

THE SEGNOGRAM

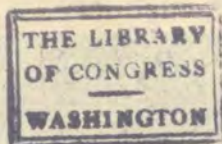


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The Mutual Success Club

Organized for the exclusive benefit of the readers of The Segnogram

Knowing the great success to be gained where a large number of people of the same mind, work together for the accomplishment of a special purpose and being ever mindful of the interests of our readers, we organized for them THE MUTUAL SUCCESS CLUB.

All the readers of this magazine are seeking to improve their mental, physical and financial conditions. As readers of THE SEGNOGRAM they come into mental relationship with the writers and the Editor but we feel that for their greatest good they should come into closer relationship with each other—become as one big harmonious family. There is no better way that we know of for bringing this relationship about, than through the harmony of such an organization as THE MUTUAL SUCCESS CLUB.

No class of people are so well adapted to co-operate for success as are the readers of this magazine, for they are already students of Mentalism. No other people are as capable of producing great results as they. We recognize in this vast body of people an enormous power and unlimited possibilities that are lying dormant waiting for just such an opportunity to be utilized.

We predict that this will become the greatest, most powerful and influential Success Club of the age. "In union there is strength," and the union of so many minds trained as are our readers in the use of thought or mental force, this Club cannot help but be a grand success and bring success to each and every member.

How to get a Membership Free

That every reader of this magazine may join this Club and none be denied the privilege, we have decided to remove every financial barrier and make the work wholly co operative by mutual effort; therefore,

No money will be needed to pay membership fees or dues, for there will be no assessments or charges of any kind. To secure a year's membership in this Club it is only necessary that you become a subscriber to THE SEGNOGRAM and that you send us three new subscribers to this magazine at the time you apply for membership in the Club. By doing this you help yourself as well as us by making three more people eligible for membership. In this way the Club membership will rapidly increase until it becomes the most powerful organization in the world. As it grows the power for success will multiply and you will become daily more successful.

There is a daily mental co-operative exercise participated in by all the members for the purpose of developing brain cells along special lines and for attracting thoughts and ideas that will bring success to each and every member.

A department will be opened in the next issue of this magazine devoted to the interests of this Club. The Editor will take charge of the department and give such information, advice and instruction from month to month as may be found necessary to promote its welfare. All inquiries and suggestions should be addressed to the Editor. All letters requiring an answer should contain postage.

APPLY FOR MEMBERSHIP NOW

On receipt of your application for membership accompanied by three new subscriptions to THE SEGNOGRAM, you will be enrolled as a member of the Club for one year and the instructions sent to you by return mail.

Address your application and subscriptions to

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THE EDITOR

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How to Avoid Accidents

BY A. VICTOR SEGNO
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Many people die every year as the result of accident just as others die from disease, because they do not understand how to avoid it. Almost every life lost through accident could have been saved if the person had understood and heeded Nature's warning. Nature has provided us with the power of self protection. Look around you and see the vast amount of danger people make themselves liable to in performing the simplest acts, to say nothing of the people who work among machinery, in building, manufacturing, etc., and yet come out without injury. When you consider the immense amount of possible danger that surrounds us at every step, you will admit that the number of accidents is very small.

What is this force that acts in our behalf for our protection? There is within man a power which does protect him to some extent from danger, and this same power would protect him absolutely if it were fully and normally developed. If man did not possess this intuitive power of discerning danger so as to consciously, or unconsciously, avoid it, he could not survive a single hour's existence. If you doubt this watch yourself for an hour on a busy street and see how many times you were so placed as to make an accident possible if you had not followed the advice from within and avoided it. An intelligence tells you, as you are about to cross the street, that to do so at that moment would be fatal, and you wait until that same voice tells you that your safety is assured; you then cross the street and all is well. You possibly do not analyze in words just what the inner voice says, because you are so accustomed to obeying it that its directions are followed automatically. In other words it has become a habit, a part of your very being. Some may say that it is reason which makes you do this, but it is not, for in critical moments there is no time to reason, nor do you stand and figure out the chances for and against you. While stopping to do this you would be placing yourself in further danger.

This constant watchfulness exercised over the body by the mind that inhabits it, demonstrates the power of mind over physical matter. The mind is in touch with all the conditions that approach the life. It reaches out

in all directions and gathers the information best adapted to safely guide our lives. If we heed its instructions and warnings, we pass through the greatest dangers safely. If we rush on heedless of the mental advice, we usually meet with accident. At least we call it an accident when in reality it could and should have been avoided.

The secret of avoiding accidents lies in allowing the mind to have full control of the body, and in cultivating the finer mental instincts. We should listen to every dictate offered for the body's protection. If the intelligence comes to you mentally that there is danger in taking a certain journey, avoid it. Also apply this rule to every act of life. I do not mean for you to cultivate fear and become unnecessarily conscious of danger. Far from it. Instead you should at all times be calm and confident, but ever ready to recognize the warning of the watchful inner voice.

Bear in mind that an attitude of fear or inharmony is a menace to both life and limb. You always place yourself in danger when you permit the mind to lose control of the body. Apart from the physical destruction that results from extreme inharmony, such as quarrels, hatreds, feuds, etc., there is encouraged a risk that is dangerous to the life of the individual. All the senses are dulled by inharmony and especially by that discord produced by intense anger and excitement. An abnormal concentration on a wrong, be it real or not, destroys the perceptive faculties. The footsteps become uncertain, the hands tremble, the heart action unsteady and the breathing power repressed. Under such abnormal conditions one is far more liable to accident, because he cannot intelligently perceive and follow the mental warning of danger.

Perfect safety is found only in perfect peace. When in a harmonious mental attitude the mind can express its power of protection. Be strong and resolute. Determine that you will forever banish all anger, depression, fear, jealousy, irritation, despondency and worry. You have the power to be a master and can be one if you only exercise your right. By cultivating power in self you become assured of protection. To be calm and well poised is to be a center of power. The weak are those who have no control of

their feelings and emotions. They are in constant danger of accidents.

Have you never had an impression or mental message come to you to change some plan which you were about to carry out, and upon following the suggestion found that it saved you from accident or danger? All people receive these messages. Some obey them and are protected, others heed them not and have reasons to regret it. When these messages come you will be unable to give any tangible reason for following them, but you will shrink from carrying out your plans as you had previously intended to. This is reason enough as you may know later. The mind is ever on the alert to guard and protect the body. The more you pay attention to these messages the more keen your perceptive faculties will become. This is a natural faculty provided for the protection of humanity. Those who suffer as a result of an accident either had not cultivated their natural power, or, as is most likely the case, refused to listen to the warning voice and be guided by it.

The power to receive these messages of warning is cultivated by use and destroyed by neglect. Those who are nervous, fearful or living inharmonious lives cannot make use of this wonderful power, because they either fear every undertaking or their attention is so absorbed with worry and self-imposed trouble, that the silent voice cannot be heard by them. To recognize the delicate impression or message your attitude must be calm and self-controlled. It would be impossible to recognize

a slight ripple on a stormy ocean, yet that same ripple would be very easily seen on the surface of a lake that had previously been calm and smooth. It is just so with these mental vibrations. Thus it becomes necessary for you to cultivate the art of perfect internal and mental repose or calmness if you would protect yourself from every form of danger.

Another wise precaution to be taken in avoiding accidents is to use good common sense and not join the masses in their frequently unintelligent and excited moods and demonstrations. Never risk life or limb in dangerous competitive sports. Do not kill any creature for idle sport. Use a camera instead of a gun when taking a vacation. Study the beauties of Nature instead of destroying its works. Cultivate a constructive instead of a destructive spirit. Destructive and cruel habits eventually react upon the person and injure him. Send out to all the world thoughts of peace and love and they will become for you a source of harmony and protection.

Accidents are the result of an incomplete mental development. Cultivate all the forces with which Nature has endowed you. Do not allow your physical development to monopolize your entire attention to the detriment of your mental forces. Muscle, without brain to intelligently use it, is worse than useless. Have perfect faith in the subtle mental messages of warning that come to you and never fail to obey them and you will be absolutely proof against accident.

CONTENT

By Violet Defries, London, England

"I am content." How few of us can say
Those words. Alas! we often cannot pray
For aught but Happiness, that will-o-wisp,
That pretty boy with coaxing, peevish lips,
Who will not linger with us for one day,
Yet sweet Content would stay with us alway
If we'd but let her. See! she stands dismayed
Before the door where Happiness has played.

Open! and let her enter to her place.
She yearns to fill our lives with perfect grace;
For she's no wheedling, idle, changeful boy,
But a fair maid, with sweet eyes deep with joy,
Straight on our restless hearts her touch she'll lay
And give us peace—if we'll but let her stay.
Come! bid her in, so ere our days be spent
Each yet may say, "Truly, I am Content."

What are You Cut Out For?

BY G. H. KNOX

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Statistics have been made to say that ninety-five per cent of the business men of the United States fail. Even if this were true, it doesn't mean that they fail absolutely, but it means that they failed to make a success of the business in which they started, and are now trying something else—perhaps not to carry it through. If not, then that man has made two failures as statistics would have it; but in reality, he has lost only two battles.

"There's daylight enough left to win another," said Napoleon, and another, and another, if need be. A man should never consider himself a failure so long as there is an opportunity or life to make one. It's natural for a man to be strong, robust and powerful, full of energy and nerve and everything that goes to make a great success. If ninety-five per cent of our business men fail, I believe that about eighty-five per cent of the failures are due to lack of preparation, lack of knowledge of the business, and lack of knowledge of self. Some people say it is because a man gets into the wrong place, he doesn't know for what he is fitted, and gets work for which he is not adapted. In other words, he makes a failure and justifies himself by saying he was not "cut out" for the business. "I am not cut out for it" is a cowardly make-shift of an excuse. The man who teaches that you may expect to make a failure of everything until you find your calling—the work that was intended for you, (the work you were born for, as some say,) ought to be stamped the biggest fake in the country. It is nothing less than a calamity for a man to believe that he was not cut out for what he happens to be doing. It puts him in the wrong mental attitude; it gives him a decidedly erroneous idea of things. He thinks he is not cut out for his work and so putters along for years without getting his head high enough to see the sun, all the time waiting for providence to bring him the job he was cut out for. Sometimes a person becomes so confirmed in this belief that he finds fault with providence if it doesn't make good. I don't believe providence has anything very special for such a man to do, and if there is a job on earth that was intended for him, it is hiding, for fear he will find it and make a botch of it. If a man isn't

doing well and is under the impression that he hasn't found what he is cut out for, why doesn't he cut himself out over again for the work that he has found? That is one thing for which a man's will-power was given him.

How foolish to waste your life because you think you haven't found your work. It would be just as wise to say, "I haven't found the kind of food that was intended for me, so I won't eat." There are a good many eatables which people can quite conveniently adapt themselves to after a twenty-four-hour fast. A person can adapt himself to just as many different kinds of work, and make a glorious success of any of them. A man who can do well at one thing can do well at a good many other things, because he has a good, level head and common sense, and is determined to succeed, and that is what does most of the "cutting out." A man who spends much time fretting because he hasn't found what he was cut out for, hasn't been "cut out" at all, and never will be until he gets rid of such nonsense and puts his whole heart and soul into whatever he undertakes.

The chances are, the man is above the average, but has been looking in the wrong direction. What he needs is to develop enough will-power to adapt himself to circumstances, then work up energy and go after things. The only place to which a person can actually be an ornament or credit, is the one he makes for himself by sheer force of character, by energy and enthusiasm, and by a "sink-or-swim, survive-or-perish" determination.

One trouble with too many men is lack of thorough preparation. They haven't gone in to their business clear to the center and back to the circumference, and dug up every foot of it for points. A man who only half prepares, finds that all the profits are in the other half. He goes into a certain business and expects to make a success of it, simply because some one else has made a great success of the same business. He thinks he is just as capable as the other man, and that, therefore, he will make as great a success. The chances are that he is just as capable,—oftentimes more so,—but he has not made the preparation that the other did; he has not done the things

that the other man did to learn the business. Knowing your business, means success; not knowing it, means failure. If a man wants to be a hardware merchant, why shouldn't he go into a hardware store and work there at any kind of work until he understands the hardware business. Then, if he has executive ability and a sufficient amount of capital, he can go into business for himself and make the success he deserves to make.

Aren't many men too impatient to get to the money-making part of their business? They don't want to spend time learning; they want to jump right into the swim, but usually find that the swim is too much for them. It takes patience at the start, and it takes patience all the way through. The "get-rich-quick" schemes are not durable, yet a man must not jump to the other extreme, and think he has to plod along all his life to make a scant living. He should make it a point to know more about his business than is found right on the surface. Men work hard enough, but oftentimes their work doesn't count, simply because they haven't taken advantage of the hidden possibilities which could be discovered in their own business, if they would get right down to bed-rock and work the thing out. To know your business thoroughly, means that you can talk it intelligently, and present the many good points to your customers or to any one with whom you are dealing, and it means that you know what to do and what not to do,—that you can see your business from all sides. But that is not all. A real, thorough knowledge of your business shows you so many good points about it that it enthuses you, and when a man becomes enthusiastic over his business, he is all right. However, knowing your business is not all the preparation that is necessary. If it were, there would not be so many failures. A man can't succeed unless he knows his business; yet he may know his business and not be able to succeed. To make the success he deserves, he must know himself; and that is often a more difficult problem than to know his business, and it is harder to learn; but most important of all, he must know people, know human nature, and Know How To Handle Men. He isn't doing his best if he doesn't learn this, and he isn't doing himself or any one else justice.

Cultivate the art of seeing possibilities in others. This is an age in which a man can't succeed alone. He must be associated with men, and must know how to judge men, and

how to select those who can do things,—men who can hit the bull's-eye once in a while, or he'll find himself ahead at the bottom, instead of at the top. There's an education for a man in college, and he ought to have it. There's a great world-wide education for a man outside of college, and he *must* have that. College education alone will never put a man in the United States Senate, but a knowledge of the world and how to deal successfully with men, will. The great need of the hour, for every man, is a better knowledge of human nature. We are dealing with men now more than we ever did before. If you are going to sell a man a bill of goods or a piece of real estate, trade horses with him or buy what he has to sell, you have to get his confidence and his good-will, otherwise, he will go elsewhere for what he wants, because he knows he can get it elsewhere. He will sell his produce to others, if he doesn't like you. The business in hand, therefore, is not half so important as the men who are back of that business. You may go into business with plenty of capital, and with the best goods on the market; but unless you know how to handle people, your goods won't make you any money. Of course, if you had a monopoly, people would have to buy from you whether they liked you or not, but you haven't a monopoly and you haven't anything, unless you have the ability to serve the public in the way it likes. If you have that, you have everything. I don't mean that you should be wishy-washy nice, or so polite that you wear your neck out bowing. Be yourself. Be yourself if you are pleasant and courteous and frank and know that you are treating people right. If you are cold and distant, don't try to be yourself; forget all about yourself, and cultivate warmth and sunshine, and a happy disposition. Get over on the south side of life, where the sun can get at you. Cut out of your own life "disgruntle" and "worry" and the petty annoyances you don't like in others.

Discover yourself and your abilities. This will take systematic study, but it is the kind of study that will be a delight to you and a source of profit from the very start. If you don't cultivate a field it will grow up to weeds. If you don't cultivate your personality, your usefulness is limited. You can't be successful unless you can interest others in your way of thinking, and you can't do that successfully without learning how.

Get yourself in line for the best there is. Your possibilities are unlimited. You have

in you the elements required to make a splendid personality. All they need is a little developing; then you can do the thing yourself. It's not so hard. The people who are succeeding are not more capable than those who are not. They have simply got the scent, that's all. They have discovered their possibilities and cast aside the "not-cut-out-for-it" theory. They have quit going to some cheap kitchen for their mental food. They get the best there is. Big ideas make big men. Get up above the clouds,—the clouds of doubt, fear and suspicion. Get a man out of the notion that people are trying to beat him, and you broaden his horizon a thousand miles.

Big men are not suspicious. They don't stop to quibble about not getting their money's worth. They need their energy for other things. They call for the best there is, and that's something every one is entitled to. It's simply a matter of knowing how to "ginger up and get in the game." **HE CAN WHO THINKS HE CAN.**

The Art of Living Well

IF I CAN LIVE.

If I can live

To make some pale face brighter, and to give

A second luster to some tear-dimmed eye,
Or e'en impart

One throb of comfort to an aching heart,

Or cheer some wayworn soul in passing by;

If I can lend

A strong hand to the fallen, or defend

The right against a single envious strain,
My life, though bare

Perhaps of much that seemeth dear and fair
To us on earth, will not have been in vain.

The purest joy,

Most near to heaven, far from earth's alloy,
Is bidding clouds give way to sun and
shine,

And 't will be well

If on that day of days the angels tell

Of me: "She did her best for one of
Thine."

—Helen Hunt Jackson.

Happiness consists in loving and being loved. There is enough to love in the world; but to be loved we must deserve it. We may be admired for our beauty or talent, courted for our influence or wealth, but we can only be loved as we are good. Therefore, happiness consists in goodness.

Concerning Life

By Agyimann

"IT IS BETTER TO DIE LIKE A HERO THAN TO LIVE LIKE AN OX IN A STALL."

Things that are worth the winning
Must ever at cost be won,
A feeble wish can accomplish naught,
And see no great thing done;

MARIANNE FARNINGHAM.

When young Coningsby told his friend Sionia that he wished to be great his friend advised him thus "Nurture your mind with great thoughts, to believe in the heroic makes heroes." Of all the nations of whom I have read the people who had the greatest number of heroes were the Greeks. Of these heroes there are two the reading of whose lives afford me much pleasure as they contain much that is ennobling and edifying, to wit, Perseus and Hercules. Each of these heroes had the chance of choosing what he would be.

One day at Samos, so the story runs, while the ship was lading, Perseus, then a sailor, wandered into a pleasant wood to get out of the sun, and sat down on the turf and fell asleep. And as he slept a strange dream came to him—the strangest dream which he had ever had in his life.

There came a lady to him through the wood, taller than he, or any mortal man; but beautiful exceedingly, with great grey eyes, clear and piercing, but strangely soft and mild. On her head was a helmet, and in her hand a spear; and over her shoulder, above her long blue robes, hung a goatskin, which bore up a mighty shield of brass, polished like a mirror. She stood and looked at him with her clear grey eyes; and Perseus saw that her eyelids never moved, nor her eyeballs, but looked straight through and through him, and into his very heart, as if she could see all the secrets of his soul, and knew all that he had ever thought or longed for since the day that he was born. And Perseus dropped his eyes, trembling, blushing, as the wonderful lady spoke.

"I am Pallas Athene; and I know all the thoughts of all men's hearts, and discern their manhood or their baseness. And from the souls of clay I turn away; and they are blest, but not by me. They fatten at ease, like sheep in the pasture and eat what they did not sow, like oxen in the stall, then death gathers them, and their name vanishes out of the land. But to the souls of fire I give more

Pre, and to those who are manful I give a might more than man's. These are the heroes, the sons of the Immortals, who are blest, but not like the souls of clay. For I drive them forth by strange paths, Perseus, that they may fight the Titans and the monsters, the enemies of gods and men. Tell me now Perseus, which of these two sorts of men seem to you more blest?"

Then Perseus answered boldly: "Better to die in the flower of youth; on the chance of winning a noble name, than to live at ease like the sheep, and die unloved and unnamed."

And from my innermost heart I thank Perseus for the reply he made.

I am sure there are many who have decided to be heroes but some of these I am afraid have not realized what it means to decide upon becoming a hero; what sacrifices one is to make in order to attain the desired end. We all in our schooldays had wished often to be the first in our class especially when we missed the prizes; we had then made some faint resolutions to get to the top but we did not know that to get there we had to study hard, to leave off playing during schoolhours, and to attend school regularly.

To desire to be a hero goes a long way towards making you one; but that is not all; we must work—we must be men of action—if we mean anything at all.

Listen to what Virtue said to Hercules, when he also had to make his choice of the kind of life he was to lead. "There is nothing truly valuable, which can be purchased without pains and labor. The gods have set a price upon every real and noble pleasure. If you would gain the favor of the Deity, you must be at the pains of worshipping him; if the friendship of good men, you must study to oblige them; if you would be honored by your country, you must take care to serve it."

And think then that by merely wishing you were a hero you would become one? You must know what it is to be a hero before you decide. You must know that you will have to fight self in all its guises, (and these are more numerous than all the Gorgons and Titans that have ever been slain put together) and that according as you overcome human weakness and get into the inner courts of the soul will you stand forth as a hero; for a hero really means "A man with a great Soul."

The question therefore now is not so much whether you wish to be a hero as whether you are willing to pay the price for it. He that

lives in pleasure is dead; and as it is your desire to live instead you would do well to avoid worldly pleasures of all sorts. I use the word 'worldly' advisedly; there are some who think that to live a soul-life one must be an over-soul—must have no pleasures at all; this is wrong if nature intended us to live as if we had no material bodies she would with her usual economy have given us no bodies at all. This attitude of over-souls has turned many a man from the road. I for one would see the body well tended and all its needs supplied. The man that has his way to make as a hero needs as much of pleasures as he could come at provided such pleasures are pure and of good report. All other pleasures are worldly—mere pleasures of sense, and end in anguish, torment and remorse.

And knowing as you know now, do you still wish to be a hero? Can you stand the laugh, the scoff, the jeer of the more worldly? Are you willing to forego all the pleasures that the world can promise and Fancy conjure? Then turn to the right you are not far from happiness.—Gold Coast Leader, Cape Coast, West Africa.

Nuggets of Wisdom from Charles T. Yerkes

Wealth does not buy happiness; it purchases only luxuries. Luxuries are merely the fringe of happiness.

The world is not what it is; it is what we have made it.

The haven of happiness was never reached by overloading the ship with adversity.

What is the great secret of happiness? Only one word can express that—contentment.

Charles T. Yerkes, millionaire, who made his immense fortune from street railroads, told a reporter that the accumulation of great wealth does not produce happiness.

It was in his splendid mansion at No. 864 Fifth avenue that Mr. Yerkes made that assertion. In the white and gold hallway hung with valuable draperies, with roses in infinite variety blossoming in every nook, Mr. Yerkes said:

"No, wealth does not buy happiness, it only buys luxuries. Luxuries are only the fringe of happiness."

Mr. Yerkes, who is one of the best natured of men, seldom speaks without smiling. He did not smile when he said that. He was never more serious.

Mr. Yerkes wrote a paper that was read be-

fore the Commercial Teachers' Federation of Chicago. In it he declared that riches do not bring happiness.

"And I meant it all," said Mr. Yerkes. "Is a king or queen any happier in the possession of millions than the laborer who earns an extra penny and brings an apple home to his wife? No monarch could ever enjoy such happiness as that poor man. It is beyond his sphere.

"Contentment should be the great ruling power of mankind. If a man or woman can only be content with what he or she has there would be more happiness. It is the hunt for wealth that can never be gained that makes men unhappy and often drives them to wrongdoing. We cannot all be millionaires.

"I am not going to preach a sermon. I am merely going to give my belief that riches do not necessarily bring happiness. Men often think because a man is a millionaire he has everything in the world he wants. Well, in a way he has, but often he has no more happiness than the poor man, and in many cases not as much.

"The great thing to remember is that we are all parts of a great nation. If it were a nation of 70,000,000 millionaires it would have no power. It is the competition of the poor against the rich that makes the nation prosperous. Were I a man with a humble home I would try to make that home just as happy as a home could be. I would be contented with it, and I would make my family happy and contented, too. I would be just as good as any man.

"I want to say, too, that I consider a good business education far better for a young man than sending him out in the world a classic scholar. Combine the two. Tell young men who are starting out with the new century to keep good company or none. Never be idle. Employ your mind when your hands are not employed. Good character is above everything else.

"I suppose there are thousands who will say that it is easy for me to talk this way. They will wonder why I do not practice what I preach. I was always contented. I never hunted for great wealth. It just came."

The Untidy Girl as a Wife

Every man has a horror of a slovenly woman, and in his own wife makes no excuses for what, to the mere man, appears to be sheer laziness. He doesn't come down to breakfast in a collarless, tieless, unshaven

condition; and he expects his better half to start the day by gracing its opening meal as spick-and-span as if visitors were present.

And really, dear, untidy girl friend, that long-suffering husband of yours is not far wrong when he tells you that laziness is at the root of your want of method and order in home, wardrobe and person.

And yet, believe me, you give yourself far more trouble in the long run by flinging things down anywhere just to save the time it would occupy to put them away at once in their proper place.

Think of the countless things mislaid, perchance for days and weeks, because your memory fails to remind you just where you flung the articles when last you had anything to do with them. The odd socks and stockings reposing in your work-basket, awaiting the return of their fellows, who have either been mislaid in the wash, or else remained so long lying about that they have disappeared at various times among rubbish!

Then, again, untidy people have a knack of mislaying one glove; consequently it does not take them long to accumulate quite a hoard of odd gloves, all nearly new, but useless, and this expense—for it amounts to a heavy item in a year—could be avoided by putting both gloves away directly you return home.

Then, in your personal appearance, you owe it as a mark of respect to your husband to be neat, tidy and dainty for all time. Five minutes earlier rising in the morning would give you ample time to take your hair out of those iron abominations and arrange it properly. Also to do away with the tea-gown, and don a dainty blouse and tidy skirt. By starting the day well things will go more smoothly all through. If visitors call, you will ready to receive them at once, without hiding behind the door to ascertain who it is, and then rushing helter-skelter to make yourself presentable before you can appear in their presence.

Things that are put away carefully directly finished with will come out as good as new when next required, and retain their pristine freshness to the last of their existence.

So, untidy girls, turn over a new leaf, and though the task of curing this bad habit is no easy one, it can be accomplished by steady perseverance.

And surely the result is worth the effort, for it not only means a monetary saving, but also a saving of temper, and those petty household jars that spoil the harmony of home life.

Marvelous Los Angeles

When a city has reached a certain stage of progress, and acquired a certain momentum of growth, nothing can prevent its fulfilling its destiny. It must eventually attain to metropolitan proportions and be classed with the great cities of the world. A dispatch from Washington estimates the present population of Los Angeles at 180,000 and states that in 1900 it was but little more than 100,000. The Chamber of Commerce, the City Water Company, the Board of Education, and several of our conservative citizens, including the publishers of the City Directory, do not regard the figures from Washington as excessive.

In the ten years preceding 1900, the population increased at the rate of 10 per cent, per annum, and it doubled during the decade. In the past five years the increase has been at the rate of 15 per cent, per annum, and the end of the present decade will find us with 250,000.

All former building and real estate records are broken by the magnificent increases shown in the field books of the City Assessor's office.

If all the new buildings put up since the first of last March were placed in a row they would form a solid block twenty-one miles long.

The story told by the real estate transfer slips appears to lend a color of truth to the current report that half the tourists who have come to Los Angeles since March have bought city lots. Over 12,000 new names have been added to the list of record owners of Los Angeles real estate since the last assessment roll was completed.

Records of new tracts opened show that the real estate men still have lots to talk about. Three hundred tracts have been carved into over 6000 subdivisions. But with the slicing of all this acreage, the number of vacant lots in the city has decreased almost 3000. The number of building permits issued, together with the new buildings completed since March 1 of last year, aggregates over 9600.

Judging from the data already compiled in the Assessor's office, the valuation of real and personal property shown in the first assessment will be about \$150,000,000. The last assessment roll totaled about \$127,000,000.

The factors which have contributed to this phenomenal growth are many, and the fact

that they are still operative absolutely assures the continued future growth of the city.

Los Angeles is the railroad, business, commercial and financial center of the great Southwest—a region nearly as large as the entire Northern Atlantic seaboard. The three transcontinental railways which terminate here pass over the continental divide on easy grades, greatly reducing the cost of transportation as compared with routes which must climb the steep Sierra Nevada or Cascade barriers before touching Pacific ports.

The unrivaled horticultural resources which have given Southern California a world-wide fame are as yet but partially developed. When the thousands of young citrus, walnut, almond, prune, apricot and other deciduous trees are in bearing, the annual shipments of 30,000 carloads of oranges will be doubled, and there will be corresponding increase in other products. We are so near one of the most prolific oil fields in the world that the fuel for manufacturing, lighting, heating, dynamos and even railway locomotives, is cheaper than in any other market, and has had its influence in stimulating the growth of home industries.

Los Angeles is one of the most beautifully situated cities in the world, located as it is on gentle hill slopes, midway between the majestic mountains and the sunlit Pacific, both of which are reached by an unrivaled system of suburban railways. The numerous mountain resorts, ideal in their beauty and picturesqueness, and the many sea beaches where bathing can be enjoyed every month in the year, are attractions possessed by no other city in the same degree.

To crown all there is our superb climate, where almost every day of our spring-like winter and of our breezy summer can be agreeably spent in the open air. It produces healthy children, robust young men and women, and a splendid manhood and womanhood. Here the temporary sojourner feels that a new and magnificent civilization is to be developed. The model business structures, the handsome churches and schools, and the tasteful and even palatial residences—each set in beautiful grounds—all bespeak culture, refinement, wealth and progress. Can there be a doubt about the magnificent future of Los Angeles?—Los Angeles Times.

GRAPHOLOGY

By Mrs. Franklin Hall

Article No. 7

Selecting A Wife

In selecting a woman to be a helpmate, you must take into consideration your financial condition. If you are working upon a meagre salary, then you should marry one who is cheerful, who has sufficient imagination to give her inventive talent that she may plan myriad ways of dress and furnishing where the greatest comfort can be derived from the least outlay, and sufficient of the artistic love of harmony, to have those furnishings so they do not clash and look tawdry. One who is not extravagant, or so penurious that she will not be willing you should spend a penny for relaxation, for the mind and body demand change sometimes. One who has the hopefulness to look beyond the dark clouds and see the sunshine in the path beyond. All these things you can learn if you study the writing of the woman in whom you are interested. If you are wealthy, seek one who is intellectual, refined without being superior and dominant; one who can spend generously without being prodigal. One who has the executive ability that enables her to at least stand at the head of the society to which she belongs; one of pure motives, and noble aspirations.

There are women whom no man should marry; for if the man be low in desire, unprincipled, he would be only dragged lower still by marrying an unprincipled woman.

Do not marry a penurious and self-centred woman, for you would be a secondary consideration and after years of suppression would deteriorate, or else you would be driven into questionable associations, or be compelled to live your life as much apart as though you were single except for paying the bills.

In this specimen we have a purely domestic and artistic nature; one to whom home is

the haven of rest from every storm of life, and whose one thought is to make it such for its inmates. The delicately curved lines give the artistic and poetical nature, but the moderate imagination as shown in the normal loops and the firm and patient persistence portrayed in the crossings of the "t's" give practicality that looks after the earthly as well as the spiritual welfare of the beloved. There is neatness displayed in the whole appearance of the writing and a wonderful memory for those things which are of interest. There is tenderness without susceptibility in the slant of the letters, and faithfulness in the firm will, determination and pride. Thriftiness without penuriousness in the finals, one who would spend more for those beloved than for self. There is sufficient separation of the letters to give intuitive thoughtfulness and consideration for those beloved. One who will always try to anticipate the wishes of others. Some of the letters in a word vary in size, showing tact. There is love of the fine arts in the graceful curves; candor in the open "A's" yet the smaller letters are well closed giving the ability to keep a secret. All in all it is an almost perfect nature so far as the affections and home life are concerned, although not one to fight their own way so well against great obstacles unless through the inspiration of affection.

In the second specimen we have the almost exact opposite of the first. This person is ambitious—see ascending lines, until close to the end,—but lacking in hopefulness,—note the sudden drop of many of the lines at the end. She is positive but irritable, for the crossings of the "t's" are like a flung lance but short and made with a nervous stroke. Such a person would be opinionated and apt to nag when things went wrong, and if you did not accomplish all that her ambition thought you ought, then in her

*And the sweet skies are snowing with angels.
And the world is all virgin and new
And you learn a bliss greater than dreaming
When the dreams that you dreamed come true*

despondency she would upbraid you and make you think that you were not of much account in the world anyway. There is some tenderness in the slope of the letters, but it is the tenderness that would pet you today and stick the sword points of sarcasm into your flesh and soul tomorrow. The moody condition shown by the pressure of the pen, indicates one whose troubles were never equalled by anyone else, yet she has the sympathy that is always ready to listen to the tales of woe poured into her ears by others.

air as much as possible, and not indulge in rich foods or strong tea and coffee.

J. E. C., Riverside, Cal.:—You have a positive nature with the self-reliance that makes you capable of looking out for your own interests. You are ambitious, generally hopeful, and you try to bravely overcome all obstacles that may arise in your path, which has not been altogether one of sunshine and flowers. While you can talk well when with congenial friends, you also have the rare gift of list-

*Whose sweet mess lend life to his lips through the waste
So dark as my fate is still doom'd to remain.
These swords shall my well in the wilderness be.—
Remember in absence in sorrow and pain.*

You can readily see whether you should be happy with such a woman, even though she possess many virtues, and is industrious and frugal. There are some men who need such wives to make them work at all, and if a man is inclined to be indolent, it is the kind of a wife he needs; the spur of her tongue will keep him in action, perhaps.

I repeat, study your own nature first, then that of the person you wish to make a life or business partner, and reason out carefully whether it is the kind of a nature that would be in harmony with yours and bring out all of your better qualities of mind and heart.

Remember that a partnership of any kind is a matter of years, perhaps a lifetime, and not to be lightly entered into.

READINGS FOR SUBSCRIBERS

L. A., Maine:—You are inclined to be nervous and let little things worry you too much, so that it somewhat interferes with the progress you otherwise might have made and is a drain upon your physical strength. You like praise and admiration, and can do better work when you know that your efforts to please are appreciated. Your life will be largely influenced by sentiment. Have self-confidence and are inclined to think your own way of doing certain things as good, if not better, than others. You have sequence of ideas and are analytical, would have done well in some vocation that would bring these qualities into active service. The diseases from which you are most liable to suffer are those of the stomach and nerves, but you can overcome this if you will live in the open

ening well. Your tastes are simple, and you care little for display, so you have the comforts of life and do not have to carefully count each penny before daring to spend it. Have considerable tact and some magnetic influence over others. You have a keen sense of humor and a ready wit, but you express it in a quiet, quaint way. Would do well in some branch of horticulture where you made a specialty of some one product.

R. T. C., Fayette, Mo.:—You have a nervous mental temperament and are very positive in your opinions, so that when you once make up your mind that a thing is right or wrong it is hard to convince you to the contrary. You have determination and energy and the courage to carry through to completion those things which you undertake to do, even though you may have many obstacles to overcome. You would have made a successful journalist or lawyer, had you cared to perfect yourself in either pursuit. Are ambitious, hopeful and have considerable tact when you want to use it. Are slightly imperious, liking to command and to be obeyed, and would be somewhat exacting with those in your employ. Have a ready wit that helps you out of many a dilemma.

M. E. S., Owens' Sound, Conn.:—You are impatient and restless and not entirely satisfied with your life, as it is longing for some change to come into it. Are candid and outspoken to the point of bluntness, although you can keep a secret if necessary. Have a great deal of sensitive pride, and it sometimes stands in the way of things which you

might have attained, had you been a trifle more independent. You can apply yourself untiringly to those tasks which are congenial to you, and yet much of what you accomplish will be through nervous will power, and as a sense of duty, rather than marked application, for it is not easy for you to apply yourself to tasks which are not congenial. You have originality and forcefulness, and ought to take a deep interest in scientific pursuits. Will have an eventful life.

E. S. S., Cape Town, S. Africa:—You have a vital mental temperament with forcefulness, self-confidence and independence of thought and action. You are largely intuitive, your will and your affections often at war with each other, the spiritual and the practical often warring with each other for the ascendancy. You sometimes permit yourself to jump to conclusions too hastily, although your intuition causes you to see at a glance what ought to be done and how, even though you may not be able to accomplish it. You have high ideals that make you in some things more theoretical than practical, yet you have good business talent that allied to your intellect properly directed should place you in a position where you would never want. You have the creative genius that gives you a desire to design as well as to execute. Would excel in commerce or higher mechanics, or something of a scientific nature.

P. R. K., Aden, Arabia:—You are almost entirely intuitive in your reasoning, and have to a certain extent clairvoyant power. You are insistent, ambitious and hopeful, and have a somewhat imperious will that gives you a desire to command and to be obeyed, and your tenacity will cause you to cling to whatever you may undertake until you have completed it to your satisfaction. You are methodical and have an excellent memory, especially upon those subjects which you wish to remember. Have artistic appreciation of the beautiful and a certain grace and harmony of action when you are at your best, with personal magnetism strongly marked. You would succeed best in something that would give your artistic talents a chance to develop. Would do well as a chemist, or in some branch of literature of a descriptive nature, for not the smallest thing that is of interest to you escapes your keen eyes. Will have in some respects an eventful life, that will be influenced to some degree through affection.

A. J. H., Napanee, Ont.:—You have a tendency to undertake to do too many things at once, so that you cannot pay that close attention to detail that you otherwise might do, but you have determination, energy and a strong will. Are often influenced by two natures, the one urging you one way and the other another, until it is difficult for you to decide what it is best to do. Your days have not been all sunshine, there have been many sacrifices, some bitterness, and if you would advance and succeed you must take advantage of every opportunity for study and intellectual companionship and be hopeful. Do not be too positive and assertive in your opinions, and yield graciously when convinced that you are in the wrong. Should train yourself to become a scientific expert in some household art. Are affectionate, but could be made unhappy if given cause for jealousy.

How to Get a Character Reading

Any subscriber to this magazine who sends us three new yearly subscribers will be given a Character Reading from his or her handwriting. We will either print the reading in *The Segnogram* or send it by mail.

How to Send

When sending the three new subscribers also send twenty-five words of your natural writing on a separate piece of paper and sign it. We will print your initials only, as it is not advisable to print the full name.

The first orders will receive the first readings. Send early and avoid the rush. Address *The Segnogram Pub. Co.*, Department G., Los Angeles, Cal.

No Honest Work is Ever Small

Edith Macomber Hall

No honest work is ever small,
Like grains of sand upon the shore,
Each little act, God sees it all,
And draws us upward more and more,
As sweeps the waves of His eternal love.

And so, if you do well the tasks,
However small that comes to thee,
Then later on the work He asks—
Seeing thy strength—will greater be,
And thus He fits thee for thy crown of love.

Be not impatient for the hour
That brings thee all thou seekest here in life.
Sun shines the brighter after shower,
Joy is the sweeter after strife,
And bitter chast'ning bringeth perfect peace.



EXEUNT

By Ferrers Knyvett

Alone on the cold, cold ground together;
Outcasts, forlorn, yet birds of a feather:
So battered and worn that no passer-by
Ever turns to look with a pitying eye.
They both, some years back, in a foreign land,
Had been reared by a skilled and careful
hand.

One was of a dark and quite swarthy hue,
And somewhat the stouter of the two.
The other thin clad and exceeding pale—
But, ah! should they speak, both could tell a
tale

Of happier days and of better times
They passed when younger, in sunnier climes;
They could tell of their kindred, widely
known,

And the ends of many just like their own.
The one of soft lips, of the by-gone past,
Of a slender hand that had held him fast.
The other of visions of fire and smoke:
But nobody heeded them. Neither spoke.
As they lay in a gutter outside a bar,

Exposed to the evening's cold and wet;
For one was the end of a choice cigar,
And the other—a half smoked cigarette.

Bill Nye as Dairyman

When I was young and used to roam
around over the country and gather water-
melons in the light of the moon, I used to
think I could milk anybody's cow, but I don't
think so now. I do not milk the cow unless
the sign is right, and it hasn't been right for
a good many years. The last cow I tried to
milk was a common cow, born in obscurity,
kind of a self-made cow. I remember her
brow was low, but she wore her tail high and
she was naughty, oh so naughty.

I made a commonplace remark to her. One
that is used in the very best society, one
that need not give offense. I said, "So"—
and she "Soed." Then I told her to "Hist"
—and she "Histed." But I thought she
overdid it. She put too much expression
in it.

Just then I heard something crash through
the window of the barn and fall with a thud,
a sickening thud, on the outside.

The neighbors came to see what it was that
caused the noise. They found that I had
done it in getting through the window.

I asked the neighbors if the barn was still
standing. They said it was. Then I asked
them if the cow was injured much. They
said she seemed quite robust. Then I re-
quested them to go in and calm the cow a lit-
tle, and see if they could get my plug hat off
her horns.

I am buying all my milk of a milkman. I
select a gentle milkman, who will not kick,
and feel as though I can trust him. Then,
if he feels as though he can trust me it's all
right.—Bill Nye.

The Mysteries of Science

A Bostonian was praising the other day
the astronomical and literary work of Perci-
val Lowell.

"Before the last eclipse," he said, smiling,
"Mr. Lowell observed to an old colored man
whom he liked:

"'George, if you'll watch the chickens out
at your place tomorrow morning at 11 o'clock,
you'll see them all go to roost.'

"'Hi, hi!' George laughed. 'Hi, hi! Dat's
a good joke!'

"He thought, you see, that Mr. Lowell was
fooling him. But when, at 11 o'clock the
next morning, the sun darkened and the
chickens did go to roost, George was amazed
and somewhat horrified. He sought Mr.
Lowell out and said:

"'Wot you done tole me was true, sah.
Mah chickens went to roost, sah, jist like you
say dey would.'

"'Yes, George, I suppose they did,' the as-
tronomer returned.

"'How long, sah, did you know 'but dis!'
said George.

"'Oh, a long time.'

"'Did you know dey would go to roost a
year ago?'

"'Yes, fully a year ago.'

"'Well, dat beats all!' said George, in an
awed voice. 'Dem chickens wasn't hatched
a year ago.'"

Fast Driving

"One of the carpenters who is working on
my new house drove 123 nails in one minute
yesterday afternoon."

"Hush! Don't let the Glenville police hear
about it. They'll arrest him for fast driv-
ing."

The Segnogram

A MONTHLY MAGAZINE

A. VICTOR SEGNO, Editor

Los Angeles, California

Entered at the Los Angeles Post Office as second class matter

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When this circle is marked with a blue cross it signifies that your subscription has expired and that you should renew it at once.

If you receive a copy of this magazine and are not already a subscriber, it is an invitation to subscribe. Accept the invitation.

The EDITOR SAYS

In response to the thousands of requests from our readers, we have changed the pages of this magazine to their present size. This is to be the size for the future, so I trust they will meet with your entire approval.

We shall endeavor to make the magazine as interesting and instructive as ever. You will find several very fine articles in this number, and others are being prepared for the May issue.

For some time I have been considering the best means of helping all our readers to gain a full measure of success. I have now decided upon a perfect plan. Realizing that any body of people working together in harmony can produce marvelous results, we organized exclusively for our readers The Mutual Success Club, and have arranged a plan by which each reader can secure a membership free. For full particulars regarding the plan read the inside front cover page of this magazine.

Having organized a Success Club which has grown entirely on its merits until today it is the largest in the world, having now forty thousand members, I am in a position to know the great value such an organization will be to our readers. The success attained

by the original club and its members under my management is a guarantee of my ability to help you to make this club a grand success. There is every reason to believe that it will soon become greater than all others.

If you value your success, and I believe you do, you will become a member of The Mutual Success Club at once.

Thoughts Worth Thinking About

The fellow who intends to succeed works without a time-table.

Men are not influenced by things, but their thoughts about things.

There is practically no power whatever in a shifting, vacillating life.

When Opportunity knocks at your door, Responsibility stands behind her.

The body should be made simply the servant of the mind—not the master.

The rarest radiance that lights a human face is the contentment of a loving soul.

“‘This one thing I do,’ or ‘these forty things I dabble in,’—which shall it be?”

Concentration and hard work are the hand maids of Success, in whatever calling or country.

No one ever accomplished anything worth while that did not believe that it could be done.

It doesn't cost the rose anything to bestow its fragrance on the passer-by—but, oh, what a blessing it is!

What is greatness? Isn't it this: Washing the dishes as well as Paganini played the violin. Or better if you can.

A man owes his first duty to himself, and that duty is to be gentle in his acts and moderate in his judgments. Thus does he conserve his strength over against the time when it is most needed, and stands ready to seize opportunity when it comes his way.

"A man sacrifices his higher self when he devotes his energies simply to the accumulation of wealth. This is a mistake for which he pays more dearly than for any other; it is a mistake which sets money above the man, and anything that does this is deadly."

A good book, whether a novel or not is one that leaves you farther on than when you took it up. If when you drop it, it drops you down in the same old spot, with no finer outlook, no cleared vision, no stimulated desires for that which is better and higher, it is in no sense a good book.

"More than anything else, the world needs men who will confess the truth exactly as they see it, and stand by that truth in the faith that it will be its own witness; in the faith that it needs no tactics or concealments or scheming for its support."

"As a man thinketh in his heart, so is he." That is physiologically true. Can't escape it. Think that you are going to be sick and you will be; think evil of yourself or another, and you will see it; think that the world is against you and it will be; think that men are rogues and you will become like them.

Brooding over the evil that you have done will never correct that evil. Rather will it make possible a repetition of the thing dwelt on. Set your mind the other way. Think honest, pure, kind, courageous thoughts all the time, and your mind will have no time for their opposites.

As the stars are the glory of the sky, so great men are the glory of their country, yea, of the whole earth. The hearts of great men are the stars of earth; and doubtless when one looks down from above our planet these hearts are seen to send forth a silvery light just like the stars of heaven.

"How calm the mind, how composed the affections, how serene the countenance, how melodious the voice, how sweet the sleep, how contentful the whole life is of him that neither deviseth mischief against others nor suspects any to be contrived against himself! And, contrariwise, how ungrateful and loathsome a thing it is to abide in a state of enmity, wrath, dissension, having the thought distracted with solicitous care, anxious suspicion, and envious regret!"

"Tell Them"

"Why don't you tell people to place marriage on a high chivalric basis, and let communion be a blessed privilege, not a matter of rights. The way to keep love is not to be anxious about it. The woman who stickles for the word obey is already in rebellion—she has sniffed the battle from afar—of her I do not speak—I am talking about the big, brave, fine, beautiful, honest men and women who marry for love and find it servitude. A woman's husband should vitalize her thought germs—and could—until she reaches her grand climacteric at eighty-four, if they only lived rightly.

"Why don't you tell the world that marriage is only the beginning of life—not its end; and that a man must win his wife every day; and that a woman must be worthy of a great love—otherwise it will never be hers. Above all, tell them that only great individuals can make great couples; and tell them that in order to be great individuals, you must cultivate the solitude a part of the time.

"No woman wants her soul married to a man—she wants him occasionally for sweet, spiritual communion—but all souls are individuals and must ever be. They must be free. No good and strong woman can be caged—inwardly she resents captivity. We must recognize each other's divinity—that each is a separate personality. No man should seek to crush his wife into his own way of thinking, and no woman should try to own her husband, body and soul. You should tell the women of America that in matrimony the strangle-hold is barred; and that to sit on a husband is not the best way to hold him true; that the advice to give a woman who wants to manage a man is 'don't try.'"—The Philistine.

Cheerfulness

Fashion is not always to be despised as frivolous. Sometimes, for want of novelty, fashion hunts around and selects a virtue to mark with her attention. Just now it is the fashion to be cheerful. It is an awful cross to those who live on sympathy, for they have lost the chief of their diet. You know the girl who goes about telling of the dreadful things that happen and are going to happen in her family. Of course all these tragedies are told of for just one reason, that girl hungers and thirsts for pitying words and tender looks so takes this way to get them.

Health-Giving Food and How to Prepare It

BY MRS. A. V. SEGNO

Menu No. 16

FIRST MEAL.

Cracked Corn with Hot Milk
Dates Assorted Nuts

TO PREPARE.

Cracked Corn—Grind sweet corn or the common yellow corn in a coffee mill. Soak 24 hours; drain thoroughly and place in the oven for a few minutes—just long enough to heat through. Serve with hot milk, being careful not to let the milk boil.

SECOND MEAL.

Potato Soup Olives
Poached Eggs, with Tomato Sauce
Variety Salad
Prune Whip

TO PREPARE.

Potato Soup—Boil or steam 6 medium-sized potatoes and mash. Cook together, 1 small onion and $\frac{1}{2}$ cup of celery, which have been chopped very fine. After mashing the potatoes, add 1 quart of milk, celery and onion. Season to taste. Add a few sprigs of parsley and a lump of butter. Heat thoroughly, but do not boil. Serve in hot soup plates.

Poached Eggs, with Tomato Sauce—For 4 people, cook 1 quart of tomatoes 15 or 20 minutes. While cooking, add a few thin slices of lemon; season with a generous dash of cayenne pepper. Add a little pure olive oil or butter. Send to the table in a separate dish, and lay a few spoonfuls on each plate. Lay the poached egg and toast on the tomato. If the tomatoes are poured in the serving platter, and the toast and egg allowed to lay in them, the toast becomes too soft to be appetizing.

Variety Salad— $\frac{1}{2}$ can of peas, do not use the liquor; 2 cups of celery cut fine; 1 cup of blanched walnuts broken or ground very coarse; 1 cup of sour, juicy apples cut into dice. Toss lightly together with Mayonnaise Dressing.

Prune Whip—Soak 1 pint of prunes a few hours; just heat through, but do not cook. Remove the stones, press through a colander. Add the beaten whites of 3 eggs and sweeten to taste. A small pinch of ginger adds to the flavor of this dish. Keep in a cool place a few hours before serving.

Menu No. 17

FIRST MEAL.

Apples
Toasted Shredded Wheat Biscuit, with Cream or Hot Milk
Cocoa

SECOND MEAL.

Lima Bean Soup Swiebach
Potato Custard
Brussels Sprouts Salad
Whole Wheat Bread
Iced Oranges

TO PREPARE.

Lima Bean Soup—Cook 1 pint of Lima Beans, adding a few sprigs of parsley; 1 medium-sized onion, cut very fine in olive oil, but do not brown. Add the onion to the beans a few minutes before they are done, being careful to let the water boil down quite well. Press through a sieve; add a pint and a half of milk. Season to taste. This soup is also very nice without milk. Leave sufficient water to make the necessary amount of soup and add a little more of olive oil or butter. Serve with Swiebach.

Potato Custard—1 pint of mashed potatoes; 1 pint of milk, and 4 eggs. Beat the milk and potatoes together. Add the beaten eggs, salt slightly. Bake in a dish that it may be served from and sprinkle a little grated cheese on the top. Bake about 15 minutes or until a silver knife can be run into it and drawn out perfectly clean.

Brussels Sprouts Salad—Cut each head in two; boil in clear salted water to just cover; add 1 cup of milk and a teaspoonful of sugar about ten minutes before they are done. Cook beets and cut into small dice while warm. Marinette both Brussels sprouts and beets, which means to dress with olive oil and lemon juice. When ready to serve, make a good sized mound of the beets in individual salad dishes, placing 2 of the Brussels sprouts on top and dress with a generous spoonful of Mayonnaise dressing.

Iced Oranges—Remove all the skin; make a good icing as for cake. Take a stout piece of twine; tie a large knot in the end, and string a small piece of stiff paper to prevent the orange from slipping off. Ice thoroughly, hang in the oven a few minutes until the icing hardens. Place a candied cherry or walnut meat on each.

TEN DOLLARS IN PRIZES

We desire to increase the interest of our readers in this department and also secure some of their ideas on serving healthful meals, therefore, we give Ten Dollars for the three best Menus for a dinner without meat. Five Dollars for the best, Three Dollars for the second best and Two Dollars for the third best.

This is an opportunity for some of our readers to utilize their knowledge along this line and earn something for their trouble.

THE PRIZE MENUS and recipes will be published in THE SEGNOGRAM, and the prizes sent directly to the winners.

CONDITIONS

All Menus submitted must have been actually prepared and served by the person competing for the prize. A recipe for preparing each dish given in the Menu must accompany it and the cost of the meal served for four persons must also be given.

The Menu and recipes must be written plainly in ink on one side of the paper only. The person must be a subscriber to THE SEGNOGRAM.

Address Menu Department, THE SEGNOGRAM PUBLISHING CO., Los Angeles, Calif.

The Hygienic Value of Lemon Juice

Professor Kiosoto, an eminent bacteriologist, Professor Koch and others, have demonstrated that the acid in lemons, oranges, apples and other fruits,—citric acid, malic acid,—have the power of destroying all kinds of malignant germs. Even the terrible cholera germ dies within fifteen minutes after being placed in the juice of an apple or lemon, and the germ of typhoid fever perishes under the action of these acids even when considerably diluted.

Lemon or orange juice is an excellent cleanser of the system, and is strongly recommended to bilious persons and those who are large eaters of meat. It not only cleanses and purifies the bowels, but also destroys disease germs that may exist in the system, thus checking their development.

Medical Value of Cranberries

The value of the cranberry as a medicinal agent was clearly recognized by our American aborigines, who used to prepare poultices made from them to extract the venom from wounds made with poisoned arrows, on the same principle as they are now often used as a popular remedy for erysipelas, applied as a poultice or taken internally. Eaten raw, cranberries are also known as an excellent remedy for indigestion and biliousness, as they contain certain acid combinations not found in any other fruit, and they are also valued as the best of tonics and appetizers. Added to these sterling qualities comes the latest certified tribute to their efficiency in preventing the grip. One family who has thus far been immune from the prevailing epidemic, cook the cranberries in plenty of water and keep the syrup on hand at all times as a drink. They declare that the acid of the berry is fully agreeable as lemonade, and most efficacious in preventing bronchial and malarial troubles.

The Olive Oil Cure

In a recent book a very firm believer in the health-giving properties of food formulates the opinion that cures may be effected by means of food, just as efficiently if not more so, than by means of drugs.

The germ of this idea we have all had in our minds for long enough. The majority of us know that apples eaten either raw or cooked, but particularly raw, are of the very greatest medicinal aid to those who lead sedentary lives, and especially to brain workers. Incidentally they are the beauty seeker's favorite fruit, giving color to the complexion and brilliancy to the eyes simply as a result of their influence upon the digestion.

There is now an Apple League, the members of which pledge themselves to eat at least two apples a day. It would be interesting to know whether the old adage, "An apple a day keeps the doctor away," finds fulfillment in the case of the members of this League. Oranges are considered most excellent as a preventative of influenza, and carrots eaten very slowly have been recommended and found efficacious as clearers of the complexion.

Sufferers from nerve disorders should certainly try the olive oil cure, which is most highly recommended to those who have learnt abroad to appreciate the addition of oil to salads. The very best and purest olive oil must be obtained, and one teaspoonful three times a day is the dose if the victim of neuralgia, anæmia, or disordered nerves is in a hurry to be cured. Otherwise it is recommended that the oil taste should be cultivated by the addition of a very little to the salad taken once or twice a day, to which a dash of lemon juice may be added. It is claimed for olive oil, just as it is for apples, that it keeps the liver in good working order, thus preventing rheumatism, rendering the complexion healthy, and clear, and also making the hair grow glossy and abundant.

In London Daily Mail. LADY CHARLOTTE.

Nuts as Food

Even though a great many of us firmly believe the idea advanced by the vegetarians to be of great value, yet we consider it too great a hardship to even think of giving up our meat diet.

One thing we can do and that is to eat more nuts, as they advise, and the nutriment furnished by them will in a measure reduce the taste for meat. We have the vegetarians to thank for what might be called the return of the nuts for they have made them a daily diet.

Nearly all the nuts contain large percentages of nitrogenous constituents and fats. In the nut kernel there is very little waste; in fact, the nourishment is in a concentrated form, and for that reason nuts are best combined or taken with other foods. They are especially valued for their fine, meaty flavor, which is found in no other vegetable food product. Nut bouillon is now made with a flavor which has deceived experts, who declared that meat must have been used in its preparation.

Considering the percentage of nitrogenous material, the price paid for nuts is comparatively low. The cost of the nuts varies in different localities, the nuts which grow in certain districts, of course, being cheaper in these districts. It is not always the most expensive variety that furnishes the most nutriment. In buying nuts the weight of the shells add much to the cost; for that reason those with the lighter shells may be cheaper.

A product of American agriculture is the peanut, or goober pea, as it is sometimes called; the latter name is perhaps the more correct, as it is not, botanically speaking, a nut, but is more like a pea. However, as it is popularly considered a nut, it seems fitting to discuss it here. The United States is said to produce annually 4,000,000 bushels of peanuts. The nutritive value of the peanut is high, and as it is so cheap it seems strange that more housekeepers do not take advantage of the many delicious combinations which can be made from it. Some experiments have been made in the German army in which bread has been made from peanut flour. Peanut oils have been made, some of which are said to be fair substitutes for olive oil. Some of the most delicious dishes may be made from peanuts, such as peanut cookies, peanut salads, peanut loaf, sandwiches made with peanut butter, cakes, candies, soups and other preparations, almost too various to mention.

The peculiar bland flavor of the almond is most highly praised by the Germans who use it in all their pastry cooking, sometimes in soups, and in many desserts and candies almond paste is used. The salted almonds which have been so long used on our tables may have been somewhat superseded by the browned, unsalted almonds, which are most delicate. Unfortunately almonds are usually quite expensive in this country.

In Spain and southern France chestnuts are a staple article of diet. Every year large amounts of chestnuts are gathered by the peasants, ground into meal, and stored for winter use. In the United States the chestnut is coming into prominence as a food; formerly French dishes made of chestnuts were considered beyond the reach of most households, but as French chestnuts have grown cheaper and are now obtainable in all the larger places their use is more extended. Chestnut stuffing for turkeys has long been in use here, but some of the more palatable purees, sauces and other combinations are little known. Chestnuts are better if cooked, if uncooked, they may cause severe indigestion.

The pecan, an American, has a most delicious flavor peculiar to itself. It is not expensive and may be used with good results in salads, cakes and confectionery.

Other American nuts, the butternut and black walnut, have many warm friends; the former makes a delicious foundation for ice cream. Both of these nuts contain large quantities of oil and are considered hard to digest. The hazlenut is the American filbert. It is much used in candy-making and makes a good salad when combined with other things. The hickory nut is a great favorite in New England, where it is much used in cake making; it makes a piquant addition to mince pies, and a candy made of maple sugar and hickory nuts is good enough to make one long for it years after eating.

The English walnut is an old friend and improves any dish where it may be used. English walnuts with cut-up celery hearts and salt are a new relish; almost any nut may be served in this way. Brazil nuts are very oily, usually considered indigestible, but, nevertheless, are highly prized as a dessert nut.

As nuts are a concentrated form of food, it would be better not to serve them after a heavy dinner, as is the custom now.

"No one but yourself can make your life beautiful. No one can be pure, honorable and loving for you."

The Art of Deep Breathing

By Charlotte Bright Ritch

(The first installment of this article appeared in the March issue.—Editor.)

In a previous article, the benefits of deep breathing in cases of consumption, as well as its effect upon all manner of disease, was discussed, and it may also be added that the secret of the development of a beautiful physique may be found by right breathing.

Celius and Galena, as well as other Greek and Roman physicians, recommended deep-breathing as a remedy for numerous diseases. They believed that the exercise of breathing and retention of air in the lungs, increased the heat of the body, developed the chest, strengthened the respiratory organs, removed impurities from the system, opened the pores of the skin, thinned the skin itself, thereby driving deleterious substances through the pores.

Centuries ago, the Chinese employed breathing in ingeniously varied forms as a means to restore and preserve health.

Make respiratory gymnasiums of your bed-chambers.

Throw every window wide open, and leave them open every hour of every day in the year.

The night air, or the chill air of a rainy day, is not detrimental for it is the best obtainable—what could be worse than sleeping in a closed room, rebreathing the poisonous substance which the over-taxed system, had with an effort,—once thrown off.

What we want to do, is to give our lungs room—stop compressing them into the smallest possible space, preventing millions of air-cells from performing their part of the systems well ordered work.

Above all, feed the lungs, feed them freely with pure air.

We carefully watch the muscles of our limbs. We exercise the muscles of our hands and feet, that they, to the good of our welfare may move automatically. We should also exercise those of inhalation and exhalation, and not impede their natural action, that they may voluntarily act to the good of our health.

The country air is preferable for invalids when possible, as in the frost or by the seashore the oxygen and ozone are most abundant, and thus more pure as certain volatile vapors which some trees and plants give off, help to purify the air—as among the pine trees, we find the air more wholesome as well as pleasingly fragrant.

The properties of oxygen and nitrogen in pure air are as follows:

By weight, Oxygen 20.96 parts in 100; Nitrogen 79.04 parts in 100.

By Measure, Oxygen, 23 parts; Nitrogen, 74 parts.

As to the manner of breathing, there are various modes. Of clavicular, costal and abdominal, only abdominal is recommended as practicable and advantageous.

Have the windows open wide, preferably lowered from the top so as to prevent draughts. We can endure a million gallon of air hourly during a high wind if we are in the open air and are exercising, but the strongest man cannot endure a draught of one thousand gallon an hour, for when we are quiet, we need quiet air, but we need it pure.

In the best hospitals 6,000 feet of air is allowed to each patient—and even this has proven insufficient, for the nearer to out-of-door air, the more rapidly the sick recover.

To acquire deep or abdominal breathing, take a position in which all voluntary motor muscles are perfectly inactive; as the motor muscles are antagonistic to those of inhalation and exhalation.

Lie in a horizontal position flat on the back—have no elevation of the head and be as passive as possible.

Shut the mouth and draw all air through the nose—by no means through the mouth.

Inhale one long, deep breath until the abdomen is greatly raised—retain this breath for five seconds, then exhale forcibly by drawing in the abdomen and throwing out the chest, as the rising and sinking of the abdomen is an involuntary manifestation of perfect breathing.

If you practice breathing in the above simple manner, beginning gradually until the lungs are strengthened and a deep breath is as easy for you as costal breathing, and you can take twenty complete respirations a minute without the slightest fatigue to the chest, you will have attained the height of the art of breathing also have gained the best physical health.

“It is a duty one owes to the world as well as to himself to develop his individuality; to express himself, not another. One should not allow his education, his employment, or his environment to efface the stamp placed upon him by the divine hand.”

We save only the moments that we make use of, all the rest are lost.

Walk Away From the Grave **Best Means of Staving Off Advanced Age**

"The best way to stave off old age is to keep the knees supple."

This epigrammatic remark was made by William Muldoon, the wrestler, in a short talk he once gave to business men. The idea he intended to convey was that men whose minds were much occupied by indoor pursuits should resort to vigorous walking for exercise. Amplifying the remark, Mr. Muldoon said one of the first indications of advancing age was stiffness in the knees, and that if a person in middle life wished to maintain physical well-being he should overcome the tendency by walking in the open air, and some attention to diet.

The wrestler declared that stiffening knees were nature's proclamation against too little exercise and too much food. His remedy was simply to return to nature's ways, until the hardening of the tendons should be arrested and the equilibrium of health restored. If the knees were supple, he argued, that, barring some organic disease, the rest of the body would be sound.

As a means of keeping free action in the knees the athlete prescribed plenty of sleep, simple food, exercise by walking and the daily bath. He thought three or four miles of walking with a longer occasional tramp, was the right amount for the average business man.

Any form of outdoor exercise has its attractions. Hunting with dog and gun, bicycle riding, fishing in season, rowing, driving or a spin in the automobile, each gives enjoyable recreation. But for the time and money spent the best return in health and in the renewal of nerve force is undoubtedly found in a stiff walk out into the country with a genial companion, or even alone with one's meditations. The habit once formed of taking a tramp of three or four miles daily, rain or shine, gives a man a new and stronger lease upon life and its possibilities. His strength increases, appetite and sleep become natural, the old man feels younger by a dozen years, and the young one ready for any task put before him. To the average worker in any pursuit this daily walk becomes the best possible substitute for the baseball field, the gridiron and the gymnasium of the collegian.

HOW TO WALK WELL.

To walk well and with enjoyment some preparation is needful. Footwear requires attention. The stockings should exactly fit the foot so as to give all the muscles and tendons full play. The shoes should have broad soles,

low heels and should be laced well up about the ankles. With improper footgear walking is likely to become torture after the first mile, and a positive danger to the feet or legs before the second is ended. Owing to the habitual wearing of ill-fitting stockings and shoes many persons lose the best use of the toes and stump along the sidewalk or country road like a tired horse in a treadmill. Being badly shod, more work is thrown upon the leg muscles, which soon tire, and walking ceases to be the pleasure it ought to be. The object is to give the foot freedom, which is best shown in the graceful, springing step that can be maintained for miles without weariness.

The preliminaries settled, there are no set rules to be prescribed. The main thing is to walk at will, on and on, until the time devoted to recreation is up or weariness calls a halt. In the search for exercise one may walk one or two miles out some country road and back home, may take a car out to the terminal and walk in, or may make a broad circuit in the suburbs. It is best not to ride into the city after a long walk, as the feet and legs are too much cooled after the vigorous exercise and stiffness of joints and muscles is likely to ensue.

The benefits of walking are many. All conditions of good health are present in the daily tramp—freedom of action, absence of care, continuous but not exhausting exercise, and fresh air. Walking has the best possible effect upon the digestive organs. The body is thoroughly aerated and the condition of the skin improved. Oxygen fills the lungs, being inhaled in deeper breathing than is possible in riding, and the blood is revived. The muscular system is given full activity, and the changing scene by the roadside may relieve the mind and continually give it new and pleasurable suggestions. If the walker is of thoughtful turn the quiet may give an opportunity for mental absorption, and hard problems may be solved, decisions reached and business schemes evolved in the hour of exercise. The walking habit naturally insures a state of mind which is one of its crowning benefits; it develops contentment just as it does better circulation and sound sleep.

INSURES LONGEVITY.

From well authenticated data it would appear that walking is the form of exercise most favored by very aged men and women. It is related of a member of the MacDonald clan in the highlands of Scotland, who lived to the age of 101, that he was as celebrated

for his long walks as for his great age. The year before he died he accepted a wager to walk ten miles in two hours, and won it. For this achievement the old man was presented to the King in Windsor Castle.

Capt. John Erkenbrack, whose home was near Saratoga, N. Y., when 95 years old, planned a tramp of 200 miles to New York, from which he was dissuaded by his relatives. He did, however, walk to Albany, taking a steamer from there. He was hale and hearty at 96 and was accustomed to walk about five miles a day.

Col. George Perkins, of Norwich, Ct., who died a few years ago past the century mark, made a practice of walking four miles a day until within a few months of his death.

Prosper Morris, of Bartonville, Vt., who lived to the age of 103, until stricken by apoplexy, when past 102, could be seen every day taking a long walk, in which he delighted.

Sally Morris, who was living a few years ago near Parkersburg, W. Va., at the reputed age of 113 years, was in the habit of walking to town and back one day each week, and the distance was six miles.

In the last year of his life, Count von Moltke, so long the commander of the German army, wrote regarding the benefits of outdoor exercise:

"I now spend more time in the open air by a good deal than I did in earlier manhood. I am convinced that pure air and exercise are not only among the best medicines, but also the best preventives of disease, and that they are important factors in the promotion of longevity."

Definition of "The New Thought"

GEORGE W. COOKE IN BOSTON TRANSCRIPT.

They believe in the practice "mental healing." In this respect, as well as in the acceptance of his idealism, they are followers of Emerson. In many cases in his lectures Emerson declared that sickness is the result of mental imperfections, a failure to think soundly and to give the mind dominion over the body. No utterance of Mrs. Eddy is more emphatic than some of his as to the cause of bodily ailments. He taught in plainest terms that the cure of disease must be spiritual and not physical. He appears not to have followed up his theories with any system of mental healing. The New Thought people not only believe as he believed, but they practice what he taught. His is the theory, and theirs is the method.

Thoughts that are Fatal to Human Life

How many people realize the baneful, often fatal, influence of unhealthy thoughts?

How many know that ordinary unreasoning fear of disease may be as deadly as an inoculation of poisonous germs?

Yet this is an established fact. Physicians are coming more and more to recognize the power of the mind over the body, and almost every practitioner will admit that a large part of his work is the use of mental suggestion in overcoming morbid bodily conditions.

Every one has noticed the influence of a cheery personality in the sick room. One physician by his sunny confidence and cleverly turned assurances will seem actually to impart new strength and tone to the diseased body. Another physician with a solemn, gloomy countenance and demeanor suggestive of an undertaker will strangely depress and retard the patient.

And the same is true of one's own thoughts. In fact, it is hardly too much to say that every thought has its effect on the condition of the body. Imagination can give one almost any disease on the calendar.

It is said that there is the germ of fatal thought in ninety-nine persons out of every hundred, and that the cultivation of optimism and philosophy is practically a universal necessity.

There have occurred scores of dozens of cases where healthy persons have thought themselves into having tumors and cancers—cases which admit of no doubt whatever that the diseases resulted from constant morbid fear. We should have far fewer cases of cancer if some great doctors could assure the world that it is not a hereditary disease; but morbid-minded persons, on hearing that there is cancer in their families, generally do the very worst thing they can do under the circumstances—they conceive an awful dread that they will be afflicted with it. They dwell upon the fear constantly; and every trifling ailment which troubles them is at first mistaken for the premonitory symptoms of cancer. The morbid condition of mind produces a morbid condition of body, and if the disease does happen to be in the system it receives every encouragement to develop.

A melancholy thought that fixes itself upon one's mind needs as much "doctoring" as physical disease; it needs to be eradicated from the mind, or it will have just the same result as a neglected disease would have.

Will Die in Harness

Sitting one evening recently with Senators Spooner of Wisconsin and Stewart of Nevada, discussing the kaleidoscopic changes which occur in political life, Senator Stewart entertained the coterie by saying:

"I am only seventy-six years young, and I shall never retire from public life, voluntarily. This determination came to me when I was many years younger than I am now, and probably less wise.

"The great merchant prince, A. T. Stewart of New York, was a relative of mine, and he showered upon me his imperial hospitalities whenever I was in New York City. On one occasion there was a splendid dinner at his house (and it was a palace such as kings might envy,) and one of the guests was venerable Judge Roosevelt, an uncle of our virile and remarkable President of today. Judge Roosevelt, then 82 years old, mentioned the fact that one of the merchants of that day had retired, when A. T. Stewart said:

"He won't live more than five years. They all die in that limited period. You remember Blank, Judge Roosevelt, and you remember our friend, Blank-Blank (mentioning people they both knew.) They finished their lives when they quit working, and they were unhappy. They died of an uncalendared disease which we might call inertia. I may die of some organic disease, but I will not die of inertia."

"That made a very great impression upon me. I also had given to me a very strong impression of the retention of vitality by my father, who, at the age of 92, had five ribs fractured, and I was sent for, because they said that he would die on account of his advanced age. When I reached his bedside, in the old home near Ashtabula, Ohio, he was in a critical condition, and the physician called me into an adjoining room to tell me the gravity of the situation. He said that on account of my father's advanced age, the ribs would never knit, and that he could not get well. When I reached my father's side, he told me that he had overheard a part of what the physician had said, and he declared that he knew better than the physician. I remained there two days, and he told me not to neglect my business, but to go and leave him. I did so, and made arrangements for telegrams to reach me at all stopping places, clear out to Nevada. When I reached my far western home, five days had elapsed, and the following day came a telegram from my father, saying

that he was sitting up and getting well. He recovered entirely.

"I called on him when he was 101 years old. He met me at the train. The farm home was two miles from Ashtabula, and he said: 'We will walk, my son, because we can have more time to talk without interruptions.' And he walked that two miles with me without fatigue. He often told me that his continued activity on the farm had given him longevity, saying that to quit work would mean death to him.

"And so," continued the silver-haired veteran of the Senate, "I shall continue, at work in public affairs as long as the people will allow me to do so. I may wear out; but I'll never rust out."

Eggs As Food

Would it not be wise to substitute more eggs for meat in our daily diet? About one-third of an egg is solid nutriment. This is more than can be said of meat. There are no bones, no tough pieces that have to be laid aside. A good egg is made up of ten parts shell, sixty parts white and thirty parts yolk.

The white of an egg contains 66 per cent. water, and the yolk 52 per cent. Practically, an egg is animal food, and yet there is none of the disagreeable work of the butcher necessary to obtain it. Vegetarians use eggs freely; and many of these men are eighty and ninety years old, and have been remarkably free from sickness.

Eggs are best when cooked four minutes; this takes away the animal taste, which is offensive to some, but does not harden the white and yolk so as to make them difficult to digest. An egg, if cooked very hard, is difficult of digestion; such eggs should be eaten with bread and masticated very finely.

An egg spread on toast is fit for a king—if kings deserve better foods than anybody else. Fried eggs are much less wholesome than boiled ones. An egg dropped into hot water is not only a clean and handsome, but a delicious morsel. Most people spoil the taste of their eggs by adding pepper and salt. A little sweet butter is the best dressing. Eggs contain much phosphorus, which is supposed to be beneficial to those who use their brains much.

It is a matter of economy to be happy, to view life and all its conditions from the brightest angle, it enables one to see life at its very best. It expands the soul.

How Long Should We Sleep?

A hard and fast law cannot be laid down as to how long we should sleep, but there seems to be a unanimity among doctors that the number of hours devoted to sleep should be eight. At whatever hour a man retires, he should have his sleep out. Seven hours is probably sufficient for most men, but to take much less than this is a mistake that soon punishes itself. Of course, much depends on the quality of the sleep. The man with healthy mind and body is himself conscious when he has had enough of "Nature's soft nurse," and everyone should be careful not to over-indulge in the "chief nourisher of life's feast," for it then ceases to be "sore labor's bath," or the "balm of hurt minds." It is worthy of note that many of the men who have lived to a great age, and many of those who have become distinguished, were in the habit of retiring early and rising early. Franklin said, "He who rises late may trot all day, and not have overtaken his business at night." Dean Swift declared that he "never knew any man come to greatness and eminence who lay in bed late of a morning." Sleep robs a man of a great deal of precious moments in life when it becomes an indulgence. Peter the Great always rose before daylight, whether at the docks as a ship's carpenter, at the anvil as a blacksmith, or on the throne of Russia. "I am," said he, "for making my life as long as I can, and therefore sleep as little as possible."

How to Keep Young

Women, more than men, are possessed with a dread of growing old, not realizing that maturity has its charms and compensations. We wish young people oftener had it impressed upon them that they may provide for a happy old age by laying up a reserve of sound health and a store of happy memories, as well as by cultivating tastes and resources which will outlast youth. As for those who are already approaching middle age, there is no surer way to grow old prematurely than to dread the future. It is essential, if we wish to keep young, to cultivate that hopeful habit of mind so characteristic of youth—the hope which makes one able to say with Browning, "The best is yet to be," and with Lucy Larcom, "Every year life is larger and deeper and more beautiful in its possibilities." Allied with this attitude of expectancy must be the ability to see the amusing side of life. Worry and vexation over what would better be laugh-

ed at result in disfiguring wrinkles. Above all, if the years bring us, as they should, a better understanding of ourselves, a broadening of active human sympathies, a firmer faith in Providence, we shall find life abundantly worth the living, no matter what may be the number of our birthdays.

Catarrh

Mrs. H. D. G. of Compton sends the following communication:

"There are so many requests for a cure for catarrh that I can no longer withhold from the many sufferers from that loathsome disease a simple remedy that has afforded me so much relief. I do not offer it as a cure, for I believe, with Dr. Hall, an eminent New York physician, that there is no cure for catarrh of long standing, as it is always connected with a scrofulous constitution, and has never been cured by any known drug. If it is a slight attack contracted from taking cold or from dampness, it will get well of itself. Or simply avoid taking more cold, keep the bowels acting every day, and maintain the general health, and a cure will follow. I have been a victim of catarrh for thirty-five years, I have used many advertised remedies, and also received treatment from specialists of high standing, with only temporary relief while undergoing treatment, all the old symptoms returning soon after the treatment ceased. I have been using a simple remedy for more than twenty years, which gives instant relief, as many could testify to whom I have recommended it. Once a day place about twelve drops of olive oil in a teaspoon, add two drops of glycerine, tip the head well back, place the finger on one nostril, pressing it down; pour the oil in the other nostril, snuffing the oil well up into the diseased parts. Then treat the other nostril the same. It loosens the offensive mucus, which will pass off, relieving the dull, heavy ache in the head, ringing in the ears, smarting of eyelids and all the unpleasant symptoms caused by the clogged passages, leaving the head clear, and giving such a sense of relief that only those who have experienced all its ill effects can appreciate."

—Los Angeles Times.

The world is in need of men who can endure, men who cannot be bought or sold, men whom adversity cannot conquer nor disaster destroy. Men who exemplify the highest ideals of manhood.

Writing for the Press

Many persons have a lingering desire to see their names in print, and to write for the press; and this, in many instances, is a very laudable aspiration. Doubtless, most minds have at times thoughts which are worth being had in perpetual remembrance, and the way in which this can be most effectually accomplished is by placing those thoughts on record in written or printed form. One such thought may save a soul.

The great mistake which many make is in thinking that there is little need of care, labor, or experience in presenting their thoughts to the public in an intelligible and acceptable form. Very few men would undertake to make a horseshoe without some training; there are men who might have a general idea regarding a house such as they would like to build, but few of them would undertake to produce it without some previous experience in architecture; indeed there are not many people who would expect to make a finished and salable pair of boots the first time trying, but there are hundreds of persons who think themselves competent to write, and expect that their writings will be published, when they have had neither the education, training, nor experience needful, and are unwilling to take the extra care and pains required to remedy their deficiencies. There are more good shoemakers than good writers; more men who can build respectable houses than there are who can write readable communications. Some men might make shoes without previous experience, but they would expect to work slow and take great pains, and it would be a matter of great surprise if their first job was not a failure, and their second far from a complete success.

Let persons who have within them thoughts that breathe, endeavor to clothe them in "words that burn." But let them be content to work diligently, and to accept reproof and criticism; let them be willing to do their work once and again, so that they may do it right. Let them remember that they are not exempt from the conditions of all labor; and that excellence is only obtained by persevering endeavor, and that he who holds himself above criticism may expect to be beneath esteem.

Those writing acceptably, for the press must take pains; and this is precisely what new writers are unwilling to do. They use poor pens, pale ink, dingy paper, and write on both sides of the sheet, neglecting the commonest principles of composition, and then

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say to the wearied and over-worked editor: "Please correct all mistakes, I write in a great hurry."

When judicious editors write articles "in a great hurry," they either revise them when at leisure, throw them into the fire, or put them in a pigeon hole to wait a year or two, till they have time to re-write them; and a man must be quite ignorant of human nature to expect an editor to do much more for a stranger's article than he will for his own. If a man who has written for the press for twenty years finds it necessary to revise, correct, re-read, and re-write his own articles to make them fit for the public eye, how can a man who has had no literary training, and who writes in a hurry, and is too careless to copy his article and present it in its most eligible form, expect that it will be noticed or published? To those who desire to write, it may be said: Do your best, and when you have expended abundant labor and pains upon your article, and made it just as good as you possibly can, you may be sure that the editor will even then find plenty of faults and deficiencies in it. But if you have not done your best, and are unwilling to take time to

finish and perfect it, retaining a copy for yourself—then by throwing your manuscript into the fire, you will save the editor trouble, and yourself disappointment, and then you can try again, and do better next time.

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The Power of Divination

Tid-bits

"Some day," said a wandering gypsy to the keeper of a wayside inn near Rancola, in the Duchy of Parma, "that child of yours will be among the great ones of the earth. Kings will vie with one another to do him honor, and when he dies nations will mourn."

The innkeeper guffawed at the prophecy as he poured out a glass of wine for the "prophet" to drink the boy's health; but he lived long enough to see his son, Giuseppe Verdi, on the high road to the honors and fame which were showered on the great musician later, and which closed recently in a national funeral and the grief of continents.

Ten years later a tall, gaunt, raw-boned youth, who had made a journey to New Orleans as a hired hand on a flatboat, was tempted by a fellow-workman to have his fortune told by an old woman who had a reputation for divining the future.

"You are low now," she said, after consulting the cards, "very low; but you will rise high. You will be the greatest man in all America, but I see bloodshed and—but no! I must not tell you any more."

"Come along, Abe; that's good enough," the youth's companion said, as he dragged him away, laughing hugely at the prospect of Abe Lincoln ever rising higher than a flatboat.

But thirty years later, when Abraham Lincoln was inaugurated as President of the United States, he recalled the prophecy, but he could not see the end. That came later, on that tragic evening of April 14, five years later, when the bullet of the mad actor, Booth, crashed into the President's brain.

But it is by no means always evil that these tellers of fortunes predict. It is said that more than twenty years ago, when the present beautiful Duchess of Marlborough was little more than an infant, a fortune teller prophesied that one day she would wear a coronet and that she would become the ancestress of a line of kings. The first part of this good fortune has come true, and who can say that the latter part of it is impossible.

When Miss Winifred Dallas-Yorke was a young girl, just giving promise of the grace and beauty of later years, a well known Brighton fortune teller told her that she would wear a duchess' coronet, a prospect that seemed then almost impossibly remote.

And yet a casual meeting at a country railway station led to the wooing which made her Duchess of Portland.



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Nearly seventy years ago a remarkable future was predicted for a young apprentice in a Troy grocery store by a stray customer. "I guess you'll smile," the strange man said, "but you remember my words. Before you die you'll have as much gold as this store would hold, more than any man in the world has today, and more than you'll know what to do with."

To the boy who was then earning a dollar a week, with small prospect of ever achieving anything more than having a store of his own, this prophecy was amusing. "When that time comes," he laughingly said, "I calculate you'll never want to work again." The time did come; today Russell Sage is credited with a fortune of \$20,000,000 sterling, growing every year; and the "prophet" lived long enough to claim the promised share of it, which took the substantial form of an annuity of \$1,000 a year.

To predict that a Yorkshire stable boy would rise to the rank of a court official and minister would ordinarily be a very rash prophecy; but it came true in the case of the stable boy who, after being in turn jockey and valet to the Duke of Lucca, rose ultimately to the high offices of minister of the household and minister of finance in the duchy of Parma, and was known to the world as Baron Ward.

Among other remarkable predictions for which there is good authority are that which foretold that the Czarina of Russia would have seven daughters before bearing an heir to the throne; and that Dr. Charles Perrin, a palmist, who told President Faure that he would die within two years of the date of the prophecy. He actually died within eighteen months.



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