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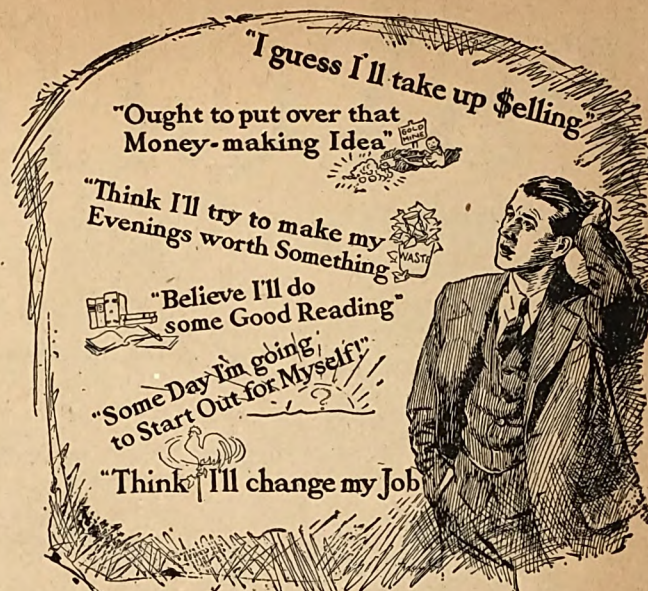
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Owing to business re-organization and removal of PSYCHOLOGY'S publishing offices to the new address appearing below, it has been necessary to skip the July, August and September issues. To make up for this omission, all subscribers will receive a magazine beyond the normal expiration date of subscription for each issue missed.

A Plain Talk

on

Mental and Nervous Disorders

by

● C. FRANKLIN LEAVITT, M. D.

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

NEURASTHENIA

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

NERVOUS BREAKDOWNS

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

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

SELF-CONSCIOUSNESS

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

THE SENSITIVE AND EMOTIONAL POSSESS A GOOD TYPE OF MIND

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

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

LIFE IS WHAT WE MAKE IT

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

THIS WILL CLEAR AWAY THE DOUBTS

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

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Human Nature at Work

WHAT limits many people is their lack of objectivity. When someone is pointed out as having a gift of handling his workers well, he will invariably be recognized as a man with a well-adjusted and mature personality. He knows himself and this helps him to know others.

In the new book “Human Nature at Work”, Mrs. Jean L. Shepherd, director of executive personnel at Lord and Taylor’s department store in New York, presents a frank discussion of emotional maturity and its sound scientific approach to the problem of human equation in business.

Based on the author’s well-conceived psychological and psychiatric training and practice, this new study of methods of conducting industrial relations and personnel work in industry and business, gives special attention to problems in individual adjustment. It recommends tested and successful techniques of hiring, breaking in the new employee, giving recognition, criticiz-

ing, arousing ambition, etc. A most worth-while book which will be welcomed by executives and employees alike.

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Art and Science of Marriage

NOWADAYS so much has been learned about the reactions of human beings on each other under various circumstances and of the importance of physical as well as psychic and economic problems in marriage that a definite demand has arisen for scientific and useful literature on the subject. In order to meet this demand, considerable numbers of books have been published by psychologists, biologists, behaviorists, ministers, physiologists and sexologists. In each of these books there has usually been over-emphasis on some one aspect of the subject, largely depending on the previous experience of the author.

Drs. Esther B. Tietz and Charles K. Weichert in their new book “The Art and Science of Marriage” bring out the views of a physician with special training in the field of the mind and a biologist with a thorough understanding of the evolution of the human being as a physical mechanism.

Any one who is sufficiently seriously minded toward the problem of marriage to wish to read a comprehensive analysis of the problem from both a mental and biologic point of view will find this an exceedingly useful work. It should aid considerably in making a successful marriage.

Whittlesey House

Control Your Worries

A NEW book on self-improvement which does not merely tell one how to acquire charm, personality or to win friends and influence people, but also is a most helpful book on worry, the almost universal curse of present-day humanity, entitled “In the Name of Common Sense,” was written by Dr. Matthew N. Chappell, well-known scientist in psychological and medical circles.

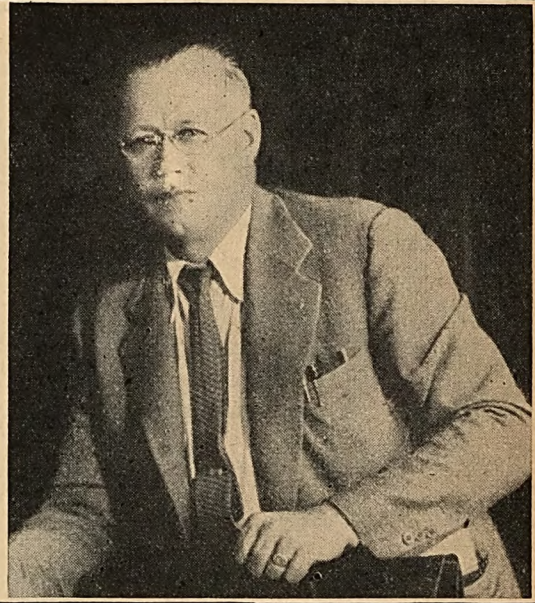
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3 DAYS
HONOLULU MAN**

**\$151 HIS
SECOND WEEK**

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ONE DAY'S WORK**

**\$1000 IN A
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"I started out... sold two (customers) on the 6th, three on the 7th, three on the 8th... nearly \$100 profit for three days"—Carl Gould, Honolulu.

"On Friday, I sold six for a profit of \$70.00... received two good letters... (week's) total income \$151.67—not bad for my second week."—G. V. Landers, New Mexico.

"Sold five... at a profit of \$58.35 for one day's work. Have sold many lines and made good money but (yours) is the best line I have ever sold."—Earnest E. Harlow, Washington.

"Since I have been operating (just a little less than a month of actual selling and not a full day at that because I have been getting organized and had to spend at least half the day in the office) I have made just a little in excess of one thousand dollars profit for one month."—I. J. Keuper, Delaware.

Our books are open to men who seek further details in this speedily growing business.

How a Dream Grows

YOU are the true dreamers
Who make your dreams come
true . . .

But can you tell, you dreamers
How come your dreams to you? . . .
Think you a dream a mystery
Of swift and searing flame?
That is but inspiration
To speak of dreams I came.

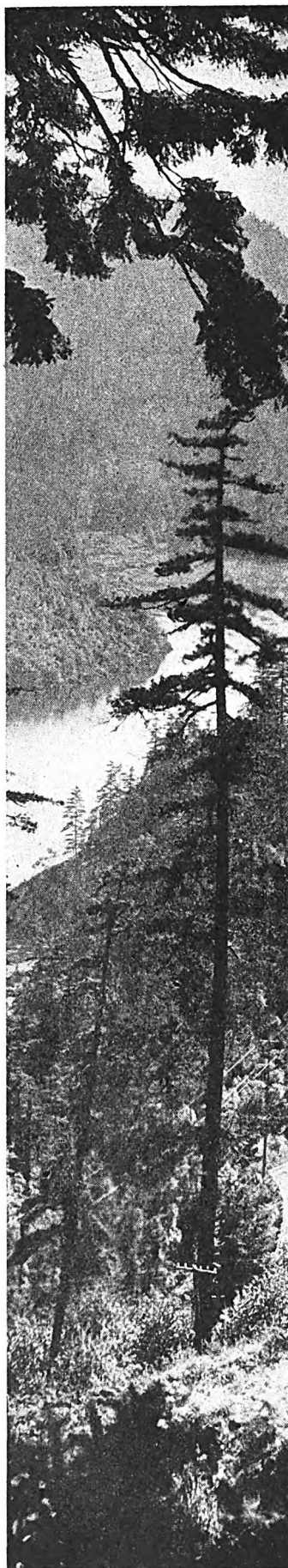
A dream is not a sudden thing
Come full-grown into life. . . .
It is a miracle of birth
And growth, and strife. . . .

Far back into a child's imagining
Like a tiny mustard seed
Planted deep in the soil of his
soul

A dream comes into being
Nourished by the glory that is life
And the beauty that is the world.

Or, perhaps watered by his own
tears

In the anguish and strife
Of courageous living,
The little seed swells
And the dream-plant bursts forth
And shoots upward. . . .



Day by day it grows,
Strengthened by the experiences
Of everyday life
And the faith that abides
In the soul of the dreamer. . . .

EVENTUALLY it stands forth
Beautiful in full growth . . .
And then that mystery—a bud—
Makes its appearance
On this wondrous, living plant
And the dreamer marvels
At his own thoughts and feel-
ings. . . .

His timidity is supplanted by con-
fidence
Even by an urge to be up
And to do something about his
dream. . . .
At last, the bud opens.
And becomes a radiant flower. . . .

And the dreamer
In a burst of divine light
Sees his dream blossom forth
Into actuality, into truth,
Into a deed, an accomplishment!

Then he becomes a true dreamer
And knows the joy of dreams
come true . . .

You are true dreamers
Who make your dreams come
true. . . .

by
**EVA DUMBECK
GARNER**

Layman's Psychology

WE are familiar with the individual who is afraid to be happy. Deep in his subconscious is the conviction—we call it a Puritanical implanting—which makes him feel uneasy if he is not nursing a worry or an inhibition.

Many who call themselves realists and feel virtuous in being such, suffer from this fear-of-being-happy malady. It extends decidedly into the field of psychology. Many teachers and leaders of men, unfortunately carry this into their activities. There it works subtly, often deeply disguised.

It becomes intellectual snobbery. The true adherent of this will tell you that psychology has nothing to do with health, happiness or success. With supercilious glances and acid denunciation, he pounces upon anything or anybody who reaches the masses with simple convincing argument that might come under the head of the "inspirational."

That men have that within them which touched and quickened, can raise them out of miserable limitation and drab mediocrity, is "bunk" to the intellectual, psychological snob. To him, men can only be helped—or freed—through the process, the involved line of thought, the tests and *modus operandi* to which he subscribes and to which—for very practical reasons—he adheres.

We are not afraid to say that the academician who claims that psychology has little or nothing to do with health, happiness and success, may have considerable knowledge of laboratory experimentation, but displays real ignorance of vast work being done in a great laboratory of life where tens of thousands of alert men and women are daily demonstrating that simple psychological laws, understood and applied, have much to do with these great life interests.

THROUGH an application of the principle of sound psychotherapy, great numbers of sick people have regained health. If the snobbish blind leaders will open their eyes and investigate fairly, they can find innumerable proofs of this fact. Through an application of the principles of scientific psychology—often in popular terminology it is true—thousands have achieved improved financial and social success. This has been done by developing the powers of observation, memory, imagination, motivation, but creating a persistent "will to achieve."

These, to be sure, are basic factors in success. To say that success is a matter solely of heredity, environment and luck, is to go counter to much that has been proven. Through an application of other known laws of psychology, many persons have achieved a high degree of happiness. This has been through their learning how to control negative and destructive mental habits and emotions such as worry, envy, hate and fear.

It is a self-evident fact that such negative states inhibit happiness, and that to the degree they are eliminated or controlled, relative happiness ensues. We insist that men, who in the face of abundant evidence to the contrary, declare that psychology has nothing to do with health, happiness or success, are sheer dogmatists; they are hiding their heads in the arid sands of academic prejudice, for is it not the extreme of scholastic snobbery to rail at that which would stimulate men's faith in themselves—which tends to turn their weakness into strength, inferiority into self-confidence?

We have consistently felt that academic and popular psychology can supplement and help each other. It has been our task to act as mediator between widely separated groups. In doing so, we have studiously avoided setting forth the purely speculative and have adhered to the sound, sane generally accepted principles of scientific psychology, albeit these often have been freed from technical terminology and expressed in popular form as applied to the varying problems of everyday living. We have published human interest stories of achieving careers, and many inspirational essays.

The latter, we have not claimed to be technical disquisitions on psychology, but we believe they will always be found to be based on sound and valid psychological postulates. Thus we have been lending our influence to a more empirical brand of psychology, it is true, one in which the line of demarcation between academic and popular psychology is less sharply drawn than formerly. If this has helped—and we believe it has—to bring the academic die-hards from the seclusion of the college laboratory into a mood to think and write in terms of the application of psychology to the needs of human life, we feel the efforts made have been worth while.

AN EDITORIAL

“It’s My Nerves!”

HAS civilization, in its onward rush to greater and greater achievement, set up a Frankenstein monster that has turned against its own creator and is devouring him—via his nerves?

Nerves are snapping every day. In all walks of life, in all sorts of occupations, among men as well as among women nerves are giving way at an alarming rate. This looks like a mighty serious indictment of the way we live and do things.

But although one hears the plausible Frankenstein argument from all sides, it is an argument that shifts the responsibility upon the outside world while at the same time it lifts it from the individual himself.

But this is not the worst of it. The worst of it is the fact that such notions leave the individual not only an innocent victim but, in addition, a helpless and hopeless victim concerning forces which he is led to believe are overwhelming and against which he can do absolutely nothing.

All of which, of course, is just so much stuff and nonsense. There is more humbug talked about nerves than about any other subject directly or indirectly bearing upon the health, happiness and efficiency of the human being.

In the first place, no one need become an innocent victim of the mighty forces which surround us on every side and which are forever developing and expanding in the interests of progress. Knowledge is available by means of which the individual is enabled to adjust himself to these forces and march along with them.

In the second place, *this knowledge begets power.*

In the third place, this power, far from leaving us helpless and hopeless, actually places us in the position of controlling and directing these forces which, in our ignorance, often appear so foreboding and terrifying.

Here, for example, is an actual case, taken from my office files. It concerns a man of forty, a business man, engaged in manufacturing.

In his case, as in most others, it was his job that menaced him. And, of course, when men talk about the strain this hustling age subjects them to, they are talking about their jobs. A man’s job embodies in an objective way the

A lot of persons say this carelessly. Sometimes they are right . . . but be sure you don’t reiterate this . . . do nothing about it, and then proceed to worry, worry, worry....

threatening forces I have mentioned.

We will call the patient Mr. X. This was his complaint: “I am licked,” he said. “My job is too big for me. For years I slaved and sweated to get this promotion and now that I have it I find it is overwhelming. I have tried now for six months. I work like a beast. I put in extra hours at my desk and think and plan at home. My work is constantly on my mind. It is my first consideration. But it’s got me. My nerves are all shot to pieces.”

Not an uncommon story, do you think? Certainly it is not an unusual one for the nerve specialist to hear.

Again and again men claim that despite their best efforts, despite the greatest conscientiousness and energy of which they are capable, their job, whatever it may be, has finally “got” them. Their nerves are all askew. They feel utterly discouraged. They consider themselves inferior, incapable, failures.

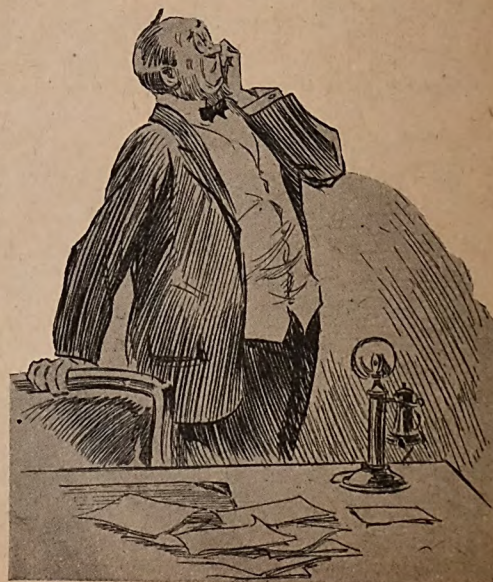
And what with the other symptoms that go with a nervous breakdown they certainly are an acutely suffering lot.

But let us analyze for a moment the plight of the man I have just cited. Let us find out what really was wrong.

Physically the man was in perfect health except that he showed a rather rapid heart due to his nervous exhaustion. His blood pressure likewise was ten points below normal and for

by

**LOUIS
E.
BISCH
M. D.**



"Knowledge is available," says Dr. Bisch "by means of which the individual is enabled to adjust himself". . . . This article will tell you about it. . . .

the same reason. Mentally there were no defects of any kind. His memory was good, ability to reason was excellent, logical processes were fair. His imagination and powers of invention were exceptionally well developed. Attention and concentration were poor as might be expected of any individual who slept poorly, had lost his appetite and was alarmed over his own condition.

Now as for the job itself. It was a kind of work, executive in nature, for which he certainly was well-fitted. He had worked in the concern from the age of fifteen. Being a chemical manufacturing plant he had been advised by the general manager, who knew his family, that it would be best to start from the very beginning, right from the ground up, and work first in the factory itself before attempting the office departments. After learning all the technical details of manufacture the patient, at the age of thirty-one, was transferred from the position of superintendent of the plant to assistant sales manager in the office. Then finally, after another nine years of experience and training, that much-desired position of general manager became available through the death of his friend, and X was duly installed with all the honors and emoluments that went with it.

Nevertheless X couldn't make good! Despite as fine a preparation as anybody could possibly wish for, when the time came he worked himself into a frazzle, literally "burned himself out", and promptly joined the ranks of those whose nerves snap and whose morale has gone to pieces.

It did not take long to determine the most important causes for Mr. X's failure.

To be sure he was over-anxious, he was fearful he might not make good. Therefore he got the emotional side of himself all stirred up and this undermined his intellectual powers.

But he had started several business innovations all at one time, a most short-sighted thing to do. He wanted to make a striking success, you see, right at the very beginning.

And last, but not least, instead of delegating authority to his associates and subordinates in order to relieve himself of as much responsibility as possible, X was one of those men who think they are supermen or who suffer from the delusion that no others can do anything as well as they themselves.

Now what does all this mean when boiled down to a few simple and concise phrases? It

means simply that X did not know how to *adjust* himself. And because of this lack of adjustment he wasted precious nerve energy.

The job was all right, and that is true of most jobs whatever they may be. X was all right, and that, likewise, is true of most men whoever they may be. *But the dovetailing of the man to his job was all wrong!*

Perhaps you would call this a case of overwork? I realize that most people would diagnose it so. I claim, however, that overwork as such had practically nothing to do with it.

This talk of overwork certainly is the "bunk",

Some sort of maladjustment between the individual and his work is at the bottom of every case where the world seems big and foreboding. . . .

Nervous breakdown is not caused by too much work . . . but the expenditure of too much nerve energy, misdirected, misapplied . . . nerve energy wasted. . . .

If you are doing the right kind of work, you'll enjoy it . . . you don't tire easily. Nerve energy is properly directed and it produces maximum results. . . .

as the saying goes. It is the ready excuse for every failure and the soothing syrup for almost every case of nerves.

As a matter of scientific fact, overwork is a myth. Overwork is an impossibility. When the organism has done its maximum work, when it reaches the point where it is impossible to do any more, it simply stops working—automatically stops—and falls asleep.

Neither general nervousness nor nervous breakdown was ever caused by too much work, by the expenditure of too much nerve energy in the right direction. But the nerves snap regularly when nerve energy is misdirected, misapplied—in short, when nerve energy is wasted! It is always and invariably wasted when the individual fails to adjust himself to his job.

Without question some sort of maladjustment between the individual and his work is at the bottom of every case where the world seems to be too big and foreboding to the man, when this feeling "gets" him and his nerves consequently begin to snap.

(Continued on page 38)

by
**JUSTUS D.
 WILBUR**

ARE the advocates of sexual intimacy between engaged couples, and of young people in general, preaching an out-moded, old-fashioned and discredited doctrine?

Half a dozen such advocates have written such pleas in our best magazines—and quite obviously believed themselves bold pioneers in very modern sex thought.

It does not seem to occur to them that they might, on the contrary, be the last struggling remnants of the ranks of "naturists" and young sex rebels, the death-knell of whose philosophy was rung by one of their own leaders (Aldous Huxley in *Eyeless in Gaza*). Yet the evidence of the mischievous and misfit nature of their advice, from every standpoint of both psychology and philosophy is plentifully available.

As Aldous Huxley brilliantly showed, the sex freedom which was such a brave and stirring cause some years ago, has, on closer examination, turned out to be in itself a kind of slavery, while evasion of full sexual responsibility has limited rather than liberated the soul. Floyd Dell, another pioneer naturist, quite some time ago definitely sounded the gong for retreat.

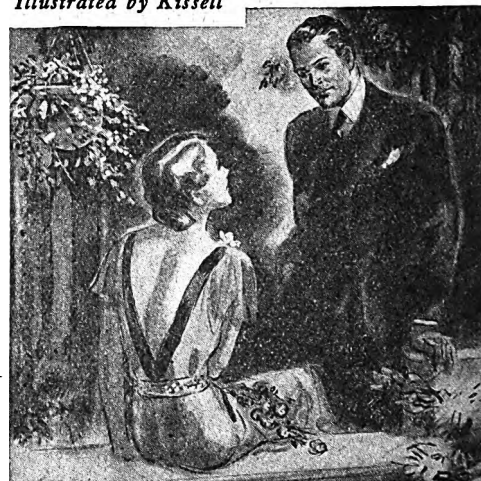
IT is however from the angle of practical sex psychology and realistic knowledge of life and people that I wish to examine the arguments of these new advocates.

Human psychology has an integrity and immutability all its own, particularly in regard to sex. I am a student of modern psychology, an author and lecturer on topics related to the emotional life; one who has been asked by thousands of young people for advice, and who has been told the facts about themselves which they did not tell parents, teachers or friends. As a consequence I have at first-hand gathered knowledge of young people of today which makes me feel that I must not let the opportunity pass to expose the serious weakness and harmful portent in the ideas of the advocates of sexual intimacy by young people, engaged or otherwise. I speak, not from moral precept at all, but only from psychological fact; from observed reality, and intimate confession of trial and error experience.

First of all—and very wisely, not to say chivalrously—we must recognize the special position of woman in this matter. It is monstrously lop-sided both for young men and young women to look only at the biological urge, as if that were an end in itself. It must be viewed in its true character as a *means*. The truly old-fashioned and out-moded view is to look at it only as a means to beget children, but I lay that aside to examine it as a means toward an integrated, richly adequate and self-consistent life.

FOR woman the sex-relationship and all that is involved in it, is the keystone of her life. Her more intricate, widely irradiated sexual mechanism, plus her special position in civilization, compels us to recognize that to apply a uniform argument to both men and women in regard to sex is just another case of "horses and apples";

Illustrated by Kissell



they cannot be truly compared. There is just no use pretending a woman's reaction to sexual intimacy is different from a man's, and for significant reasons.

In man, sex is more definitely specialized and segregated, but in woman it is rarely disassociated from her authentic unity of character and soul. When it is so disassociated, it is observable that her personality and happiness suffer; she is behaving artificially and usually cannot stand the strain. In woman also, the sex act rather automatically sets in motion the entire chain of related ideas and impulses covering a much wider span, psychologically, than is the case with man. This is plainly a parallel to her biological difference from man. For men the sex act is so often the ringing down of the "curtain" on his sexual impulses; but for woman it is always the *raising* of the curtain upon the whole drama of sex. Where man ends—impregnation—woman begins. Birth control or no, that is the psychological pattern, and it carves itself inexorably upon woman's feelings and points of view. Even

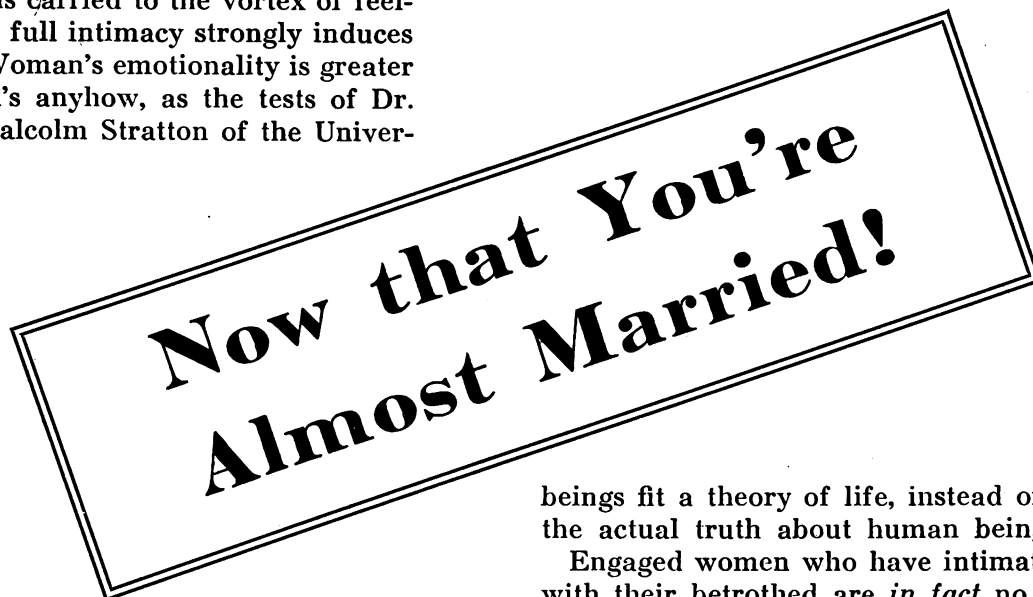
a very well-known woman writer, admits woman's greater intensification in sex once she is aroused, while the cynics of sexual adventure have long made wry aphorisms about how it is one thing to stir a woman's love, but how do you get rid of her? Byron's classic aphorism merely lends the mantle of poetry to the same truth.

Woman, let us therefore admit, is less mobile and less the master of her emotions than man, once she is carried to the vortex of feeling which full intimacy strongly induces in her. Woman's emotionality is greater than man's anyhow, as the tests of Dr. George Malcolm Stratton of the Univer-

a man in these respects, but it usually warps her character. Even when she succeeds, which is rarely, it is only one more example of trying to squeeze age-old human nature into a theoretical mold; wishing away biological fact.

Truth About Human Beings

It would seem that we should be aware by this time of the fatuity of trying to make human



sity of California show; one evidence being her capacity for both greater fear and greater anger than man (and of course also greater love). Sexual intimacy that succeeds in breaking through woman's inhibitions (which are many), arouses in her a perfect tornado of feeling which has the character not only of momentary pleasure, as so often is the case with man, but of general emotional enslavement and fixation, based on the long-term all-inclusive scope of her true sexual functioning.

SEXUAL relationship for most women, because of the greater number of inhibitions which she quite naturally builds up to shield herself, is slower to arrive at a complete break-up of these inhibitions, and they cannot be commanded by her will to vanish. For the same reasons her will is more helpless to command the grip of love to loosen, once it is fastened. Man is usually much more facile in these things.

Admitting these things, as we must, we may now examine the proposal of sex intimacy for engaged couples, or young people generally, in a more informed manner. The hard-boiled intransigents usually say they want woman to "learn to take sex in her stride like a man"—in other words insist that we "remake" woman sexually simply by telling her to be like a man. Many women have actively tried to be more like

beings fit a theory of life, instead of accepting the actual truth about human beings.

Engaged women who have intimate relations with their betrothed are *in fact* no longer engaged but *married*, and the psychology of marriage begins at once to operate in woman, if not in man. This being the case, and the surrounding problems being the same, what kind of nonsense is it to call such a couple "engaged," with the implication that the engagement may be broken, like any other engagement? What iota of fundamental psychic difference, in such circumstances, does the presence or absence of a marriage certificate make? And if there is no appreciable difference, why the delay in the marriage ceremony, or why start the sexual relationship, which is marriage *de facto*?

To make the argument graphic: John and Mary are engaged, and we will set up the usual "economic problem" about which the writers on the subject make so much (and to my mind false) ado. John is earning only thirty-five dollars a week, or less, and the sociological argument is, they dare not marry on this sum. But the proposal is, they are to marry *biologically*, nevertheless. The argument "they dare not marry" is always in part predicated on the idea that they *cannot afford children*. But certainly they are not by having sexual relationship *insuring* that they will not have children! They are, in plain realistic fact, making it *probable*, because they will have no apartment of their own, but make-shift, furtive arrangements which notoriously add to the (Continued on page 38)

"Here AND There"

PSYCHOLOGY IN THE NEWS

Music for the Mind

MUSIC and dancing are now being used to aid in treatment of mental patients at Brooklyn State Hospital.

Introduced last year as therapeutic agents the results of the three-hour programs conducted every other week have been "very satisfactory" according to Dr. Clarence H. Bellinger, superintendent.

"The therapeutic idea back of the program is to break up the monotony of everyday hospital life and give the patients something else to think about," Dr. Bellinger explained.

No Big Apple or Susi-Q enlivens the floor when these mentally sick indulge in terpsichore. Instead, there are plenty of old-fashioned square dances, besides the waltz and two-step. "This brings people out of themselves and stimulates them," Dr. Bellinger added.

Crime Laboratory

A SPECIAL building at the Federal Reformatory in Chillicothe, Ohio, ruled by a specialist in mental disorders, will offer aid to the inmate who finds himself driven to crime even when he "knows better".

Dr. Justin Fuller, prison psychiatrist said, "These men are marked by an inability to profit by experience. Usually they have a fine brain, but it runs like an engine without a governor—by fits and starts, erratic and unpredictable.

"When men like that go wrong, they are the most dangerous criminals in the world, because they are smart. They're hard to catch, and hard to pin anything on." Many criminals now ask help because they realize that something is wrong with their personality. In the old days criminals scorned such help and would not lend themselves for analysis, but that day is gone.

If the man in prison becomes a chronic troublemaker, he will be urged to enter the special dormitory. Specialists in mental diseases will talk with them and advise curative measures.

Opportunity Knocked!

A FEW weeks ago, having nothing to do and requiring food and shelter in the manner of ordinary folks, Miss Margaret Cram formerly of Brattleboro, Vermont, stepped out in New York City with a brand new stunt. She started the "1,001 Services, Inc." It's the darndest organization you ever heard of.

If you have a sick friend in the hospital you would like to have read to, Miss Cram delivers. She shops for people; meets Aunt Maggie at Grand Central; takes care of youngsters while the parents step out for the evening; supplies a fourth at bridge; she even can tell you where you can get New England clam chowder that's the real thing.

Of course, she will arrange to have your dog walked—so do others about town—but Miss Cram will also move a family from Baltimore with five rooms of furniture and install it in a New York apartment. She has!

Miss Cram got her organization under way during the recent Woman's Exposition of Arts and Industries, which was opened by Mrs. Roosevelt at the Grand Central Palace in New York.

"When We Know our Powers"

THOUSANDS that lined the route on Boston streets recently paid tribute to eighty-five year old Peter W. Foley, as they watched him complete a marathon that covered four and a half hours. Foley, who only started to run marathons when he was past fifty, was not surprised at his victory.

"I knew I could do it, but because my family felt uneasy about it, I had to keep my racing plans a secret. I could only win, free from family interference," he chuckled. "We have tremendous untapped powers; when we *know* this we can do things that others think impossible." Foley, who loped along smoothly in the spring breezes, has run in about twenty-five marathons and has never failed to finish.

(Continued on page 44)

How "Suggestible" are You?

Suggestions and auto-suggestions are master powers because they are the keys which unlock the door into the subconscious—the seat of those forces which dominate and control our lives. . . .

PHYSIICIANS of every school of therapy use suggestion. The chiropractor makes an adjustment and exclaims, "That's the time I got it. Now you will feel better." The medical doctor gives his prescription and says, "Take this and you will be all right." The drug may be worthless, but the suggestion "you will be all right" may cure the patient.

The big point is that auto-suggestion does cure. It is one of the greatest powers on earth. We are employing suggestion and auto-suggestion constantly, but we often fail to do so systematically and constructively. Some one says, "You are looking fine today," and we immediately begin to feel better. Another may say, "What is wrong with you? Are you sick? You look as though you needed a doctor," and we begin at once to feel a sense of physical depression.

We talk with a man who fears he cannot make good in a certain situation and urge, "certainly you can do it." Our encouragement is a suggestion. He transfers it into an auto-suggestion, saying to himself, "Certainly I can do it. I am just the man." And the chances are very good that he does it.

The whole science of advertising is built upon this principle. It is not so much the conscious reasoning mind that advertising appeals to. It seeks to implant suggestion into the subconscious, knowing that it is the subconscious rather than the conscious that largely controls action. The advertiser wants action. His appeal is a suggestion directed at the instincts, emotions and the other subconscious motivation sources. If his suggestion is sufficiently strong, people act favorably upon it and buy his product.

Religion persistently utilizes the principle of suggestion. Most of the dogmas of the church are barren, but the suggestion element has infinite potentiality for good. The elaborate ritual, pomp, robes, candles, incense, and rumbling organs may seem child's play to the ma-

ture mind but to the untutored they are suggestive of the awful presence, power and splendor of deity—that is the kind of deity that appeals to the infantile imagination.

Suggestion and auto-suggestion are master powers because they are the keys which unlock the door into the subconscious, and the subconscious is the seat of those forces and energies which dominate and control life. Our behavior is conditioned only to a very limited degree by the conscious or thinking mind. We do not reason out our actions to any appreciable extent. We perform them, driven on by subconscious and unreasoned urges, instinct, fear, anger, love, sympathy, habit, etc. We act first and later may reason out why.

The subconscious does not reason. It accepts strong suggestions and immediately starts to work to create if possible the condition suggested. It is a dynamo of restless energy. Its function is not to think but to respond. Much of its activity is a blind, restless, surging of energy. Much is instinctive. It governs every vital function of the body, controlling the digestive, assimilative, cardiac, glandular and other unconscious activities. It repairs broken-down tissue and directs the life-preserving forces such as the white corpuscles in the blood stream.

REASON not being a function of the subconscious, it lacks discrimination. There is no critical power. It cannot reject a suggestion. That is the function of the conscious mind alone. In that sense the conscious is the mentor or censor of suggestions allowed to pass into the subconscious.

But once the suggestion is strongly implanted, the subconscious starts to work at once to create a condition corresponding to the suggestion handed down. Hence negative suggestions are as destructive as constructive suggestions are beneficial. Constant thoughts of sickness become auto-suggestions which result in weak, sickly bodies. Suggestions of in-



feriority inhibit the free exercise of one's abilities and create failure. Suggestions of fear, anger, and hate poison the blood stream and interfere with the proper activities and functions of the body.

It is an established fact, then that through suggestion or auto-suggestion we can correct our mental faults, break up bad habits, stimulate every vital bodily function, change at least to some degree our bodily organisms, cure a vast number of diseases unaided by medicine, facilitate the more rapid healing of other conditions where medicine or surgery may be required, and prevent sickness by keeping the thought of health, vitality and physical fitness impressed upon the subconscious.

Test Your Suggestibility

Everyone is to some extent amenable to suggestion, though some are much more suggestible than others. Note, for example, the tendency to yawn when others yawn, blush when accused of blushing, to feel hot or cold according to suggestion offered in either direction. The use of a fan generally increases heat because it suggests that it is hot. There is the suggestive fury of the mob in a lynching, the frenzy of a crowd in a panic, the extremes of partisanship or patriotism in a political or national gathering.

Start With Simple Suggestions

Everyone can test the power of auto-suggestion. Start with simple suggestions. Success with these will give greater confidence in attacking more involved conditions. Suggest upon going to sleep that at exactly a certain fixed hour you will awaken. You can soon train the subconscious so that an alarm clock will be unnecessary. Then, if you are depressed, suggest that you will awaken with a sense of exuberance, possibly humming a tune, or whistling. Give yourself the suggestion that at a specific hour the next day you will do a certain thing or remember something. If you suffer from insomnia suggest that you are getting drowsy, that you cannot hold your eyes open, and are going to sleep. Think slowly—"Sleep, sleep, sleep. I am letting go—falling asleep."

If you have a headache, gently massage your head to aid in concentration, especially at the back of the neck and base of the brain. Think or say aloud, "It is going. The pain is passing. Congestion is healing up. I am feeling better." Then repeat very rapidly so that the conscious mind has no chance to offer a counter suggestion—"Going—going—going—" Then shift the attention rapidly. Look away off. Picture a pleasant and tranquil scene. Take a deep breath

(Continued on page 45)

Keeping Above the Storm

MOST of us are inclined to give equal, if not greater power to negative words and thoughts than we do to the positive and constructive and are, therefore, easily subjected by them, not realizing how invariably the former can be neutralized by the other. . . .

If a substantial friendship, for instance, is threatened and we are brought face to face with an adverse personal situation, we are wise if we refuse to dwell on its various details although

the fires of self-pity and self-justification flare up for feeding. If we really desire to be in the former relations with this friend, we must cease to give thought to the recent unpleasant events.

And what about the friend? In what light will he view this? It's a truism that, untouched ourselves by petty small thoughts, unmoved by disturbing emotion, nothing unworthy in another's personality can sway or disturb us, and therefore cannot do any real or lasting harm.

APOLOGIES TO DR. BRILL

In our January issue we published an article, "Are You Socially Adjusted?". It appeared as though the article had been currently written for us by Dr. A. A. Brill. This was not the case. The article was a transcript of stenographic notes taken during one of Dr. Brill's lectures fourteen years ago. Dr. Brill had not seen the article prior to publication. We were unaware of this fact and therefore sincerely regret its publication without Dr. Brill's permission. We extend our apologies to him.

“If We Understand”

Parents in a Modern World

ONE day some weeks ago, a sweet-faced, motherly looking woman descended from a train at the great Pennsylvania station in New York City. Immediately, she was surrounded by a bevy of reporters, camera men, enthusiastic official greeters, for the woman was the internationally-known Poet Laureate of Texas, chosen by the Golden Rule Foundation as the outstanding American mother—“The American Mother for 1938.”

That day, and the days that followed were breathlessly busy ones for Grace Noll Crowell, and her husband Norman H. Crowell, who accompanied her. Along with numerous broadcasts, news reel camera interviews, luncheons, dinners, talks before clubs, she also was the luncheon guest of Mrs. James Roosevelt, the President's mother, at Hyde Park; and she received an official welcome with outstanding ceremonies in which many celebrities took part, at the World's Fair grounds. This followed her installation as the “American Mother” on Mother's Day when she received a handsome gold medal with the names of her three fine sons—all grown and living in Texas—engraved upon it.

“Of course I understand that all this—this wonderful tribute—is for what I represent—and not for me personally,” Mrs. Crowell said modestly. Nevertheless, this woman so widely known for her beautiful verse (she has published 1,400 poems) so sensibly and clearly expressed wholesome, workable ideas in all her talks and broadcasts, I was anxious that Psychology readers should have some of her views.

So, one morning, in a hotel suite (it was on the twenty-ninth floor) far above the roar of the great city, we talked of child psychology as it may be applied by the modern parent. Mrs. Crowell is very emphatic in her opinion that no one with tender little child minds to guide, should adopt theories or systems, no matter how authoritatively sponsored, without modification to the particular child or children.

“An example of this wholesale acceptance of some theories is persistently brought to the attention by the parents who will not guide or correct their children because they fear to

‘inhibit’ or cramp their children's expression. While the dictatorial parent who always makes up the child's mind for him is of course to be decried, the one who gives the child unlimited rein does definite harm to the child. Of what use is the experience and lessons learned in life's school by this parent if he or she is not to give the benefit of this to the groping little child? Yet so great is the craze to let the child ‘express’ himself, unhindered and unadmonished, that the result is often pitiful if not actually ludicrous.”

We talked of the boy—the son of prominent parents—who arriving in New York came down flatly with the statement that he was going to explore New York alone, and he did. His parents, distressed though they were at possible danger to him, insisted that his initiative should not be interfered with and allowed this young boy to proceed as he wished, although it totally ruined their own stay in the eastern city; another boy of thirteen who decided that he would now wear dress suits and did so, unrebuked by parents who feared to “repress” him, was also mentioned.

Mrs. Crowell shook her head emphatically. “It is difficult to understand that parents could believe they are exercising their duties as parents when they fear to guide their children,” she said. “Plainly in such cases, theories and not common sense hold the reins.

“Perhaps I am a bit old-fashioned,” she smiled, “but I don't believe we have reached such development that all punishment of children can be abandoned. I don't mean corporal punishment—that, I believe is rarely necessary. With my own boys—who, by the way, were very different in disposition (Continued on page 40)



Mrs. Grace Noll Crowell “American Mother for 1938.”

by
Eldorado
Field

Want to be Original?

"I HAVEN'T an idea right now of how to handle it, but I'll have one by tomorrow noon!"

Have you ever said that? And were you sure way down in your inner consciousness that you *would* get the idea? Then you have a "source mind" . . . not only that, but you are using it correctly.

Now a "source mind" is one that combines knowledge in such a way that resulting thoughts are original. They *begin*, just as a river has its source in some tiny stream afar off. A new way to open cans; a new presentation for sales success; a greeting card not like the neighbors; a

cheap department-store dress given a dash with a new buckle and scarf arrangement; an idea for office efficiency; a new food concoction that uses up left-overs — such things are the results

of that type of mind that is capable of *more than duplication*.

There is a woman in a certain community who has learned to depend on her creative mind as a social or one might say, civic asset. She never makes the statement that she "hopes" to get an original idea to raise money. She *promises* that she will get the idea by a certain time. Then, with complete confidence in the subconscious, she puts the circumstance and its surrounding details into her inner thinking to percolate. She thinks about the vacancy her idea is to fill. She thinks of the usefulness of some plan, so far unplanned, that will make community-giving more attractive and that will reward the giver with satisfaction at his liberality. She regards with wholesome respect the conviction that originality is part of the divine plan of creation, consequently does not have an inflated idea of her own importance.

Newspaper Gave Publicity

A club once came to her asking for some new idea for a benefit tea. The next day she had it planned so that it gave pleasure to all those involved and paid off a good-sized note. She suggested an antique tea, where those having furniture, handwork, or any assortment collection of an interesting nature would lend them and come to see the others displayed. The social tie-up

for the newspapers gave splendid publicity. The public gave, getting value received.

At another time, the boredom of the usual sentimental mother-daughter banquet was prevented by a suggestion of hers that they give it the modern grandmother slant and see what that most interesting class of individuals thought of the whole business of raising daughters *as it is done*. It was a great success, humorous, but also constructively revealing.

A NEW way to present routine organization reports, a new way to entertain those optimistic souls who attend annual lodge or church meetings, games for a mixed party that held sparkling interest, a PTA banquet without yawns . . . all these problems were met with the same certain-to-be fulfilled attitude.

When anyone says to this woman, "but what if the idea *didn't* come?", she says quietly and not in the least boastfully, "it *always* does".

Faith in Creative Ability

Of course having faith in one's creative ability is by no means an unusual trait. In the classification of those who have learned to depend on conclusions from within, are all the free-lance workers in the world. These courageous thought-producers who draw; invent gadgets as well as huge machinery, design houses and house furnishings and clothing; plan advertising; write slogans, gags, radioscripts, plays, stories, books; do chemical researching; all those engaged in the distinctive preparation of food, as well as those who take part in many useful occupations that are made unusual—all these (although perhaps unconsciously) reveal their faith in the productibility of their *source minds*.

They Delay Work

Artists, designers and writers do not enjoy the agony of conceiving and bearing an idea. They may view the finished product of thought with happiness but it is their nature to shy at the labor of bringing one to completion. They sharpen pencils, eat a sandwich, call a friend, get a drink—anything to delay the actual moment when they have to think and work. However, it can also be said they do not do as many crazy things as those who talk about them would have you believe. They can't waste time waiting for an inspiration. They sit down facing a blank piece of paper and invite that certain experience of catching an idea. They don't expect it to

▲ by ▲

ALICE
REBENTISCH

Then Cultivate a "Source Mind"

chase them through a cocktail party, theatre, or any other pleasurable endeavor. That false reasoning of amateurs is the reason so many "source minds" fool themselves into stupid unaccomplishment. Successful workers discipline themselves by denying themselves pleasurable rewards until an idea is executed.

Now there are those who, not having to use them, waste all the comforts of a source mind. They follow like sheep just because their inferiority pattern has convinced them that they would be unlikely to have an original, praiseworthy idea. The habits of discounting thought processes stunts reoccurrence. Then again, they may have had what they felt was an original idea only to find it rise from some other source with a much greater convincing power. They think then that there is no use . . . someone else always gets the idea too! Those who create continually are used to that discouraging truth. There are others getting almost the identical idea. Manuscripts presenting certain original twists often come from two sections of the country to the editor's desk in the same mail. Patent offices can testify often to exact duplication of ideas that were nevertheless original. That is just a granted truth—but the one who reaps an advantage from this implanted creative skill that exists in the universe are those who work *again*.

They Have a Grand Idea

Another classification of creative minds is that of those who think of a grand idea—a day too late. Those whose minds telegraph them a "swell" comeback the day after a verbal attack; those whose carry on imaginary conversations saying all sorts of clever things that never can face the light of day—these people have the talent but have neglected it. All they would need to do would be to convince themselves of it's dependability—even brag about having it until they have their bluff called and find that they actually *do* make good. If one doesn't believe that he can make his mind meet his tempo and produce at the time it is necessary, he will no doubt also contradict the statement that con-

structive thought and correct mental habits and attitudes predetermine his lot in life. The only wise way for a person to decide the merit of either idea is to *try* it! In this case, say—"I can tell by certain indications that mine is a source mind. Now there is no reason why this God-given trait should not be working for my everyday good. Very well, by tomorrow noon, I am going to have an idea how to remodel my old coat—or, fix that chest door that collides with a swinging one".

Disciplining a "Source Mind"

Before going to sleep, the thought-wooer should reiterate the conviction that an idea is on the way. He should listen to see if any notion



"The idea always comes. . . ."

is filtering through. Then, spend as much time as is necessary in the morning looking at the particular article that *needs* the idea. Don't go do something else, thinking the idea will come up and hit you in the back of the head. Don't think you have joined that classification of folks who can afford temperment. You must realize that you are discipling a "source mind" in order that it might produce.

So, consider the possibility that your mind is capable of thinking new thoughts for your pleasure and benefit; then, through sheer confidence, practice, and application, the perfectly known laws of psychology will make it work for you!

Turn to the next page for the test which will indicate whether or not you have a genuine "source mind." After you have completed that test, return for the answer to the paragraph beneath this.

Yes. No. Yes. Yes. No. Yes. No. Yes. Yes. Yes. Scoring 7 of the 10 the same as the test indicates that you have a "source mind." Increase your efficiency by using it.

Test for a "Source Mind"

Test yourself and find out if your mind is doing all the work of which it is capable.

1. *If you had neglected to buy invitations for a party and it was now the last possible mailing time, could you make some original ones carrying the idea of the type of party you were planning and use only materials that you could find about your home? Yes. No.*
2. *Do you say, "Oh Yeah!", "says you", "Goodbye now", or any other of the sayings that cross the country and depend upon them to express your ordinary responses? Yes. No.*
3. *Do you ever say, "I wish someone would invent—" and go on and really tell something for which you have use. Yes. No.*
4. *Are you bored with long, detailed club business that you feel is non-consequential? Yes. No.*
5. *If you were cooking food for which you were using a recipe, would you be afraid to add something it didn't mention? Yes. No.*
6. *Do you imagine yourself in situations and think them through as you lay in bed before you go to sleep, or embellish an incident you are telling to make a better story of it? Yes. No.*
7. *Do you avoid being alone and consider riding on trains or busses as so much wasted time? Yes. No.*
8. *Do you have faith that by THINKING you can discover a solution to a problem? Yes. No.*
9. *Do you ever feel after reading a story that you could write one as good and then go on and try it even if you tear it up later? Yes. No.*
10. *Have you made suggestions in the field of your work that made an improvement? Yes. No.*

(For answers turn back to bottom of preceding page)

Unearthing Prosperity

By ELBERTA WILSON

WHEN I first came to Wyoming and went to live on a large stock ranch, I was amazed to see how necessity had made the people resourceful. It was a country of magnificent distances at that time, for the nearest store was forty-five miles away, over alkali flats and through sand hills—thus almost doubling the distance as far as horse strength was concerned. Yet something always could be found to fill every need.

We think of money as the controlling power and dream of what we could do if we had a lot of it; but back of every dollar is an idea, and the man who searches diligently for ideas, or makes himself receptive when they are searching for him, is the man who uses that which he already has and this attracts more—for ideas are decidedly "catching."

A man met a "down and outer" on the street and struck by a look on the man's face, offered

to help. With his aid, he gave encouragement, and as the man, who hadn't eaten for days, accepted it, he remarked: "We may never meet again, but I want you to know that your encouragement as well as material aid, has done more than satisfy my bodily needs. I was on the way to the river to end it all, but now I will fight to the finish."

The fact that man so bitterly resents lack in any form indicates that it was never intended that he should huddle in poverty, nor waste his energy in drudgery and fear; it is either ignorance or stupidity that separates us from that which is rightfully ours. The door is open into the "promised land" and it remains open to us, until we, ourselves, close it. . . . Cease finding fault with those who are more prosperous than you are—and see if the microbes of prosperity won't take a nip at you.

Are You Adjusted to Your Environment?

IF you feel right, you can buoyantly forge ahead.

The science and art of feeling right should therefore be cultivated, with care, patience and enthusiasm. It is a matter of adjustment on five planes—physical, mental, emotional, moral, spiritual. Everyone should be so in command of all these planes as to have instant power of adjustment.

The utility and variety of the subject may be shown by a few concrete examples. These questions are typical of many that have come to the desk of the writer, in his professional correspondence with people wanting vital information. Each question, quoted, is followed by its answer.

"I often forget things I am supposed to do on a certain day or at a certain hour. This results in complaint, friction, loss of time and temper. Can't I somehow improve my memory?"

A course in memory training might, or might not, help you, depending on the cause of your lapses. But a mechanical memory would be infallible. A daily memorandum pad, from a stationery store, if used and consulted regularly, would solve your problem. Put down every special thing you want to remember to do.

"We don't know where all our money goes, and are fussing and worrying continually about finances. We must economize, but are uncertain how to start. Please tell us how."

Inquire at your bank for printed matter on a family budget of expenditure, its formation and operation. Ask the teacher of home economics at your State University where to obtain literature on that subject. Also get publications of national economic organizations, such as the American Society for Thrift, American Economic Association, etc. Apply to your banker or bookseller for addresses of such organizations.

"Our sleep is greatly disturbed by the heavy traffic on the street that our apartment faces, but we can't move till our lease is up. Would you recommend a good soporific?"

Gladly—but there isn't any. A drug that

Points on the Technique of Accommodation

by

**EDWARD
EARLE
PURINTON**

most of the noise, but loose enough to avoid pressure and discomfort. By experiment you will soon find how much cotton to use, and how to roll it properly.

"I am a student in college. Two of my professors disagree. One urges me to quit study for a year, get a job and learn to support myself. The other insists on my completing the college course first. Which plan is best?"

Possibly neither. You may combine the advantages of both. As a general rule a college student should have become self-supporting prior to graduation. Yet falling behind your class is undesirable. What about spare-time jobs, and summer work that pays? A list of local jobs for students should be available from your college dean of men, or secretary of the Y.M.C.A. And suggestions for summer work that pays? A list of local jobs for students from your home newspapers.

"My employer allows me only a half-hour for lunch. A weak stomach requires me to eat slowly and rest after meals. Having to hurry lunch and go back to work in a rush causes digestive trouble and pain. How can I get relief?"

Make your lunch of nourishing liquids only, about a pint and a half, sipped slowly. Eggnog, or a malted milk drink, or a milk soup, would be good. Take a light breakfast of easily digested foods, and rest somewhat before going to work. Let your dinner, at five-thirty or six, be a hearty meal. Others have found this plan healthful, so it is worth trying. Have you a standard book on correct diet? If not, ask your physician what book he would recommend.

"My son loves a girl of a directly opposite religious faith and wishes to marry her. I oppose the union, believing that such conflicting religions will mean perpetual discord. What is your opinion?"

There are no conflicting religions. There are conflicting sects and theologies. But religion is

faith, truth, work, life and love, with no place for conflict. Are your son and his sweetheart real mates? That is the vital question. A true marriage harmonizes opposite beliefs.

Hundreds of other queries on problems of adjustment might be quoted, if we had space. But the few cited will show the variety and importance of such problems. Most folks need the services of an adjustment expert to straighten out their difficulties. But, alas, no expert of this kind is to be found among all the experts now so highly popular. The specialist must be limited while the field for adjustment is broad as human nature and experience.

A psychological study of the ills that impede happiness and progress in America would show them to be largely cases of maladjustment. These include poverty, illiteracy, crime, drunkenness, idleness, truancy, alienation, divorce.

This country needs greatly a National Bureau of Adjustment. Called that or something else, it would provide classification, information, co-operation, as required, for the solution of problems that cost the nation a huge amount because allowed to go unsolved. Where and when will a clear-sighted, warm-hearted, cool-headed millionaire found such an institution?

WHEREVER many people, or even two, associate continually, the many variations in personality are liable to cause doubt, error, delay, confusion, waste, disappointment, regret. Most trouble might be avoided if the truth were known in time. But the truth about personality has never been taught to, or sought by, the average person. Hence trouble.

Moreover, all new relationships of human beings are experiments. They should be as well planned, ordered, manipulated as experiments in science. They can be. And when they are we shall have a new world. Getting ahead is largely a matter of getting along with people. Adjustment, agreement and alignment bring advancement.

The secret of glad cooperation is in mutual respect, regard, reward. Cultivation thereof is universally needed. Where differences remain as disturbances, progress comes to a standstill.

Do you feel hindered, vexed, worried or mean because of your environment, surroundings, occupation, duties or associates? Do you know anybody thus hampered, whom you might help toward freedom? Then you may find utility and joy in the following rules for delightful, permanent adjustment. The order of the numerals is probably the right sequence, if you approve it. Each rule is general, but applies to any specific problem.

1. Take the whole matter calmly. Be assured of your ability to get things right. Consider that the greatest souls have always had the hardest difficulties to face and overcome. A trial is the usual start for a triumph. And poise helps wonderfully.

2. Find what person or condition is making you the most trouble, then ask yourself the real cause of the maladjustment. Are you responsible, or is somebody else? Who could, if he or she would, straighten the matter out, or assist you in the process? Whose authority or co-operation is needed?

3. Try to get the viewpoint of the other person directly involved. Put yourself in his or her place, imagine yourself in the same circumstances. Think what reason you would have for such action or opinion as may now seem to you undersirable because of your difference in viewpoint.

4. Be sure that your motive for wanting a change is right. That must precede right methods and right results. Is it perfectly clear, fair, generous and wise? Can you endorse it?

5. Cultivate the good will of your associates concerned. Maintain good feeling. Show appreciation. Bar antagonism. Open disagreements and silent grudges, are bad for the constitution. Cheerfulness rewards charitableness, making it highly advantageous.

6. Preserve a discreet silence. Don't air your grievances. Aired grievances get lustier and louder in the process of airing. Also, interference by an outsider is officious and obstructive. You don't want it. You must be free.

7. Know the psychology of habit and association. This often explains the difficulties of adjustment. A consulting psychologist might, in person or by letter, offer the solution of your problem.

8. Plan what change for the better would promise mutual benefit. Consider the gain to the other person or persons involved, as well as to yourself. All real improvement must advance the interests of everybody concerned.

9. Get scientific facts, if possible, as a firm basis of procedure. Opinions don't count for much, as mere opinions. But a citation of authoritative knowledge commands attention, thought, respect. Your adjustment problem doubtless falls under a general topic, such as health, psychology, efficiency, economics, finance, education, marriage, child training, domestic science, sociology, cooperation, or some other broad heading. What standard book should cover it? Ask the librarian at a public library, or the manager of a bookstore or the editor of a special (Continued on page 44)

In The Psychologist's Office

Discussion of Actual Cases

by DR. THOMAS L. GARRETT

CONSULTING PSYCHOLOGIST



"BUT I can't call at your office," said the voice on the telephone. "I have agoraphobia. That's what I want to consult you about."

The word *agora*, taken from the Greek, means a public square. Hence, the term *agoraphobia* is used to describe an unreasonable fear of public squares or open spaces. The victim of this strange affliction, who is known as an *agoraphobe*, is always bolting for shelter. In some cases, the *agoraphobe* is able to travel about a block from home; in others, he will not venture more than thirty or forty feet from his doorstep.

This particular patient had had *agoraphobia* for ten years. In the beginning, he was able to travel about two blocks. Later he found his tether shortening with the accretion of months, and at the time he telephoned to me he could not be induced to step outdoors.

This particular man, an artist by profession, explained to me that he felt like a "turtle man." What he meant, of course, was that he felt he was so constituted that he had to be protected by his house, or the equivalent of the turtle's shell, at all times.

I was glad that he made this remark. It proved that he had imagination. I had been planning for a long time to use a patient's imagination as a means of curing him of a phobia or compulsion.

Now, of course, you have heard that whatever a man imagines he can do, he *can* do; and if you had met as many phobiacs as I have met in my many years of practice, you would agree with me that whatever a man imagines he *cannot* do, he *cannot*. . . . The leader in world affairs is the man who strongly imagines himself as doing a thing—then he *does* it. The phobic is the one who strongly imagines that he *cannot* do a thing and then finds he indeed, cannot do it.

What is required to change the phobic into a normal person is a process that we call "thought-changing." If we can change the thought, we can change the personality of the individual.

In the case under consideration, a man who, after traveling here and there and everywhere

for thirty years of his life suddenly *imagined* that he could no longer travel. I use the term *imagined* advisedly. From a physical point of view, he was still ambulatory; he was neither legless nor crippled; nor had he become paralyzed. In other words, his condition, not being physical, had to be mental. In no other way could we account for his inability to travel away from home. . . .

"Will you walk to the corner with me?" I asked him, "I promise you that any time you want to come back here, no matter how close we are to the house, I'll walk or run back with you."

My patient had some confidence in me. He agreed to try. But in the first few attempts he bolted for shelter as soon as we were fifty feet from the house, and I, true to my word, ran back with him."

IT was on my fourth visit to him that I decided to work with his imagination. By that time he could walk fifty feet from the house and stand there without suffering any apprehension.

"Here," I said "you feel safe—as safe at this point as if you were in the house, don't you?" He nodded. "Well now," I went on "it's only about fifty feet from here to the house. . . . If you feel safe at this point, this means that this has become a *sort of substitute* for the house. In other words, this is like a shelter to you. . . . That means that the house is just a *point* fifty feet in one direction. . . ." Again he nodded.

"Well, now, let's see if we can't go fifty feet in another direction. This is the center of a circle, and if you feel safe here and you'd feel safe in the house (which is on the circumference of the circle,) there's no reason why you wouldn't feel safe at any other point on the same circumference." His face showed his interest and his acquiescence.

Taking my hand, he walked fifty feet in the other direction.

"How do you feel?" I asked.

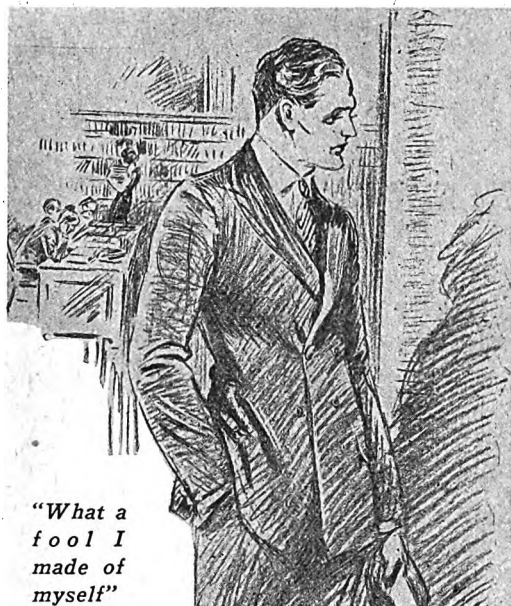
"Well, as you say," he replied, "It's just as if we were in the house; we're on the same circumference."

(Continued on page 49)

Don't Condemn Yourself!

It's Dangerous Business

HARMONY is the keynote of the universe. Likewise, it is the secret of bodily health and physical well-being. Inner poise, self-assurance and perpetual serenity act as a lubricant to the orderly functioning of the body, and without this inner quality of balanced calm under all circumstances it is impossible to enjoy ideal health of mind, body or finances.



"What a fool I made of myself"

It is as necessary to exercise for this inner state of poise as for a rounded thigh or fully developed chest. Constant practice in the conscious direction of the emotions is as important as the daily practice of muscle control—and more so.

Self-Healing and Self-Perpetuating

As man was originally created, the body is self-healing and self-perpetuating as long as it is controlled by a peaceful, healthy mind. But in the struggle for existence down through the ages man has lost his pristine peace of mind. Even the soul itself has become as troubled waters and the body, as a result, has become a mere caricature of the glorious creature it was intended to be.

Science teaches that it is the glands that are principally affected by the thoughts and emotions, and they in turn pass on the color of the mood to the organs under their particular con-

trol. When the mind is calm and poised it gives forth smooth, rhythmic vibrations which cause the normal vibrations of health in the glands—and the subsequent vibrations of health and vigor in the organs of the body.

When the natural vibrations of the glands are disturbed by inharmonious thoughts, then the body vibrations are upset and the results show forth in inharmony, or disease, in some part of the system.

While everyone is acquainted with the disastrous effects which fear, doubt and worry have upon the bodily structure, there is one mental habit which is almost universally present, yet so subtle and insidious that it is seldom recognized or considered. This arch enemy which is so devastating and demoralizing to our well-being is *self-condemnation*, brother to our old friend, inferiority complex.

To outward appearance it seems as if everyone besides ourselves is brave, courageous, daring and in some cases so sure of themselves as to be haughty, patronizing or snobbish. Yet underneath this brave pretense all are brothers under the skin, and in the privacy of his inner thoughts each one condemns, criticizes and belittles himself for foolish actions and unnecessary mistakes.

How many times at social functions has some slip of the tongue, some awkward gesture or a social *faux pas* made us cringe with mortification and exclaim to ourselves, "What a fool I made of myself!" How bitterly we berate ourselves for unwise business moves, or vow we will "never forgive ourselves" for something that seemed momentous at the time, but in reality was but a trivial incident in the great scheme of things.

The persons and circumstances which cause our discomfiture soon pass out of our lives, but the insidious effects, which our self-condemnation has caused remain fixed in our inner consciousness, and set up such inharmonious vibrations throughout the system that they are reflected, sooner or later, in deranged bodily functions.

How much is at stake then to retain our perfect poise, no matter (Continued on page 42)

by OLIVE S. FORD

WE are surrounded by a thought-atmosphere, the changing currents of which have their effect on you and me.

Our moods of elevation and depression are often due to this atmosphere, even when we attribute the variations to weather conditions or physical disturbances.

These outside conditions merely connect with some thought of past trouble in our subconscious mind, and this then rises to the conscious plane and we develop a thought-atmosphere which corresponds with the nature of this association. We carry about with us our own atmosphere. These atmospheres are probably vibratory in character and carry the vibration of harmony or inharmony according to the suggestions we have received from without or from our own subconscious selves.

People who are sensitive are very much affected by the atmosphere of another. Sick people have frequently told me that one person will bring the brightness of sunshine, while another will bring veritable clouds and shadows to their rooms. And they often feel this strongly before a word has been uttered.

The more susceptible and pliable the nature, the more marked are such impressions. There are hyper-sensitive people who are made nervously ill by the atmosphere of an uncongenial person. The mind casts a shadow as well as the body.

The explanation of such phenomena is to be found in the action of the person's own mind in giving place to the effect. Things hurt or depress; stimulate or elevate, only to the extent that we let them. If one has fortified himself by long discipline to divert the noxious contacts and change their common ill-effects to those of a different character, there would have been quite sufficient protection. Undesigned auto-suggestion following a conventional type has power over the average mind, and one thus becomes an admittedly helpless victim of circumstances.

But we are able to successfully combat all unwholesome influences. By surrounding ourselves with an atmosphere of strong thought which takes the form of faith, positiveness, determination and will power, we build up a mental wall

that these weaker thoughts are unable to penetrate.

Gradually, a real habit is formed so that subconsciously we are able to separate the good from the bad, the strong from the weak, the stimulating factors from those depressing. But until such a habit is strongly fixed, we find ourselves a victim or plaything for the adverse vibration. It isn't a question of having a much harder environment to fight than all others, but it is a question of your being more sensitive to this inharmonious environment than the average person similarly situated.

Through your sensitiveness and lack of strength you have placed yourself on a negative plane where such harmful forces abound. You know how by just turning a dial, when the power is on, you tune into different stations on your radio. If you find the program a good one, to your liking, you leave your dial set at this point. But if the program is something you do not wish to hear, you merely turn your dial again and receive music that gladdens your heart.

Those who are suffering from weakening and depressing vibrations continue to keep their mental dial set at this wave length, believing that the change to a new mental station is impossible.

We are all children of Nature, and she has no stepchildren I assure you. You are granted the same privileges as the best if you will realize it and begin to use your powers in a different way.

WE have to build castles in the air before we can successfully build them on earth. The ideal must precede the real. Michelangelo had to form his creations out of mind stuff, and paint his pictures with fanciful colors before he could succeed in embodying his ideas in marble and on canvas.

The true artist really sees his landscape on his canvas before he touches a brush to it, and the true sculptor visualizes his figure clearly in the solid block of marble, and chips away until he leaves that figure his mind has created. The author has to think his thoughts and form his mental concepts before he can commit them to paper; and the better developed the mental forms, the more

(Continued on page 45)

Our Thought Atmosphere

•
**An Explanation
of What Causes
Our Moods and . .
What We Can
Do to Modify
These Currents**
•

You Advertise Yourself!

by

ELOISE BLANCHARD

Are you one
who walks
about with
brows knit,
heart heavy
and purse
slim?

Have you
many obliga-
tions scat-
tered about
your feet like
boulders in a
valley of for-
gotten rocks?

Do you see
ahead only
a mountain,
bare of trees,
where even
shrub-life
seems to
have died?

TAKE stock! Haul everything out of the back of your mind. Everything you have stuck there while you were getting yourself—well, where you are now. . . .

Undoubtedly you are interested in a thousand different things, but for some reason you haven't got very far with any one of them. . . . All possibilities are in your mind *somewhere*—give them and yourself a chance. "And how shall I go about this?" you ask. We'll seek the nearest store window for ideas. . . .

The First Store Window

Ah! Here we are. Now, let's ask ourselves some questions. What can we learn from this store window?

Is it attractive?—neat?—colorful? Yes. Does it indicate accurately what we may expect to find in the store? Yes. Does it seem happy to be a store window?—Does it seem to smile and say: "Yes, we will try to please you if you give us a chance"? Yes.

Very good. Now, let's find another window.

The Second Store Window

See, here is one! Let's compare it to the other. The first window was attractive in every way. This one is indifferent.

It is not attractive; that is, it has no individuality. There is nothing about it to make us stop specially to look at it. Surely they haven't put their best merchandise on view! As for being a bright window,—it's the gloomiest thing I've ever seen.

Do you agree with me? Yes—you agree all right, but "Where is all this leading to?" you may ask.

I'll tell you. *You are a shop window advertising yourself.* Right now begin to think of yourself as a shop window and the *mountain* will disappear forever. Come—we must return to the first store and go inside.

Store 1: Ah! It's the easiest thing in the world to "feel" the kind of a store we're in! It's bright, well-ventilated and orderly, with well-defined areas for different things. The merchandise is A-1. The sales people are wide-awake and look happy. All in all, it is just about the kind of store the first window led us to think it would be. (Continued on page 40)

Do unfriendly
and discour-
aging mess-
ages flash
ugly news
before your
tired eyes?

Do bold and
chilling
letters flash
in and out
like some
electrically
charged
monster dash-
ing at you?

Do they say,
"You're too
old . . .
We don't
want you"?
If so, stop—
there's some-
thing you
must do!

How to Read Faces

by JOSEPH CUMMINGS CHASE

FOR thirty years I have been studying faces. Your face is my profession. But don't misunderstand me; I'm neither a plastic surgeon nor an habitual poker player.

My work is portrait painting, and in the course of it, from early student days in Paris, through apprenticeship as a rapid-fire newspaper artist in New York, and on down to character portraits and full-length figures painted in my studio, I suppose I have launched at least five thousand faces upon a tolerant world.



Prize fighters, bank presidents, pianists, lawyers, singers, statesmen, jazz-orchestra conductors, lecturers, society women, baseball stars, authors, college president—it has been my good fortune to have them all as sitters, willing or unaware.

What people have done to their faces never ceases to fascinate me. It is their achieving—and their endeavoring that molds their features. Of course man is born with a head and a face that are the result of heredity. But after maturity, once his life work has claimed him, he is his own facial sculptor.

Let me illustrate what I mean by telling you about the two heads that I made of General Pershing.

There was deep suffering and harassment in the first portrait; in the second there was almost joviality and ease. His wounded troops were still being evacuated after the Meuse-Argonne offensive when I made the first painting at his headquarters in Chaumont. He talked hardly at all and not once did he smile. Three months later when he posed for "Jo" Davidson, the sculptor, and me, in Paris, the general was another man. His face indicated the relief that must have come to him with the cessation of hostilities. He kept up a running fire of conversation and bantered with us about the relative merits of painting and sculpture.

In both sittings, however, there



was a note in common—General Pershing's face showed a power of concentration, of self-detachment. And that is one of the characteristics found usually in the faces of great men.

Now concentration doesn't mean fixity or sternness. On the contrary it is more likely to be indicated by mobility of features. Changing expressions show a wind in motion. And it is the active mind that is capable of concentration; indeed, an unchanging expression of face frequently indicates a dullard mind—except when, as often in the case of business executives, a deliberate habit has been formed of wearing a mask.

A Large Array of Talent

Suppose you are attending a banquet where a large array of talent from all walks of life is gathered at the speaker's table. Looking them over, you're likely to find yourself saying: "What a variety of faces! No two alike." If you seek some similarity in them that may give you a hint at the secret of their success, don't expect to find it in the shape of their heads or in their features. You find their heads long and short, noses blunt and sharp, brows high and low, mouths miniature and mammoth. Their facades may be concave or convex, Doric, Gothic or Colonial—but with plenty of space above the ears in the attic for the storage of the mind motors.



It is in the *play of expression* that is found the best gauge of a man's character. Faces of a thousand expressions, faces mellow and without bitterness, faces with humor, faces that "light up" with high feeling or are swept with the tenderness of sympathy—these are the faces of great men, men who in their own sincere estimation never quite "arrive".

We can classify the faces of the great. For me they group themselves into four types: The creative, the critical, the seek-and-find and the apostle.

Almost everyone is fascinated by the study of faces. The ability to read character, particularly to appraise character as revealed in the face, is a valuable asset. . . .

In this article, one of the world's leading portrait painters, has set forth some of the underlying principles of the science of physiognomy. In the National Gallery at Washington, fifty of Mr. Chase's portrait studies are included in the permanent collection. . . .

The creative type is the easiest to read. Here you have writers, composers, painters, inventors — men whose minds are constantly upon

their work and not upon themselves. Effort, imagination, experiment, persistence, leave their mark.

Pays a Penalty

The critical type pays a penalty in that an expression of suspicion, even of incredulity and discontent, appears necessarily as the man ages.

The critic's approach to every problem is "why?" Seldom can he give himself up wholeheartedly to complete enjoyment of anything. If he be a dramatic critic, and should he be enthusiastic about a play, he must analyze it to find out the *why*, and by the time he has delved deep into the subject he very often comes up with the conclusion that it isn't so good after all.

Of course, an analytical point of view is sure to show in the expression of the face. Because sooner or later the entire outlook of a professional critic is with the *why* point of view, and not only does he look critically at a book or a play but at everything, and so loses the thrill of enthusiasm and spontaneity.

In a discussion, the seek-and-find type of person will be animated and enthusiastic, answering and asking questions as long as the subject under consideration is of something concerning which he has collected facts, not theories or conjectures. But let the subject wander to another

field, on which he may have only slight information, and he becomes immediately the silent listener. He would not give forth a scrap of material about which he was not absolutely sure and could not back up with facts. He is first of all the explorer. He makes the perfect scientist.

* * * *

And finally the apostle type. . . .

In this group we find the ardent prohibitionist, the rabid anti-prohibitionist, the religious fanatic, the anti-religious campaigner, the stand-patter, and all of those persons who believe strongly in one point of view—without keen reasoning and cool judgment. Their belief is a part of them. Having once made a statement, thereafter they believe it. It is useless to argue with them because they can no more give up that particular wrinkle in their brain than they can an arm or an eye.

Cleverness is not a sign of greatness, necessarily. Except in the worlds of politics and finance, plain-looking people predominate among the great. There is no doubt about this. I have a theory that this is due to the fact that the child who finds himself or herself an "ugly duckling" discovers that if he is to get on he must cultivate the charm of ability.

Children Who Worry

CHILDREN, although they play happily and usually give an impression of being quite care-free, are really little sponges that lap up the mental atmosphere about them. When that atmosphere is unnecessarily loaded with "depression talk" the little ones are done a grave injustice, for absorbing this, they worry far more than their adult associates are aware of.

This was brought out some time ago by a pathetic little story (a true one) of parents who talked and planned worriedly and predicted disaster above the heads of their several young children. That night, they were amazed and shocked by their five-year-old son, who, sobbing convulsively, made known to his parents that he was willing for them to kill him so that there would be more food for his brothers and sisters. There was no reason for the establishing of this tragic mind picture as the parents were far from destitute. "It was just that we didn't realize what our careless, negative statements were doing," the mother said.

* * * *

Now comes the report of a psychological study made by research workers under the direction

of Dr. Rudolph Pintner, of Teachers College, Columbia University, which emphasizes how children take on the worries of their elders. A series of mental and personality tests were administered to a representative sample of the school population, after which a number of pupils were interviewed.

Children, the report indicated, feel their home responsibilities strongly and are especially anxious regarding the health and well-being of their parents. They worry, too, that "father might lose his job" and they are concerned "that mother should not get ill."

Naturally the situations in which they have personal responsibility—as their school work—absorb their attention and seventy-two per cent of the girls and almost that many of the boys were agitated by fear of "being late to school." That children should worry about things so close to them is no surprise, but it is important to realize, as we have said, that they also worry over matters far removed from their supposed immediate concern, and careful parents will see that depressing conversation and careless, negative conjectures do not reach the ears of sensitive little ones.

Moods in Handwriting

This Month we Discuss Secretaries

by M. de Berri Tennent

THE psychological value of graphology is strongly evidenced in the matter of helping people to adjust themselves to congenial vocations.

Secretaries, for instance, are born with a flair for that work, but they differ greatly in their ability to adjust themselves to the personalities for whom they work. This month, I take pleasure in having the signatures of two secretaries whose names are most familiar to you.

In the one case, I have the same person's signature written in different moods which is an interesting study. Mrs. Malvina Thompson Scheider, as you know, is the secretary and constant companion of our First Lady, Mrs. Frank-

lin Delano Roosevelt. Look at the emotional, but not happy release in that long, dark ending to her names, both of them. Her capital S has lost that beautiful scroll-like form that appeared formerly. Plainly there is irritation here.

But in Mrs. Scheider's signature written in 1936, she is back to her usual cheery self. Now she portrays something which was not indicated before in her handwriting—namely, great good humor. See the little curls on every name, all turned up and reminding us of a little calf skipping through a field? This, however, gives tenacity to the form she makes in the curl on the end of the middle name. This has reserve in it and reveals not only a cultural mind, but literary ability.

The form of r on the end of the last name shows pronounced ability to think rapidly. The whole signature expresses beauty of character. However, there is evidence that she *can* be annoyed and undoubtedly would then show fight. But our First Lady who admits to various defections of her own, undoubtedly would find anyone who was *too* perfect, a bit palling, I imagine.

Now if I had not had these three signatures to judge from, I could not have made deductions of Mrs. Scheider in various moods. And for the reason that I have only the one bit of handwriting of Marguerite A. Le Hand, I can comment only briefly.

MISS LE HAND, as you know, is the secretary of President Roosevelt. When someone told me that she was a rather gullible person and easily imposed upon, I laughed heartily, for there certainly is no indication of meekness or easy acquiescence in this signature. Since, plainly she is not a person who can camouflage, her tendencies are plainly shown and she will not be any meeker than she appears here.

The low-set capitals are made in good proportion to the other writing. They show fine good nature in their roundness and the capital H shows loyalty in its tie-in-form. Simplicity which is the first element in any worthy individual is here

(Continued on page 47)

Examples of handwriting in different moods.

lin Delano Roosevelt. By this time, readers of *PSYCHOLOGY MAGAZINE* doubtless know of my deep admiration for our President's wife, but I venture to say (but I believe she has already so expressed herself) this wonderfully energetic and versatile lady would not be able to accomplish all that she does if she did not have this efficient, keenly poised, willing worker by her side.

Mrs. Scheider's signature—the first one—shows her at her cheeriest, with that upturned, smartly rising ending to her name; everything here is indicative of the qualities that would make her an excellent companion with enthusiasm, aspiration, and good nature, plainly in evidence.

For some reason, at the time she imprinted the

Is Telepathy Practical?

TELEPATHY, a much-scorned question by the great mass of practicing psychologists only a few years ago, is beginning to come into its own. Its actuality, the fact that it does exist, has been demonstrated time and time again, and many a psychologist whose chief pride is his "practicability" is beginning to study the question more and more.

There seems no doubt to those who have done the most work with the newest, and the most sensitive branch of para-psychology, that telepathy is not only an actuality, but has far more practical usage than many a branch of pure, medical, or other subdivision of general psychology, or psychiatry.

Not only Dr. Rhine of Duke University, but others of equal repute have demonstrated that the thought waves, or forces, if you like, that make possible the unspoken speech of two human beings, or the ability to sense past, present, and sometimes future events has a practical value beyond that of entertainment.

Experimentation in telepathy goes as far back as recorded history of man goes, beyond the Bible, into the lives of the Pharaohs. The story of Joseph and the seven years of good crops and the following seven years of drought is, perhaps, as well known an example of telepathic clairvoyance as exists. The truth of the story is generally believed; but whether true or not, it is direct evidence that the wiser men of that long-past generation recognized that such a force existed, and could be used for practical purposes by a few persons, highly gifted with the talent for understanding what we might term "the force waves".

There are so many other cases of telepathy, referred to

as "hunches" and "sixth sense," "women's intuition" and such, it seems a waste of time to list or detail them. Enough to say, if only for the sake of argument, that such forces have been known to exist since the birth of man and continue to exist today.

As a further proof, in extension of evidence of telepathy being in existence, one need only point to the science of hypnotism; another much-scoffed theory twenty years ago, that is in practical use today in many of the best hospitals of Europe. Particularly in the Central European countries, it has been used at times for some years now, in place of surgical anesthetics. . . . It might seem, therefore, that the proof of its actually being in daily use would convince the most determined dissenter.

To one who works with it daily, telepathy is as ordinary a phenomenon as the sun rising in the morning, the trees growing, and Nature working in absolute harmony and detail. It is true, we do not know *how* these things work exactly, but we do know that they work, and we take from such workings their practical utility.

Electricity, too, for instance, is an unknown quantity. No one knows what it is. Only the ignorant will claim to know what this modern force and convenience is. Yet, in spite of our amazing ignorance, we see by light that is produced by it, we ride trains at 100 miles an hour

by applying its practical value, we sweep and cook and sew with it, our autos run by reason of our knowledge of its existence, and it controls our lives as much as any other force in this world today. And again, I repeat, *we do not have the slightest idea as to what electricity actually is!* Besides such a force, the wonder of telepathy

The Editors of Psychology hold an open mind regarding this fascinating subject of telepathy, but are glad to present some of the views of the author who is said to have conducted experiments along telepathic lines over twenty years. . . .

fades into an insignificant phenomenon.

Science declares that everything in the world, all matter, originates in the plus and minus electrical molecules. These molecules, or electrons, revolve in orbits, as does our solar system and other solar systems, billions of times larger than our own. The timing and composition of the plus and minus, or positive and negative electrons in any sphere, determine exactly what kind of matter is to be formed. Rearrange these electrons, and one could turn gold into lead and mud into gold. No one can practically prove this yet, but scientists confidently expect it to be done at some future time.

Now our minds, made up of electrons, through a complicated arrangement of nervous cords, neurons and connections (the central switch-board of the telephone company suggests an analogy) transmit electrical messages up and

skillful, and treacherous search. Many times the real psychological trouble is hidden deep within the recesses of the brain. Some childhood incident, long forgotten, apparently, may warp the entire personality. Minor psychological "stoppages" or obstructions to the passage of these electrical communications account for nearly all idiocy, manic depressive cases, and cases of schizophrenia.

Through telepathy, there is no reason why the deep underlying troubles could not be brought to the clear light of day, corrected and disposed of—another liability turned back into the stream of humanity as an asset to civilization.

Criminals, a class of the population whose mentalities have been warped, could be dealt with in a sensible, humane way. A criminal is sick, psychologically speaking. If he is too sick to be treated until well, he could at least be cared

by

ALBERT MOGUL

~

down our human communications system, which are converted into physical action. These physical actions, transmitted back into sensations—another word for an electrical message in the human body—are sent to the brain, converted once more into different electrical messages, and sent back down a different nerve to be manifested in physical action once more.

THERE are almost as many different types of electricity as there are wines or cheeses, each using a different medium, and each acting with variations, though essentially the same phenomenon. Telepathy, we believe, is only a different type of this vital force, expressed through the brain, that is both sending and receiving station, instead of going through nervous cords, as the impulses in telepathy travel. Telepathy may be best likened to radio broadcasting and reception, to the human acting as the entire unit.

How practical is telepathy? So that we may answer it, let us, if only for the sake of argument, assume it is here, detected only by a few, it is true, but nonetheless an actuality.

The first use it would have is in aiding humanity suffering from mental disorders. The important thing in curing such patients is finding their troubles—often a long, tedious, highly

for with the same degree of humanity we expand on the insane. . . . Society could do the curing, turning the criminal back into useful work.

Detection of criminals and unethical personal and business dealings would lessen the need for expensive police work, adjudication, legal proceedings, and all the other complicated jurisdictional machinery that is costing the United States billions upon billions of dollars each year.

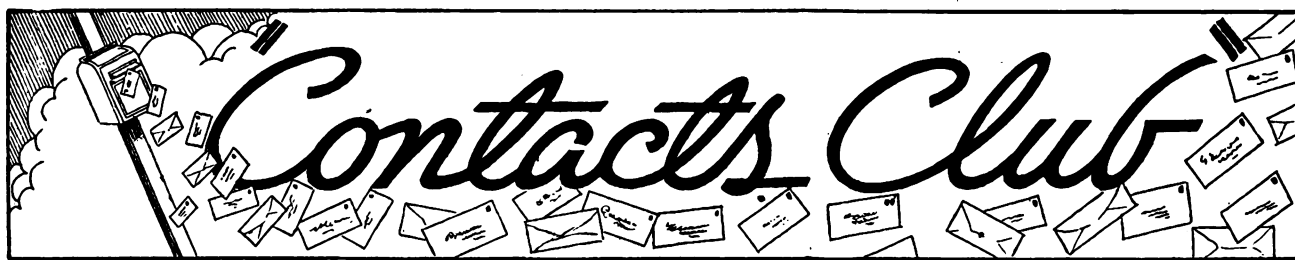
The ever-increasing hordes of neurotics, who now number legions, could be helped by the simple use of telepathy, which could diagnose their various neuroses with a minimum of trouble.

Some day, we hope, telepathy will make wireless communications common-place without the aid of outside mechanisms. Economic forces and figures will yield the truth and through that truth admit a more fair and equitable basis for the distribution of the material things of the earth.

How far will the usefulness of telepathy extend? This is like asking how fast we shall ultimately travel. No one can rightly hazard even a guess.

We can say this! Telepathy will become useful in the degree of conviction in its actuality as a medical and

(Continued on page 41)



DO you live in a small town, go to the movies, thrill when you hear Hail Columbia, play bridge, tennis—or just gossip with the neighbors? Do you long to enlarge your circle of friends, broaden your viewpoint, or learn about some far-away country?

Or—have you traveled extensively, cultivated some unusual hobby, or had some exciting experience which you would like to share with others?

Well, what's stopping you? That's why the "Contacts Club" was organized. If you belong to the former group, answer some of the interesting letters which are published in this department—send them to the "Contacts Club" editor (accompanied with the proper postage), and they will be forwarded promptly to the proper person. Be sure to indicate the initials of the person to whom you wish the letter forwarded.

But if you belong to the latter group—well, you should certainly want to share your experiences, tell about your travels or hobby! Why not send a letter to be published in this department so that you may help to gladden the lives of others?

Hoping that you will enjoy the accommodations which we have provided for you—and may your pen friends add to your enjoyment of life!

—THE EDITOR.

Dear Editor:

I suppose there are many who would like to hear from sunny South Africa—and I'm just as anxious to communicate with friends across the seas. Let's get together!

I prefer those who share my interest in boxing, wrestling, hiking, photography, dancing, psychology, psychical phenomena, big game hunting, swimming, travel and the various other interesting phases of life. At present, I am in the "City of Diamonds".

Let's keep alive, alert and always on the lookout for some unfortunate one who needs our friendliness and comradeship and show them a new and interesting world. We can all help—thanks to the undivided interest of the "Contacts Club" members. So "Kom-aan Kerels"—

don't keep me waiting for your ever-welcome letters.

(Mr.) R.J.P., Kimberley, So. Africa

Do you wish to add a "diamond" to your collection? Mr. R.J.P. seems to be a real gem of a correspondent—with a wide variety of interests. Price—one letter!

Dear Editor:

Because of this wonderful institution, "Contacts Club", I'm hoping to have my mailbox filled.

Interests—humanity, creative writing, short-wave radio, books, music, the movies and sports should be taken for granted.

Hobbies—trying to be of help and also to write a short story that will sell.

Beliefs—that in a few hundred years we will discover the wave lengths of the human mind and won't need to write letters; that we have all been here before and will be again, and that thought force is the most powerful and compelling force in the world.

My home is near the mighty Mississippi in a great state that has sent two men to the Presidency, one from our town.

A vote of thanks to the "thinker upper" of the "Contacts Club". I will be glad to answer any and all questions to the best of my ability.

(Miss) V.H., Galena, Ill.

Always something new in the style of letter writing. Miss V.H. brings us the concise, yet interesting method of listing her assets and interests. No doubt she will have her mailbox wish fulfilled.

Dear Editor:

I am taking the pleasure of this opportunity of joining your most interesting club in an effort to correspond with some of your readers. I might state that I have been a constant reader of your valuable magazine for the past ten years and have tried to put practical psychology in my every day life—and have really accomplished wonders.

(Continued on page 46)

FREE! "Adventures in Conversation" Just mail COUPON

*Do You
Want Poise,
Power and
Personality?*



*Then Learn
to Make Your
Conversation
Interesting*

Now . . . A Quick, Easy Way to Make Your Conversation Bring Popularity and Success!

Why let others win all the good things of life, while you merely wish for them?

Especially when you know that many who are forging ahead so fast have *no more natural ability than you!*

Just see how rapidly they are advancing in business. Think of the influential friends they are making in the social world. Think too of the good money they are earning—of the fine cars they are buying—the beautiful homes they own—and of how steadily they are progressing toward financial security!

And what is the reason? What is back of all this stirring and shining success?

The answer is amazingly simple!

Interesting Conversation . . . That's Their Secret!

The most successful men and women of today know that this is an amusement-loving age. They know that everybody hates to be bored. They know that to make worthwhile friends, one must be entertaining and full of life.

And the first—the most important!—secret of their success is simply this:

They have learned to become good conversationalists!

You know, through your own observation, how right these successful men and women are. Good talkers always win attention. They command respect! They quickly become not only popular, but often very influential. All of which directly helps them to win the good things of life—while others are still vainly wishing for them!

Resolve now that you too will win. Decide now—this very day!—that you will take the first step toward success by finding out how to become a good conversationalist.

Just a Few Simple Rules Learned Quickly and Easily

If you have ever for a moment doubted your ability to become an entertaining and convincing conversationalist, dismiss that doubt right here, and read on with confidence. We have good news for you!

Conversation has certain fundamental rules and principles—just like any other art.

Good talkers know the fundamentals of their art, and apply them whenever they converse, either with friends or with strangers. Their success is not due to a natural gift of expression. They acquired their art by learning the rules.

In the same way, you too can learn to make your conversation bright, entertaining, impressive. And thus develop new poise—new power and personality!

And now for the good news we promised you.

Thanks to a new simple method, especially designed and developed for modern times, *anybody of average intelligence can learn the art of conversation quickly and easily!*

Briefly, here is the story:

The Famous Ethel Cotton Conversation Course

Several years ago a woman who has since become one of the foremost figures in adult education had a revolutionary idea. She came to the conclusion that thousands of men and women were letting a complex (either inferiority or superiority) needlessly handicap them both in business and in the social world. The best way to help these people overcome their complex, she decided, was to teach them to become good conversationalists.

Results were simply astounding—almost unbelievable. Within a few months those who had enrolled in the new Course were showing powers of conversation they had never even dreamed they possessed. Many of them found their very lives transformed!

The woman's name is Ethel Cotton. You probably have heard her over stations of the National Broadcasting Company and the Columbia Broadcasting System.

Formerly, only those living in such cities as New York or San Francisco could enjoy the benefits of Miss Cotton's now nationally famous Conversation Course. Today, the full Course, consisting of twelve thrilling lessons, and twelve personal "Studio Talks" from Miss Cotton, is available by mail.

Those who have already taken the Conversation Course agree that there is absolutely nothing like it. They tell us that it is not only intensely practical, but also exciting and inspiring!

Send For FREE Fascinating Book

Wouldn't you like to know more about the famous Ethel Cotton Conversation Course, and what it can do for you?

Then send for our brand new book, "Adventures In Conversation."

This fascinating book is packed with invaluable information about the art of conversation; contains many dramatic illustrations, and is written in a colorful, dynamic style that will hold your interest to the very last word.

The book is free. Just fill in and mail the coupon. Do it now. You will be glad you did! Conversation Institute, Dept. 5897, 3601 Michigan Boulevard, Chicago, U. S. A.

Mail Coupon NOW . . .



Conversation Institute, Dept. 5897,
3601 Michigan Boulevard,
Chicago, U. S. A.

Please send me a free copy of your new book,
"Adventures In Conversation."

Name _____

Address _____

WHAT CAN WE DO FOR YOU?

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

QUESTION:—Mrs. R.T.S. writes—

If any one tells me any kind of startling news, I just go all to pieces mentally and physically. I will brood over it for days and be very miserable. I get so weak and nervous and think of all sorts of things that probably will happen to me. Would you please advise me how to overcome this?

ANSWER:

You were born with a sensitive, impressionable, emotional nature, with a tendency toward nervousness. Such a nature represents very real power, but unfortunately, unless it is understood and given proper direction, it can work against you and make you feel very miserable.

Your present condition represents this power in reverse. You are thinking from without inward, instead of from within outward. Everything you hear that is depressing, all the little annoyances of life, you at once associate with self and become introspective. Such a nature as yours is an imaginative one, and with such habits as you have formed, your imagination flows through destructive instead of constructive channels.

You must first gain a good understanding of yourself, your own powers, thought reactions, both the constructive and destructive side of thinking—and the laws underlying life as lived to the fullest. With this information and practice, you can in time reach a point where you are in command of your powers and directing them in helpful ways. See how much courage and confidence you can show in meeting your unreasonable fears.

QUESTION:—E.G.L. writes—

I become panicky when I am in closed places, in crowds, on any high place, even in the first balcony in a theatre. I live in a third floor apartment and I am constantly in fear that I might jump out of one of the windows. I have not noticed this last fear until recently. I fear going to church as I picture that I

might have some spell, have to be carried out. Of course, that would be most embarrassing. What in the world is wrong with me? Are these thoughts of a perfectly sane person?

ANSWER:

You are suffering from psychasthenia—or called in general—neurasthenia. You are perfectly sane, but for the moment your conscious, reasoning mind is pushed into the background and these habits of thought, which represent subconscious action, are dominating. You know the subconscious self hasn't reasoning power, so it is possible for one to have very foolish and unreasonable habits of thought, just as one has unreasonable and even impossible dreams at times.

Back of most of these fears is the thought that you might at some time lose your mind and do some of those things you picture, such as jumping out of your window. But you will not lose your mind and these fears will go on remaining unmaterialized fears—just as long as you will permit them. Get that reasoning, conscious mind to work and ignore the foolish fears just as much as you can. Get back your confidence and you will again be mentally free.

QUESTION:—L.T.D. writes—

Can you tell me briefly the psychological condition present in so-called neurasthenia? I mean, what is absent mentally in such a state that causes one to develop such a condition?

ANSWER:

Briefly this is the situation:—We have in such cases a normal intellect, a will-power that is minus, and an emotion which is plus. This causes introspection, and because the will-power is weak one feels that he is unable to cope with the situation and
(Continued on page 48)



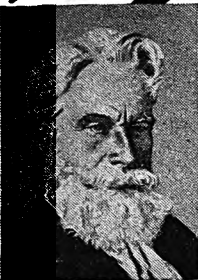
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The Editors.

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"OUR CORNER"

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

First Prize Winner

TRUE TO ONESELF

I've lessened my suspicion,
My fear and superstition,
I do not wish to have that dope again.
Those dreadful circumstances
Of rotten luck and chances,
I'd better far dispose of, than retain.

Assurance and confusion
Will not submit to fusion,
Although I tried to mix them in my mind.

And as I turned the pages
Of some of those adages,
It seemed there was a clue I could not find.

But once I tried and tested
What one good friend suggested
That I unto myself, should be more true,

So when myself I trusted
And alibis were "busted",
I started out with love and life anew.

J. A. Goodey,
Druid, Canada.

* * *

Second Prize Winner

DELVE FOR THE ROOT

A man once traveled round the world,
A shovel in his fist,
The man, as I remember it,
Was called a botanist.

It seems that he was delving for
Let's call the thing an herb;
At any rate, he searched about,
But nothing could he unearth.

He was so much discouraged then,
That after looking hard,
He took his spade, and wandered home,
And found it—in his yard!

I think therein a lesson lies,
We seek from day to day,
A better wage, or more renown;
We look too far away.

Were we to delve within ourselves,
It mightn't be so bad,
Perhaps we'd find a talent there,
We didn't know we had.

Allen L. Fletcher,
Melrose, Mass.

OPTIMISM

There seem to be obstacles, we cannot defeat,
Discouragements enough, that we all have to meet;
Of "little devils"—of worry, there seem quite a host,
We see "no way out"—are tempted, to "give up the post!"

But just you "button up"—and "lift up the chin!"
"Gird up your loins"—and just wade right in!
Remember to "try" is the brave way—but to quit, is sin;
It takes effort and courage, and real grit—to win!

Daniel G. Pleasants,
Hollywood, Calif.

* * *

ZOO'S HOME IS THIS?

Johnny is a loyal Elk,
Brother is a Moose,
William is a parlor snake
And sister is a goose.

Emil is a roaring Lion,
Sammy is a shark,
Uncle is a gay old dog,
Who's much too wise to bark.

Sometimes father is a bear,
His growls we've learned to fear;
Yet, mother always quiets him,
You see, she's such a dear.

There's just one beast excluded from
Our home forever more—
That worthless, hungry, howling wolf,
Who once clawed our front door.

S. S. Schnetzler,
Redondo Beach, Calif.

* * *

A LITTLE KINDNESS

Give a little kindness to your fellowman;
Just a little help to anyone you can
A smile, a handshake, a friendly word
or two,
Will make his cares seem lighter and
the skies to seem more blue.

Show a little willingness to help him
on his way,
To happiness, contentment and to a
better day;
You'll find a smile does help him to lift
a heavier load,
And the words you said, too, helped
him travel a higher road.

He'll feel the pulse of new life flowing
through him day by day,
And you'll be glad to feel and know
'Twas you who paved the way.

Winifred M. Kimpel,
New Westminster, Canada.

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Autosuggestion
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Use the Silence
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It's My Nerves!

(Continued from page 11)

The next most frequent cause for nerves is the tendency of men to go in for jobs for which they are poorly fitted which, really, is another illustration of job maladjustment.

Such a one was Mr. T. He was a barber by profession and a first-class barber at that. Through industry and saving he finally accumulated five thousand dollars.

Then it was that somebody suggested his going into business for himself. How often there is such a somebody! And it was not to be a barber shop, mind you, but an advertising concern!

The possibilities of the venture were painted in attractive colors. It was going to be easy money. He might some day even become a millionaire! And he fell for it.

As one might expect, he lost his money and came down with nervous prostration to boot. It is astonishing how many persons are in the wrong jobs. A notion gets hold of them that they want to be this or that and accordingly they go after it and try and try until they are worn out.

But all men are not equal intellectually nor are they alike emotionally. At birth our potentials for development are practically limitless but only in the sense that no boundary can be set beyond which, along a certain line of development, the individual may go.

It is ridiculous to assume that any boy can become anything he likes and makes a success of it, can become a great inventor, or a musician, or a doctor, or a lawyer, or a business executive or any other kind of a success through the simple means of *wishing* and working. No, that is impossible. What is possible—

and surely it is much—is that the individual, when once his talents and aptitudes have been discovered in himself, can actually achieve signally in that special field provided he is willing to prepare himself properly, to learn as well as work.

In the professional schools of our universities one finds such misguided individuals frequently. They study engineering or some other special branch of learning and only after graduation seem to discover that their talents do not lie in their chosen field.

If you would avoid discouragement and despair and nervous disorder be sure you know what your individual differences are, in what ways you excel, in what ways you are handicapped, finally along which lines your tastes and inclinations really lie. Then find the job that dovetails best with these tendency traits.

The man who is in the right job is likely to be the best adjusted man and likewise the happiest man. Work is as important for a man as his love of life—if not, indeed, more important.

If you are doing the right kind of work you enjoy it as nothing else. Hours slip by. You don't tire easily. Your nerve energy is properly directed and it produces maximum results. Your nerves are not likely to snap if you are gaited like that.

Next month, Dr. Bisch will continue this subject . . . telling you how to find the maladjustment that may exist between yourself and your work . . . and how to correct it. . .

(A reprint)

Now That You're Almost Married!

(Continued from page 13)

birth risk. Successful birth control calls for adequate conveniences, definite, strict ritual and regular organized habits—none of which the furtive unmarried pair usually have. This is one argument destroyed.

As for the "greater happiness" presumably resulting from such a plan, it is again the woman who is the victim for while she is starting within herself the long-term rhythm of marriage, and the risk of childbirth, she has not the legal protection of marriage. She cannot have peace of mind under such circumstances, for added to them is also the fact that her lover may want to break the "engagement." Common observation under such circumstances offers plenty of proof that it is almost invariably the man who wants to break

the relationship, while the girl does not. There is virtually never present the situation *theoretically* mentioned by writers that they *both* amicably agree to part. One of the pair usually desperately resists it, and we all know instances of the deliberate encouragement of childbirth by the party who doesn't want to break up the union. Result: a marriage and family based on unwillingness, lovelessness. There are also many more serious instances of reprisal, murder, suicide or personality break-down, especially on the part of *women*, when such free unions are terminated.

Next month, Mr. Wilbur will continue, developing the subject which he has here so interestingly introduced.



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"If We Understand"

(Continued from page 17)

and required different handling—I found that deprivation of the little joys, play time, desserts—the many things children love, was sufficient."

"Ah," broke in Mr. Crowell who had been quietly listening, "I think that their mother's frown, her disapproval was the usual 'punishment' and as far as I could see, it seemed enough."

"That was when they were older," Mrs. Crowell mused. "You see I tried to establish and keep the feeling of strong friendship—the term is *not* an anomaly—between children and parents. I tried to engender the feeling of entire confidence and understanding. As children grow older and especially after the problems of adolescence creep in, this is the most valuable thing parents can possess in their relation with their children. If the children *know* that you, the parent, will understand—well, no very serious problem can establish itself."

This brought us to the question of habits. "Very many of a small child's bad habits can be overlooked," Mrs. Crowell remarked. "Often they are but attempts to attract attention—slight manifestations of exhibitionism. Not encouraged by attention, they fall away. And it's so easy to find a desirable activity to intrigue the child—a good habit to replace the bad. Incidentally, I have always felt that children should have some household tasks allotted them—it is well to give them some feeling of responsibility for their home."

"Yes I know that so many nowadays have a different attitude. I can fairly hear them say, 'the poor dears will have responsibilities soon enough—let them have a good time while they may.' But as qualities come from training, how shall we expect the children wisely to assume what life is sure to bring them, if they have absolutely no idea of what responsibility means? Of course, as in all things, there must

be a happy medium here—no true parent thoughtlessly would overburden a child.

"And again we come back to that understanding between them. If parents and children understand and love each other—well, systems and theories just don't seem very necessary. Understanding love works out most things." And the bright-eyed little woman from Texas, America's representative mother of 1938, smiled reminiscently. *She* knows.

* * *
FUNDAMENTAL
by Grace Noll Crowell
"American Mother for 1938"
and
Poet Laureate of Texas

WHAT makes a home?

I asked my little boy,
And this is what he said:
"You, mother, and when father comes
Our table set all shiny, and my bed.
And mother,
I think it's home
Because we love each other."

You who are old and wise,
What would you say
If you were asked the question?
Tell me pray.

And simply
As a little child, the old
Wise ones can answer nothing more:
A man, a woman, and a child
Their love warm as the gold hearth
fire
Along the floor.
A table, and a lamp for light,
And smooth white beds at night
Only the old, sweet, fundamental
things.

And long ago I learned:
Home may be near,
Home may be far,
But it is anywhere where Love,
And a few plain household treasures
are.

(By special permission. From "Silver in the Sun,"
Harper Bros.)

You Advertise Yourself!

(Continued from page 26)

The manager certainly has a clear vision of what he has and how to display it.

We have just time enough to look inside the second store before they close.

Store 2: Oh my! What have we here! A different "feeling" entirely. Tell me, isn't it just like the window outside? Gloomy, dark and disorderly? Even the salespeople seem at sixes and

sevens. I doubt if they know what they have or where to find it. Everyone appears weary and ready to bite if we should ask for something at this late hour. The *merchandise* is all right, but it does look as though the management is poor and unaware of just how valuable the stock may be. That's it! One manager is alert behind the scenes working on his stock and display plans.

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This one apparently thinks that most important place of no importance.

The manager's workshop is back-stage.

You say you begin to see what this is all about? "Yes, I'm a shop window, shop and manager all in one. Is that it?"

Exactly, only it should be manager, shop and window. You see, we must manage all three places, back-stage, shop and window.

Now, if you are one of those *city mountain climbers*, it probably means that your first shop window and the shop itself have been demolished by some "discharge", shot to bits,—and you, its manager, have been slightly confused by the repercussions.

Come to, and think! You have another store! You doubt it? But it's true, and you are letting it look like that second store, instead of taking off your coat and getting to work.

All possibilities are stuck away in your mind somewhere. Among them is one which you can polish up until it will illuminate that *Number 2* window until it fairly shines. People will stop to look at it for its individuality and uniqueness, and soon buyers will want to see what is beyond that window. If you have taken pains with the inside of your second store, dusted, cleaned and arranged all the things you just tossed in there while you were managing your first store, they will find their natural home ere long.

Put power behind this job. It really can be lots of fun if you treat yourself as though you were at a one-person grab-bag party looking for the *Prize Package* in the treasure house of your mind. Put power behind it—for you are no longer unemployed. You are working on a very important job—and you will soon find the *mountain* has disappeared, for *what is not in your thoughts does not exist for you!*

Is Telepathy Practical?

(Continued from page 31)

psychological aid—not as an entertainment feature; its research by serious and sincere workers; its use by practitioners; and the degree to which the public is educated to it—particularly that part of the public which has ability to find the truth.

The wisest man that ever strode the earth once told his followers: "Seek ye the truth, for the truth shall set ye free." Telepathy helps put us on the road to that truth. Perhaps through its workings, man will soon be set free!

SEX PRACTICE in MARRIAGE

by

C. B. S. Evans,
M.D., F.A.M.A.,
Member White
House Conference,
Committee on
Maternal Care, Washington—Introduction
by R. W. Holmes, M.D., F.A.C.S., Pro-
fessor of Obstetrics, Northwestern Univer-
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Effects of Physical Development
Effects of Early Parental Training
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Pseudo-Response
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The Pleasure-Motif in Sex

The Unsatisfied Wife

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Psychology in Books

(Continued from page 6)

All human behavior Dr. Chappell sees as the result of two processes—learning and forgetting. We “learn” to worry just as we learn the proper way to hold a fork. However, worry is neither natural nor necessary, for worry is a “conditioned” or learned response and is subject, as is all learning, to the law of forgetting. It is upon this law that Dr. Chappell bases his regimen for the control of worry with most convincing and satisfactory results.

“In the Name of Common Sense,” should be required reading for all chronic worriers, and should set a precedent in sanity, accuracy and humor for all those who would tell us how to live our lives.

The Macmillan Co.

Living With Yourself

“Life’s supreme adventure is the adventure of living . . . and life’s greatest achievement is the continual remaking of yourself . . . so that at last you know *how* to live,” says the author of “The Self You Have to Live With.”

Winfred Rhoads, who for several years did personality work in the Boston Dispensary unit of the New England Medical Centre, once suffered a very serious illness. After that, as he explains, he was “filled with desire to pass along to other suffering and struggling people, some of the things learned in the long, hard school of personal sickness.”

This fine and laudable desire, combined with the author’s knowledge of applied psychology and psychiatry, give the book appeal, vigor and clearness of expression. Incidentally, the approach is that of the modern psychologist who recognizes religion as a powerful influence on daily living.

J. B. Lippincott Co.

The Mastery of Sex

A book from Leslie D. Weatherhead is now an event and without any exaggeration it can be said that many of thousands of young people will be deeply grateful for his latest, “The Mastery of Sex Through Psychology and Religion”.

This book opens with a statement, illustrated from life, of the evil, cruelty and tragedy which result from ignorance in regard to sex or from partial or inaccurate knowledge. It passes on to a discussion of the “True Approach to Marriage,” “Sex Relations Outside of Marriage,” the “Unhappy Marriage,” and other revealing and informative subjects.

It is a book for which parents and the unmarried will also be thankful. Many in middle life will wish that twenty years ago such a book had come into their hands. His whole treatment of the subject is frank, but deeply reverent. It is written in that simple, lucid style which the author’s previous books have led us to expect from him. It is a solid and most valuable contribution to one of the chief problems of our age.

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We are all salesmen. Many of us earn a livelihood through the sale of tangible products. All of us are confronted with the problem of selling our services or our ideas.

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Don’t Condemn Yourself!

(Continued from page 24)

how embarrassing outer circumstances may be! How necessary that we should remain loyal to *ourselves* in the face of every outer situation!

How to do this? Just say whenever

occasion arises in which you would ordinarily blame yourself, “I did not make a mistake”—no matter how foolish you may appear to have acted on the outside. This may seem to be a mis-

statement, but we'll consider this. We are truly "gods in the making" and potential kings of the realm. The king, however, has been dethroned by the abuse of the mob (our thoughts). Not even a king has power unless his authority is acknowledged by the populace. So our divinity within is completely hidden beneath a heap of abuse and self-depreciation, and our actions are blindly directed by a mind under the benumbing influence of self-condemnation.

Everyone acts according to his best judgment *at the time of decision*. If subsequent results prove that he was wrong, that is undisputable proof that he needed the lesson of that experience and therefore what he did, viewed from all aspects did not constitute a mistake. The lesson learned, forget the incident. At any rate, we must not condemn ourselves. This is imperative for the sake of our peace of mind, our poise and our health. Learn to say with each new experience, "Because of this new wisdom I have acquired, this incident has made for good. I am a bigger soul than before, and I *never made a mistake*."

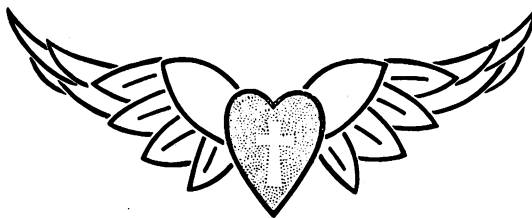
Some may say, "This will make us egotists". But egotism is the defense which an inferiority complex throws up to protect itself from the world. The one who is sure of himself, who truly possesses himself, invariably is humble.

Our task is to attempt the constant recognition of our real self which will emerge and take charge of our affairs in the guise of intuition, hunches, etc. so we shall be led aright in our undertakings. Our minds will be at peace, the praise and recognition which we accord our inner selves will create a consciousness of peace and harmony which will be reflected in our body and affairs. The "oil of gladness" will lubricate the functions of our system, and in many cases the dis-ease which hitherto seemed so tenacious and difficult will disappear like a fog under the beneficent rays of glorious sunlight.

Obstacles

I thought obstacles
Were a hindrance to my work;
When they were removed
I found I had lost the zest
Which their presence created.

—MARGARET E. BRUNER.



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"Here and There"

(Continued from page 14)

Home-making a Career!

"Let the dishes go and the dirt accumulate in corners, if need be. Spend your time developing a genuine feeling of comradeship with your children as a safeguard against the hazards they meet when they get out in the world."

That was the advice to housewives given recently by Dr. Lilah W. Vaughan, professor of economics and sociology at Boston University.

"Present-day friction between parents and children and between parents presents dangerous possibilities," Dr. Vaughan continued. Home-making is a career that requires a master mind, she said, and the home-maker must be a general manager, an efficiency expert, an emergency doctor, a financier, an educator, a diplomat, a comforter, and a host of other things.

Dr. Vaughan said the recent development of education for marriage and parenthood is of definite importance in today's special order and many young people are taking to the idea seriously.

Poetry Prescribed

Dr. Ernest Albert Hooton, professor of anthropology at Harvard, recently waxed pessimistic when talking about the "apish" behavior of modern man.

He was addressing the American Society of Mechanical Engineers and said: "Machines get better and better, while man gets worse and worse." The professor reproaches modern man because he "abandons human locomotion and whizzes through the landscape"; because he breathes "a mixture of gasoline fumes and carbon monoxide and reeks of evolutionary decay."

This sounds bad, but as someone has

remarked perhaps the professor is taking things too much to heart. Perhaps he ought to rest up from science and try poetry, such as: "What a piece of work is man! How noble in reason! how infinite in faculty! in form and moving, how expressive and admirable in action, how like an angel! in apprehension, how like a god!"

Verily, professor, all may not be lost! Try a few sniffs of poetry before renouncing all hope.

Curing "Hopeless" Pupils

Through special remedial treatment, 3,000 New York City children, failing in their class work because of reading difficulties, were elevated to a higher school level at the end of a three-year experiment conducted by the Child Guidance Bureau of the Board of Education. The latest findings of psychologists, social service workers, psychiatrists and progressive educators were utilized.

Under the direction of Dr. Morris Krugman, psychologist at the bureau, it was found that severe emotional obstacles blocked any effort to induce these children to learn to read. Dr. Krugman termed this condition "educational stuttering," and sought the cure by solving the child's personal problems. Too often a sense of inadequacy, insecurity, inferiority had to be removed before progress could be made.

"Every child entering school should be examined mentally and psychologically as well as physically," Dr. Frank J. O'Brien, director of the guidance bureau commented. "If that were done, many problems would be discovered early in life when they can be remedied much more satisfactorily."

Are You Adjusted to Your Environment?

(Continued from page 22)

magazine along that line. Read the book, and jot down appropriate facts for later use.

10. Develop your plan for adjustment and improvement. Write it out briefly, noting the possible advantages to all concerned, and quoting pertinent facts from the standard book on the subject. If possible, have your manuscript typewritten, with a carbon copy for your own use.

11. Arrange appointment with the person directly concerned, for a presentation of the matter. Submit then your typewritten statement for consideration, and offer your services in

the modification or enactment of the plan as desired. But ask for criticism of the plan, more than for commendation.

12. Exercise patience. Bide your time. Haste might spoil everything. Permanent satisfaction comes slowly. And the possession of staying qualities distinguishes a born leader.

Anybody can secure adjustment who wants it enough to work for it. The requisites are good feeling, clear thought, fine purpose, authentic information, systematic cooperation. Whoever has these five elements of power is going to succeed.

How "Suggestible" are You?

(Continued from page 16)

of pure air. Move around and do not think about your head.

* * *

From these simple suggestions move confidently to the more difficult. Achieve a state of perfect physical, mental and emotional relaxation. While practicing auto-suggestion concentrate on what you are doing. Do not let your mind wander. Let your self-treatment be brief, then put it entirely out of mind until the next session. Make your suggestion specific and concrete. Be positive. Avoid all use of "not" or other negatives. Say "I will be well" rather than "I will not be sick." Use a progressive formula, "I am getting better," rather than "I am perfectly well." This lessens the resistance of the conscious mind.

Remember that auto-suggestion is equally effective in mental conditions. If you suffer from an "inferiority complex" give yourself such suggestions as this: "I am becoming strong, powerful, radiant. All fear is leaving me and giving way to courage. I believe in myself. I can succeed. I can and will build a dominant, commanding personality. I will be fair with all men. Consequently all men will respect and have confidence in me. I am strong, happy, confident."

Likewise may we attack and overcome any negative habits. We may become masters of ourselves instead of slaves of circumstance. This is the master power. Use it, and triumph.

Our Thought Atmosphere

(Continued from page 25)

artistic and impressive the representations.

The novelist lives with his characters, enters into their experiences, and unconsciously moves his lips as he makes them speak. The true actor tries to be as near the character he represents as his imagination will permit. . . . He who would give the world a fine thought, or a beautiful production, must not only *dream* about it. He must *feel* it, warming with enthusiasm before he can present it impressively to others. When we dwell on our creations with strength and confidence, we endow them with distinctiveness and reality—we are then in a position to convince others of their merit and to help or impress them with these creations.

C. FRANKLIN LEAVITT, M.D.

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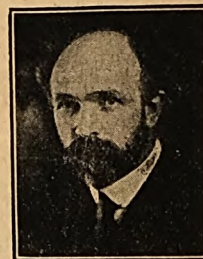
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"Contacts Club"

(Continued from page 32)

Born and brought in this surrounding district, at the head of the Great Lakes on the north shore of Lake Superior, I am employed as a pulpwood scaler in the woods of Canada, and love the wild life of which the countryside is noted.

If more people would put practical psychology into their everyday life, this old world would be a much better place in which to live. You are certainly to be congratulated for the manner in which you are trying to appeal to the finer things of life, and I for one appreciate the good work you are contributing to society. Hoping that I may be favoured with many replies.

(Mr.) D.M.H., Ontario, Canada.

A real he-man North Woodsman! We'll wager that Mr. D.M.H. can tell many hair-raising tales of exciting events in a lumber camp.

Dear Editor:

I should like to hear from a few people: who are not conscious of rank and fortune. Who know that happiness and contentment can be found in wholesome living. Who prefer the affairs of the mind to those of the body. Who can appreciate the ideal in climate and environment. Who can be alone. Who measure a man by what he would do for others; and not by talent or genius or education or personal prowess. Who value will and strength and moral courage. Who are not concerned about the praise of men. Who do not judge anyone by forces over which they have no control.

I like the best of the best of singing—opera, common folk songs, cowboy songs. I like to read, write, walk, think and meditate. I am writing a real story, although I hesitate to mention it, considering as I do, writers, actors, musicians and artists as so many public clowns. In general appearance, I resemble F. D. Roosevelt when he was my age.

(Mr.) M.M., Oakland, Calif.

Not meaning to be too selective, Mr. M. M. has set definite standards for his correspondents. We wish you success on your book, Mr. M.M., and also on your contacts.

Dear Editor:

I am a writer—not a successful one as yet, though I have had a few articles accepted for publication—and I feel that I simply must meet people who are interested in poetry, general literature, and psychology, playwriting and play producing.

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The fact of the matter is, at the moment I have a burning ambition to organize a troupe of amateur players and tour the country. I can't get the necessary cooperation, however, as there seems to be so few people who like the prospect of becoming starving, stranded artists.

This is just one of my many ideas along similar lines, but it serves to illustrate the forces that have worked together to make my life a very interesting, but a very chaotic affair; for now and then I actually try out one of my ideas.

One half of me goes in for the deeper things of life, and the other half goes off at a tangent. Through your wonderful "Contacts Club", I should like to meet both people who have a stabilizing outlook and people who, like me, like to meddle with life just to see what will happen.

(Miss) C.C., Texas.

With this variety of interests and most inviting letter, we predict a goodly share of letters to be dropped into Miss C.C.'s mailbox.

Dear Editor:

I enjoy reading Psychology Magazine very much, and read with much interest the letters in the "Contacts Club". I would like to hear from members living in or near the Yukon. I would like to hear of the doings in that part of the world. But of course I will be more than pleased to hear from other members from any part of the globe. I will reciprocate by giving first hand information about good old England. Now, don't hesitate, but write soon.

(Mr.) G.J.C., Cambridge, Eng.

A call from England! Now we know jolly well that this chap no doubt can tell many interesting things about his native land. Take advantage of this opportunity to meet a real Englishman!

Moods in Handwriting

(Continued from page 29)

portrayed with keenness of mind, in the sharp points of N, and kindness in its roundness. But let someone try to "step on" this good natured, kind lady! See that form of d at the end?—it has a full loop, denoting mental assurance; then it comes down with a jab. Positive she is, positive she will always be, and since a looped d tells of one ready in speech, put these deductions together and observe what that indicates psychologically. Marguerite Le Hand, her handwriting shows, is remarkably well suited to the position she holds.



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What Can We Do For You?

(Continued from page 34)

soon finds himself "trapped" by his own thoughts.

QUESTION:—W.C.M. writes—

I am very sensitive, which gives me much unhappiness. I am apt to think that I am slighted, that people at different times appear quite different—which leads me at one time to believe they like me, and at another that they dislike me; I brood over what others may think of me far too much, I know; and then suddenly I will become tired of people and just want to crawl into my shell. And, too, I am jealous of the emotions and good times that others enjoy that I have not been permitted to have in my life. I really know all of this is wrong, but how in the world am I to throw it off?

ANSWER:

The condition you are in really represents selfishness. You are dwelling on yourself, wondering how people are going to react to you and how you are going to react to them. You are constantly conscious of yourself and this, along with self-pity and regrets, fills your mind and fails to leave room for some of the happier and better thoughts.

Try to develop the thought that you wish to be of service; that you wish at the end of each day that you have during that day justified your existence. Try to forget yourself and what you have missed in the past, and strive to turn your thoughts outward and become far more interested in others than you are in yourself. If you will create the power to forget yourself you will find life quite different.

QUESTION:—A.N.C. writes—

Permit me to confide in you my problems and sufferings which no local doctor can remedy. I am nervous, always beset with fears, irritable, easily annoyed and always worried. At present I am teaching in a grade school and I can hardly carry on the work successfully. Whenever I think of the work I have to do, such as lesson-planning, preparing charts, correcting test papers, making reports, etc., my mind is in a constant whirl.

In every mental or physical work I undertake I am very slow and easily fatigued. I am "scatter-brained." When there are so many things to be done I do not know which one to begin first, and while I am working on one thing the thought of some other work will enter my mind and sometimes I have the work half done and begin some-

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thing else. What can I do to help remedy these conditions?

ANSWER:

All your trouble is due to lack of confidence. You have a good type of mind but have failed to train and direct it properly. You teach your pupils order, discipline, etc., but you have failed to apply these same things to yourself.

You lack concentration, are over-serious and too conscientious. You are expending nerve energy wastefully through your worry-and-hurry attitude. Exercise develops—and practice makes perfect. Try this on your mental powers and you will find them growing and gradually coming more and more under your control and direction.

My own plan in my office work is to do the hard things first, then the balance of the day seems easier. It is always necessary to slight or neglect some things in a busy life. Let these things be the ones you deem least important.

In The Psychologist's Office

(Continued from page 23)

And then came other circumferences, each new circumference later becoming the center of another circle. The first centre was that point fifty feet from his home; later it was that corner a block away.

"Now," I said to him, "we are a block from the house, but you are perfectly comfortable here. This is the centre of the circle, and the house is on the circumference. If we walk in one direction, we reach the house. If we walk in another direction we reach the next corner. It makes no difference; we will be just one block from this point no matter which way we travel."

Later on the next corner became our centre. And we kept on changing our position until we were a half mile from his home.

Today this artist works in a studio amid the spires of Manhattan many miles from his home in Connecticut. Imagining that he could not travel, he was an agoraphobe. Later, by imagining that wherever he stood was the center of a circle in which he felt secure, he finally obliterated one circumstance after another—and became free. This case strikingly illustrates the tremendous power of imaginative thought to make or unmake conditions.

* * * *

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