be adopted if the child wants something. He must learn how to show that he

needs something, rather than merely wants it.

As a man, I know that I would make a good father to a child. I have learned how to gauge the conduct of children. I know their moods, their expressions of joy and sorrow. I enjoy their laughter. I am sympathetic of their childish values, and would not inflict the system of values of an older world on a youngster.

One's Feet On The Ground

I would make a good father, for I would provide the child with all the necessities of life without confusing it with a lot of maudlin sentimentality. A child reared under my supervision would not develop into a wild-eyed dreamer. Imagination is one thing. It is all right to have one's head in the clouds if one's feet are on the ground. If I had a child, its every step would be headed in the right direction, with no waste motion at all. Too often I have seen lives of youngsters made useless because they were deprived of valuable, creative years that they might have had were it not for mismanagement and poor life-planning. Such would not be the case with a child under my care.

I could do all this and more for my child. Lest the child grow up one-sided, as are so many people today, he would have a few well-chosen hobbies. He would learn to play a musical instrument. He would understand painting, sculpture, and the other fine arts. He would understand the mechanics of poetry, and, if he chose, could practice writing poetry to his heart's content. Baseball, football, swimming, fishing, and all the other sports that boys love so much would all be a part of his merry little life. There is no better preparation for a serious manhood than a thorough acquaintance with the sports. They provide a release for the competitive instinct, and also afford an opportunity for the development of the muscles. Further, they teach valuable lessons regarding the spirit of good sportsmanship.

I could do all this for a child. But I don't want just *any* child. I want my own. It wouldn't do for me to adopt a child. That would take away the real zest of the whole thing for both the child and myself. I know that I would like a child even if I did adopt him, but I think it better by far to have one of my own.

I am not of bad physical heredity. I don't know of any skeletons in the family closet, although scientists tell us that there isn't any family without them. But the fact that I don't know of any proves that any taints in my blood

must be a distance far removed. I am healthy, and have no defects.

Mentally I think that the world would be the gainer if I possessed a child who inherited my traits. I have long been contributor to the welfare of society in my own small way. What each of us has to offer mankind in return for our stay on earth is a question for the philosopher, but as such things are rated in the world as it is, I think I may say that I have made my mark. I earn a good living for myself and I am fairly well liked and respected in my business circles. Perhaps my exact niche in society can best be evaluated by revealing that there have been several instances where advantageous marriages were planned for me by very wealthy and prominent men who wanted their daughters to win my affections. I have managed, however, to escape the ties of matrimony.

And so I find myself almost back to where I started. I love children. I don't want to marry. I don't want to adopt a child. I know that I would make a good father and that a child under my supervision would become a valuable member of society. I know that I have traits that ought to be perpetuated. What shall I do?

I have given much thought to the matter of a eugenic child. I have considered it from every possible angle. I know that I must consider the child's station in a society still hemmed in by tradition and convention, but even more must I consider the child's emotional development.

There is a girl. . . a girl of good character, fine breeding and excellent education. She is beautiful and charming and talented. The first time I saw her, I thought, "There is a girl who would make a fine mother for my child." I managed to obtain an introduction to her and I have seen her often since then. I can find no flaw in her personality. The oftener I see her, the more convinced do I become that she is quite the superior of any woman I've ever met.

But at this point I may as well make a confession. I have been placed in the fiction-like position of growing fond of a young woman because of a child that does not yet exist. Yes, in convincing myself that this woman would be a good mother for a child of mine, I have sold myself the idea that she is different—that she might even make a good wife.

Mind you, my reason still tells me that I am wrong about it—that I should remain in single blessedness as I had planned. But I'm almost certain that reason will not triumph and I'll end up, no longer a bachelor, but a willing victim to convention. Can it be that unconsciously I've been bitten by biology?

Candid Camera Cure

LINDA WHITE sighed despairingly as she stood looking down at the young man sprawled on the davenport.

What *was* she going to do!

Brushing the hair back from her forehead with a distracted gesture, she crossed swiftly to a window and threw it wide open to the cold breeze. The room reeked of alcohol, and she stood gratefully taking in deep breaths of the invigorating air.

She was a pretty woman, young, but with plenty of character in the wide, gray eyes, and firm lips and chin. But this morning there was a dejected droop to the shoulders, and a worried line between the dark eye-brows.

What *was* she going to do about Jim!

They had been married just three years. Their baby boy, Junior, was a year old,—and an adorable, healthy youngster. Jim was the junior partner in a well-known law firm and had been doing very well. They had a charming house and an interesting circle of friends,—in fact, they had had everything to be grateful until—

About a year ago he had started drinking. Not much at first—just a few cocktails with friends, but gradually the habit had grown on him. . . .

If only he could see himself now as she saw him now! Face flushed, clothes rumpled and soiled, collar torn open, hair dishevelled, with fine beads of perspiration glistening on his forehead. A sorry sight! How she wished there was some way of making him *see* himself as he was at these times.

A FEW nights later she and Jim were entertaining guests in their attractive basement, furnished as a recreation room, with billiard, ping-pong and bridge tables. There, Jim had fixed up a screen for their moving picture machine. This outfit had been Jim's gift to her the previous Christmas, and it was their pride and joy. What fun they had had with it! Through the summer it had gone with them to the beach, on picnics, and in their pretty garden it had reproduced faithfully many happy and also hilarious times. There was nothing they liked better than to reel off these intimate pictures for the amusement and entertainment of their friends.

On this evening there was much laughter and "wise-cracking" as scene succeeded scene on the screen.

"O, there's Junior again! Isn't he the cutest thing! O, there's Jim! Doesn't he look just too dignified for anything? . . . Where did you get the hat, Jim? Hey! take your arm away from that woman's waist! That isn't Linda!" And so on, amid peels of laughter.

Suddenly a voice out of the darkness. "O, is that *me*? How perfectly *terrible* that dress looks! O dear, if only we could see ourselves as others see us!"

Linda, sitting next to Jim beside the machine on the table, felt the blood rush to her face, and she stiffened in her chair. The solution to her problem! She felt again that surge of rebellion as she had looked down at her young husband sprawled on the davenport. "*If only he could see himself as he is now,*" she had said. Well, here was her chance. Would she have the courage to do it? Dared she? And if she did, how would he react to it? She dared not let herself think any further, but steeled herself mentally. She would!

A few nights later found her ready. Jim had not returned for dinner, so she was forewarned, and at midnight, when she heard his key in the lock, everything was in readiness. Amelia, her maid before her marriage, and devoted to her, was in charge of the concealed camera—the radio was turned on that it might cover the slight noise made by the machine, and the maid had her instructions to keep on winding, no matter *what* happened.

Jim was in an ugly mood, and met her "Hello, dear," with a sullen look. He was flushed and untidy, and there were streaks of dirt on his cheek and on his clothes.

"Those d—— taxi drivers," he growled, trying very shakily to brush the dirt off, "they don't care if they throw you all over the sidewalk. Well, what are you staring at?"

"Nothing, nothing at all, dear," Linda spoke soothingly. "Sorry you weren't here for dinner. We had. . . ."

"There you go again," Jim interrupted her roughly, slumping into a chair, legs sprawled out in front of him. "Preaching, always preaching. Can't a fellow stay out with his friends *once* in awhile without his wife *picking* on him all the time."

He was ineffectually trying to light a cigarette, his hand shaking and weaving. Finally, giving it up with a curse, he demanded a drink.

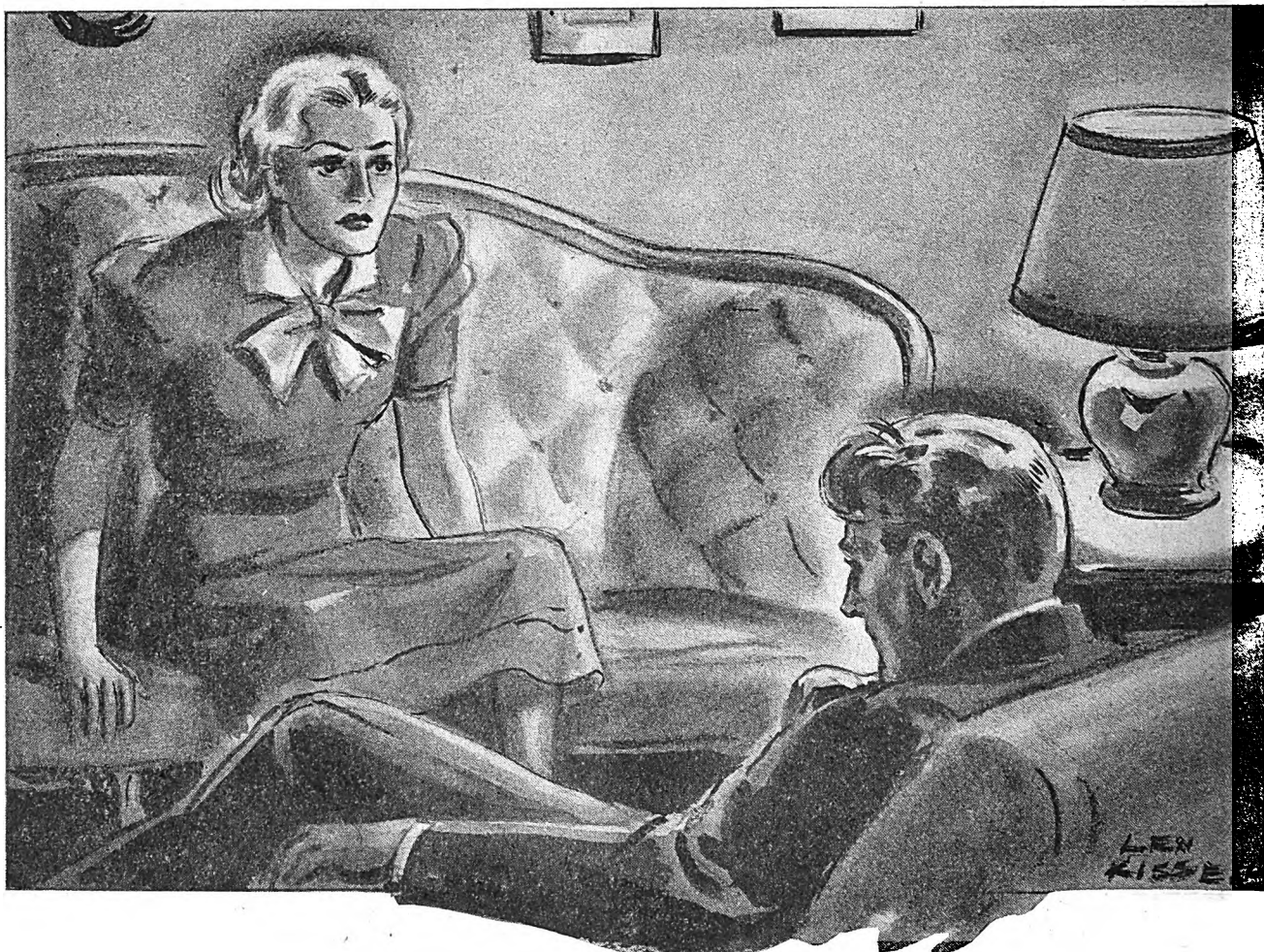
by KATHLEEN WINIFRED WELCH

ORDINARILY, Linda would have patiently remonstrated with him, but tonight, with a light in her eyes like a red danger signal, and one which would have warned him if he had been in any condition to notice it, she crossed the room, took whiskey decanter and a glass from the buffet, and, pouring him a drink, silently handed it to him.

He gulped it down thirstily, and then his mood seemed to change. Reaching out, he pulled her roughly on to his knee, trying to kiss her.

camera nearer to the sleeping man. He was sprawled out, dishevelled, flushed, every disfiguring mark showing plainly. The camera faithfully recorded every detail, and at last, Linda, satisfied, beckoned to the maid that it was sufficient.

A week later, a group was again gathered in the basement of Linda's home, watching the scenes unroll before them on the white screen. This time only a few very old friends were present. Linda had so arranged it that she was



He was maudlin, incoherent . . . she gazed upon him in despair. . . .

Linda, forgetful now of the watchful eye of the camera, and genuinely disgusted, struggled to evade him. He scowled, and pushed her away from him so roughly that she lost her balance and slipped from his knee on to the floor.

"Not good enough for you, I suppose," he sneered, "just because I've had a few drinks. Get out. I'm sleeping out here. You'll be sorry. I'll go away somewhere, and you won't see me any more." At the last words, almost asleep on his feet, he lurched onto the davenport, and in another moment was dead to the world.

Linda, still half crouched beside the chair where she had fallen and with that light still in her eyes, beckoned for Amelia to bring the

in charge of the machine on the table. She was so keyed up that her hands shook, and she was grateful for the friendly darkness. *Dared* she show those terrible pictures, so starkly true? What would Jim's reaction be? Would he smash the machine into a thousand pieces? Would the humiliation be so great that it would mean the end of everything between them? Would the sight of himself as others saw him—befuddled, maudlin, brutal and altogether distasteful—shock him into a realization of what he was drifting into?

These thoughts went racing through her mind as she sat in the darkness with Jim beside her.

How she loved him! But would his love for her and for Junior stand the test?

Junior! The thought of the child and of all that this might mean to *his* future happiness, came to her, whipping up her courage. She must steel herself, and go through with it for *his* sake.

"I have another roll here which will be a surprise to all of you," she said quickly, lest her courage fail her. She adjusted the new roll and set it in motion. She felt like ice now from head to foot, and she did not dare to look in Jim's direction.

As the scene on the screen unfolded to their gaze, and Jim was seen to walk into their living-room, unsteady on his feet—very much "under the weather"—two or three of the spectators met the scene with delighted guffaws and wise-cracks. Others maintained a rather embarrassed silence. Jim had let out a low gasp of shocked surprise, and then had apparently frozen into immovability. As the scene unreeled and the intoxicated man became more ugly in his manner, the laughter and wise cracks died away, and the silence became tense. When Linda appeared on the scene, with her husband's requested drink, there was an audible intake of breath from the audience. Then came Jim's clumsy efforts at love-making, resulting in Linda being thrown to the floor.

At this point there was a smothered cry from Jim.

"Stop it! Stop it, I say! How *dare* you, Linda?" His hand flashed across to the machine, turning it off, and for a moment the screen was blank, while those around held their breath in suspense. Every speck of life in Linda's body

seemed to have concentrated on one thought—one intense desire. That Jim, *her* Jim would awaken and see light. Then Jim's voice, tense, brittle:

"Alright. Go ahead and finish it! Let's see what happened next. Did I beat you up, or did I start breaking up the furniture?" His voice was acid. The scene continued to unwind, on to the humiliating finish, when Jim, now weeping and maudlin, threw himself onto the davenport, to toss in the lax abandonment of a drunken stupor.

As the scene faded out there was again an audible intake of breath from the spectators, then a tense silence. Desperately, Linda found her voice.

"Please don't turn up the the lights. Will you all go upstairs now. Coffee is served, and Jim and I will join you in just a moment." There was a relieved rustling as they all filed out and up the stairs.

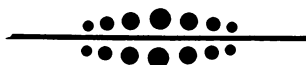
Linda felt rather than saw that Jim had slumped into a chair. She groped her way to him and fell on her knees beside him. His head was buried in his hands, and as her arms crept around him, she felt him shudder.

"Linda," came his hoarse whisper, "how can you even touch me? What a colossal, blind fool I have been! Why, I had no idea I *could* be like that! Linda, Junior never saw me that way did he?"

"No dear, never," Linda assured him tenderly, "and he never will—will he?" she asked, a break in her voice.

"No. By everything I hold sacred, no, *he never will!*" and Jim's voice rang with determination.

"I'm sure of it, dear," said Linda softly, holding him close.



Psychological Terms—Meanings

AKATHISIA—Panicky reactions when compelled to sit down.

CONSTELLATION—A group of emotionally invested ideas which have not been repressed.

CONVERSION—The process by which an emotional experience, after repression, becomes converted into a physical symptom.

DELIRIUM—A psychotic syndrome of short duration characterized by disorientation, illusions, and hallucinations.

DISTRACTIBILITY—A disorder of thought and speech in which attention is unduly distracted by the environment or by the patient's psychic dissociation.

EUPHORIA—An exaggerated feeling of well-being.

HAPHALGESIA—A false sensation of pain experienced when the skin is touched.

HYPOPHRENIA—Mental deficiency.

IMPULSION—Compulsions; acts performed in obedience to overwhelming impulses.

MISOCAINEA—A morbid dislike for new ideas.

MISOGAMY—Morbidity aversion to marriage.

NARCISSISM—Love of self; an early stage of psychosexual development.

NEOLOGISM—The invention of meaningless words—usually coined by condensation of other words.

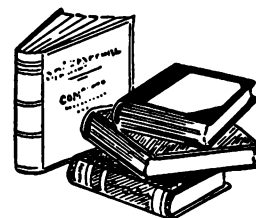
PARENTALISM—The attitude of paternal ownership of the child; possessive domination.

RECIDIVIST—Return to prior criminal habits after punishment.

PSYCHOLOGY

in

BOOKS



Neurotics of Today

WE use the term "neurotic" quite freely today without always having, however, a clear conception of what it denotes. Often it is hardly more than a slightly highbrow way of expressing disapproval: one who formerly would have been content to say lazy, sensitive, demanding or suspicious, is now likely to say instead "neurotic."

The Former Associate Director of the Chicago Institute for Psychoanalysis, Karen Horney, M. D., gives an accurate picture of the neurotic person who lives among us, in her latest book, "The Neurotic Personality of Our Time."

"A neurosis involves deviation from the normal. This criterion is very important, though it is not sufficient," says Dr. Horney. "Persons may deviate from the general pattern without having a neurosis. For instance, in the case of the artist who refused to give more time than necessary to earning money, may have a neurosis or he may simply be wise in not permitting himself to be pulled into the current of competitive struggle. On the other hand, many persons may have a severe neurosis who according to surface observation are adapted to existing patterns of life. It is in such cases that the psychological or medical point of view is necessary."

This book is addressed to the interested layman as well as to those who have to deal professionally with neurotic persons and are familiar with the problems involved.

W. W. Norton & Co., Inc.

Happiness as a Goal

WHAT is happiness? Who is happy? Is happiness an attainable goal? How often these questions intrude themselves upon the consciousness of every man and woman. In "The Road to Happiness," Charles Gray Shaw, Professor of Philosophy at New York University, attempts with gratifying success to answer them.

"Happiness," he writes, "is something which everybody takes for granted, yet it is as puzzling as truth, as subtle as beauty, and almost as difficult as virtue. We may lack knowledge of

science, have poor taste and a bad conscience, but we are quite familiar with the nature of happiness and doubt not our capacity for it."

The book is a devastating attack on pessimism and a powerful argument for faith in man. The American people are presented as brutal optimists "in the sense of something engendered by animal spirits, not marked by cruelty. It is the feeling of a spirited horse in harness. We recognize in it the zest of pioneers and revolutionists whose early moods still remain in our hearts."

The happiness envisioned by Dr. Shaw is a vibrant, abundant happiness,—the happiness of racing heart and tingling warmth, rather than the nebulous happiness of unproductive contentment.

Hillman-Curl, Inc.

"Look Eleven Years Younger"

LONG before Gelett Burgess turned "bromide" from a mere sedative to a term of good-natured reproach for listless folk, and even before he put the "Purple Cow" into all-time circulation, he had a hobby.

This had to do with pasting portraits from magazines and newspapers of persons who exemplified eternal youthfulness or unusual poise. Naturally as his enthusiasm grew and the scrap book waxed larger, Burgess, who is himself past seventy one (his friends say he looks only sixty) wanted to tell the world about some of his discoveries and conclusions.

So he did, and the result is a book, "Look Eleven Years Younger," which can well serve as a draught of Ponce de Leon elixir to the reader. Burgess jumps here and there among famous folk for his examples. Billie Burke and Helen Hayes; the President's mother and Daniel Frohman; John Nance Garner and Ruth Bryan Rhode—about these and dozens of others, Burgess unearths interesting facts.

Old age, says the author, is a matter of attitude rather than actual calendar years. Then he lists some of the senilities which wear people down—uncontrolled mannerisms, thoughtless postures, mechanical behavior patterns which hasten into old age (*Continued on page 62*)

I Changed My Thought

The writer of this very poignant little experience, we have been told, is a nationally-known illustrator who, because of the very personal nature of the narrative, necessarily must remain anonymous. . . .

I REFLECTED bitterly as I lay in my little room in Chicago, sick and discouraged on a certain May morning, about the unfortunate talent that had led me to spend a small fortune on an art education that had brought me no returns but the ability to paint a portrait that anybody could bear to look at, but that nobody seemed to want.

My art training had developed something more than commonplaceness, however, and despite commercial failure I was ambitious to the extreme.

Two years before I had rented a downtown studio, bought a Turkish rug and a Morris-chair, hung up my ivory and water-color portraits and begun a campaign of waiting for customers. I waited four months with scarcely a call at my door from anyone but the landlord and the scrubwoman. But I clung to my studio until at last I secured a few orders through an exhibition of the Chicago Water-Color Society, at which some of my work was hung.

My experiences while fulfilling these commissions were most discouraging. One ivory which I had nearly completed was cracked accidentally and quite ruined. Another, while still upon my easel, although finished, was found by a child visitor who expressed her admiration for the pretty color by licking it off. On still another occasion a rich woman wished me to paint a portrait of her in her own home. I painted it, and when it was finished to her satisfaction I sent her a bill for the amount agreed upon. She promptly returned me a counter bill for meals served me while under her roof and for the use of her automobile on four rainy days.

In short, about everything that I undertook during those unhappy months had something sinister connected with it. I was constantly haunted by the apparition of failure, and it usually materialized at the appointed season.

Days of fruitless labor and nights of sleeplessness and worry had brought me to the state of illness and despair in which I found myself on that May morning. As I stared at the dingy wall of my room I felt something of the anguish and terror that I had once seen and never forgotten, in the eyes of a rabbit driven into a cor-

ner and awaiting the death blow. And then, suddenly, I became aware of looking at something other than the dismal wallpaper over my head. It was a cheaply framed printed motto, bearing this inscription:

*You do not have to struggle,
You do not have to strive,
You only have to know.*

I had observed it a hundred times before, but the words had been meaningless to me. What had I "to know" to bring surcease from the struggle and strife of which I knew too much already? As I listened, for that is what I seemed to be doing rather than thinking actively, a strange, fierce rebellion took possession of me and forced itself to my lips in an impassioned outburst.

The prayer—if I might call it that—which left my lips that morning certainly knew nothing of creeds. It was an appeal of the unjustly condemned, a protest against the tyranny of Fate, a demand to *live* rather than merely to exist.

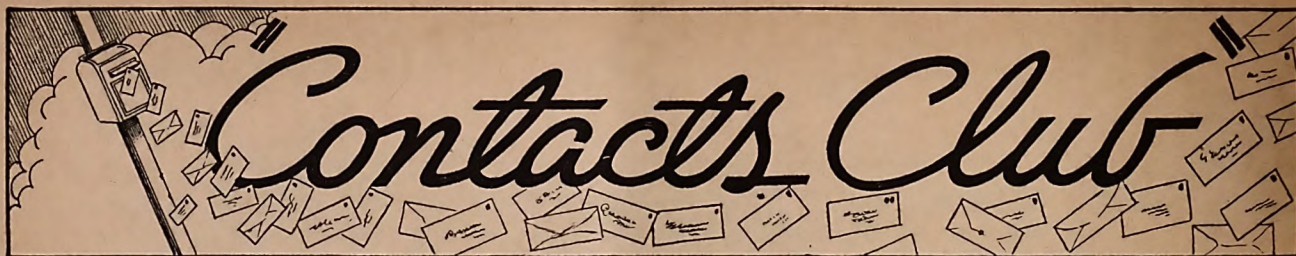
As I proceeded, there developed a confidence that my words were reaching; that I was "tuning in" somewhere, somehow. The terrible aching misery fell away from me and a great calm rested upon my turbulent soul. I found myself, in that extreme moment, sitting upright in my bed, my hands tightly clenched, my body rigid and my lips parched with the burning words of that impassioned protest.

With the reversion of emotion came a physical reaction. My feverish body was refreshed and cooled with sudden perspiration. The tense muscles relaxed and I fell over on my pillow in a healing slumber that lasted for hours.

When I awoke the afternoon sun was streaming in upon me and I felt so tranquil and well that I wondered if I had not died and if this were not the sensation (Continued on page 64)



"Little did those well-fed celebrities who made speeches and dined leisurely know how I envied them."

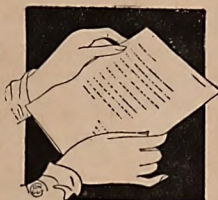


“LIFE,” a wise man once said, “is a book with a number of pages still uncut.” There are those who read the pages which are cut and they are content. They seldom look further. But there are also those who insist on cutting the remaining ones and for these rare souls are the treasures of life preserved.

So let's begin cutting the remaining pages by enjoying the exhilarating ideas offered by the members of this world-wide chain of friendship.

Dear Editor:

Surely here is the ideal outlet for souls (like myself) suppressed by a too conventional atmosphere! I have lost caste with most of my friends for refusing to conform to the “local pattern,” the predominating motif of which seems to be continuous bridge playing!



Being a lover of psychology, I have read with deep satisfaction certain articles which have appeared from time to time in your worthwhile magazine. The letters published in this department always add interest to my reading.

I am a musician who also loves books, nature, laughter; keenly interested in social problems and unwilling to compromise with “things as they are,” yet optimistic of the future.

I am hungry for exchange of ideas, theories, and experiences with sensitive, imaginative folks. At least, I'm hoping for admittance into the fold!

(Miss) M.M., North Carolina.

Your letter has been placed in the right box, Miss M.M. We hope that you will receive many invigorating replies which will help to stir you out of your “Mainstreet Blues.”

Dear Editor:

May I come into your corner
And receive friends from far and near,
And be the happy doner

Of just a little cheer,
May I come into your corner
Where blessings come and go,
I can think of nothing greater
In this old world below.
I love the out-of-doors, music,
Flowers, books (the better one's)
And travel, and best of all
The “Gift of Friends.”

(Miss) L.S., Hampshire, Ill.

We always welcome originality—and our members always respond to verse in great numbers. Miss L.S., we think, is scheduled for an overflowing mailbox.

Dear Editor:

The overwhelming desire to enlist as a member of the “Contacts Club” has situated itself permanently, and finds its stimulation in your most excellent publication, PSYCHOLOGY. It becomes obvious that such an institution as this, not only offers a charming terraine for international encounter, but breathes a cordial atmosphere of enthusiasm—destined to relieve (eventually) the political hostility now encompassing the civilized world.

I am known in my social circle for possessing understanding and a keen interest in human problems, good or bad. It would be greatly appreciated if a few members would care to commune with me.

In return, I will be particularly attentive to all who correspond, and shall exhaust all my various resources to furnish a satisfactory explanation, or solution, to all presentations.

My education and interests have pleasing variation, and are quite adequate to be indulged in the most technical correspondence. Disappointment will be mine if response is lacking.

(Mr.) D.R., New York.

Our more serious readers, no doubt, will find much pleasure exploring the realm of Mr. D.R.'s mind . . . and discussing subjects along technical lines.

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

WHAT CAN WE DO FOR YOU?

CONDUCTED BY *C. Franklin 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.



C. Franklin Leavitt, M.D.

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:—H.L.R. writes—

I have tried faithfully the usual forms of suggestion that are given by several psychologists, but still I dread meeting the situations I fear, and do not seem to create within myself a courageous enough attitude to face these fears. Am I different from others?

ANSWER:

No, you are not really different from others, except in the matter of your not fully comprehending the laws of suggestion. The suggestions you use are merely cues or pictures that you give to your subconscious self; they represent the architectural drawing in your plan of life. Thought is never complete without action, and only through strong action will you be able to materialize these changes that you suggest to self. It is not possible for one to suggest or think herself into a state where she can step out and face former strong fears without fearing, but it is through suggestion, followed by repeated action, that at last the hard thing becomes easy.

I take it from your letter that you have suggested courage but have not brought yourself to a point where you are actually facing your fears time after time. Action is the contractor and if you expect to build something real you must include this in your program.

QUESTION:—M.J. writes—

When I was a very young man I was terrified by the sound of a band. I have always had what are termed "nervous headaches", of late years. I work at top speed and am inclined to be unfair with those who fail to do so. I am ready to forgive a fault, never hold resentment, quick to resent any injustice, but willing afterward to help that same person if he is in trouble. In other words, I lack self-control, but as soon as the period of temper is passed I regret what I have done. Can you suggest anything that might help me in my fight?

ANSWER:

Your entire trouble is that you are sensitive with a highly-developed emotional side to your life, and you have not practiced control in the way you might. Instead of doing things and then regretting it, I would strive to check these emotional outbreaks right in the beginning. If you learn to handle a wrong thought when it puts in an appearance, before it becomes a feeling, you will have a much easier task before you.

Your fear of a band was simply emotion flowing through unnatural channels. For instance, a band thrills me and sends an emotional wave up and down my spine that makes me feel like following that band for miles. The direction of emotional flow is determined by one's viewpoint. If you will just learn to love a band, or any other unreasonable thing that you fear,

in place of holding the thought toward it that you do, you will find your emotion being expressed in a very different manner.

Through training I have taught people actually to love things that they once feared or even hated. Learn to control your emotional life, and I feel sure that you will make adjustments that will mean a bigger and happier life.

QUESTION:—H.E.H. writes—

I have just returned home from the mountains where I spent a very pleasant vacation and made many friends and was generally liked. Upon my return home, my trouble of not being able to make friends in the city settled upon me.

These friends I made while on my vacation are from other cities, so that helps but little now. I have considered a change of residence but that seems quite impossible for business as well as family reasons. I have a good position, some money—but no friends. Why is it that I can make friends away from home but not at home?

ANSWER:

It is all just a matter of attitude. When away you know that you will not see these people longer than for just the short stay you make, and this permits you to assume more of an indifferent attitude toward your self-consciousness.

At home you assume a different attitude.
(Continued on page 64)

First Prize Winner

LET US FORGET

Let us forget to pause and feel
 Subtle memories that reveal
 Hidden bitterness of thought,
 Oft in ego, over-wrought;
 Bitterness that clogs our way
 With a kind of soul decay;
 Like a river's dark debris
 Shutting off the great sea
 Where our souls would fain expand
 Reaching far, from land to land.
 But rather, consecrate the heart
 And choose with him, the better part
 That knows no brooding, vain regret,
 And does forget! And does forget!

*May Terry Gill,
 Abilene, Texas.*

* * *

GREATNESS

You cannot well be truly great,
 Without first being kind and true:
 For only human kindness will
 For man maintain his high estate.
 And what you really are
 Shines through;
 Is registered by cosmic glow
 In realms beyond our ken—
 The font from which all good must
 flow.

*C. M. Arthur,
 Los Angeles, Calif.*

* * *

BE OF GOOD CHEER

Be cheerful at each dawning
 Be of good cheer noon and night.
 Reaffirm your faith each morning . . .
 And everything will work out right!

Murmer not each time you stumble,
 Curse not the stone that bruised or
 pained;
 But, forgetting ache and sorrow . . .
 Give thanks for the knowledge gained!

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

* * *

NOT ALONE

I am not a seeker of fortune or fame,
 I do not care for worldly gain;
 Or either the praise of women or men,
 By flattering speech or mighty pen.

Just give me the knowledge and power
 to speak
 The words which may cause some soul
 to seek
 The higher life and find the way
 Which leads from night to Eternal
 day.

I would not, that I, alone, should
 climb,
 The path that leads to heights sublime;
 But that you, too, would come with
 me
 And drink of the spring which will
 make you free.

*Clyde Monroe,
 New York, N. Y.*

"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.

Honorable Mention

A PATTERN FOR TRUTH

A wise old man once said to me,
 "Now Truth is of Infinity.
 To show itself to mortal man
 It must have pattern or a plan.
 The Truth can only flow when we
 Can make a channel, clear and free.
 Once we becloud desire devine
 With human selfishness, we find
 That we have taken up the space
 Through which Infinity would trace
 The highway for the Truth serene,
 Then Truth glides past, by us unseen."

*R. J. Callman,
 New York, N. Y.*

* * *

ON SUNDAY

I wonder what the minister thinks,
 As one by one the audience blinks,
 Fighting against that forty winks—
 On Sunday?

Does he tell that sprightly anecdote,
 As those symptoms he begins to note?
 For it often acts as an antidote,
 On Sunday.

Amusing when someone awakes with
 a start,
 Vainly trying to act the part
 Of one who has taken his sermon to
 heart—
 On Sunday!

But his kindly eyes never look askance;
 Perhaps sometime he has taken a
 chance,
 And indulged in forty winks per-
 chance—
 On Sunday.

*Carolyn N. Jones,
 Saskatchewan, Canada.*

CONTEST ANNOUNCEMENT!

See Page 63

\$20.00 PRIZE

Personal Experience
 Stories

Second Prize Winner

WHEN DAYS SEEM DREARY

When days are gloomy, dark or damp
 I sit me down beneath my lamp
 Drag out pencil, pad and other tools
 And write without a thought of rules.

First I think of some dear friend
 Write a line, perhaps a breach to mend
 Or to the telephone I go
 To ask another if she be thus or so.

Perhaps a relative or friend drops in
 Then I find it is no sin
 To stop what I'm about
 To laugh, sing, and sometimes shout.

So many a dreary day I've spent
 Over books, desk or folks I've bent
 And dreary days it seems to me
 Are just what you let them be.

*Esther Beal,
 Bucyrus, Ohio.*

* * *

SOLILOQUY

I wrapped my heart in a bright red
 scarf
 And my soul in a satin gown,
 And then with a studied nonchalance
 I flaunted my wares around.

I sold all my youth at a bargain shelf
 To any who cared to buy,
 While closer I drew my choking scarf
 To stifle the rising sigh.

One day you passed by the bargain
 shelf
 And my heart tore the scarf with a
 leap,
 But you didn't glance at my shopworn
 goods,
 You wanted nothing cheap.

*Ruth Collette,
 Crescent City, Florida.*

* * *

THE SONG OF LIFE

Lift up your heads and listen
 To the sweet song of life.
 Face unafraid the future,
 Fear not the toil and strife.

Be still for one brief moment
 In some secluded place.
 We need the strength of silence
 Ere we go on apace.

Through the still air the music
 Floats from some higher sphere,
 Thrilling us with its beauty,
 Silencing every fear.

Arise then with new courage,
 For victory enlist,
 And obstacles will vanish,
 Dissolve like morning mist.

*Edna Brame den Dulk,
 Chicago, Ill.*



THERE ARE POWERFUL HIDDEN FORCES In you .. Around you .. Above and below you!

This Sensational Book Tells You How to Develop and Master These Mysterious Forces

Since the beginning of time, man has "felt" the presence of unseen things and invisible forces. But only a very few have tried to understand and to apply these amazing powers. And these few have made themselves MIGHTY! At last a foremost authority has gathered together this wonderful knowledge of Psychic Powers and Phenomena, of Amazing Things and Events, and of Secrets which when understood will revolutionize human thought on every subject. This startling knowledge is now offered to you for the first time in this book, "YOUR PSYCHIC POWERS AND HOW TO DEVELOP THEM."

This book will help you develop:—a PERSONAL MAGNETISM that will attract people to you . . . an ABILITY to CONTROL YOUR PERSONAL LIFE so that Happiness, Position and Success can be yours . . . an UNDERSTANDING OF TRUTH to weigh words and events correctly . . . will help you SOLVE YOUR PROBLEMS. Whatever your heart desires CAN BE YOURS, if you try hard enough. POWER—MONEY—LOVE—FRIENDS—HAPPINESS—UNDERSTANDING—PEACE—everything and anything. You have within you UNLIMITED CAPACITIES to Progress and SUCCEED. Just as the mighty oak tree lies within the tiny acorn, so what YOU can be lies hidden, invisible, BUT IT IS THERE, waiting to blossom forth.

Let Us Send You This Book on Trial!

All Your Dreams and Desires Can Come True!

This Book Explains In a Simple, Easy Way:—

- What causes dreams, what are dreams, the hidden meaning of dreams, the importance of dreams.
- The explanation of "CRYSTAL GAZING," how to develop this power, how to gain by it.
- How "TELEPATHY" the science of sending and receiving thoughts from mind to mind is accomplished. How to develop this power.
- How you can develop the power of "CLAIRVOYANCE," and be able to see and hear without the use of sight or sound.
- What is the cause of "HAUNTED HOUSES," how to expose or prove, how to "cure" haunted houses.
- What is a "Ghost"—an "Apparition"—a "Phantom," how to tell if real, what to do, of what importance are they.
- How a SPIRIT is induced to come back to this world, difficulties of communication, getting true information.
- What happens after "DEATH," how it feels to "Pass Over," novel experiences on the "other side."
- What is "HYPNOTISM," how to hypnotize by passes, by suggestion, prevention on oneself, remarkable hypnotic phenomena.
- How to develop "PERSONAL MAGNETISM," the physical factors, the mental factors, how to influence others.
- What is: "Phophecy—Fortune Telling—Palmistry—Magic—Mediums—Witchcraft—Devil Worship—Reincarnation—Evil Eye—Vampires"—and thousands of other interesting and unusual facts are explained by this recognized authority.

FREE!

An Important and revealing Horoscope Reading with every order. Based on your Zodiac Sign and date of birth, contains advice on Love, Marriage, Friends, Job, Business, Likes and Dislikes, Lucky Days, Numbers, Symbols, Colors; also a Character and Vocational Analysis. Send exact date of birth if you want this Horoscope Reading Free!

Contains 358 PAGES — 41 CHAPTERS of most valuable information and knowledge about Psychic, Occult, and Metaphysical Powers and Phenomena. Most fascinating and valuable reading matter imaginable.



KINGS BOOK CO., Dept. P-12, 152 West 42nd St., New York City.

Send me "YOUR PSYCHIC POWERS AND HOW TO DEVELOP THEM" by return mail. I will pay postman \$1.98 (plus postage) on delivery. I can return the book, if not satisfied, and my money will be refunded. Also send me absolutely FREE, my "Horoscope Reading."

I was born on

Name

Address

City State

☐ Check here, if you are sending \$2.00 with the coupon and thereby saving 18c C. O. D. charges. Your book will come postpaid, under the same MONEY-BACK GUARANTEE.

KINGS BOOK CO., Dept. P-12, 152 West 42nd St., New York.

LEMURIA

... the magnificent

Because of the tremendous strides being made by the Fellowship in the dissemination of the most practical and humane Social Order ever made available to the general public, the Midwestern Division has just been authorized to release its latest and finest brochure, "LEMURIA THE MAGNIFICENT." This has been prepared especially for physical culturists and psychologists who seek a more congenial environment, free of poverty, disease and sorrow, while at the same time desirous of affiliating with a new Universal Race which has for its highest ideal the Fatherhood of God, the Motherhood of Nature and the Brotherhood of Men.

"LEMURIA THE MAGNIFICENT" is probably the most remarkable literary masterpiece ever released by a legitimate Preparatory School. It contains a message which may alter the whole course of your life.

Send for it and then let your good common sense govern your final decision. During this introductory offer, it may be had for only six cents in stamps. No obligation. Address Dept. S-11.

Perfection of Body Brilliance of Mind
Nobility of Character

LEMURIAN FELLOWSHIP

1714—N. 69th St., WAUWATOSA, WISCONSIN

A Book's the Thing

Give a book! There is no gift more prized!
See pages 50, 64 and 67.

Woman 85 Who Never Looked Old

If you are beginning to show signs of age listen to the secrets of the woman 85 who never looked old.

Pauline Palmer has for years been writing articles and telling women how to erase wrinkles and other marks of age without cosmetics. Only 5 minutes a day in their own home by an easy method of facial rejuvenation that anyone can do.

Her secrets fully explained with photographs in a thrilling book sent free together with a Facial Analysis Chart also free to men or women by writing to PAULINE PALMER, 1458-B Armour Blvd., Kansas City, Mo. Write before supply is gone.

3 FREE ISSUES

PSYCHOLOGY is not dated! The eternal truths set forth in every issue will be timely and in tune down through the years.

We are making a special introductory offer which includes a subscription for the next six months at only one dollar—and you get three free magazines—copies of the September, October and November 1937 issues.

Here's a good opportunity to get on the regular subscription list for very little money and, at the same time, complete your PSYCHOLOGY file, or have a few extra copies to pass on to your friends.

This offer is good only while the stock of these past issues lasts!

PSYCHOLOGY MAGAZINE

404 Fourth Avenue, New York, N. Y.

Here and There

(Continued from page 11)

How's Your PQ?

Most school children, and many parents, know about IQ—the intelligence quotient. Now Dr. George K. Bennett, of the Psychological Corporation, informs us that PQ—the personality quotient—is even more important.

The child with a high PQ, it seems, stands well as a leader among his fellows. He has initiative, self-reliance and ability to adjust himself to the other sex. He may be a dumbbell in book learning, and his IQ may be deplorably low, but if his PQ is at or above par he is likely to succeed in life through getting along with other people.

Sex Education Drive

Government psychiatrists recently advocated a nationwide sex education campaign as one possible means of averting future sex crime waves such as the one now sweeping the country.

Dr. Roscow W. Hall, head of the Government mental institution, said that sex education in schools would be helpful even if it did not aid certain abnormal individuals. The gains to the rest of the students would be social assets, he said. The abnormal person will learn about sex regardless of a lack of education, he pointed out.

Dr. I. J. Silverman, another psychiatrist, said that he believed a sane sex life and sex education would tend to reduce the number of sex crimes.

Road to Peace

In a recent address, Dr. Harold Willis Dodds, president of Princeton University, made a plea for the elevation of reason over instinctive emotional impulses in the conduct of human affairs—to save the world from chaos.

"The realization that important public decisions are colored by powerful, even primitive emotions enhances rather than invalidates the need for intelligence in human affairs, particularly in this day when governments throughout the world are penetrating into all sectors of experience and public opinion is reflecting, correctly or incorrectly, the full force of the aspirations of the common man.

"The possibility that the civilized world will reach eventually a basis of peaceful change and thus expel forever the degrading social waste of war and revolution rests upon man's ability to exalt the intellect.

"Only by discovering enduring methods of peaceful change can the civilization we know escape destruction at the hands of a new dark age. Truly, mankind must learn how to behave."

The INTIMATE SIDE of a Woman's Life . . . by Leona W. Chalmers

At Last an Unbiased Book on Feminine Hygiene

About women . . . for women
. . . by a woman

Charm, femininity, daintiness, health . . . these belong to women, yet are so often lost due to ignorance of intimate hygiene. Here is unique, authentic information on the subject . . . an expose of harmful equipment and practices, written by a woman who has made it a life study.

Keep Your Allure, Prevent Divorce!

This book contains frank and dignified advice to women who wish to preserve or regain their feminine charm. The subject is treated in such a dignified manner that the reader feels no reticence about a subject that has been rather tabooed. One reviewer states that "the 'Don'ts' in the back of the book are alone worth the price."

Harmful Practices Exposed

The technique of Sex Hygiene and the right and wrong equipment are discussed at length with many illustrations. On sale at better book stores, drug and department stores. Shipped direct in plain wrapper on receipt of \$1.50. Money back in five days if not satisfied. Use coupon below.

PIONEER PUBLICATIONS, Inc.

1270 SIXTH AVENUE, NEW YORK CITY

MEDICAL OPINION ENTHUSIASTIC

The Editor, Medical Mentor, says—"The one sentence in this work, 'A woman's body is constructed in such a way as to make her a breeder of disease unless she keeps herself immaculately clean,' is sufficient reason for this work. She states, 'Every husband appreciates a clean lovely wife.' In this sentence the author points to one of the fundamentals of divorce." Winfield Scott Pugh, M. D., states "That there is great need for such instruction, those of us who see many women know only too well. This has been done admirably by the author of the present volume."



PIONEER PUBLICATIONS, Inc.
1270 6th Ave., Dept. P-12, N. Y. C.

☐ I enclose \$1.50. Send Intimate Side of a Woman's Life, postage prepaid in plain wrapper.
☐ Send C. O. D. I will pay postman \$1.50 plus few cents postage. Money back if not satisfied.

Name

Address

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

A Money-Making Opportunity

for Men of Character

EXCLUSIVE FRANCHISE FOR

AN INVENTION EXPECTED TO REPLACE

A MULTI-MILLION-DOLLAR INDUSTRY

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

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

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

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

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

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

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

**Some of the Savings
You Can Show**

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

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

Going into this business is not like selling something offered in every grocery, drug or department store. For instance, when you take a \$7.50 order, \$.58 can be your share. On \$1,500 worth of business, your share can be \$1,167.00. The very least you get as your part of every dollar's worth of business you do is 67 cents—on ten dollars' worth \$6.70, on a hundred dollars' worth \$67.00—in other words two thirds of every order you get is yours. Not only on the first order—but on repeat orders—and you have the opportunity of earning an even larger percentage.

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

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

EARNINGS

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

No Money Need Be Risked

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

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

**RUSH FOR EXCLUSIVE
TERRITORY PROPOSITION**

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

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



A Book's the Thing ... at Xmas!

Here you will find books which have rung the bell with PSYCHOLOGY'S readers . . . have won their enthusiastic praise . . . singly, or in groups, they represent the perfect gift—*long-remembered*.

	Price		Price
Marriage	\$2.50	Life With Mother	\$2.00
by Leon Blum		by Clarence Day	

Yes, the French Premier, is the author of this genuinely penetrating book which is frank without being sexy, and escapes ponderousness, thanks to M. Blum's rare sense of humor.

What God Means to Me	\$1.00
by Upton Sinclair	

In chapters so provocative that each contains the germ of a thousand discussions, the author answers those who sneered when he said he believed in God. Much between these covers for theist, agnostic or atheist.

Help Yourself to Happiness	\$2.50
by David Seabury	

Self-confidence—friendship—happiness—you can enjoy a greater portion of these if you rid yourself of negative personality states through the simple, practical methods of daily mental hygiene set forth in this book.

The Art of Conversation And How to Apply Its Technique	\$2.50
by Milton Wright	

How to acquire the ability to talk readily, entertainingly, convincingly is clearly shown in this brass-tack analysis of the principles and technique of talk today. You need never be "stumped" again.

The Psychology of Dealing With People	\$2.50
<i>Appealing to the Want for a Feeling of Personal Worth</i>	
by Wendel White, Univ. of Minn.	

The mature individual concerned with the problem of successfully dealing with others will find this a fine basis both for individual and for group consideration of problems of personal relationship.

"I Want a Book!"

"I know of no book of the last few years so full of gaiety and sympathy so certain to draw a chuckle, so pungent, so incisive, and yet so kindly as this, unless it be its predecessor LIFE WITH FATHER (\$1.00)."—*Sat. Rev. of Literature*.

A Mind That Found Itself	\$2.50
By Clifford W. Beers	

The true story of a man who came back after three years in the realm of unreason. "One of the most fascinating narratives ever written. It is as interesting as it is noble."—*Booth Tarkington*.

Think and Grow Rich!	\$2.00
by Napoleon Hill	

Puts into practical form the Andrew Carnegie "MAGIC RICHES FORMULA", used by over 500 of America's exceedingly wealthy men. Vital ideas that fit your case crowded into a giant volume.

OUR BOOK DEPARTMENT is organized to fill your order for any book published.

"I Want a Book!"

Use This Convenient Order Form

PSYCHOLOGY BOOK DEPT.,
404 Fourth Ave., New York, N. Y.

Enclosed find \$_____ for which you will please ship the following books:

Title _____

Ship to: _____

Ordered by: _____

(For larger orders—copy this form on full-sized sheet of paper.)

Mental Radio

(Continued from page 22)

recipients of his telepathic messages. He made drawings at home, and locked them in a large portfolio, which he placed in an adjoining room from the subject, two or three yards distant through a wall. He himself sat in front of the hypnotized subject, and concentrated upon "sending" one of the drawings. Under these conditions, in a total of 111 experiments, one-third were successful. The tests were conducted in the presence of various physicians and scientists; and I am interested in a recent comment on the matter by a German physician living in Mexico City: "Bruck's work has gone almost wholly unnoticed."

I say to scientific men, that such work deserves to be noticed. There is new knowledge here, close to the threshold, waiting for us; and we should not let ourselves be repelled by the seeming triviality of the phenomena, for it is well known that some of the greatest discoveries have come from the following up of just such trivial clues.

What did Benjamin Franklin have to go on when he brought the lightning down from the clouds on the strings of a kite? Just a few hints, picked up in the course of the previous hundred years; a few traces of electricity noted by accident.

The fact that you get a spark if you stroke a cat's fur; the fact that you got the same kind of a spark of rubbing amber, and a bigger one by storing the energy in a glass jar lined with tinfoil—that was all men had as promise of the miracles of our time, dynamos and superpower, telegraph and telephone, X-ray surgery, radio, wireless, television, and new miracles just outside our door.

If now it be a fact that there is a reality behind the notions of telepathy and clairvoyance, to which so many investigators are bearing testimony all over the world, who can set limits to what it may mean to the future? What new powers of the human mind, what ability to explore the past and future, the farthest depths of space, and those depths of our own minds, no less vast and marvelous?

To set limits to such possibilities is not to be scientific, it is merely to be foolish. The true scientist sets no limits to human powers, he merely asks that we verify our facts. This my wife and I have tried to do, and I think that, so far as concerns telepathy at least, we can claim success. . . . We shall not be troubled by any amount of ridicule from the ignorant. I tell you—and because it is so important, I put it in capital letters: TELEPATHY HAPPENS!

THIS FACT ASTONISHES MANY MARRIED COUPLES...

**-YET IT IS TRUE!
No Matter How Long
You're Married..**



A GREAT many wives find little or no joy in the intimate marital embrace. They go through life merely "putting up with" sexual union, but they never experience the true delight it can and should be. In many cases, the husband is at fault. He does not take the trouble to teach his wife. How can he, if he is ignorant himself? The result is the wife rarely COMPLETES the sexual act; this makes her nervous and irritable. It hurts her health. The husband, too is not truly satisfied unless BOTH reach the climax. His wife may "make believe" she is responding, but nobody is fooled. Many a husband thinks his wife is "cold" when, in reality, the fault is his, because he does not know how to cause her to respond to his advances.

Many a home can be kept together and family life made happier when the joys of marriage are shared by both.

Avoid Sex Errors—Read "Sex Technique in Marriage"

Both parties to the sex act must know exactly what to do, how to proceed, and when. Don't make the sad mistake of relying on blind instinct, or just letting nature take its course.

Get a copy today of "Sex Technique in Marriage," by Dr. I. E. Hutton. It gives you correct detailed sex information. Using plain words, this doctor speaks frankly and fully about the sex life of husbands and wives. No beating about the bush. No "hints" but plain outspoken advice, written so you can understand it. You are told how to avoid making sex mistakes. You are shown how to make your marriage a happy one—how both partners can partake equally of all its benefits.

An Opinion You Can Trust!

The Journal of the American Medical Association calls Dr. Hutton's book: "A practical work written in plain understandable language with a modern point of view. The author has certainly been guided by good judgment as to what constitutes general medical opinion."

Read What Grateful People Say—Then Send Coupon for "SEX TECHNIQUE IN MARRIAGE"—On Money-back Guarantee

(Actual Letters On File, Open For Inspection)

Worth Its Weight in Gold

"I would not take the weight of this book in gold—no, not ten times its weight—could I not get another copy. Had I read this book fourteen years ago I am sure it would have saved me and my former wife thirteen years of unhappiness, also probably would have made a great difference in the lives of my two children and would have saved one of the rottenest divorce actions the State of Wisconsin has ever had. I consider this book one of the greatest aids to the generation of today and believe every married couple should read this book as I am sure it will enlighten millions."

P—B—, Wisconsin.

Minister Praises Book

"I am glad to promote the sale of your books. I count it a privilege to aid in sex education. Dr. Hutton's book is fine."

(Rev.) D—M—, Illinois.

Would Have Saved Misery

"Could I have read Dr. Hutton's book it would have saved me many hours of misery."

J—E—, Wash.

High Endorsement

"Upon due and careful reading of your volume 'The Sex Technique in Marriage,' I feel free in giving this work my unqualified endorsement as being a highly scientific treatise."

D—H—, (Attorney), Texas.

Thoroughly Satisfied

"I was thoroughly satisfied with 'The Sex Technique in Marriage' and would not part with it at any price if I could not get another. My great regret is that the information contained therein was not available from any source to which I had access, at the time of my marriage thirty years ago. Had it been, much misery, both physical and mental, might have been spared us, as well as considerable expense."

Sincerely yours,
H—H—, N. Y.

Doctor Tells His Patients

"I have liked Dr. Hutton's book, 'The Sex Technique in Marriage,' so well that I have been recommending it to various of my patients."

(Dr.) M—K—, M. D., Ohio.

Dr. Hutton tells husbands—

How to manage first intercourse.
How to overcome a wife's false modesty and sexual "frigidity."

Why sex-starvation is often harmful to a married man.

The importance of "love play" in arousing the "sexually slow" wife.

The dangerous age in men.

The male sex organs and reproductive system (illustrated).

Dr. Hutton tells wives—

The right attitude toward sex.
Construction and Hygiene of female sex organs (illustrated).

What must be done to achieve sexual satisfaction in marriage.

Sex intercourse during pregnancy; After Childbirth.

Menstruation and the "Change-of-Life."

Curable Childlessness.

The Value of Birth Control.

Woman's Hygiene.

Dr. Hutton tells both husbands and wives

How to prepare for marriage.

The Bridal Night.

How to prevent honeymoon tragedies.

Who is to blame for "sexual frigidity."

Importance of Mutual Consideration.

Secrets of "timing" and adjusting to partner.

Positions in performing the sex act.

Difference between sex instinct in men and women.

How often to have sexual intercourse.

Using the sex urge to insure married happiness.

Influence of Age, Sex, Instinct, Health.

In Plain Words

Dr. Hutton tells how to make Sex Union an aid to happy marriage, real companionship, and better health! Everybody knows that a happy sex life helps you to succeed in business and social life. More than that you are shown how sex can become a strong inspiring power that lifts you far above the cares of everyday life!

Why not enjoy the happiness this book has brought to thousands of joyfully married couples. Read how it has helped other men and women—then return the coupon at once! Remember, you do not risk a penny. "Sex Technique in Marriage" will come to you in sealed plain wrapper on our FREE trial offer—see coupon!

Illustrations of Male and Female Sex Anatomy

Are You Going to Be Married?

Read Pages 23 to 53

Are You Newly Married?

Read Chapter 1 and Pages 54 to 85

Are You Married Over 5 Years?

Read Pages 86 to 117

Are You Married Over 10 Years?

Read Chapters 4 and 6; also pages 145 to 151

**READ FIRST
THEN DECIDE!**

MAIL THIS COUPON NOW TO

HEALTHCRAFT, INC., Dept. 294-A,
247 West 19th St., New York City

Send me "Sex Technique in Marriage" in plain wrapper marked "Personal". I will pay \$1.98 and few cents postage on delivery. I MUST BE SATISFIED or I will return book within 5 days and you will refund purchase price. (I am over 21 years old.)

Name

Address

☐ CHECK HERE if you wish to enclose only \$1.98 with coupon, thus saving delivery charges. (Same Money-Back Guarantee.)



**NOW
ONLY**

\$1.98

IF YOU
KEEP IT

**SEND NO MONEY
READ GUARANTEE**

ILLUSTRATED

Give

"Psychology" for Xmas!



IF you have found PSYCHOLOGY inspiring and of practical help to you during the past year in your quest for health, happiness and real success—

IF—for you—as for so many thousands of other readers, each throbbing new issue has acted as a stimulating, though silent, partner in the smoothing out of your personal problems—

You can be sure it will do as much for some others you know. A single article often is worth the weight of the entire magazine in gold. And that makes a whole year's subscription a pretty valuable gift!

Avoid 11th Hour Rush!

From now on until Christmas Eve, our Subscription Department will get busier and busier, filling Christmas Gift subscriptions that will go to every part of the globe. TIME is needed to properly enter all of these new subscribers and to check over every detail to make absolutely sure that each and every entry is letter-perfect, before the Christmas magazines and gift cards are placed into the mails. *Avoid last-minute rush* and disappointment by making up *your* list right now of friends and relatives to whom you wish PSY-

CHOLOGY sent every month for the coming year. As in previous years, the first issue will be mailed to arrive on Christmas in attractive holiday wrappings and a beautiful gift card also will be sent revealing you as donor. *There is no better gift than PSYCHOLOGY at Christmas-time!*

Special Xmas Prices { 2 subscriptions \$5.00
Additional subscriptions, add \$2.00 for each.

No extra charge for Canada. Foreign—one dollar per year extra for postage.

Get Your Xmas Orders in Early

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

Please enter one-year subscriptions to PSYCHOLOGY, as below, and send to each Xmas card stating I am the sender. Enclose find \$.....to pay for these.

Send to

Address

Send to

Address

Send to

Address

Sent by

To send more subscriptions, pin your list to this order coupon.

Story of Mental Medicine

(Continued from page 32)

sometime understand and use in the cure of diseases that afflict mankind."

H. W. Dresser, whose father was a student and patient of Quimby, maintains, in his story of Evans' work, that the latter, in his spiritual attitude toward the cause of disease and unhappiness, anticipated the Freudian school of psychoanalysis by more than a generation. The scientific academic mind might quarrel with Dresser on this claim, due to the vocabulary used during Evans' time and because of the interpretation from a spiritual standpoint rather than from a scientific one.

Evans realized that the Berkleyan philosophy was being resurrected, a point apparently entirely missed by Quimby. . . . He also approached the modern advanced psychological truth that *attention* is the determining factor in our conscious mental life. Evans' contributions to philosophy have a distinct place in the history of the mental sciences.

Dresser has declared in his accounts of the matter, that the founder of Christian Science was a patient of Quimby in the years from 1860 to 1865. Adherents of Mrs. Eddy's philosophy have repeatedly denied this.

As the Quimby followers had no organization or programs, there was any number of metaphysical movements springing into being at various times in New England. The tendency toward freedom of thought and unorthodox liberality was expressed in the rapid growth of the Unitarian Church and other religious bodies, some of which did not enter actively into the practice of healing, except as their philosophy tended to relieve religious unrest and to satisfy the craving for scientific knowledge and a liberal philosophy.

Boston was the center of most of the healing movements; metaphysical clubs, mental science societies, divine science churches, and journals of new thought became numerous.

Space does not permit an account of the many minor movements. Chicago and Kansas City became centers for new thought organizations.

In 1894, at Melrose, Massachusetts, a little magazine devoted to mental healing appeared under the name *New Thought*. This descriptive term appealed to many adherents of mental science. . . . The term became current in Boston through the organization of the Metaphysical Club.

While Divine Science was preferred as a name by some students, the use of the term *New Thought* became more or less universal. It is difficult to determine just where its classification begins or ends.

Why Some Men Grow Rich So Fast

WHAT'S the *REAL* secret of those who make fortunes? Let's toss aside the old "success-story" fairy tales—and the pretty wall-mottos about "Work Hard" and "Strive and Succeed." They're bunk; and you know it! *You've* seen men work till they were ready to drop—and get nowhere. *You've* seen fellows with as much brains as anyone else—ruttin' in miserable jobs; waiting year after year for "dead men's shoes," for the man above to pass out of the picture, or move up a peg!

You've seen these things. They're *real* to you. And you've puzzled time and time again over what is the *TRUE* reason some men grow rich so fast—while others stand still. This question once puzzled another man who has since become famous. Years ago Napoleon Hill determined to find the answer to it. **AND HE HAS!** Here's how he did it:

How He Analyzed Henry Ford Once Each Year for Over 20 Years

Over a period of 25 years Napoleon Hill went personally to the men who had *made* fortunes. Asked them how the *AVERAGE MAN* could get rich. Got close to men like Ford, Edison, Wrigley, Schwab, Woolworth, Eastman, Gillette, Firestone, Rockefeller, Carnegie, Armour, Marshall Field—to over 500 rich men, most of whom had once been poor. He spent hour after hour with them; eliminated theories; extracted and recorded their real secrets. Then he saw them

again and again as they checked the truth of his findings, and personally approved them.

For example, Andrew Carnegie was one of the first men Hill talked with years ago. Carnegie gave him hours of time; then said: "Go see this man Ford, at Detroit. Study him. You will learn how a man can start at scratch, without money or great schooling, and become wealthy. Ford will one day dominate the motor industry."

So Hill saw Ford. Got to know him well. (In fact, Mr. Hill's first automobile was delivered to him in person by Mr. Ford, who drove it around the block and showed him how to run it.) Then Hill made his first personal analysis of Ford—and *has done so once each year for over 20 years.* He has carefully made note of every principle used by Ford in his miraculous rise from poverty to power, through one simple idea he created and translated into riches.

13 Steps to Riches

Out of these 25 years of research has come an amazing new book which tells clearly the **THIRTEEN** definite, direct, practical ways for *ANY AVERAGE MAN OR WOMAN* to grow rich. "**THINK AND GROW RICH**" does not give you mental tricks and exercises, or copy-book notions about "sticking at it," "strive hard," or any such clap-trap. It tells **CLEARLY AND DEFINITELY** the 13 specific steps to riches which **YOU** can easily start to take the minute you begin reading the book—the actual steps that have led to thousands and millions of dollars for other men and women who had **NO MORE TO START WITH THAN YOU HAVE AT THIS VERY MOMENT!**

This book will give you a **SUCCESS MIND!** It will bring you into immediate contact with a new irresistible **POWER** which will automatically remove the obstacles that get in your way. It will cause you to think in bigger ideas—banish self-consciousness and an "inferiority complex"—give you a dynamic, magnetic personality that will draw people to you, gain their hearty co-operation. It will tell you how to put back into yourself even greater power, courage, and faith than the depression took out of you. It will start waves of new ideas flowing through your mind. And it will bring you **RICHES** in their fullest form—in money, friendships, family and business associations, and in harmony within your own mind!

FREE

Personal Counsel from Napoleon Hill

Would you like to see yourself through the eyes of the man who analyzed Henry Ford once a year for over 20 years? Would you like to have yourself checked over by an expert with an uncanny ability to uncover exactly what is standing between you and riches?

Thousands of people have paid Napoleon Hill \$25 each for his analyses of what is holding them back in life. He has personally counselled over 25,000 men and women. They have come from the farthest reaches of the country just for this service!

You can have this Personal Counsel **FREE**. Right with your copy of "**THINK AND GROW RICH**" will come Napoleon Hill's **Personal Counsel Questionnaire**. Answer its questions frankly, and then return it. Mr. Hill will go over it, analyze it individually and carefully, and send it back to you—together with the personal comments and guidance which have shown thousands how to win riches!

What These 13 Steps to Riches Will Do For You

Describe the inside secret of Ford's stupendous achievements.

Bring you the secret formula, the basis of Carnegie's fortune.

Give you the "guts" to demand more of life and get it.

Show you how to convert ideas into cash.

Show you how to sell your services for more than you ever got before.

Show you how to master the 6 basic fears.

Show you how men start at scratch, without pull, great education or money, and accumulate fortunes.

Give you a practical knowledge of the mysterious "sixth sense" now being discussed all over the world.

Present the 30 major causes of failure, and show how you can check yourself by them.

Offer inside facts on how Charles M. Schwab made his fortune.

Describe the astounding principle of the "Master Mind," used by all who accumulate great riches.

Explain the 5 major methods by which sex energy may be used to improve personality.

Explain the 5 steps to complete self-confidence.

Outline the 5 best ways to procure a position.

Show how to master procrastination.

Tell how to induce others to cooperate with you in business and social relationships.

Show you how to negotiate with others without friction.

Send No Money

This book is **GUARANTEED** to prove its own case! The partial list of contents tells but a fraction of the things it will **DO** for you. But if for any reason whatever it does not more than live up to every claim, it **COSTS YOU NOTHING**. Send no money with this coupon, unless you want to. When the book reaches you, deposit with postman only \$2, plus few cents postage. Then, unless within 5 days you agree that **YOUR KEY TO RICHES IS DEFINITELY IN THIS VOLUME**—return it and your money will be refunded at once. Mail coupon—with or without money—**NOW**. The Ralston Society, Dept. P-12, Meriden, Conn.

THE RALSTON SOCIETY, Dept. P-12, Meriden, Conn.

Please send me "**THINK AND GROW RICH!**" I will pay the postman only \$2, plus the few cents postage, with the definite understanding that at any time within 5 days after receiving this book I may return it, if I so decide, and you will refund my \$2 without question or delay.

FREE—With the book you are also to send me the **Personal Counsel Questionnaire**. It is agreed that, when I have filled this out and returned it to you, Napoleon Hill will go over it personally and send a complete analysis of it direct to me.

Name _____

Address _____

City _____ State _____

☐ Check here if enclosing \$2 **WITH** this coupon. In that case we pay postage—you save. The same 5-day return privilege applies, of course.





ALEXANDER HAMILTON INSTITUTE

Announces

A NEW PLAN OF EXECUTIVE TRAINING

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

Important to whom?

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

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

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

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

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

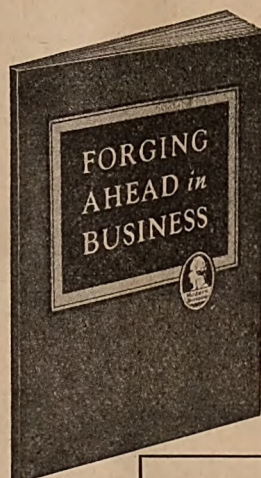
Now again, the Institute, keeping abreast of American business developments, offers a **NEW PLAN** for executives and for those *who will be* executives—a plan built to meet the new conditions and to fit more exactly your personal requirements for growth and progress.

For Men Who Set No Limit on Their Futures

This Free Book Tells a Vital Story

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

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



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

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

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

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

Name.....

Business Address.....

Position.....

Backward Student

(Continued from page 33)

Emily guessed it was about a half hour.

Then teacher decided that she should surely know who said "Give me liberty or give me death." But Emily declared she didn't know. Teacher demanded why didn't she know. Emily said she didn't know why she didn't know.

"Come up here," Teacher said.

Emily's heart fluttered. Teacher meant that. When she talked like that she surely meant it. The trembling little girl slowly reached the front of the room.

"Why is it," Miss Nelson demanded, "that you never can learn anything?"

Emily didn't answer.

"In arithmetic, in English you have no interest. What is wrong?"

Some kids snickered again. "She's just plain dumb," offered a boy.

With tears indignant in her eyes. Emily appealed to teacher. "I don't know," she muffled. "I don't know." She defended weakly: "I did study my lesson."

"Then who said 'Give me liberty or give me death'?"

The little girl twisted her fingers. She didn't know. She couldn't remember. She didn't even know anyone had said "Give me liberty or give me death." She didn't even remember reading it last night. Maybe teacher made a mistake. No one had said "Give me liberty or give me death." Teacher had got herself mixed up; she hoped so. Then teacher would apologize to her in front of the class and the kids would see that she was not so terribly dumb after all.

Miss Nelson was furious because she stood there and didn't offer a word. She rose to her feet and shook Emily angrily by the shoulder. Emily gasped in terror.

"I don't want a single child to tell

her who said 'Give me liberty or give me death'. Tomorrow you are to come to class and tell us who said it. Do you understand?"

Emily nodded in great fright.

Teacher released her and the little girl retreated to her seat. She hid her face on her desk and wept.

When it was three o'clock she hurried home. As she stood outside playing with Martha and Doris there was an aching in her heart. She felt ashamed and humiliated because she was so afraid and unhappy to recite, and because she always got lost in what she tried to say.

They were playing house. Emily didn't care very much to play house, but she felt so unhappy she thought it might be nice. They were pretending where they were going to live.

"I'll live in our hall," said Doris.

"I'll live on my front porch," decided Martha.

"I'll live underneath my stairs," said Emily in a sad voice. "But it must be a beautiful house and not look like underneath the stairs."

"And we'll come to visit each other, yeah!" cried Martha.

Emily thought this would be nice. She decided that she would not go to school tomorrow. Perhaps by Monday teacher would forget about who said "Give me liberty or give me death."

"I must be Mrs. Clark Johnson," said Doris busily. "Who must you be?"

"I'm going to be Mrs. Kenneth Worth," said Martha, wrapping her doll securely. "Who you going to be, Emily?"

Emily stared. She wanted to be someone dignified and beautiful, someone brave and strong and wealthy and brilliant, someone everybody admired. Yes, that's who she would be. She picked up her doll.

"I'm . . . Mrs. Patrick Henry."

Sells 19 Features In Six Months



"I have sold, up to date, nineteen features to the Detroit Free Press and have been made their correspondent here," writes Mrs. Leonard Sanders of 218 Union St., Milford, Mich., on completing the N.I.A. course. Her skillful handling of feature stories was the reason given by the editor for her appointment. Mrs. Sanders' first feature was sold less than 4 months after she enrolled with N.I.A.

Why Can't You Write?

It's much simpler than you think!

SO many people with the "germ" of writing in them simply can't get started. They suffer from inertia. Or they set up imaginary barriers to taking the first step.

Many are convinced the field is confined to persons gifted with a genius for writing.

Few realize that the great bulk of commercial writing is done by so-called "unknowns." Not only do these thousands of men and women produce most of the fiction published, but countless articles on business affairs, social matters, domestic science, etc., as well.

Such material is in constant demand. Every week thousands of checks for \$25, \$50 and \$100 go out to writers whose latent ability was perhaps no greater than yours.

The Practical Method

Newspaper work demonstrates that the way to learn to write is by writing; newspaper copy-desk editors waste no time on theories or ancient classics. The story is the thing. Every copy "cub" goes through the course of practical criticism—a training that turns out more successful authors than any other experience.

That is why Newspaper Institute of America bases its writing instruction on the Copy-Desk Method. It starts and keeps you writing in your own home, on your own time. And upon the very same kind of actual assignments given daily to metropolitan reporters. Thus you learn by doing, not by studying the individual styles of model authors.

Each week your work is analyzed constructively by practical newspaper men. Gradually they help to clarify your own distinctive style. Writing soon becomes easy, absorbing. Profitable, too, as you gain the "professional" touch that gets your material accepted by editors. Above all, you can see constant progress week by week as your faults are corrected and your writing ability grows.

Have You Natural Ability?

Our Writing Aptitude Test will reveal whether or not you have natural talent for writing. It will analyze your powers of observation, your imagination and dramatic instinct. You'll enjoy this test. There is no cost or obligation. Simply mail the coupon below today. Newspaper Institute of America, One Park Ave., New York, N.Y.

Free

Newspaper Institute of America
One Park Avenue, New York

Send me, without cost or obligation, your Writing Aptitude Test and further information about writing for profit as promised in Psychology, December.

Mrs. _____
Mr. _____
Miss _____

Address _____

(All correspondence confidential. No salesmen will call on you.) 27L597

Have You A Psychological Problem?

If you have, Psychology Magazine will be glad to help you analyze it so that you can cope with it more successfully.

State your problem in a letter to THE PROBLEMS EDITOR, Psychology Magazine, 404 Fourth Ave., New York, enclosing a self-addressed stamped envelope for a personal reply.

Make Your Life a BIG Success!

*Basic Principles of Psychology Control
the Winning of Outstanding Success,
Radiant Health and Supreme Happiness*

These Master Lessons Tell You How To:

Build a Perfect Body
Prevent Colds, Sore
Throat, Influenza
Breathe Scientifically
Cure Constipation
Insomnia
Prevent Tuberculosis
Eat for Health and Strength
Reduce or Increase Weight
Keep Youthful
Develop Genius
Improve Powers of Observa-
tion
Mold an Indomitable Will
Develop Perfect Memory
Improve Power of Imagina-
tion
Work the Law of Attraction
Break Undesirable Habits
Overcome Depression
Use Your Mystic Powers
Heal Yourself and Others
Use Suggestion and
Autosuggestion
Use the Psychological Moment
Profit Through Visualization
Use the Silence
Outgrow Limitations
Rise to Heights of Power
Use Psychoanalysis
Locate Complexes
Restore Inner Harmony
Understand and Wisely Train
Children
Attain Success
Overcome All Negative
Emotion
Banish Fear, Worry, Hate
Cure Jealousy
Build a Triumphant Life

SEVEN handy volumes—so simply written that they can be read easily, absorbed quickly and applied immediately—contain information of the most startling nature! All that modern psychology has to offer—all that years of studious research and personal contact with tens of thousands of people have revealed—is now condensed into basic principles, written in plain English and given to you in a way that you can put to immediate and highly profitable use.

Aspiring, ambitious, thinking men and women who have purchased *these lessons* testify that they have been the basis of their financial success, happiness and health. These same thorough, scholarly, practical lessons will now teach *you* how to use the principles of psychology to solve every life problem, for combining the best of all courses and all teaching they will take you step by step through the entire revelation of self-mastery, self-healing, self-transformation. With the priceless information offered freely to you, you can learn to make rapid progress in all your plans and undertakings. You can save hundreds of dollars in health bills, alone, by learning to get and stay well! *And this knowledge for which students gladly paid substantial tuition in private classes you can now have as a gift from the publishers.*

Amazing Possibilities Revealed!

THE AMAZING POSSIBILITIES of the use of psychology in everyday affairs are known to many people. But few, very few, know the real *know-how*—the basic principles that govern the use of the mind as applied to the accumulation of money, the winning of personal success, happiness and achievement. The basic principles of psychology help you to get what you want as surely and as easily as the letters of the alphabet bring the words you desire into existence. They are universal in their application—*apply to anything—everything—a human being can desire.* In THESE

Use This Convenient Form.

PSYCHOLOGY MAGAZINE, (12-37)
404 Fourth Avenue, New York, N. Y.

You may enter my two-year subscription to PSYCHOLOGY and send me the FOURTEEN LESSON COURSE, postage prepaid. I enclose herewith one dollar and will send one dollar per month for the next four months. ☐ OR, I enclose check (or M. O.) for \$4.50 after deducting my cash discount of 10 per cent. ☐

Name _____

Address _____

Canada—same price. Foreign—add \$2.00
extra postage.

SEVEN HANDY VOLUMES they are made clear and easy to understand.

Don't Delay!

Don't delay getting your subscription-with-course order entered and receiving your set of the FOURTEEN LESSON COURSE, together with TWO FULL YEARS' SUBSCRIPTION to PSYCHOLOGY. If you use the coupon attached, you pay only \$4.50 cash-with-order, representing a discount of 10 per cent from the regular rate of \$5.00. OR, you pay one dollar now and one dollar per month until a total of five dollars has been paid. In either case, the course is sent you promptly and your two-year subscription to PSYCHOLOGY is started at once.

Partial Contents of This Wonder Course

The Six Laws of Health
Scientific Breathing for Health
The Conscious Mind
Academic Psychology
Perception—Memory
Imagination—Will
Reason
Subconscious Mind
Law of Compensation
Cell Consciousness
Law of Attraction
Thought Transference
The Master Formula
The Mental Bath
Suggestive Healing
Complexes
Sublimation
Principles of Salesmanship
Utilization of God Power

Celebrities I've Interviewed

(Continued from page 19)

I've ever had West of the Atlantic.

Yes, I tell you, there's nothing like being natural and human. That's the way to really enjoy life. I went into George M. Cohan's dressing room with him one evening, when he was playing in "Ah, Wilderness". It was the first time I had ever met George; in fact, I had just introduced myself by hollering at him as I ran up the stairs at the stage entrance. He invited me in. Began to disrobe in preparation for his performance. We kept up a continuous flow of conversation, as he undressed and then, because one foot was hurting so, he got to telling me about it.

This old-timer walks around the reservoir in Central Park, a distance of about three miles, every morning, for his health. Naturally, that irritated his foot, but what aggravated his suffering, he said, was one of the shabby old shoes he had to wear in the play. He put a little iodine or something on the sore spot, and proceeded to mess up his face with grease-paint, as we chatted about his early days in the theater. And I want to tell you, he's known plenty of lean years along with the glorious ones we know so much about, when he was starring in many of the best plays of the last thirty years.

A book has been published about George M. Cohan's life, and it really takes a book to tell all about him, but one of the most striking characteristics of this famous actor, aside from his humanness, is his vision of what he wants and his undying determination to get it. This has been true of him since boyhood.

When it comes to being "regular" and human, you'll find those qualities prevalent among the great of the earth very often. I know, for I have interviewed persons from all parts of the globe.

I received the utmost courtesies from Dr. Shih I. Hsiung, the noted Chinese playwright, who wrote "Lady Precious Stream", as I ever did from anyone of the Western World. And, frankly, I was a bit surprised at his keen sense of humor. Dr. Hsiung is quite short and slender, like most Chinese. Highly cultured, in our ways, as well as those of the East. He always dresses in a long, ankle-length gown, of dark brown. Wears it on the street, and in his apartment. Even when he came to the studio for our interview. Aside from his native shyness, or, shall we say, silence, which, of course, is a little incomprehensible to an American, Dr. Hsiung is a most likable fellow.

But, we can't blame all the silence on the Asiatics, either. We have many persons right in this country who evoke a fair degree of it on occasion. I walked into Walter Winchell's office, in New York, about 9:00 o'clock one evening. He looked all worn out.

On the air, Winchell is the epitome of enthusiasm. But, don't forget he's a showman. All front. That is, when it's necessary. Don't misunderstand me. He's regular. Walter has a great line and he knows his stuff. But he's not always as full of pep as you hear him on the radio.

Walter sat at his desk, swamped with unopened letters. His secretary had gone home. He had missed seeing a perfectly good show, so he could catch up on his mail. That's something for a theatrical critic to do. I had a long talk with Winchell, but he finally sold me on the idea that he was down-in-the-heels.

I tried to convince him he'd feel better next day, but he merely glanced at me with an embittered expression of a condemned man, and handed me a news item about a suicide, who left a note which read, "Goodbye mother. So long brother. The rest of the world knows what it can do."

"That's the way I feel about life," sullenly remarked Winchell. But it hasn't been his constant attitude or he couldn't have accomplished what he has.

Jumping from the *ridiculous* to the charming, I find little difference between members of royalty and nobility, and others of society. The Crown Princess Marie de Bourbon, cousin of ex-King Alfonso of Spain is very modest. A petite little thing, too. She loves to write for publication, but enjoys it more when I do the actual writing for her.

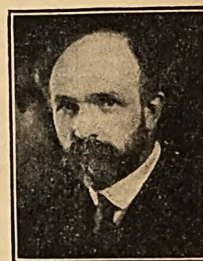
Then, there's Countess Daisy di-Carpenetto, one of the foremost novelists of Italy. Daisy, as she asked me to call her, soon after we met, is one of the most charming, most vivacious, most human little foreigners who ever set dainty feet on American pavements. She's jolly, a good mixer; thinks nothing of phoning me if I fail to call her, and she rides in the subway with the same snugginess and forced grin as any of us commoners.

So, you see, no matter who they are, or where they come from, they are all human. In fact I've found that almost invariably, the more they have accomplished, the more worth while, the greater they are, the simpler and more human their manner and outlook.

HOW TO AVOID Embarrassing Mistakes in ENGLISH

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.

EVERY day, every minute, you are engaged in an effort to make people think favorably of you. It makes no difference who you are or what your position is in the scheme of things, you want to advance, you want to step forward and higher. What you use most in this unceasing effort to



SHERWIN CODY

establish and improve yourself is the English you speak and write. It is very easy to fall into error, for English has acquired thousands of foreign words and phrases that make it a snare for the careless. Clothes and manners are veneers that may gain you some favor for a little time. But your language reveals you as in the searching glare of a calcium light.

Wonderful New Invention

For many years Mr. Cody studied the problem of creating instinctive habits of using good English. After countless experiments he finally invented a simple method by which you can acquire a better command of the English language in only 15 minutes a day. Now you can stop making the mistakes which have been hurting you. Mr. Cody's students have secured more improvement in five weeks than previously had been obtained by other pupils in two years!

Learn by Habit—Not by Rules

Under old methods rules are memorized, but correct habits are not formed. Finally the rules themselves are forgotten. The new Sherwin Cody method provides for the formation of correct habits by calling to your attention constantly only the mistakes you yourself make.

One of the wonderful things about Mr. Cody's course is the speed with which these habit-forming practice drills can be carried out. You can write the answers to fifty questions in 15 minutes and correct your work in 5 minutes more. The drudgery and work of copying have been ended by Mr. Cody! You concentrate always on your own mistakes until it becomes "second nature" to speak and write correctly.

FREE—Book On English

A new book explaining Mr. Cody's remarkable method is ready. If you are ever embarrassed by mistakes in grammar, spelling, punctuation, pronunciation, or if you cannot instantly command the exact words with which to express your ideas, this new free book, "How You Can Master Good English—in 15 Minutes a Day," will prove a revelation to you. Send the coupon or a letter or postal card for it now. SHERWIN CODY SCHOOL OF ENGLISH, 3412 Searle Building, Rochester, N. Y.

SHERWIN CODY SCHOOL OF ENGLISH
3412 Searle Building, Rochester, N. Y.

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

Name _____
Address _____

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

Classified Advertisements

Advertisements in this section, 20 cents per word, each insertion; minimum 10 words; payable in advance. To be inserted under proper classification in January issue, copy should be in our office November 5. Psychology Magazine, 404 Fourth Ave., New York, N.Y.

Educational

500,000 USED CORRESPONDENCE COURSES AND EDUCATIONAL BOOKS. Sold. Rented. Exchanged. All Subjects. Satisfaction guaranteed. Cash paid for used courses. Complete details and bargain catalog FREE. Send name. Nelson Company, 3138 Manhattan Building, Chicago.

USED CORRESPONDENCE COURSES AND EDUCATIONAL BOOKS sold or rented. Inexpensive. Money back guarantee. Write for free catalogue listing 4000 bargains. (Courses Bought.) Lee Mountain, Pisgah, Ala.

CORRESPONDENCE COURSES. BIG CATALOGUE 10c. HANFLING, 799 Broadway, New York.

Psychologists

SUBJECTIVE PSYCHOLOGY AWAKENS, EMPOWERS, ENRICHES. STUDY under a qualified teacher. Address: Marie F. Dunlop, PS., D.M.S., D., 2716 East 14th, Joplin, Mo.

MAY I HELP YOU SOLVE YOUR PROBLEM? Elberta Wilson, Rock River, Wyoming.

Graphologist

GRAPHOLOGICAL SERVICE, FOUNDED ON SCIENTIFIC PRINCIPLES, is the most accurate method of advising you on your personal problems. Write questions concerning your aptitudes and problems, using steel pen and unlined paper. One dollar. Graphological Service, 618 Avenue S, Brooklyn, N. Y.

Printing

INCREASE BUSINESS WITH "EXCELLOGRAPH" ROTARY STENCIL Printer. Reprints thousands everything you typewrite, handwrite, draw or trace. Colors, \$19.75 up. Terms. Illustrated "HOW" Free. Pittsburgh Typewriter Supply, Dept. K-14, Pittsburgh, Pa.

Photos

PEPPY PALS! PHOTOS, DETAILS, 25c. MAGAZINE, 15c. WOW, Eolia, Mo.

Salesmen Wanted

WANTED COUNTY DISTRIBUTORS. EXCELLENT OPPORTUNITY FOR earnings. Nationally advertised product. Large company. Dept. 251 Fyr-Fyter Company, Dayton, Ohio.

Telepathy

UNUSUALLY INTERESTING TELEPATHY FOLDER FREE. Florence Hall, Rising Sun, Md.

Hypnotism

HYPNOTISM, COMPLETE 20 METHOD COURSE 25c. Lonk Institute Hypnotism, D-1619, Palatine, Illinois.

Hosiery

BEAUTIFUL QUALITY. SILK. THREE PAIRS \$1. Fullfashioned. (Trial 39c.) SY221W Broad, Savannah, Ga.

Personal

LONELY? MY PERSONAL SERVICE ARRANGES ROMANTIC or friendly correspondence. Find your mate through confidential, select club. New members receive complimentary copy of "Personality." Free sealed information. Write today. Robt. Randolph, Box 213, Jacksonville, Fla.

LONESOME? JOIN SELECT, MOST ACTIVE RELIABLE club, known for high-class members, absolutely confidential, individual service. Desirable, refined members everywhere. Established 1896. Elsa Thorpe, Box 18, Ridgewood, Brooklyn, N. Y.

LONELY? WANT REFINED CORRESPONDENT OR COMPANION? Confidential, dependable, dignified service. Members everywhere. Particulars free. Crescent Correspondence Club, West Toledo, Ohio.

LONESOME? WANT A SWEETHEART? MANY WEALTHY. (Confidential.) Established 1924. Free particulars, photos, sealed. Reeder, Box 549, Palestine, Texas.

DIVORCES: CONSENT ONE DAY. OTHERS THIRTY. Box 151, Jaurez, Mexico.

COLORS PULL

Marvelous Data. Why use Colors without color-knowledge? **COLORS** pull 10 to 1 over black, etc. Startling color revelations. Scores of invaluable facts for both sexes. Colors bring friends, power, wealth, joy. DATA by Prof. "Rainbow" Stevens, "the world's leading colorist." DATA for Colors in Dress, Color Analysts, Human Engineers, etc. Ten selected typed lessons and one of the author's Deluxe ed. of "Friendship and Colors"—all for \$3. (Book only, \$1). (Here's a bargain.) **RAINBOW STUDIOS.** Desk P. 242 Powell Street, San Francisco, Calif., U. S. A.

\$ NEED MONEY?

Write for free booklet describing "107 Plans for Operating a Successful Business of Your Own." Make from \$20 to \$100 a week starting in spare time at home. No peddling or house-to-house selling. Booklet sent free, and without obligation. Write for your free copy today.

ELITE PUBLISHING CO.

Dept. M, 214 Grand Street, New York, N. Y.

If You Are Interested in Better Health and Longer Life Read

TROUBLES WE DON'T TALK ABOUT

By Dr. Joseph Franklin Montague

Well Known New York Intestinal Specialist

\$1 Cloth, 142 Pages • COLITIS • CONSTIPATION
Illustrated AND MANY OTHER AILMENTS

The HOME HEALTH LIBRARY, Inc. 516-5th Ave. New York City

BECOME A DOCTOR OF

BIO-PSYCHOLOGY

Bio-Psycho-Analyst, Scientific Ortho-Genetic Metaphysician. Lecture. Teach. Counsel. Analyze. Be genuinely prepared. Correspondence Home Study Courses; degrees conferred by Educational Institution authorized by STATE CHARTER. CONSCIOUSLY realize upon your SUBCONSCIOUS virtualities. Write TAYLOR UNIVERSITY OF BIO-PSYCHO-DYNAMIC SCIENCES, Dept. U., Chattanooga, Tenn.

STUDY FOR THE DEGREE

of Doctor of Psychology (Ps.D.) Doctor of Metaphysics (Ms.D.) or Doctor of Divinity (D.D.) by correspondence in the quiet of your own home.

Write for further information.

The College of Divine Metaphysics, Inc. 2811 N. Illinois St., Dpt. 2, Indianapolis, Ind.

LONELY?



Join a National Church Organization. Sure to have a select helpmate for you. Stamp and age bring full particulars.

REV. JONES

P. O. Box 2459, Kansas City, Mo.

Overcoming Handicaps

(Continued from page 17)

of his ability may explain part of his emotional upset. A sense of inferiority may at times cover over a more real sense of superiority. The sense of handicap is so strong because the person affected cannot stand even a slight suggestion that he is not superior.

For a man in H.I.W.'s position advice may be simple and direct. He is much too sensitive to feelings of inferiority. If he were not disposed to take things that way, he wouldn't be so affected by reading that the offspring of first cousins are likely to be inferior. Weak traits may be bred in by marriage of kin and so may strong traits. Only a few persons whose parents were cousins would be disturbed by reading such a statement, and they would be pretty sensitive to see the signs of inferiority on such slight provocation.

The small hands make a slightly different story; they cannot be denied, but they can be ignored. They encroach upon a naturally sensitive section of self-consciousness. We all want to look and feel normal, and on a par with others if not above par. Every man wants to be a full he-man. Women have small hands; any suggestion of effeminacy is unwelcome. The compensation factor above indicated comes out in this relation also. Many a young fellow, not particularly robust, swears and drinks and boasts of exploits just to show how manly and worldly he is—nothing weak or effeminate about him! It is partly put on to hide a smothered suspicion that he isn't quite all he would like to be. He is trying to be superior by way of compensation. It affects some that way by making them feel and act "big"; and it makes others feel and act "small".

Having small hands is a little thing, and doesn't in the least stand in the way of doing big things with them and the brains behind them. Others will pass them by with as slight attention as the owner will pay to the matter, when he takes it naturally and sensibly. The artist, Whistler, being endowed with a sense of his own significance—in his case well justified despite his eccentricities—took pride in a white lock in his otherwise dark hair. A man with an overstrong sense of inferiority would have had it dyed.

There is a good deal of real inferiority in the world, difficult to manage; and there seems to be even more of an unnecessary sensitiveness in the same direction that causes useless worry. In cases like this one, one may say with strong assurance that the advice can and will be followed: "Forget it!"

In the Psychologist's Office

(Continued from page 31)

able to recognize old familiar words, like "The Times." In this state I urged her people to take her to the seashore. I wanted her to stay in this strange personality as long as possible. This personality became more alive gradually and she could read and talk and understand new things, even swim. After a month she came out of this personality back into her own normal personality but with no memory of her insane delusions. She is now a normal, healthy, happy young woman without any trace of her insanity.

* * *

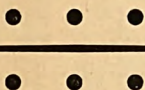
My discovery in the treatment of dementia praecox was of an evolutionary character. I began, in 1909, with the medicine Atop, suggestion and re-education but I felt that I needed more medicine than this. After trying many different medicines I found that ergot and quinine hydrobromide added to the effectiveness of this treatment for dementia praecox. My method has a very wide application but it is of no apparent value in those violent cases where the "insulin shock treatment" is used. Dr. Manfred Sakel discovered the "insulin shock treatment" for dementia praecox by accident while treating a "dope fiend" who had dementia praecox. Insulin has been found to be of benefit for many years in the treatment of drug addicts. Dr. Sakel's method for the "insulin shock treatment" for the treatment of dementia

praecox is often dangerous. The patient may die under treatment despite every precaution. The cases to undergo treatment must be selected with great care. Then there is the added danger of damaging the liver or pancreas or both.

These two methods of treatment complement each other. The world owes Dr. Sakel a great debt for his powers of observation that brought about this amazing new discovery. It undoubtedly opens the door and clarifies the problem to an extent whereby medical men will eliminate the dangers incident to the "insulin shock treatment" and find another drug that will without danger put the patients to sleep, wiping out their memories in a broader and even more effective way. I am experimenting now with a new drug that has amazing powers.

The whole problem of dementia praecox has now been so clarified that my fight to have psychiatrists as an integral part of our educational system, to diagnose and correct the abnormal mental trends in children in their incipency will undoubtedly be realized. Mothers will be educated in the care of their children in the pre-school years to help in the prevention of these abnormal mental twists.

These new discoveries in the treatment of mental disease should brighten the heart of every mother.



Answers to Psychological Problems

1. Aerophobia, fear of high places. The etiology is not always the same as in Mary Harris' case. But she came to associate terrific wind with all high places. Wind threatened exposure. Many women regard their specifically feminine organism as symbols of weakness—as Stekel, in extending certain theories of Freud's, has shown. Mary suffered a general feeling of inferiority, resulting from her upbringing; in high places there might be wind that would expose her to others. Her neurosis was a means of avoiding some of the contacts in which she would be in danger.

2. Agorophobia, fear of open spaces. Henry Arthur, after listening to his grandfather's description of the difficulties he would have to face in manhood, believed himself inadequate to cope with them. His imagination helped him create dangerous beings whom no one—even persons superior

to himself—would dare tackle. Thus, he unconsciously developed a reason for avoiding life.

3. Claustrophobia, fear of confined spaces. George Frazer can escape many problems because of his neurosis. If there is a situation he does not want to meet, or feels unable to meet, he can decide a room is too small or too crowded and if he is forced to sleep in a small room, he cannot rest properly and therefore is too tired to undertake some responsibility.

4. Astrophobia, fear of the elements. This neurosis is a sort of combination of the three others mentioned. Persons who are afflicted develop agoraphobia when outdoors in the storm; claustrophobia when indoors, and the majority of them also suffer from aerophobia, a condition which invariably involves the elements.

HOW TO WIN SUCCESS IN LOVE!



A DARING DESCRIPTION FOR MEN AND WOMEN OF THE ART OF LOVE-MAKING

When love enters your life and shoots its quivering pangs through your heart, will you know how to capture and hold this love? Or will you stammer and flush with nervousness? Will you ruin your chances for sweet happiness by a poor approach—a tactless remark—an awkward action? To win love when it comes you must know its strategy and ways. You must learn to MASTER LOVE—you must LEARN YOUR PART in the exciting, breath-taking drama of LOVE. Do it by reading . . .

THE ART OF LOVE by Ovid

. . . a 2000-year-old love guide which reveals with shameless pride the intimate advice of a master love-maker.

Nowhere will you find such open and expert guidance in the art of wooing and winning a mate. Even in the days of decadent Rome, when the author lived, Augustus Caesar found these writings so erotic and sensational he banished Ovid from the country. Now every single word Ovid ever wrote on "THE ART OF LOVE"—all his secrets, his amazing methods, his ever-successful tactics—you can read exactly as the author wrote them.

ATTRACTING THE OPPOSITE SEX

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."

SEND NO MONEY!

Learn the art of love by sending for this fascinating book. Fill in and mail the coupon right now! On delivery, pay the postman \$2.98 plus postage. Read "The Art of Love" for 10 days. If not completely satisfied, return the book and your money will be refunded. Do not lose out in love—

FREE!

"How to Write Love Letters"—a book explaining the art of writing interesting, winning love letters. With specimens from the opening letters in a friendship to the deeply passionate messages of ardent lovers. FREE with each order for "THE ART OF LOVE."

Mail coupon NOW!

COLONY BOOK CO.
30 Church Street, N. Y.

318 pages—bound in rich, black fabrikoid.



Not sold to minors

COLONY BOOK CO., Dept. P-45,
30 Church Street, New York, N. Y.

Gentlemen: Please send me "The Art of Love" in plain wrapper. I will pay the postman \$2.98 (plus postage) on delivery. If not completely satisfied, I may return the book and my money will be refunded. Also send me FREE, the book "How to Write Love Letters."

Name

Address

City and State

☐ Check here if enclosing \$3.00 with this coupon, in which case we pay the postage. Same guarantee of satisfaction and return privilege, of course.

(Foreign orders must enclose \$3.00)



EVERY WORD A
**TRUE AND
LIVING FACT!**

The inside stories in the lives of
those whose names make news.

•
MY LONG LOVE AFFAIR
by Upton Sinclair

•
ROMANCE WITH MUSIC
by Mrs. Guy Lombardo

•
I PROPOSED IN A TAXI
by Bert Lytell

•
**THE STORY
I HAVE NEVER TOLD**
by Belle Livingstone

•
Live again with present-day
headliners the loves and lives
that brought them to the top.
Learn the personality secrets
that made *them* succeed where
others failed.

**PERSONAL
ROMANCES**

A New Kind Of
True Love Magazine On Sale At
ALL NEWSSTANDS NOW!

Are You Queer?

(Continued from page 15)

he claimed, was monotonous, insipid. We see here simply a strong desire to give vent to his polygamous instincts.

Further analysis of the case showed that my patient suffered from a very definite form of emotional disturbance, a mild form of insanity. We understand the emotions to represent the sum total of the feelings that accompany our actions.

Most people, so-called nervous or insane, are not necessarily intellectually insane; they are usually *emotionally wrong*. The emotion is to the intellect as fuel is to the motor. The motor may be perfectly new and in perfect order, but if we do not feed it properly it will not function correctly. The same thing holds true of the emotions. We require the emotion or affective element to be proportionate to the idea, and so long as this proportion is maintained, the individual usually behaves normally.

Marriage an Artificial Institution

Mr. H. informed me he had been depressed when he came back from the war, but that he began to "feel alive" from the time he met the lady; he felt like a person who had been drinking, though he does not drink at all. I finally told him that there *was* something wrong with him. He wished to know why I thought so, and this was my answer:

"The average normal man is by nature polygamous. Marriage is an artificial institution. It is simply an outgrowth of civilization. Marriage or monogamy was found necessary in order to maintain civilized society; in order that the State may exist, the average man has had to control his polygamous impulses. Man does not do this voluntarily. It is social fear that keeps him from giving vent to his natural self.

"If the average man followed his real feelings he might love a different woman every once in a while, but he realizes that this would not be right;

that it would be detrimental to his family and that it would not be countenanced by society. So he lives up to his bargain, though his wife may not 'stimulate' him as she did in the beginning of their encounter. You wish to leave your wife simply because you have found another woman who is stimulating, a fact which many a married man could, and often does, experience. If, without giving the matter much thought, you are so ready to destroy your family life, it is evident that there is something wrong with your philosophy of life. There is something wrong with you because *socially you are maladjusted*.

These Fires Soon Go Out

"Moreover, if I thought the present situation might continue for the rest of your life, I might advise differently, but any observing person knows that sooner or later you will feel toward her as you do toward your wife; what is more, you may not have as much admiration for her as you now have for your wife after five years of married existence."

Mr. H.'s is an ordinary case, such as one finds everywhere, but his problem illustrates some shades of adjustment, which the average layman might fail to see. If the patient had not suffered from a definite form of mental disturbance (manic depressive psychosis), as the further analysis indicated, he would not have acted in this way. Here the inhibitions were loosened because the man's emotional condition was wrong.

I suggested to his father that he send him for a treatment to a certain semi-sanitarium; when he left he it he had abandoned his idea of leaving his wife. I could tell you about hundreds of similar cases which were not properly diagnosed in which lives and fortunes were destroyed because some of the persons suffering from such abnormal mental states permitted their feelings to run amuck.

Discoveries and Conquests

(Continued from page 10)

suggestion: "The isolated idea tends to realize itself in the body and affairs of him who isolates it." There quickly arises the question: What is an isolated idea? It is a single thought held in the mind to the exclusion of every other thought. It would be difficult to express such a thought in words. The thought, "I am here," is not an isolated idea, because there is an element of place in it, as well as an element

of existence. "I am" is about as near to an isolated idea as can be expressed in words. In both the old and new Testaments the deity is quoted as using these two words to describe himself.

If one should isolate the thought of absolute independent existence embraced in the two words "I am," his only profit would be a sense of tranquillity; and that is not the only goal toward which modern psychology is

moving. It is a hard-headed, practical kind of a science, the main purpose of which is to help people to increase their incomes, better their positions in life, live in better houses, ride in nicer cars, wear prettier clothes, be more attractive, and have more friendships, love and happiness.

When persons attain these results they are in a better position to serve others, and thus move toward the establishment of the kingdom of heaven among men through an endless chain of gifts. And in the course of years of experimenting and making practical tests and applications in many thousands of human lives, definite and simple scientific formulae have been worked out for isolating the ideas of the things and conditions usually desired by the human heart.

Subconscious vs. Objective Mind

Our present purpose, however, is not to deal with methods and formulae, but to deal with the question of whether or not the subconscious mind is possessed of more wisdom than the objective mind. We have seen that in the matter of building and operation of a body require a knowledge of chemistry, biology, radiology, telephony and a number of other sciences far in advance of anything the objective mind has ever approached.

As a matter of fact, the subconscious mind partakes so deeply of the character of "all-knowing" usually ascribed to deity that it is sometimes called "the indwelling God-mind." Possibly Jesus had in mind a comparison of the objective mind and the subconscious mind when he said: "I of mine own self

can do nothing; but the Father *who dwelleth within me* doth the works."

One who draws upon the indwelling wisdom for counsel and guidance in the business of solving one's problems and fulfilling one's desires does not thereby violate the law of compensation nor do violence to any law of sociology or economics. He merely sets his mental harmony of life and action than he has theretofore "brought in." He establishes within himself a different and better attitude of mind, with more faith and hope and courage and inspiration. He finds opportunities that he had heretofore neglected; he makes new and better business and social contacts, because his new mental attitude attracts to him a better class of people; he drifts naturally and easily into doing and saying the things that set him ahead in the world.

In short, he becomes worth more to the world and collects on the basis of his increased worth. These changes usually come with a strange rapidity, but they come in an orderly, matter-of-fact way, in strict conformity to natural and economic laws, and in full justice to all concerned.

Is the human being just a chance-swept barque on the sea of life, surrounded by mysteries he cannot understand, buffeted about by forces over which he has no control and doomed to drift on he knows not whether? Or is he the captain of his soul, with full knowledge and equipment for steering into the harbor of his dreams? There are those who say he is the former. *Modern psychology says he is the latter.*

The Power Within

(Continued from page 36)

all—"Let him that thirsts come and drink of the waters of life freely." It is an open fount in the public highway; the prince and the pauper have equal access to it. It lies within every man.

It is impersonal. Turning it seemingly into a wrong channel does not change the nature of it, only its expression. An electric wire on the ground which kills a child does not bespeak any fault in the current. The same power which will light your home and furnish you joys and comforts untold, if misinterpreted will seemingly cause havoc; but the power is always the same. . . .

If you find a power in your life which seems to be working evil, pick it up, transmute it. Like the serpent which became a staff when properly

handled, so the very power which appears to be working in a wrong direction is apparently doing so because you have failed to interpret it rightly—you have failed to come unreservedly under its sway, the rhythmic sway of the universe. You have tried to condition an unconditioned power and failed. . . .

Becoming conscious of this unconditioned power frees us from the so-called power of conditions. Understanding that we are one with the power, and that we existed before any condition in our life, we acknowledge that we brought out, or created, all conditions, and hence have power over them. This may seem a paradox. In the realm of imagination we seem to create, but in reality we only become aware of that which is.



Learn THIS PROFITABLE PROFESSION IN 90 DAYS AT HOME

Salaries of Men and Women in the fascinating profession of Swedish Massage vary from about \$40.00 up to \$75.00 per week with room and board often included *Free*, but more often those who qualify, after a few short months of study, choose to establish their own offices with correspondingly greater possibilities of large incomes.

Tremendous opportunities lie before you in this uncrowded field which is now open to you without having to leave your present work until you qualify as an expert and can command an expert's pay.

This interesting big pay profession was heretofore open to a select few but now its closely guarded secrets are available to you through our home study instruction. All lessons have been prepared in our great resident school here in Chicago, the same teachers and the same material is used and a diploma is awarded on completion of the course.

The Cost is unbelievably low—the terms so easy anyone can meet them.

LARGE INCOMES FROM DOCTORS. hospitals, sanitariums, clubs and private patients are bound to come to those of our graduates who profit by the thousands of opportunities available to make money. Mr. Charles Romer, Wisconsin, writes, "At times I have had to turn away people: I have been so busy the depression never touched me." Miss Childs, Baltimore, Maryland, says, "I already have over 40 patients. I hope many others take your course and profit financially and socially as I have." Hundreds and hundreds of graduates have written similar letters. Get into Swedish Massage through our



"Right in Your Own Home" Plan.

EXPERTS IN

REDUCING

The field of "Taking off fat" offers untold possibilities. Hollywood stars have found Swedish Massage the most effective

method and the whole world is ready to follow their example.

Women must have stylish figures, men must keep in trim and rich patients by the thousands are willing to pay big for results.

Our course includes special lessons in this work. Here is a profession, now open to you, which makes you a public benefactor; for the skill we teach you is of great aid in many human ailments as well as in building beauty—it offers you position, both professional and social, it offers you independence, freedom from worry and the respect and admiration of your neighbors and friends.

Anatomy Charts and Sample Lesson Sheets FREE



Write Now for our amazing offer of Anatomy Charts and Free lesson sheets including illustrations of massage technique. Medical Dictionary. Patented Reducing Roller and Hydro-Therapy supplies are all included in our course without one cent of extra cost. Send the coupon now—there is no cost or obligation.

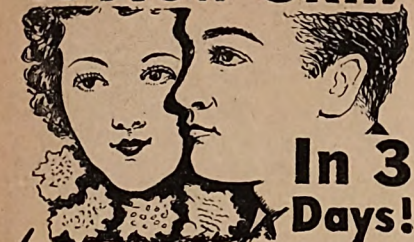
The College of Swedish Massage
1601 Warren Blvd., Dept. 634,
CHICAGO

THE COLLEGE OF SWEDISH MASSAGE,
Dept. 634, 1601 Warren Blvd., Chicago.

You may send me Free and Postpaid Anatomy Charts, sample lesson sheets, illustrated Catalog and complete details of your offer, including booklet of photographs and letters from graduates.

Name
Address
City State

Now Have A New Skin



**In 3
Days!**

**These Pieces of Old Outer Skin
With Visible Pimples, Freckles,
Blackheads, Large Surface Pores, and
Fine Age Lines DISAPPEAR!**

This new discovery actually removes them harmlessly, and they're gone, not covered up as with paint and powder. It's the most amazing, yet simple, way of removing skin blemishes and making yourself look years younger you ever read of, and all explained in a new treatise called "BEAUTIFUL NEW SKIN IN 3 DAYS" which is being mailed to readers of this magazine **ABSOLUTELY FREE**. Send no money, just name and address and you will receive it by return mail, in plain wrapper. If pleased, simply tell your friends. Address **MARVO BEAUTY LAB., Dept. 49-B, No. 1700 Broadway, New York, N. Y.**

**READ
FREE
OFFER**

DO YOU WANT TO STOP TOBACCO?



Banish the craving for tobacco as thousands have. Make yourself free and happy with Tobacco Redeemer. Not a substitute, not habit forming. Write for free booklet telling of injurious effect of tobacco and dependable, easy way to relieve the craving many men have.

FREE BOOK

Newell Pharmacol Co.
Dept. 15, Clayton, Mo.

Pandiculate to Health



Booklet FREE

BE WELL, STRONG, YOUTHFUL
Vitalize your whole body. Enjoy the vim and vigor that comes from relieving pressure on spinal nerves. 15 minutes on the Pandiculator gives pep like a full gymnasium workout. A great spinal corrective appliance used by hundreds of hospitals, sanitariums and doctors. Write for booklet "Stretching to Health."

PANDICULATOR CO.
410 Newman Stern Bldg. Cleveland, Ohio

MAN IS GOD IN HUMAN FORM

How do YOU apply God's power in your daily life—how do YOU use it? Are you content to suffer from fear, doubt, disappointment, disease, discord and failure... or do you use God's power for better health, full personal success, joy, peace, radiant living for yourself and for all you contact? Now, the TRUTH is that God's Divine Intelligence is WITHIN YOU; you never knew it, therefore you have not used it. Learn what it is, learn how to USE it in your business, in all that you do—for your own good and for the good of others. Be happier, healthier, wealthier, wiser! How can you learn? Write Edwin J. Dingle, F.R.G.S., noted world traveler and teacher, asking for a treatise on the great modern religion of Mental physics. This 12,000-word book is full of priceless knowledge which you may use in your daily life. It is free to you. Address: **The Institute of Mentalphysics, 213 South Hobart, Dept. 264, Los Angeles, California.** The greatest teaching accessible to man is yours, if you desire to use it. To learn that MAN IS GOD IN HUMAN FORM is the greatest of Life's privileges. When GOD is within your reach, His full expression is yours.

Psychology in Books

(Continued from page 42)

grooves. Many disabilities help to make people lax in their behaviour attitude but an active alert mind, says Burgess, has tremendous power to right such conditions.

"Maturity can't expect to maintain an equality with youth, but it may establish an equivalency of attributes. It can compete with youth's magnetism and freshness only with qualities of its own which ordinarily youth doesn't possess." Burgess explains what these qualities are and with profuse illustrations makes the reader know exactly what he is to avoid and what he may hope to achieve. The book is extremely practical in spite of its continuous note of enthusiasm and inspiration and seems headed for a best seller rating.

Simon and Schuster

About Psychic Phenomena

Hereward Carrington, so well known as the Director of the American Physical Institute and as the author of numerous books and pamphlets has produced a most informative and intriguing book in his "Psychic World."

"What do you know of psychic phenomena?" asks Mr. Carrington and proceeds to add greatly to the reader's knowledge by a documental but most emphatically a readable history of the entire subject. At the outset, the author clearly differentiates between spiritualism—with which, of course, its name is likely to be associated—and psychic research.

He points out that the former is a religio-philosophical scheme, while psychic research implies no belief and consists solely of scientific investigation. In order to develop his thesis, he has correlated an amazing amount of material on the human mind, mental balance, memory, and personality. A fascinating account of native prac-

tices throughout the world is found in the latter half of the book. Undoubtedly, with convincing evidence, Mr. Carrington proves there are indeed more things on the earth than we ever dreamed of. Yet, as an authority has pointed out, the author leaves you quite free and unconfused to marvel at the strange facts he recounts and to form your own conclusions.

G. P. Putnam's Sons

What Others Think of You

Have you ever wondered what people think about you? Do you think your friends are aware of your bad points? Do you think they might, just might, be totally unaware of your good points?

Are you afraid to know what other people think about you? If not, then the book "Dynamite" by Doris Webster and Mary Alden Hopkins, is exactly what you want. It packs dynamite which may explode some of your favorite opinions of yourself and your friends.

The authors explain how to analyze a person's character, not by his own answers to questions but by his friends' answers to revealing questions about him. Answering the questions in this book, one person will say one thing, another will say something utterly different about the same man or woman. The fun begins when the person under discussion answers the question himself—and when he discovers that his opinion of himself may be far removed from what others think of him.

Whatever it is, it's lots of fun, and will enliven any dull moment. It is a conversation starter, and perfect memory book of the minds of your friends.

D. Appleton-Century Co.

"No Head for Business"

(Continued from page 27)

gestion you take advantage of one of the fundamental laws of success in any line of enterprise.

Then, having found the exact spot where your income is being dissipated, you likewise word your affirmation to fill the gap and supply the need. If you are wasting several hundred dollars annually on clothing, for example, you will easily make out a list of statements or affirmations intended to start corrective thought habits. These you will repeat many times, both in silent, quiet thought in your room, and in the secret chambers of your mind while

you are at work. As to the results, you may have the greatest assurance of almost immediate improvement and final complete recovery from the error.

That false habit of belief in your general business debility will retreat before your positive attack as readily as the other imaginary foes of success. Deny and rout this form of self-accusation while you affirm the positive opposite. You have just as much right to succeed in business as any other honest person. You have average ability, let us say, and that is all the general conditions require for success.

After having become convinced of your normal right and ability to get ahead financially, the balance of the way can very well be a joy. You will frame your constructive thought habits so as to cover the precise situation. Repetition of such positive thinking will multiply your opportunities and your supply.

The law of mind and positive thinking is what we would especially emphasize here. Once the student who understands the power of thought becomes convinced as to the method and the technique here advocated, he is already on the way to success. Having dropped the destructive, negative thinking, his better energies will become operative. Then after he has taken up the rule of conscious and definite affirmation—verbal and mental—his business will go forward with a bound.

* * *

It is impossible within the brief space of this article to touch upon all the common destructive erroneous thought-habits in connection with business. For every failure there is a failure habit; and for every instance of success there is a success habit of thought.

If, after due consideration of the

matter on your own initiative, you do not find a way of correction of your business fault, then I advise you to submit the matter to psychoanalysis. Take your case to a person of honest business enterprise and of reasonable success. Certain points in analysis may lead the inquiry deep into your subconscious mentality where there may be discovered some repression or perversion of long continuance.

It may prove that some aspects of your nature remained during the growing years comparatively untouched and undeveloped. To the extent that you were cheated out of your full share of normal play with other children; of normal experience in the performance of the basic industries; of normal mingling with the young of your age during the love-dream period; of training and participation in some form of superior group activities—to the extent that any of these great human experiences were suppressed during childhood, you are a one-sided creature. And it is quite within the possibilities that your business failure may have its roots deep down within the undeveloped part of your character. Realizing this, you are well on the way to the correction.

Polygamous Man Grows Up

(Continued from page 30)

components of love. Who ever declares that monogamy is unnatural is revealing a subconscious hope for polygamous expression. And polygamy, like exhibitionism and other exaggerations of normal impulses, is but a reversion to the adolescent stage.

* * *

Growing older means the assumption of new responsibilities. The man who thinks of marriage as enshackling is really dodging the responsibilities of adulthood. He prefers the protection of his own mother, and refuses to get out into the world. He insists on stay-

ing at the childhood level. Likewise, the man, whether married or not, who expresses the opinion that polygamy is the only natural condition, is merely voicing his innermost polygamous cravings which are themselves merely confessions that he wishes to persist at the adolescent stage.

Monogamous marriage is the only normal goal for the normally minded adult man. It is the only salvation for the future of the family. And, perhaps more important, only in monogamous marriage will a man find normal expression.

\$20.00 PRIZE FOR PERSONAL EXPERIENCE STORY

We publish personal experience stories, submitted by readers of *PSYCHOLOGY Magazine*, each month. We shall be glad to print *yours*. . . The story (preferably 1,200 to 1,500 words) must be *true* and should portray an actual experience or personal observation of the author—preference given to those which illustrate applied psychology in everyday living. . . Stories accepted and used, in addition to the prize story will be paid for at our regular rates. All manuscripts for December contest must be postmarked not later than midnight December 31, 1937. Address Contest Editor, *Psychology*, 404 Fourth Ave., New York, N. Y.



India SPECIALIZED IN SOUL CULTURE

Today, America leads in industry and finance, England in diplomatic science, Germany in mechanical science; each with its specialization, so India is recognized for its Soul culture.

The Masters of India were already engaged in pondering the mysteries of life and death before Western history began.

In this India is pre-eminent. Out of the long ago have arisen the greater power, greater riches, greater splendor of Soul-Realization—the only legacy that outlasts Man—the unparalleled gift from the ancients of the East.

Therefore, the teachings of the present-day Masters of India are no longer speculative, but rather have developed to the stage of true practicalness, bringing to their followers that peace of mind and spirit so needed by the entire Western world.

Tomorrow may bring fading materiality, the usual cycle of history. Fortify yourself behind the bulwarks of Soul-Realization, the fortification that has stood the test of Time and Experience.

To help bring a True, Practical Philosophy of Life to all mankind, Swami Yogananda will send his booklet, "Highest Achievements Through Self-Realization" to all who seek peace and power to cope with their daily struggles in life. Write for your FREE copy today.

SELF-REALIZATION FELLOWSHIP

DEPT. No. 506,

3880 SAN RAFAEL AVENUE
LOS ANGELES, CALIFORNIA



7 COLOR BOOKS

By the "world's leading color authority, and color-therapeutic-scientist inventor."

NOTE: The "Deluxe" illustrated, etc., editions ARE WELL WORTH THE DIFFERENCE IN PRICE.

	Plain	Deluxe
"Colors" and their uses (Stevens & O'Neill), a splendid all-around beginner's text brochure	\$.35	\$.50
"Science of Colors and Rhythms" (Stevens), popular elementary 80-page textbook	.60	1.00
"Nature's Finer Forces, Lights, Colors" (Stevens) (called "The Million Dollar Textbook"). Nearly 300 pages. (Former price, Deluxe, \$1.00). Unusual value, illustrated, now only		5.00
Book I—"Colors, Breath and Creative Forces" (Stevens). Effects of colors on homes, health, thoughts, auras, marriage, etc.	.50	1.00
Book II—"Social Science Series" (Stevens). Includes influence of perfumes, colors, odors, incense, etc.	.50	1.00
"Friendship, Colors and Lyrics" (Stevens). (Just from the Binders)	.65	1.00
"Rhythms and Colors." (Our early 1938 production of over 100 attractive pages) (Stevens)	.65	1.00

N. B. We keep in stock a few of Dr. Babbitts' original encyclopaedic works (profusely illustrated) listed at \$40 to \$100 each.

(Remit with orders. We prepay and insure safe delivery.)

RAINBOW PUBLISHERS

Dept. P. 242 Powell Street
SAN FRANCISCO, CALIFORNIA, U. S. A.



Would you possess that strange mysterious power which charms and fascinates men and women, induces their thoughts, controls their desires and makes you supreme master of every situation? Life is full of alluring possibilities for those who master the secrets of hypnotic influences; for those who develop their magnetic powers. You can, without drugs, win the friendship and love of others, increase your income, gratify your ambitions, drive worry and trouble from your mind, improve your memory, overcome domestic difficulties, give the most thrilling entertainment, and, in short, develop a wonderfully magnetic will power that will enable you to overcome all obstacles to your success. You can hypnotize people instantaneously — quick as a flash — put yourself or anyone else to sleep at any hour of the day or at any place, and, in fact, everything. Our free book tells you the secrets of this wonderful science. Write for it exactly how you can use this power to better your condition in life. It is enthusiastically endorsed by ministers of the gospel, lawyers, doctors, business men and all classes of people and is everybody's. It costs nothing. We give it away to advance our situation. Write for it today. (Use an envelope with a 5c stamp.)

PARIS COLLEGE OF PSYCHOLOGY
(Dept. 108-D), 7 RUE AUBER, PARIS, FRANCE

For Immediate Consideration Send Poems to
COLUMBIAN MUSIC PUBLISHERS LTD., Dept. 135, Toronto, Can.

How To Order Them

BOOKS reviewed recently in **PSYCHOLOGY Magazine** may be ordered direct from **PSYCHOLOGY'S BOOK DEPT.** If the book you are seeking is not listed here, or elsewhere in this magazine, simply write a letter to this department inquiring about it. Feel free, at all times, to ask this department to select for you books to be read on whatever phase of psychology interests you particularly.

Marriage -----	\$2.50
Leon Blum	
Your Hidden Powers -----	1.50
Alan Macey	
What God Means To Me -----	1.00
Upton Sinclair	
Voice Manual -----	1.00
George A. Brouillet, D. M. D.	
Intimate Side of Woman's Life --	1.50
Help Yourself to Happiness -----	2.50
David Seabury	
Business Opportunity for Women	1.00
Catharine Oglesby	
The Mentally Ill in America ----	3.00
Albert Deutsch	
How to Succeed in Life -----	2.00
Grenville Kleiser	
Thought—The Master Key -----	2.50
Leonard E. Jennings	
Getting Along with People -----	2.50
Milton Wright	
Educational Psychology -----	3.00
W. D. Commins, Ph. D.	
Conquer Yourself -----	3.00
Fritz Kunkel, M. D.	
Give Yourself Background -----	2.00
F. Fraser Bond	
Practical Psychology -----	2.25
Edward Stevens Robinson, Prof. Psychology, Yale U.	
Be Glad You're a Neurotic -----	2.00
Dr. Louis E. Bish	
Healthy Eyes Without Glasses --	3.00
Dr. R. A. Richardson	

Use check or money order: do not send currency.

PSYCHOLOGY'S BOOK DEPT.

404 Fourth Avenue, NEW YORK, N. Y.

(Continued from page 45)

titude, realizing that you will come in contact with these people you meet frequently and there is then developed a concern over what they may think of you. You don't care so much what these strangers you meet at some distant point think. If you could assume just the same mental attitude toward these people at home that you do away from home, there would be no difference. Don't care what others think. Just strive to have a good opinion of yourself and ignore self when with others just as much as you can.

(Continued from page 43)

of release from mortal bondage. But a glance around my room assured me that I was still in earthly quarters. I laughed aloud in abandonment to the joy of living.

The little motto smiled down from the wall like the portrait of a loved friend. Its words sang themselves over to me like a mother's lullaby while I bathed and dressed in a maze of wonder at my own transformation.

It had been days since I had been downtown and I was seized with the desire to go. I had not eaten in twenty-four hours, and I was ravenously hungry; but there was not money enough for food and a car ride, so I chose the latter. That ride downtown was like a trip to fairyland with my changed mental vision glorifying everything and everybody. Over on Michigan Avenue I followed a stream of people into a public building. I found myself in a gathering of brilliant men and women, and learned that the National Peace Congress was being held there.

I had a notebook and pencil, and began idly to sketch some of the faces that interested me. A reporter for one of the great dailies observed my work and urged me to go with her to the newspaper office, I did so, with the result that I received an appointment to return to the banquet to be held that evening at the Auditorium Hotel and make a number of "thumb-nail" sketches for the Sunday Paper.

When I entered the banquet hall at six o'clock the odor of the food almost overcame me. I could hardly resist the desire to reach out and seize such of it as was within my reach. Little did those well-fed celebrities,

A scientific philosophical treatise on finding and using the power of the true Living God—as Christ did—through proven and tested methods, for acquiring health, success and happiness.

Write for particulars to

**THE AMERICAN ONWARD
MOVEMENT,
522 W. 62nd Street, Dept. C,
Los Angeles, Cal.**

Home Study Courses leading to Degrees in Arts and Sciences; Philosophy; Education; Writing; Psychology; Chemistry; Theology; Law; Agriculture; Business; Accounting; Advertising; Sales; Public Speaking; Electrical; Civil; Mechanical; Architectural; Aeronautical; Drafting; Radio, Automotive and Chemical Engineering. Only Standard Textbooks used. FREE 10-Day Examination of Course Selected. **McKINLEY-ROOSEVELT COLLEGE OF ARTS AND SCIENCES, 4235 Clarendon Ave., Chicago, Illinois, U. S. A.**

ABUNDANCE - HEALTH - HAPPINESS

May be yours NOW! "Psycho-mentology" the Master Teaching of the age, reveals the secret formula. You, too, can make your desires become real and your dreams come true. Write for **FREE** booklet today and learn the way to get what you want.

**INSTITUTE OF DIRECTIVE THOUGHT, Dept. S,
P. O. Box 1606, Sta. D, Los Angeles, Calif.**

SAVE 50% Write today for **FREE** Mail-Order price list of sanitary necessities of all kinds for men and women. Goods sent in plain sealed envelope, postage paid by us.
P. O. Box 353, Dept. W-9, Hamilton, Ont.

WHAT CAUSES EPILEPSY? IS THERE A CURE?

A booklet containing the opinions of famous doctors on this interesting subject will be sent FREE, while they last, to any reader writing to the Educational Division, 551 Fifth Ave., Dept. PY-12, New York, N. Y.

MOVIE FANS

GET PROFIT AND PLEASURE FROM YOUR HOBBY. NEW OPPORTUNITY CLUB WILL SHOW YOU HOW. JOIN NOW AND GET A BEAUTIFUL PHOTOGRAPH OF YOUR FAVORITE MOVIE STAR **FREE**. WRITE FOR COMPLETE DETAILS. YOU'LL BE UNDER NO OBLIGATIONS. **WRITE RIGHT NOW!**

THE HOBBY HORSE

DEPT. BI-255 W. 92 ST. N.Y.

"LUCKY" COUPON
Worth \$2.00
Good 30 Days

This coupon, good for thirty days, will entitle you to a reduction of TWO DOLLARS from the regular rate of five dollars for a straight two-year subscription to PSYCHOLOGY Magazine (no premiums). Pin your check or money order for only three dollars to this coupon and you will receive the next twenty-four issues of PSYCHOLOGY mailed to your doorstep.

**DON'T PASS THIS BY—IT
MAY NOT COME AGAIN!**

PSYCHOLOGY
4 Fourth Ave., New York 12-37

Name _____

Address _____

Add \$1.00 Per Year Foreign Postage.

BE A HEALER!

Heal by the CHRISTLY practice of "LAYING ON OF HANDS" and by speaking the healing "WORD." Professional HEALERS teach you the secret of this wondrous ART of DIVINE HEALING. He who has this miracle-working wisdom is richer and mightier than all who have it not! Learn this CHRISTLY METHOD in the privacy of your home. The sick will beat a path to your door! Rich rewards will be yours. A new happiness will enter your life. DIPLOMA when trained. Send stamp for fascinating details.

THE HEALING MINISTRY

148-C Vermont Ave., Asheville, N. C.

DO YOU HAVE PERSONALITY

—the magnet which attracts friends, success, happiness? Don't envy those who possess this precious quality. For the first time a scientific method of Personality Development is within the reach of those ambitious to make the most of their powers. Send for free Personality Test and message of interest.

THE SHANNON SCHOOL OF PERSONALITY
308 Steel Bldg., Dept. B, Denver, Colo.

EARN THE DEGREE

Doctor of Psychology (Ps. D.), Doctor of Philosophy (Ph. D.). Also many other General and Special Courses. Obtain your degree by correspondence study from a College Chartered by the State of Montana. Write for FREE Bulletin.

TEMPLE BAR COLLEGE

213 E. Main St., Dept. M, Missoula, Montana

BACHELORS - BACHELORETTES

Discontented? Seeking romance? Companionship? Happier, fuller, richer Emotional Life? We've worthwhile, cultured, wealthy people all ages, everywhere. If alone, and lonesome, contacts quickly established by ultra-dignified, Purely Confidential introductions through "ELITE SOCIAL CORRESPONDENCE REGISTER." For Free sealed details, write: POST-OFFICE BOX 375 LOS ANGELES, CALIFORNIA

RICH AND LONELY

men and women and others of all types desire marriage. Send 10c for photos and descriptions of previous members.

JANE FULLER CLUB,

Box S-797, Milwaukee, Wisconsin

YOUR SEARCH MAY END HERE!

Divisional Catalog 535 Censit, Psychology, Hypnotic, Astrological Arts of Love, Alchemical, Curiosa, Magnetic Success, etc. MSS-Courses. Heretofore Incommunicable Repository: Things Kept Secret From The Foundation Of The World. Priceless Secrets Carried To Grave By Oriental Master Minds. (Also extraordinary Merchandise). Send 50c CASH or Money Order. No Stamps accepted. Foreign 60c International Money Order only. Nothing Free. Deducted Thereafter. Miracle Divisional Magic Catalog 783 Secrets Included. Drop Everything Until You Get this Information! SOCIETY OF TRANSCENDENT SCIENCE, "Greatest Name in Psychology!" Dr. Abdel Rahman el Adaros, Pres., P. O. Box 37, Chicago, Illinois.

BECOME A DOCTOR OF

BIO-PSYCHOLOGY

Bio-Psycho-Analyst

Ortho-Psycho-Geneticist

Authorized by diploma from high-grade STATE CHARTERED INSTITUTION; all through home study CORRESPONDENCE, personally conducted by Dr. William Marcus Taylor. Lecture. Teach. Counsel. Analyze. Consciously actualize upon your subjective potentialities. Write TAYLOR SCHOOL OF BIO-PSYCHOLOGY, Dept. C, Chattanooga, Tennessee.

Study For A Doctor's Degree

Enjoy the prestige of having a degree issued by a legally chartered college. Learn to master Life. Health, wealth and success can be yours. Low tuition—easy terms of payment. Write for free bulletin.

College of Univ. Truth, Inc.,

1100 North Dearborn, Suite 2005, Chicago, Ill.



SPIRITUALISM

LEARN OCCULT AND SPIRITUAL SCIENCE

Get a Legally Authorized Certificate. (Diploma.) Be a Spiritualist. Doctor of Divinity. Make money. INSTITUTE OF MYSTIC SCIENCE, Ag. 172 West 135th St., New York, N. Y.

whose portraits I drew while they leisurely dined, realize how I envied them every morsel they swallowed. While my pencil sped as if impelled by an intelligence apart from that importunate mortal within me.

At last the work was over. The guests departed and the waiters began to clear the room. I leaned back in my chair weary and famished, but happy.

Then some one spoke to me and I looked up. A man who proved to be the steward of the hotel was before me.

"It is nearly midnight," he said. "Are you ill, or just tired out?"

I started to rise, in a confusion of dismay, for I had been asleep.

"I think I'm tired out," I stammered apologetically, but the kind-hearted steward seemed to understand my need.

"Wait a moment!" he said, then hurried away through the swinging doors. He soon returned, bearing a platter of quail, some biscuits and jelly and a pitcher of milk.

I have watched the lions in Lincoln Park, at feeding-time, tear at the meat thrown into their dens. At this moment, I felt like tearing that food from the steward's fingers and bolting it like a beast. I have never known before or since the real meaning of the word "hunger".

The steward will never know—unless he reads these lines—what his kind act that night meant to me. I felt, as I left the hotel at that unseemly hour, that I could never waver in faith and confidence again. And I never have. The courage born in that supreme hour of necessity has never left me.

There have been many trying moments since, but never a hopeless or despairing one. I have always felt an assurance, that no matter what the difficulties that arise, I will somehow find the ways and means of surmounting them. Just what this confident attitude of mind has to do with attracting favorable situations, or what it contributes to my environment and circumstances—well, you psychologists will have to figure that out.

IT'S UP TO YOU to resolve whether you will succeed in life or not. It's not easy, but it is worth while. Thousands of men like you have succeeded, and their invariable example has been one of courage, patience, self-help, cheerfulness, and efficiency.

SO GET BUSY! Tonight, take an inventory of yourself. Decide what you wish to accomplish. Then thoroughly qualify for it and bend every effort towards its fulfillment.

Man Can Now Talk With God

Says Noted Psychologist

"A new and revolutionary religious teaching based entirely on the misunderstood sayings of the Galilean Carpenter, and designed to show how we may find, understand and use the same identical power which Jesus used in performing His so-called Miracles," is attracting world-wide attention to its founder, Dr. Frank B. Robinson, noted Psychologist, author and lecturer.

"Psychiana," this new psychological religion, believes and teaches that it is today possible for every normal human being, understanding spiritual law as Christ understood it, "to duplicate every work that the Carpenter of Galilee ever did"—it believes and teaches that when He said, "the things that I do shall ye do also," He meant what He said and meant it literally to all mankind, through all the ages.

Dr. Robinson has prepared a 6000 word treatise on "Psychiana," in which he tells about his long search for the Truth, how he finally came to the full realization of an Unseen Power or force "so dynamic in itself that all other powers and forces fade into insignificance beside it"—how he learned to commune directly with the Living God, using this mighty, never-failing power to demonstrate health, happiness and financial success, and how any normal being may find and use it as Jesus did. He is now offering this treatise free to every reader of this magazine who writes him.

If you want to read this "highly interesting, revolutionary and fascinating story of the discovery of a great Truth," just send your name and address to Dr. Frank B. Robinson, 430—12th Street, Moscow, Idaho. It will be sent free and post-paid without cost or obligation. Write the Doctor today.—Copyright, 1935, Dr. Frank B. Robinson.

Learn ADVERTISING at Home

Greater opportunities now in advertising. Learn easily and quickly in spare time. Practical work. No text books. Old established school. Low tuition—Easy terms. Send for free booklet and requirements.

Page-Davis School of Advertising
DEPT. 5899 3601 Mich. Av., Chicago



ENJOY LIFE

MONEY BACK IF NOT SATISFIED

Men—Women—Don't act old. Feel Young again—full of pep and youthful ambition. "Step out and do things." Take ANGELA MATE. Harmless, no injurious drugs or dope. Delicious and stimulating. Praised by thousands and approved by MANY physicians. Acts quickly. Six Weeks supply. \$1; C.O.D. plus postage. NORTH AMERICAN MATE CO., Dept. 80, 120 Greenwich St., New York City.



Learn Public Speaking

At home—in spare time—Many overcome "stage-fright," gain self-confidence and increase their earning power, through ability to sway others by effective speech. Write for free booklet, *How to Work Wonders With Words* and requirements.

North American Institute, Dept. 5899
3601 Michigan Avenue, Chicago, Ill.

YOUR FUTURE

If your future is unsettled because you haven't found your right vocation, Ralph Strathmore can help you.

Mr. Strathmore is a nationally recognized authority on vocational and career problems. During the past seventeen years thousands have succeeded through his system of guidance.

If you want to learn how you too can be successful, send for his FREE booklet, "Your Future."

STRATHMORE GUIDANCE BUREAU

119 West 57th St., NEW YORK, N. Y.

DON'T BE OLD-FASHIONED... KNOW THE TRUE FACTS

Don't close your eyes to the truth. There is much to learn about Sex, as explained by modern authors.

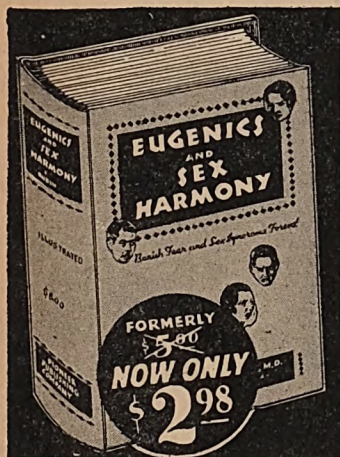
SEX

Learn the astounding revelations as accumulated through intensive research by eminent physicians.

THESE BOOKS REVEAL THE MODERN TECHNIQUE IN MARITAL PROCEDURE!

THERE is no longer any need for man or woman to enter marriage with only half-knowledge of sex matters. . . . These four books explain in detail all the intimate facts at which previous books have only hinted. Suitable for adult readers only.

Tear aside the veil of mid-Victorian hypocrisy and see the secrets of sex behaviour revealed in the strong light of modern knowledge! No vague beating about the bush . . . but frank, outspoken facts concerning the technique of love.



EUGENICS AND SEX HARMONY

by Dr. H. H. Rubin

● Away with false modesty! At last a famous doctor has told all the true facts of sex in clear, simple language. Here is TRUTH, blazing through 676 pages of straightforward facts. Sex is no longer a sin . . . a mystery. It is your greatest power for happiness. Knowledge is the basis of the perfect, satisfying love-life. . . . End ignorance, fear and danger today! The 106 vivid illustrations leave nothing to the imagination. Know how to overcome physical mismatching . . . know what to do on your wedding night to avoid the torturing result of ignorance.

FREE! NEW BIRTH CONTROL FACTS.

The famous Rhythm theory of Birth Control explained with complete table of periods. Sent FREE with every order for Sex Harmony.

THE RIDDLE OF SEX

by Dr. Joseph Tenenbaum

● The unhappiness you pity in your friends' lives . . . despair . . . shame . . . disease . . . all these may come to you unless you act now so that your own life may escape the penalties of sex ignorance! A little sex knowledge is more dangerous than none at all, because the half-truths on which you base your sex life may lead you into the pitfalls of harmful sex practices. The amazing facts of sex have been kept hidden under the disapproval of society for so long it is no wonder we blush at this frankly detailed discussion.

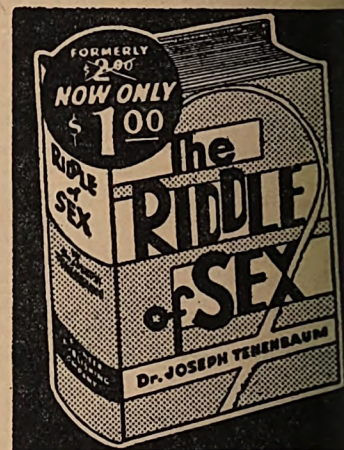


TABLE OF CONTENTS OF SEX HARMONY

The Sexual Embrace
Joys of Perfect Mating
Secrets of the Honeymoon
Glands and Sex Instinct

Sexual Starvation
Can Virility Be Regained?
Intimate Feminine Hygiene
The Truth About Abuse

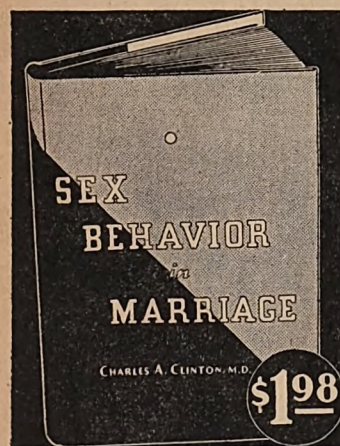
Venerous Disease
How to Attract and Hold a Man
Birth Control

TABLE OF CONTENTS OF THE RIDDLE OF SEX

Evolution of Sex
Physiology of Marriage
The Marital Choice
The Sex Complex

Impotencia
Homosexuality
Crisis of Marriage
Sterility

Sex Hygiene
Marital Dietetics
Venerous Diseases
Falling Sex Hormone



SEX BEHAVIOR IN MARRIAGE

by Dr. Charles A. Clinton

● Here, at last, is sincere and direct advice on the intimate details of conjugal behaviour. The new and startling revelations in this book show you how to protect yourself and your mate from the intricate results of abused emotions. Here in revealing, yet dignified manner, Dr. Clinton gives exact instructions for the proper method of performing the sex act. He tells all the intimate details, the variety of technique that transforms the marital duty into the greatest force in Life.

NATURAL CONTROL OF CONCEPTION

by Dr. Charles A. Clinton

● The famous Rhythm method of controlling conception has been clearly and simply described by Dr. Clinton. You learn the fundamental facts upon which this theory is based, and just how to apply them to your own life. This natural method is completely in tune with the highest sensibilities and feelings of mutual love. It has won the approval of leading medical authorities and the Church. A complete monthly chart of safe periods is included, that will do away with harmful chemicals and mechanical appliances forever!

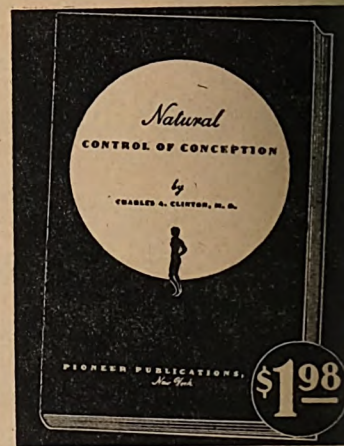


Table of Contents of Sex Behavior in Marriage

The Sex Organs
Preparations for the Wedding Night
Preliminaries in the Love Play
Variety in Performing the Sex Act
Fertility Periods

How to Overcome Frigidity
Impotence—Causes and Cures
Frequency of Union
Prematurity and Inhibitions
Birth Control

Table of Contents of Natural Control of Conception

What is Conception
The Development of Sex
The Female Genitals
The Question of Sterility

Ovulation and Menstruation
A Word about Volitional Parentage
So-called "Natural" Birth Control Methods

The Medical Profession and Artificial Contraceptives
The Attitude of the Church toward Natural Birth Control
How to Apply the Knaus and Ogino Method of Birth Control

YOU OWE IT



TO YOURSELF TO KNOW THE INTIMATE DETAILS OF SEX

Don't Let Your Loved One Slip From Your Life

Learn the WHOLE Truth from These Well-Known Doctors

● Many a marriage which starts out with great promise is ruined the first year simply because the husband and wife do not know how to conduct their sex relationships. A famous Judge states that most divorces are due to sex ignorance. Now at last, men and women can understand each other and avoid the pitfalls and dangers or wrong practices.

SEND NO MONEY! MAIL YOUR ORDER TODAY!

Mail the coupon today. Then when the postman brings your books in plain wrapper, pay the quoted price, plus postage. Keep them for five days. Look them over carefully. Then if you are not convinced that you have in your possession truly remarkable information, return the book to us and the purchase price will be refunded at once! Don't delay!

STATE AGE WHEN ORDERING.

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

PIONEER PUBLICATIONS, INC.,
1270 Sixth Ave., Dept. 1296, Radio City, New York, N. Y.
Please send me the books checked below. I will pay postman the total price, plus postage on delivery. If not completely satisfied, I may return the books within 5 days and the purchase price will be returned at once. (postage prepaid if cash accompanies order.)

☐ RIDDLE OF SEX . . . \$1.00 ☐ SEX BEHAVIOR . . . \$1.98
☐ NATURAL CONTROL OF CONCEPTION . . . \$1.98 ☐ EUGENICS AND SEX HARMONY . . . \$2.98

Name

Address

City and State Age