

THE SEGNOGRAM



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The Best Magazine

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LOS ANGELES CAL.

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 be or 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.

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THE SEGNORAM

Volume IV.

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Number 2

WISHING

Do you wish the world were better?
Let me tell you what to do:
Set a watch upon your actions,
Keep them always straight and true;
Rid your mind of selfish motives,
Let your thoughts be clean and high;
You can make a little Eden
Of the space you occupy.

Do you wish the world were wiser?
Well, suppose you make a start,
By accumulating wisdom
In the scrapbook of your heart;
Do not waste one page on folly,
Live to learn and learn to live;
If you want to give men knowledge,
You must get it ere you give.

Do you wish the world were happy?
Then remember, day by day,
Just to scatter seeds of kindness
As you pass along the way;
For the pleasure of the many
May be oft times traced to one,
As the hand that plants the acorn
Shelters armies from the sun.

He Can—But Will He?

BY GEORGE KNOX, IN "READY MONEY"

The average man *can* make a success, but he doesn't—not one that is worth talking about. There are several reasons for this, the principal one being that he doesn't know that he can make a success. He hasn't discovered himself. He hasn't realized that it takes almost as much energy to be indifferent as to be positive. His ambition has not been aroused, and he is satisfied with indifference. The price of success is more than he thinks he can pay.

I have often been asked by young men if I thought they could succeed, and I have invariably answered: "I know that you can, but I don't know that you will." If young men would buckle in and stay buckled in, such a question would become obsolete. They too often engage in an enterprise and are hopeful of great success without reckoning the price at which success comes, and when they encounter a few obstacles they change their minds. They say: "This thing isn't what it's represented to be; I'm going to try something else," and so multitudes go through life jumping from one thing to another. They don't like the business because they are not acquainted with it. They haven't studied it enough to know what is in it, or their moral stamina hasn't been developed to such an extent that they can face the music and overcome the difficulties one at a time. The road to success is not very long if you put your personality, your vim, and your whole life into every step of that road. If you go through the obstacles as you come to them, whether it is agreeable or disagreeable, you will find the distance only about a mile, but try to dodge them and it's a thousand. When once the start is made, doing the thing to a finish is the price of success, and after all, it is the easiest way.

The more you give the more you have left. Talent begets talent. Industry and good judgment make the genius. There's no cut rate at success headquarters. Pay as you go and the price is small; try to work in on a sham and the price is so high that it puts a mortgage on your soul. Don't think of success as some great prize within the reach of a chosen few. You have it now within your grasp. Every time you do a thing right and finish it, you are successful, and each right action brings you nearer success on a larger scale. Every time you do a wrong thing, you

are a failure, and it makes it easier for you to fail again, unless you take advantage of the experience gained by that failure. Doing a thing wrong once is no crime, but it is seldom necessary to make the same mistake twice.

Would you know whether or not you can succeed? Look around. If others are succeeding in that particular business, then you can. If it is a profitable thing to do and a thing you want to do, don't say that you cannot, and don't listen to any of the "it can't be done" croakers.

The reader of this article can do anything that has been done if he wants to badly enough. You have within you the ingredients of success; it rests with you to bring them out. First, is the enterprise worth your energy? If it is, and you have decided that that is what you want to do, you can do it, and it won't be half so hard as it seems. As your knowledge of the business increases, the obstacles will decrease, and if you will add to your past efforts a little more energy, a little more head-work, a little more vim, you will find yourself leading the hosts long before you had dreamed of such a rise.

He can—but will he? is not complimentary. I wish every young man would so live, that when he undertakes anything out of the ordinary his friends will be able to say: "It seems impossible, but if anyone can do it, he is the man. I have never known him to fail yet, and I believe he can do anything he undertakes." I knew of a young man once who undertook to superintend a very difficult business. His closest friend said, in speaking of him, "I know of only one reason why he is likely to succeed in the venture; he thinks himself that he will succeed, and I never knew him to fail in anything in which he believed himself." Every young man is building a reputation; if he gets that kind of a reputation it is worth a gold mine. Why not get it?

[This article is an extract from Mr. Knox's latest book "Ready Money." This book is filled from cover to cover with valuable suggestions and advice to those seeking to make their lives a success. It is one of the best works along this line it has been my pleasure to read. The book is published by the Personal Help Publishing Co., Des Moines, Iowa. What Are you Cut out For? which appeared in the April issue of this magazine is also an extract from "Ready Money." Editor.]

Life is a Privilege

By Ella Wheeler Wilcox

LIFE is a privilege. Its youthful days
 Shine with the radiance of continuous Mays.
 To live, to breathe, to wonder and desire,
 To feed with dreams the heart's perpetual fire;
 To thrill with virtuous passions and to glow
 With great ambitions—in one hour to know
 The depths and heights of feeling—God! in truth
 How beautiful, how beautiful is youth!

LIFE is a privilege. Like some rare rose
 The mysteries of the human mind uncloze.
 What marvels lie in earth and air and sea!
 What stores of knowledge wait our opening key!
 What sunny roads of happiness lead out
 Beyond the realms of indolence and doubt!
 And what large pleasures smile upon and bless
 The busy avenues of usefulness!

LIFE is a privilege. Though noontide fades
 And shadows fall along the winding glades;
 Tho' joy-blooms wither in the autumn air,
 Yet the sweet scent of sympathy is there.
 Pale sorrow leads us closer to our kind,
 And in the serious hours of life we find
 Depths in the soul of men which lend new worth
 And majesty to this brief span of earth.

LIFE is a privilege. If some sad fate
 Sends us alone to seek the exit gate;
 If men forsake us as the shadows fall,
 Still does the supreme privilege of all
 Come in that reaching upward of the soul
 To find the welcoming presence at the goal,
 And in the knowledge that our feet have trod
 Paths that lead from and must lead back to God.

To Be, or to Do?

By H. M. Walker

It is well enough to *be*, but 'tis far nobler to *do*. Don't you think so? One day a dear young lady said to me: "I often long to *be* good, but it is almost impossible sometimes;" and I thought, how like the words of the apostle Paul: "Even we ourselves groan within ourselves, waiting for the adoption: to wit—the redemption of our bodies."

But what means this desire "to be good?" Isn't it the spirit of the Divine working in us? Showing us our infirmities and inspiring us to higher and better things: If we as individuals could but realize our possibilities and know how near we are to the divine in the world. Could we but know the silent, subtle communion that one soul can carry on with another, and with God, how much of uncertainty and doubt would be removed from life, and how little fear would enter into our calculations! It seems to me as if we would be transported to a higher life—a life as real and more natural than the one we now live. Not that we would be taken out of this world, or away from life's duties, but our plane of thought and action would be entirely changed, and we would see new creatures in our fellows and feel a different love.

Somebody has said, I think it was Elbert Hubbard, that "if we fail to live up to our ideal, it will come down to us." And in our own experience in life, hasn't this been so? Haven't you, again and again, felt a divine impulse to go forward; to reach upward and grasp the opportunity that would take you nearer your ideal. And you hesitated—and lost. Failed because you lacked the courage and snap to take hold. Then would come that longing *to be good!*

And we lead ourselves to believe that there is some merit in such a longing. But really, brother, sister, there is not. We can be good if we *will* to be. Then where is there any room for longing? When we long to be what we are not, we confess our own lack of will. Our duty has been plain, but we failed to do it. Had we done it we would have felt satisfied in knowing that we had taken another hill in our march to victory.

There is a false notion about this longing "to be good." The merit we think there is in it is only a confession of weakness. It is a silly expression. Our aim should be to *do* our duty, whatever it may be, not "*to be good.*"

Hope

Within the breast of every human is the spark of Divine Love; the germ of a mighty power, only awaiting recognition for expansion and development.

None are so weak and ignorant, but that there is Hope for them. It is never too late to begin to mend. We should never say, nor think, Despair.

Let us think hopeful thoughts not only for ourselves, but for each other. It is our duty to send the helpful and hopeful thoughts to those weaker than ourselves. If a friend is very sick, we have no right to gather round the bedside and unite in thinking "there is no hope." Such a thought only hastens the end, for the patient can never rally under the weight of those despairing thoughts. Hundreds have been unwittingly murdered in this manner. While there is life there is always Hope.

Take the case of a person addicted to the opium or liquor habit. We have often heard it remarked in such cases "he is confirmed in his habit," meaning there is no hope for him. We have no more moral right to think such thoughts for him than to hold the tempting pipe or glass to his lips. The effect of the community mind has thus caused many a drunkard to break his new years resolutions. With his Will weakened by the effect of the drug he is still more susceptible to the "no hope" thoughts of others, and no matter how much he may desire to be rid of the thralldom, he is powerless against the mentality of others when urged by his appetite. Never say there is no hope. There is Hope always. Even though the desire for reformation may be slumbering or not apparent, some incident or event may arouse it, and I dare say thousands of victims could and would save themselves if the community would keep their thoughts off them, or, better still, if they would think hopeful thoughts for them.

Let us banish the word Despair from our vocabulary; and always think Hope—Hope.

W. G. MINOR,
Pleasanton, Calif.

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.

Mainwaring's Visitor

"So you have come at last?" said Herbert Mainwaring.

"As you see," said the visitor.

Mainwaring raised himself on his elbow and scrutinized the newcomer. Then he laughed bitterly.

"So you are quite an ordinary individual after all!" he said.

"Oh, quite!" said the visitor, and there was silence for awhile.

"I have been waiting for you—seeking for you for years," said Mainwaring at last, speaking deliberately now, evidently with increasing difficulty. "But I thought to find in you someone—well, someone rather imposing. I had a right to expect that, you know, for you parted Elise and me. And, great Heaven! now that we meet you grin at me, and I—I am a sick man."

The visitor smiled complacently, despite the fact that the man in bed had lashed himself into a fury.

"I may not be much to look at," he said; "still, there is something irresistible about me."

"Pah!"

The invalid made a movement as if he would have struck at the visitor; but the nerveless arm fell impotent at his side. He was very weak.

He lay quite still for some time, his burning eyes fixed on the cold, impassive face of the other occupant of the sickroom.

"Shall I tell you what you are?" Mainwaring asked at last.

"As you please."

"Well, then, you're a most infernal coward. We were happy enough, Elise and I, until you came between us. She was all the world to me. I was everything to her. We were content to live simply and solely for each other. Then your accursed shadow fell on our path. I saved her from you once, you remember, when you were with her in the carriage and the horses ran away?" But you triumphed in the end, with your schemes and your craven persistence. And she—she went away with you!"

Mainwaring's manhood left him for a moment; his voice broke in a sob. But still his visitor smiled sardonically, as, indeed, he had done all through the interview.

"When that happened," the weak voice of the sick man continued, "I swore I would never rest till I found you—the cause of my ruined happiness. Life had no savor left for

me without Elise. There was but one thing left for me to do—to find you. And oh! I have searched for you for so many weary years, but I was always disappointed. You seemed to escape me by hairsbreadths.

"When you were away at the war I followed you, and out there I even saw you; but you always managed to avoid me.

"How I longed to get at you, then! I wanted to meet you face to face, while I was yet a strong and healthy man. The conflict would, perhaps, have been more equal then. But no, the crowning infamy is mine. I meet my enemy and am powerless!"

The weak voice dragged itself into silence at the end of a sobbing sigh.

Then Mainwaring turned almost fiercely on his visitor.

"It was like you," he said bitterly, "to force yourself upon such a man as I am now. Why did you come? Was it to gloat over your triumph? Was it that you might enjoy your joke to the full? If so, the laugh is with you. Oh, yes; the laugh is with you!"

"It always is," said the visitor, bending over the bed now, "but I did not come to gloat. I came to fetch you, for it is time, and Elise awaits you."

A beautiful smile lit up the face of Herbert Mainwaring, and he and his visitor passed out of the chamber together.

For the name of the visitor was Death.

"What you are, so is your world." If your heart is cold and dark, your world is cold and dark; if your heart, soul and mind are filled with love, hope, faith and trust, your world is filled with light, beauty, joy and peace. Everything without is tinged with that within; if there is light within there is light without; if there is darkness and coldness within there is darkness and coldness without; heat is light, life, energy, force; cold is death, darkness and all that is negative. "What you are, so is your world."

The world's greatest benefactors have been men who lived and died poor in material wealth. The scholar, the patriot, the statesman, the artist, the scientist, the teacher, the moral exemplar, these in the greatness of their work make the mere money grabber seem meanly small. There is too much worship of wealth, but it is not universal, and wealth itself is poor and feeble as compared with the power of thought and the spirit which moves men to work toward the highest human ideals.

A Few Facts about Southern California Climate

In an article contributed to the *Sunset Magazine*, William Greer Harrison, the veteran president of the Olympic Club of San Francisco, who is himself a good example of the results of California climate, combined with exercise, writes as follows:

"But the great charm of California is that always and everywhere you can live in the open, except in the brief interval when rain is most abundant. Fullness of days, rather than length, is the desideratum. A weak man is a travesty on Nature. Better fifty years of strenuous, full life than one hundred years of vegetable existence. But in California long life and full days go together. In the free, open life of the Golden State there is no excuse for lack of health; only the inherently indolent suffer. All who accept the treasures of the air, the sea, the forest and the ocean as their own put on the full garb of man and woman and live such a full life as can be lived only in California.

"The joy of living; the rapid-coursing, life-making blood; the clean, full lungs; the buoyancy of youth in middle-aged man—these are ours, and we thank God for life!"

This is strictly true, and it represents one of the greatest charms of California—especially of Southern California. Not only is it a pleasant thing for the healthy and vigorous to be able to spend most of their time in the open air, but to those who are seeking to restore shattered health it may be the means of saving their lives, especially where the lungs are affected, for the open-air cure is now generally recognized by experienced students of the laws of health, whether physicians or otherwise, to be the only certain cure for tuberculosis, when combined with a rational diet. It is true that this cure may be and is practiced in the Eastern States, but how much more easy and pleasant is it under the balmy skies of Southern California.

One of the most notable features of the climate of Southern California is the great variety of "wind and weather" to be found here. The health seeker in California has the choice of half a dozen different climates, and he may enjoy them all between breakfast and dinner. On the coast it is always comparatively cool, there being only a few degrees of difference between the temperatures of January and July. In the interior valleys, the ther-

mometer climbs to a high figure during the summer months, not infrequently overreaching the 100-deg. mark, but the atmosphere of this section is so dry that a temperature of 100 deg. is less oppressive than one of 80 deg. in the humid atmosphere of the Atlantic Coast. As proof of the truth of this statement, it is a fact that in some sections of the interior farm work is carried on without interruption when the thermometer nears the 110 mark, and sunstroke is unknown. On the mountains, at an elevation of between 4000 and 6000 feet, there is always to be found a stimulating and bracing atmosphere. Los Angeles, the chief city of Southern California, is favorably located at a distance of about fifteen miles from the coast, receiving every day a pleasant breeze from the ocean.

To find another region where one may take a pleasant dip in the ocean before breakfast, lunch amid the orange groves, and dine amid the snowfields, one has to go down to Southern Mexico, where they have their "tierras calientes," "tierras templadas" and "tierras frias," but there you don't find any electric cars to whisk you from roses to snow in a couple of hours.

One delightful feature of the climate of Southern California is the coolness of the nights. Even in the interior, where the summer days are sometimes a trifle too warm for comfort, the nights are always cool enough to demand a pair of blankets before morning. This enables a person to wake up refreshed and ready for the labors of the day, a great contrast to the conditions prevailing on the Atlantic Coast.

Southern California might justly be called the Land of Sunshine. The average number of cloudy days per year at New York is 119, and at Los Angeles 51. This is a good place for those who wish to take sun baths, another means of nature cure that has become very popular of late.

A noteworthy feature of the climate of Southern California is the dryness of the atmosphere, facilitating perspiration, and making much higher temperatures far less oppressive than in the humid climate of the Atlantic Coast and the lakes. Here, again, there is quite a difference to be found between the climate of the seacoast and that of the interior, although even the seacoast climate of South-

ern California is far less humid than that of the Atlantic Coast.

Here is a table showing the maximum and minimum temperatures at Los Angeles for each month of a recent year:

	Max.	Min.
January	87	32
February	77	37
March	81	37
April	80	42
May	80	43
June	94	48
July	93	52
August	94	52
September	93	52
October	79	47
November	86	39
December	80	39

Two mistaken ideas prevail widely among outsiders who have not lived for at least a year in Southern California. The first is in regard to the summer climate. Eastern people, who visit Southern California during the summer months, are naturally inclined to suppose that the summers must be oppressively hot, because the winters are so mild. This is a mistake. Southern California is an "all-the-year-round" climate, and many eastern people are beginning to find it out, as witness the crowds of visitors who now throng the streets of Los Angeles during that part of the year previously referred to as the "dull season."

Another misconception on the part of many eastern people is about the rainy season in Southern California. Some of them imagine that rain falls pretty nearly all the time during the so-called rainy season. This is a great mistake. The first rain may come anywhere from the middle of October to the middle of November. A south wind comes in from the sea; clouds bank up along the southern horizon, and then about the mountain tops, and broken rainy weather, lasting for several days follows, during which time the precipitation may be from two to three inches. The first rain may also give snow in the mountains, but not always, nor to any great depth. After three or four weeks of clear, pleasant weather, comes another rain, much like the first, and this time generally with a decided snowfall in the mountains, as the temperature is now showing the winter coolness. These rains wash the atmosphere clear of haze and dust, and it now begins to display the remarkable transparency for which the winters of Southern California are noted. Mountains a hun-

dred miles away seem but ten miles distant. About the end of December we may get a heavier storm, with, perhaps, six to eight inches of rain, and heavy snow on the mountain peaks. January is generally an ideal month—a month of clear skies, with an atmosphere absolutely freed from all impurities, cool and yet free from all harshness, a warm sun flooding from morning to night plains that have the green of the early spring of other lands, the mountains covered with a mantle of pure white. In February another storm like that of December may be expected, then scattering rains of two or three days' duration, at intervals of several weeks through March and April, and the rainy season is over.—Los Angeles Times.

"Do Babies Pay?"

["Do Babies Pay?" is the subject that is being discussed by some of the editorial writers of the day.]

Each night when I go home from work,

Tired with toil of day,

A little tot is waiting me

To drive the cares away.

"Here tomes papa!" aloud she cries—

Her chubby hands raised high—

"O doody, doody, papa's home!"

I hear as I draw nigh.

And then she toddles down the walk

And meets me at the gate,

And I forget I'm tired out

When she begins to prate:

"O papa, I'm so glad you tome—

I fink you're awful nice—

Say, papa, how much did I tost,

And am I worf de price?"

She tells me what a "splendid time"

She's had "wif dolls and toys"—

A perfect little chatterbox

Chock full of life and joys.

And every evening she and I,

When supper time is o'er,

Can hardly wait until we've had,

A romp upon the floor.

And when her mamma interrupts

With baby's little gown,

She cries, "Oh, mamma, lookey here!

I've dot my papa down!"

Then as we tuck her in her bed,

She says, "Tome tiss me twice—

And papa, how much did I tost—

And am I worf de price?"

—Denver News.

GRAPHOLOGY

By Mrs. Franklin Hall

Article No. 8

Selecting a Husband

Having spoken at some length upon the qualifications necessary to make a congenial wife, it is not more than just that we should specify some of the qualities that go to the making of a congenial husband, taking first into consideration that you must fully understand your own character before you can know the person whose life would be in harmony with yours.

The woman who is intellectual, refined, with somewhat of a poetic temperament, yet with strength mentally to assume all of the burdens of life, even when she longs for protection, could never be happy with one who lets her carry the burdens; with one who no matter how intellectual, moral and refined, lacked business ability, energy and the forcefulness that would enable him to successfully and bravely combat adversity. No matter what heights she may attain through her own strength, what fame she may win, if she is still the womanly woman, she would give all of fame and all of wealth, for loving consideration and protection, to be the sunshine of the home, the care taker.

If you, reader, are such a woman, believing the holiest gift of woman that of a shielded wife and motherhood, then do not marry one who writes like the specimen below.

A true woman can forgive almost anything in the man she loves except indolence and intemperance, and it is a question if even then she will not forgive the latter more easily than the former.

Of course if you are masterful as a woman, fond of taking the lead, and like a husband whom you can wind around your finger, and have plenty of money or a good paying position financially that you can pay for the luxury, then this man pictured below is the one you should choose. His very weaknesses will appeal to you, and you will honor his morality and freedom from vice.

*find it difficult
up my mind what
can you help me?*

In the above specimen we have tenderness

in the slope of the letters, intellect in its general appearance in connection with the other traits, but persistent will-power is lacking as you will see by the only partial crossing of the "t" and the letters are also slowly formed showing a lack of energy. There is neatness shown in the dotting of the "i" and the clean cut letters and this person would do well the tasks that he had to do, but it would be hard to force himself to find work or to assume irksome responsibilities. He is affectionate and would call a wife all kinds of endearing pet names, but his love would be displayed more in words than in deeds.

Very different is the character of number two, more full of faults, more strongly intellectual, more passionate. Have you ever stopped to think what the word passionate means? We have learned to look upon it as typical of evil, and yet passion has as variant tints as the flowers, and plays all of the minor and major notes in the scale of life.

We have here ambition in the ascendant lines, intensity and deductive reasoning in the pressure of the pen and the connected words.

There is some temper in the angles, some obstinacy in the triangles, but there is also intellectual force and strength. This man could be jealous, for it would be impossible for intense natures to be otherwise. He is not one to be trifled with, and if you cannot love him and him alone with all of your heart and mind, then do not encourage him at all.

He is practical, yet most of the letters are broad and well rounded and the loops long indicating some of the poetical.

This man will never be discouraged and disappointments will be but a spur to urge him on to greater efforts.

*msp
love o r o
It seems to me
girls are intere
ked u*

It may mean the capacity for intense suffering either physical or mental, or a combination of the two. It may mean extreme sensitiveness which under excitement becomes violent and uncontrollable. Love, hate, jealousy, ambition, avarice, fear, hope, licentiousness, spirituality, all come under this same head, and can be carried to extremes, even to crime and insanity.

But, there is ambition without passion; the desire to make the best of every God given talent, cultivating them as one would some rare and beautiful plant. There is love so pure and strong that it masters passion, there is the passionate love of parenthood for its offspring.

It has been aptly said that "a man without passion is a man without courage to fight the battles of life, a man that is a moral coward," and the statement has in many instances been verified, where passion is held in control by will-power.

It is this man with the strong passions of men, subdued through reverent affection, shielding the one he loves even from himself that the first mentioned woman in this article can worship. Her gentler, more spiritual nature is the complement of his sterner one, and in union with such a one will she alone find peace and happiness, forgetting self in her ambition for him, her adoration of him.

In this specimen (2) we have in some measure the strengthful nature that appeals to intellectual women. It is the nearest of any available specimen, although in previous issues of the Segnogram you will find some in which the strength and intellect is even more largely developed.

SUBSCRIBERS' READINGS

M. G., Los Angeles:—You are largely intuitive and make your decisions at once seldom stopping to reason things out carefully unless it is something of great importance. Are impatient and restless and seldom quiet for any great length of time. It is hard for you to keep your hands quiet and you are inclined to use them a great deal in conversation to illustrate what you have to tell. Are sensitive and sympathetic and quite strongly influenced by those things which appeal to the emotions. Have a great deal of pride in those things which you have attained unaided by others. A lover of the beautiful, you would do well as a florist, decorator or in something that would give this talent a chance to develop. Quick to anger you are soon over it again although you

sometimes speak more sharply than you realize. Are thrifty knowing how to make and to save money. Your life ought to be one of happiness and prosperity.

N.P.G., Santa Barbara, Cal.—You are shrewd and calculating looking a long way ahead in making your plans. Are thrifty liking to save when you can. Have both mechanical and inventive talent and could also do well in agricultural pursuits if you cared to undertake the work. Are somewhat obstinate and fond of having your own way and inclined to be impatient when people differ from you in opinion. Are a great talker when you are a little excited and you do not hesitate to say what you think regarding the things of interest to you. Are a little old fashioned in some of your ideas and have a large amount of originality. Are observant and critical and must be careful that you do not allow yourself to find fault too easily. Are sympathetic and when your interest is aroused are willing to do what you feel that you can afford to do for those who are in trouble. Should be able to gain a competence.

T. A. S., Germantown, Tenn.—Are moderately active and not afraid to work if you can see that you are gaining anything thereby. Are quick to see the amusing and it helps you to overlook many of the minor ills of life. Are to some extent imitative and would hesitate before venturing into new places that you knew little about. You prefer to follow rather than to lead. Are fond of home and would take great pride in one of your own doing all that you could to make it comfortable and attractive. Are practical and would do best in something that would give this quality a chance to develop. Might be most successful in something of a clerical nature or at the head of a department. Can be firm when necessity requires it and have fairly good application. Will have few changes in your life only those which naturally come from day to day. Should marry one with a little more of the nervous mental temperament.

J. C. T., New York, N. Y.:—Have wonderful will power that enables you to apply yourself to your tasks with tireless devotion. You have a good intellect, reasoning things out well from cause to effect, and while you are enthusiastic regarding the things which give you pleasure you do not often act upon impulse. Are obstinate and argumentative and hard to swerve from your line of action or what you think is right or wrong. You have

an excellent memory retaining well those things which you impress upon your mind. When deep in study you are lost to the world and not easily interrupted. If you make a promise it is with the expectation of fulfilling it and you expect others to do the same. People may sometimes think you a little slow and tiresome, but nevertheless you are going to try and master what you undertake. Are not one to be trifled with in matters of the affections, so you will need to be careful in choosing a companion for life. Are capable of earning a good living, but may not gain wealth.

Eldorado "Topsy:"—Are mechanical in much that you do liking to work from rule and measure. You are earnest and intense in your likes and dislikes and not very apt to deceive. You have the courage to do what seems to you best without caring very much what some one else will say. Are sometimes changeable in your moods, thinking today that you will do one thing and tomorrow planning for something else. You have determination and energy and are not easily baffled when you once make up your mind that you are going to accomplish a certain object. Are assertive and will not allow yourself to be imposed upon without resenting it sharply and you do not readily forgive a wrong. Have many little peculiarities by which your friends could distinguish you even in a crowd. Are unpretentious and quite well satisfied if you have enough for the comforts of life. Have many travel lines and will see a great deal of the world. Should marry one who is energetic and industrious and who will not forget to be kindly.

Mrs. M. H., El Paso, Tex.:—You are almost entirely intuitive, forming your decisions at once without taking time to reason things out. Are almost clairvoyant in this respect. Are fond of praise and admiration and affection will have a marked influence over your life for good or ill, according to how high a plane you live up to. You ought to excel in music and everything that savors of romance appeals to you. Are fond of books, pets and flowers, and of personal adornment. Have considerable personal magnetism that gives you influence over others. Are neat and systematic in your work, and have the bright, teasing vivaciousness that makes you a pleasing companion. Are very observant of even the most minute details relating to those things which are of interest to you. You like to do things a little differently from

other people. There is a large amount of reverence in your nature. If you make the most of your talents your life should be one of continued prosperity.

A. S., Gunnison, Colo.:—You have the sanguine nature that causes you to enjoy the pleasures of today as they come along and not to worry much over the morrow. Are somewhat susceptible and will love more than once. Are impatient when things do not go to please and have a bit of temper, but you readily forgive and are ready to do favors for those who have wronged you, if they are penitent. Cultivate a little more system in your work and do not undertake more than you can do well, for a trifling task done well proves whether we are capable of greater things. You will lose your heart and possibly marry more than once, and will have your share of the pleasures of life. Will have many changes for it is difficult for you to be content in one place for any great length of time.

L. W., Portland, Ore.:—You allow yourself to become despondent and worry over little things, and it has a tendency to weaken your strength so that it is difficult for you to attain the things that you otherwise might accomplish. You are too sensitive to criticism; remember no matter how perfect we may be, there is always some one to find fault and pick flaws, so do your best and go ahead and let these things fall back from an impenetrable armor of hopefulness. You have a good memory, and you take an interest in those things which are a little out of the ordinary. Are observant, and curious to learn all that there is to know regarding the things which are of interest to you. Have tenacity of purpose that enables you to apply yourself well. Are liable to suffer some from stomach ailments and nervous troubles and should take the proper exercise in the pure air, and be careful of your diet.

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 Segno-gram" 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 Segno-gram Pub. Co., Dept G., Los Angeles, Cal.



Yes, He Had the Blues

"What's the matter, old man?" he said as they met the next morning after. "You look blue."

"I feel blue."

"But last night you were the jolliest member of our party."

"I felt jolly."

"You acted like a boy just out of school."

"I felt like one."

"You said that your wife had gone away for the first time in three years, and there wasn't anyone to say a word if you went home and kicked over the mantel clock."

"I remember it."

"You said that if you stayed out until 4 o'clock there was no one to look at you reproachfully, and sigh, and make you feel mean."

"Yes, and I stayed out until 4 o'clock, didn't I?"

"You certainly did."

"And I gave a war-whoop on the front doorstep."

"Yes, and you sang a verse from a comic opera song, and tried to dance a clog."

"Yes, and my wife missed that train. Now, please go away and let me alone."

Perfectly Satisfied

Friend: Was you uncle's will satisfactory to you, Brown?

Brown: Perfectly so; I'm a lucky dog! He left his entire fortune to a lunatic asylum.

Friend: You mean that you are an unlucky dog.

Brown: No, I don't; the other relatives are going to contest that will, and I'm to be the lawyer.

A Lottery Both Ways

Dr. Phaker: Take this prescription; it will either kill or cure you.

Patient: But suppose it kills me?

Dr. Phaker: Nothing ventured, nothing gained. My motto is: "No cure, no pay," so I'm taking a chance as well as you.

Like Lightning

Giles: My wife can drive nails like lightning.

Miles: You don't mean it.

Giles: Sure, I do. Lightning, you know, seldom strikes twice in the same place.

If Love be Blind

BY REYNALD SMITH PICKERING.

If Love be blind. If Love be blind, I say,
Why do his arrows never go astray?
Why is his aim, unerring, ever true?
Why does he always pierce the target through?

'Tis wonderful such marksmanship to find
In one so blind.

Not Up in Legal Terms

The coroner had directed the jury to find verdict of "Felo-de-se."

"Well, chaps," said the foreman of the jury when they had retired to consider the verdict, "It appears to me that this 'ere chap shot 'isself with a gun, after shootin' another chap with a gun, but Dr. Jones, the coroner, who we all know and 'ighly respect, 'e says that this 'ere chap fell in the sea. Well, it ain't for the likes of us to go arguin' the point with the doctor, for 'e knows more about it than we do. So I propose we find a verdict of 'Found Drowned.'" And they did.

Quebec

A girl in Quebec has this in her album, signed, "Rudyard Kipling:"

There was a small boy in Quebec,
Who was buried in snow to the neck.

When asked, "Are you friz?"

He said, "Yes, I is;

But this isn't cold in Quebec."

A Bad Break

She had just accepted him, and they were blissfully discussing the "might-have-beens."

"Darling," he inquired, in the tone of one who knows what the answer will be; "darling, why didn't you accept that little donkey of a fop?"

"Because," she answered dreamily, "I loved another."

The First Printing Press

"May I print a kiss on your lips?" I said,

And she nodded her sweet permission;
So we went to press, and I rather guess
We printed a full edition.

"But one edition is hardly enough,"

She said with a charming pout.
So again in the press the form was placed
And we got several "extras" out.

How to be Popular

Popularity is sometimes a gift which without an apparent effort blesses the possessor of a charming personality, oftener the reward of a careful student of the art of fascination.

We hear it constantly said—"He is so fascinating," or, "She is so charming;" but ask the speaker to define the cause, and ten to one she is unable to do so.

Fascination, however, has in it a very true instinct of sympathy. The popular woman realizes that appreciation is the highest compliment one human being can pay another; so she pays it—in appearance, at least. For the twentieth time she can hear a story, and on each occasion tenders apparent interest. She can be gracious to the highest and the lowest, and of unselfishness there must be a goodly store in her composition. She has a capacity for saying the right thing, and never putting awkward questions. Her friends' confidences she accepts, but never desires more than they are willing to offer. She has that most admirable of belongings—namely, a silent tongue—that is to say, regarding the affairs of others—and at minding her own business she is a perfect adept. She is a marvel of thoughtfulness, and often of affection, and never fails to inquire after the humblest member of her acquaintances' home-circle—those to whom others never turn a thought. Under any circumstances she never forgets the birthdays of her friends, and though her gifts may not be of an elaborate nature—for it is quite incorrect to suppose the popular woman is essentially wealthy—they are especially welcome, for the thoughtfulness they exhibit in the selection. For these small offerings, whatever they may be, are chosen with the desire of finding the requirements of the recipients, and not just picked up in that off-hand way, because something must be given.

It is entirely erroneous to imagine that in order to be popular one must say smart things. Smart remarks, have, unfortunately, in them very often a strong touch of bitterness, and are said at the expense of others. They may, for the moment cause merriment and pleasure; but by-and-by, when the listeners begin to think over such remarks, they naturally say to themselves—"We'll be the next object of satire and wit from her lips."

Beauty is not an essential feature of the popular woman, but her smile is sweet and winning, and her laugh drives away the blues. Neither is she necessarily a talented

woman, but she converses with ease and intelligence on the topics of the day. Her opinions are defined, and to a certain extent decided, but at the same time they are open to correction, nor does she set them up in opposition to the opinions of others.

The popular woman is not in the habit of talking about herself and her own peculiar troubles and grievances. She has her "bad days," like everyone else, but she takes care that others shall not suffer on her account, and when she has an attack of the dumps she isolates herself, in order that the infection may spread no further. She is, above all, a sympathetic woman, and knows how to make people feel that she takes an individual interest in them. She is never too busy to lend assistance, and a shake of her hand is as good as a number of words from anyone else. She is a woman who adapts herself to the varying circumstances of life, and who prefers to look on the bright side of things. All disagreeable and unkind remarks that she hears made about others die with her, and she knows how to say the right word at the right time.

Hints for Mothers

"A place for everything, and everything in its place" is a motto that should be framed, glazed and hung up in every kitchen, nursery and schoolroom, so that children and young people may become familiar with it. If well observed, how much comfort and what freedom from annoyance it produces! Children should have early lessons in order, one of the first being to insist that they put away all toys and playthings before going to bed.

Mothers should not fail to see that girls and boys alike fold up and put away articles of dress they are not wearing, and that they put soiled linen into bags or baskets, which should be provided in every bedroom.

Boys should be made to be neat and orderly as well as girls. Order and neatness is of as much value to a man as to a woman when it comes to fighting the battle of life.

Never punish a child when he confesses he has done wrong. To do so is really to encourage him to tell lies. Many a child has got into a habit of telling untruths simply because he knew he would be punished if he confessed. Let him see and try to make him understand how it grieves you, but train him to look on you as a friend to whom he can tell all his childish misdeeds without fear of punishment to follow.

Truthfulness is the foundation-stone of character, and should be strictly adhered to when dealing with children. Parents and children often enforce authority by threats never meant to be executed, and promises never meant to be fulfilled; then they wonder that the child is not truthful, honest and straightforward in his dealings with others. Falsehood cannot seem a serious thing to a child when deceit and falsehood are used toward him by his elders. Children easily fall into habits of untruthfulness from fear, injustice, and a desire to accomplish their ends; often with no proper sense of the seriousness of the offense.

The people who are training the children of today hold the fate of the future in their hands. Nursery teachings last through life, and the hour in which you play with your children and direct their games will be remembered in years to come. Always speak pleasantly to a child, and remember it is better to give a few severe punishments than to worry him continually over trifling matters.

It is a great mistake to think that a child can be too young to understand. Almost from the moment of its birth, a child can be made to know what is said to him, and a little firmness (not cruelty) at the very commencement will save years of pain and trouble both to parents and child. Above all, never promise a child anything simply to get rid of his importunities, and never make a promise you do not intend to fulfill.

Children ought to be trained to be self-helpful; to know how to do for themselves. It is a mistake to think that they must be watched every moment, and have a nurse stand over them from morning to night. A healthy child is the better for being alone a portion of each day.

It is difficult to be always patient and gentle with young children, but it is best to inquire into the merits of a quarrel before passing judgment. All are liable to error, therefore, liable to misjudge. Children are very quick to feel injustice, but gentleness and patience are the surest and safest means to bring about harmony and real justice with the little ones God has placed under our care.

Never repeat any of the pretty little sayings of children in their presence.

The Selfish Girl

No matter how attractive a girl may be in face and figure, if she is thoroughly selfish all

people will shun her. No careful person is likely to be charmed with the girl:

Who never thinks of anyone but herself;

Who never makes an effort to oblige others and yet expects to be waited on hand and foot herself;

Who never will own that another girl is pretty, but who endeavors instead to find some defect in her to point out to others;

Who never does a stroke of housework, but selfishly indulges in gaiety and amusement, while her mother slaves to keep affairs in order;

Who never is happy unless she is monopolizing the conversation and the interest of the men in the room;

Who never takes any notice of children, but considers them "little nuisances," "plagues," who ought never to leave the nursery;

Who never confesses she is in the wrong, but sticks to her point through everything;

Who spends all her money on dress, sweets, or some luxury for herself;

Who never bestows a kind word on those beneath her in position;

Who never, above all, could love or seriously consider the comfort of any other person but herself.

M. Loth expresses a good thought in this: "Kindle within yourself the sacred fire that burns up all allurements, all lower considerations, and become truly "honor bright." With honor bright within yourself as a guide on the path of life, complete failure is impossible. You will give your work not the leavings of your mind, but your whole mind. You will put mind, heart and soul in your work, and such efforts will, sooner or later, bring success.

Open your heart and soul to truth and set your face resolutely against all falsehood and cant. Justice loves truth and abhors all falsehood. The practice of justice is essential to individual and social happiness. Uphold the truth, and justice will uphold itself.

Those who live only for show usually do not amount to anything in the real work to benefit humanity.

I enjoy The Segnogram, every page, it is so clean and bright and helpful, so different from all other publications. I am glad to have learned of its existence. It helps me in the new way of living.

Yours sincerely,
MRS. J. McMULLIN, Danville, Calif.

The Segnogram

A MONTHLY MAGAZINE

A. VICTOR SEGNO, Editor

Los Angeles, California

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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

Did you read about the Mutual Success Club in the April number? What do you think of the plan I have carried out to help you develop success brain cells by mental co-operation? Thousands of people have been benefited in this way, don't you want to try it? What it has done for others, it can do for you.

There is not much chance now for the person who tries to work alone along independent lines, for this is an age of big things, of large organizations. It is only by working together in large numbers that we can hope to gain large results. What chance has one man against a thousand? None! but should that man associate himself with the thousand, then his power and influence becomes as great as theirs.

I want to associate the readers of this magazine together for their own good. I believe that through the Mutual Success Club this can be done. When a sufficient number of our readers have become members of this Club to make it a strong organization, I will submit for your consideration certain plans that will financially benefit each member. The sooner the memberships are received, the sooner I will be ready to tell you of the other plans I have for you.

I take an interest in all of my readers, and I know they take an interest in me or they would not be readers of The Segnogram. You know my views and sentiments, as given in the articles each month in this magazine. Have you confidence in me? I want to be more closely associated with you. Would you like to be more closely associates with me? I would like to know just how you feel in this respect. It will be a help to me and a guide in my future plans for you.

If you are interested you can show it by becoming a member of the Mutual Success Club. Remember there is no charge for this membership. See page 2 for full particulars. Take advantage of this offer. Thousands of people are paying from five to ten dollars a year for similar memberships. **ACT NOW.**

If any of our readers desire any more ripe olives this season, they should send in their orders at once, as at this date we have only 200 dozen left, and next season's crop will not be ready before December 15th. Take my advice, order now, and not be too late.

THOUGHTS

Think straight and you cannot be crooked.

No man is so rich he can afford to lose a friend.

Habit is a cable, we weave a thread of it each day.

Only he who keeps his honor can never be discredited.

The most stones are thrown at the tree with the ripest fruit.

Every moment is the right moment for the man who has pluck.

The word "impossible" should not be in anyone's dictionary.

Any fish can swim down stream, but it takes a live one to swim up.

We take into our lives only that love and sunshine that we give out.

Those who follow that part of themselves which is great are great men, and those who follow that which is little are little men.

The imperfections of our lives are the result of our own imperfect planning.

A wise man doesn't wait for opportunity to come along; he goes after it.

Every man owes the world something—are you paying your honest debts?

The accident of energy has made more millionaires than the accident of birth.

The imperfections of our lives are the result of our own imperfect planning.

There is nothing so strong or safe in any emergency of life as the simple truth.

The moment a man is satisfied with himself everybody else is dissatisfied with him.

The best you have ever done is not good enough to be your ideal for the future.

"To express the life, to unfold what has been wrapped up in us,—that is success."

The duty that lies nearest, be it ever so small, is the one that we should do today.

Be pleasant until 10 o'clock in the morning; the rest of the day will take care of itself.

The least any man can do for another, and perhaps the most, is to make him think well of himself.

The practice of charity brings more love into one's heart than the gold of the world could buy.

"No man has a right to fill a stagnant career. Life is not meant to be a puddle, but a sweet, running stream."

To do anything well, one must practice often. The same principle applied to happiness would wipe out all sorrow.

Don't worry, don't fret, however dark the outlook; you will ultimately come to the light if you look upward, live upward, work upward.

If we would live always upon the high planes of hope and trustfulness, life would be grand and noble, and there would no winter of uselessness and chill come to our hearts.

If we experienced one-half of the evils that we anticipate, life would be, indeed, a heavy burden. But they exist only in our imaginations, and, like clouds which hold no rain, they do not touch our paths.

This is the beginning of all Gospels,—that the kingdom of heaven is at hand just where we are. It is just as near us as our work is, for the gate of heaven for each soul lies in the endeavor to do that work perfectly.

To be always intending to live a new life, but never finding time to set about it,—this is as if a man should put off eating and drinking and sleeping from one day to another, until he is starved and destroyed.

"To understand the world is better than to condemn it; to study the world is better than to abuse it; to make the world better, lovelier and happier is the noblest work of any man or woman."

"Men of age," said Bacon, "object too much, consult too long, adventure too little, repent too soon, and seldom drive business home to the full period, but content themselves with a mediocrity of success." If this be the sign manual of age, then there are many young people even in this "look alive" century who are older than their fathers. There are thousands of young men today who remain on the fence, halting between two opinions, doubting as to what they had better do in life, hesitating as to whether they should do this or that, until an opportunity that might have settled the problem has gone by. Then they waste more time and energy in looking after the lost opportunity, and regret in vain that they did not seize it. They concentrate their attention so exclusively on the thing that has passed out of their reach forever that they do not see the next opportunity when it presents itself. The man who can seize, promptly and firmly, an opportunity as it passes—and never let it go until he wrings from it every possibility,—is the achiever. He is the man who does things.

Health-Giving Food and How to Prepare It

BY MRS. A. V. SEGNO

Menu No. 18

FIRST MEAL.

Banana Cream

Poached eggs on shredded wheat biscuit

Apples

TO PREPARE.

Banana Cream—Mash or slice thin 1 banana; add the yolk of 1 egg and beat with an egg beater until thoroughly creamed. Add rich milk slowly and continue to beat until you have used 1 pint. Set in a cool place or on the ice. Beat the white of an egg to a stiff froth and add to the above. Place a candied cherry or a little shredded pineapple or any convenient fruit in each glass when serving.

Poached eggs on shredded wheat biscuit—Moisten the biscuit slightly in cold water; place small bits of butter on top, put in a buttered pan in a hot oven about 3 minutes; remove with a pan-cake turner to a warm plate. Place a poached egg on each biscuit.

SECOND MEAL.

Cream of Corn Soup

Olives

Bean Salad

Nut Sandwiches

Canned Berries

TO PREPARE.

Cream of Corn Soup—Mash 1 can of corn through a colander. Add a pint and a half of milk, butter the size of a walnut. Heat slowly until it is hot, but do not boil. Season slightly with salt and serve.

Bean Salad—1 cup of cold baked beans; 1 cup of apples cut into dice; 1 cup of celery cut in dice. Toss together with French dressing. Mask with mayonnaise and garnish with ripe olives.

Menu No. 19

FIRST MEAL.

Cracked or rolled wheat mush and cream

Corn Muffins with Honey

Assorted Fruits

SECOND MEAL.

Rice Tomato Soup

Olives

Lentil Fritters

Fruit Salad

Canned Pears

Graham Wafers

TO PREPARE.

Rice Tomato Soup—Slice 1 onion in thin strips. Cook to a delicate brown in a tablespoonful of olive oil. Add 1 pint of tomatoes, 1 quart of water and 2 heaping tablespoonfuls of rice, and a few sprigs of parsley. Cook slowly 1 hour, then add 1 tablespoonful of olive oil and more water if necessary. Cook a few minutes longer and season with a little salt and cayenne pepper.

Lentil Fritters—1 cup of solid cooked lentils (no liquor), $\frac{1}{2}$ cup of finely chopped or ground nut meats; $\frac{1}{2}$ cup of toasted bread crumbs; 1 cup of milk or water; 2 eggs. Cook in a spider well greased with olive oil, large enough to make it 1 inch through. Cook slowly to a delicate brown and then turn with a pan-cake turner. Cook the same on the other side. Serve garnished with parsley.

Fruit Salad—Peel and cut 4 good sized oranges into dice. Set in a cool place for a half hour, then drain off all the juice and add 2-3 of a cup of seeded raisins and 2-3 of a cup of broken walnut meats. Toss all lightly together with 2 tablespoonfuls of olive oil, then add 2 tablespoonfuls of lemon juice.

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.

ney as a Health Food

Honey is a medicament which can be used for various purposes. Dyspeptics whose real treatment consists in a strict food regimen should use it as dessert in place of cakes, fruits and nuts, such as almonds. Honey has still one more advantage, which is that it acts as a mild laxative, and that is a valuable property for habitual constipation which gives rise to many disorders. Without doubt it is to this double action that honey owes its reputation.

As a narcotic it may be recommended for sleeplessness. Two spoonfuls of honey in a glass of water will suffice to induce sound sleep all night. It is probable that honey in such cases serves to displace indigestible foods, which retained in the stomach disturbs the nightly rest.

That is not all. Honey mixed with water serves as an excellent gargle and has the merit of being very agreeable to the taste, either swallowed by accident or on purpose, for honey mingled with water is delicious. And the ancient Gauls thought such a beverage was a drink of the Gods and termed it hydromel.—*Medical Talk.*

The Medical Properties of Lemons

"While you are giving people simple rules for preserving their health, why don't you tell them about the use of lemons?" an intelligent professional man remarked the other day. He went on to say that he had long been troubled with an inactive liver, which gave him a world of pain and trouble, until recently he was advised by a friend to take a glass of hot water with the juice of half a lemon squeezed into it, but no sugar, night and morning, and see what the effect would be. He tried it, and found himself better almost immediately. His daily headaches, which medicine had failed to cure, left him; his appetite improved and he gained several pounds in weight within a few weeks. After a while he omitted the drinks, either at night or in the morning, and now at times does without either of them. "I am satisfied from the experiment," said he, "that there is no better medicine for persons who are troubled with bilious and liver complaints than the simple remedy I have given, which is far more efficacious than quinine or any other drug, while it is devoid of their injurious consequences. It excites the liver, stimulates the digestive organs, and tones up the system

generally. It is not unpleasant to take, either; indeed, one soon gets to like it."

Gargle a bad sore throat with a strong solution of lemon juice and water.

Lemon juice and salt will remove iron rust.

Wash fruit-stained hands in lemon juice to take off the stains.

A strong, unsweetened lemonade taken before breakfast will prevent and cure a bilious attack.

Lemon juice added to milk until it curds and these curds then bound upon parts swollen from rheumatism will bring relief.

Lemon juice mixed very thick with sugar will relieve that tickling cough that is so annoying.

A hot lemonade, taken before going to bed, will cure a cold on the lungs.

A cloth saturated in lemon juice and bound about a cut or wound will stop its bleeding.

Lemon juice added to fruit juices that do not jell readily, such as cherry, strawberries, etc., will cause them to jell.

Lemon Extract. Let stand the rind of four grated lemons in half pint of alcohol for about three weeks. Drain off the fluid, bottle and cork and you have finer extract than that which you buy at the stores.

Lemon Icing. Put half a pound of sugar in a bowl, add grated rind and juice of one lemon and half cup of boiling water. Whip stiff and spread between cake layers.

A slice of lemon added to a glass of tea makes Russian Tea.

Garnish fish, oyster and crab dishes or salads with slices of lemons.

Lemon juice is much nicer for salads than vinegar. This is especially true of fruit salads.

Squeeze the juice of half a lemon in the rinse water after you have shampooed your hair. It will cut all grease.

To keep lemons fresh a long time invert over them a glass dish that fits closely.

For recipes of lemon pies, custards, cookies, cakes, ices, sherbets, candies and candied peel see any good cook book.

A Dyspeptic's Epitaph

Here lies a man who groaned at night;

Dyspepsia often made him yell.

Upon his headstone here we'll write:

"He lived not wisely, but too well."

Hygienic Value of Olive Oil

By Nannette Magruder Pratt

That which should be in every American kitchen, for both culinary and household purposes, olive oil, is probably used less than any other culinary or medicinal article, and this, too, when no other article can be used for so many different purposes every day in the year, in the kitchen, the living room, the sick room, the bath room, in fact, is valuable in the affairs of the household from cellar to garret.

Olive oil plays a very important part in the new hygienic way of living. It is nourishing, strengthening, cleansing, palatable and life-giving. People should buy it in half-gallon cans and make a business of using it internally and externally. It is hard to name all of its uses, there are so many.

We must keep our bodies lubricated inside and out so that we may not stiffen up as we grow older. Many hygienic people today contribute their elasticity and young appearance to the use of olive oil.

I find that many people cannot take it the first thing in the morning. It is not necessary to take it then. Take hot or cold water in the morning, with or without the juice of a lemon or orange.

Just before the noon meal, a few minutes before, take a dessertspoonful of the oil. If you do not care for the taste of it at first have a bite of something to eat immediately after. You will soon learn to like it. Some doctors say to take it before a meal, others after. I have found that most people prefer it before a meal.

Then just before supper (or the night meal) take another dessertspoonful. If you are situated so that you can have raw a vegetable salad every evening, you can use the oil that way instead of from the spoon.

It is delicious made in mayonnaise dressing, or you can use it just plain, with a bit of lemon juice, pepper and salt.

If you cannot get any green vegetable except lettuce, take that and use quite a bit of olive oil, but if you can have lettuce, tomato, and, if you like, a bit of onion, you can have a delicious salad.

A wholesome, nourishing evening meal, conducive to sleep and good spirits, is a salad, such as I describe; a slice or two of whole wheat bread and a few dates. No nightmare and restless tossing after a meal like that. Then, if you have been troubled

with constipation, just before retiring take olive oil and orange juice; the juice of one orange and two teaspoonfuls of the oil.

If you are thin, you will find that by taking the oil three times a day—noon, night and upon retiring, you will begin to take on flesh.

If you are too fleshy, you need not be afraid to take it, provided you exercise daily to keep from getting sluggish.

In diabetes, rheumatism, intestinal troubles, etc., olive oil will do wonders.

It is good for babies and growing children, as well as for grown-ups.

It is being used by physicians in appendicitis cases. Dr. Terry of New York, gives cathartic doses of castor oil, with olive oil, followed with hot water until the bowels are thoroughly emptied. This is followed by olive oil and glycerine, flaxseed poultices soaked in olive oil applied to the abdomen.

Many people are living on raw food these days, fruits, nuts and raw vegetable salads, and they consume a great deal of olive oil (about six teaspoonfuls a day) to keep up their weight.

When there is uterine trouble, a douche of warm water and olive oil will be found soothing and healing. (Two tablespoonfuls of olive oil to a quart of warm water.) When taking an enema use oil and water as above.

During pregnancy a woman will derive great benefit from oil rubs during the last two months—especially in the vicinity of the abdomen.

A fine way to cleanse and strengthen the scalp is to rub olive oil briskly on the head just before retiring, wrap head in a towel and put another towel over the pillow, and the next day have the hair shampooed. The writer does that faithfully before each shampoo (once or twice a month). The first water must be quite warm to remove the oil—several warm rubbings before the rinsing, and the hair will be so beautiful and glossy, and the scalp beyond reproach. The writer thoroughly believes in egg shampoos, preferring eggs to soap as a rule.

Rub stiff joints with olive oil and the glands of the throat when sore.

Women will find that olive oil is the best emollient for the face and hands. It is penetrating and softening. If the odor is objectionable, your druggist will sell you a bit of fragrant oil to put with it.

After a bath go all over the body with a few drops of oil. Rub it well in. It absorbs splendidly.

Housekeepers, rub a bit on your hands after you have taken them from the dish-water.

Massage your feet with a little oil before retiring. Rub in well so as not to soil the sheets.

It is very necessary to get a pure olive oil. It is claimed that the oil made in California is absolutely pure, while a good many of the foreign oils are adulterated. The writer, from personal experience, can recommend the California oil.

Rice as a Muscle Maker

Rice is commonly supposed to be deficient in muscle-making qualities, and yet the Japanese, whose chief and almost only food is rice, are noted for their physical strength and in the late advance on Peking outstripped the armies of Russia, Germany, England, France and America. For an explanation of this fact the Rev. H. S. Chubb, of the Philadelphia Vegetarian society, applied recently to the agricultural department. His letter was referred to Professor S. A. Knapp, who has just been investigating the rice industry in China, Japan and the Philippines, and the explanation proved to be very simple. The Japanese and other rice-eating nations do not polish the grain except for export. In American mills the outside coating of the rice kernel is rubbed off. The outer husk and the bran just within it are removed, and then the kernel is rubbed to remove the rough protein surface. This is called polishing and the process not only removes one of the most nutritious substances in all cereals, but deprives the grain of about three-fourths of its flavor.

Ten Dollars a Bite

**Zanzibar Apples, Custard Apples, Strawberries
Out of Season**

Of all fruits Zanzibar apples are perhaps the rarest. Dozens of trees together will only bear a few of these apples, and the time of picking them has to be carefully selected. They must be gathered just a month before they would ripen, otherwise they will very quickly spoil.

These Zanzibar apples have reached the enormous price of \$100 each in the New York market. They are not large, probably containing about ten bites at \$10 a bite. The apples have to be specially ordered, for no eater would ever dream of keeping them in stock.

Custard apples are another expensive lux-

ury. They can be purchased at prices ranging from 75 cents to \$25 each, according to quality, and, according to those whose judgment in such matters is considered to be absolutely correct, must be eaten with pepper and salt. Two of the most fashionable fruits in the winter months are muscat grapes and strawberries, and until the end of January the latter are beyond the reach of people of moderate means.

A member of Mrs. Astor's "600" not long since went into a well-known fruiterer's in New York and offered \$250 to the manager if he could provide enough strawberries for five people that evening. The manager undertook to deliver the fruit within seven hours, and then promptly proceeded to wire forty different fruit gardens within thirty miles of the metropolis for strawberries. Seventeen gardens provided the required amount of strawberries (the remaining twenty-three not being able to produce a single one, and by 6:30 o'clock that evening the fruit was delivered at a cost of nearly \$2.50 for each strawberry.

There are several persons in New York whose weekly bill for grapes at this season runs to never less than \$100. They pay \$5 per pound for the best muscat grapes, and receive at least three pounds per day.

The manager of a well-known fruiterer's establishment recently declared that many people who see high-priced fruit in the window will buy it just to see "what it tastes like," and in this way these "samplers," as they are called by the trade, are a considerable source of profit to many of the high-class fruiterers. These samplers will cheerfully spend a dollar on an apple or a pear to enjoy the experience of eating such a luxury.

Why Eating Breakfast is Really Injurious to the Health

The general impression is that a man ought to make a good, square meal when he awakes in the morning, after fasting for six or eight hours. If he went without food for that length of time during the daylight hours, and did not then eat plentifully, his relatives and friends would think he had gone too long without sustenance, and has suffered accordingly.

The idea that it is harmful to eat a heavy breakfast, or even to eat a breakfast at all, will be scouted by the majority. The kindly disposed persons already alluded to will take you by the buttonhole and give you examples of the fallacy of such a doctrine.

They will first take you back, figuratively, to the times of our ancestors, when the yomen did real yomen's service, and began the day with a meal, the "squareness" of which would startle you.

Then, to back up the argument, and show that times have not actually changed, they will mention the hearty, healthy ploughmen who takes his first meal under a hedge, and causes a whole red handkerchiefful to disappear.

There are certain facts, however, which our well-meaning friends lose sight of. The burly ancestor and the modern ploughman may both be classed as very hard workers in the field of manual labor, and this hearty breakfast was, and is, generally taken after an hour or two of muscular work.

It is highly probable, too, that the ploughman of today does not use up his muscular tissues so quickly as his ancestor whose tools and implements were less scientific.

Broadly speaking, man eats to repair waste and to produce the warmth and the motive force of which he has need, and as he does not accomplish the same amount of muscular toil as his forefathers, he does not require to eat as they did, especially at breakfast.

In the light of this assertion it is not difficult to see that there are many wrong things even for breakfast, to say the least.

To get up, say, 7:30 a. m., and sit down half an hour later to a steak of substantial proportions, is the kind of thing that leads to dyspepsia, particularly when the eater has to perform mental rather than bodily labor.

There is a fairly large proportion of albuminous matter in flesh foods and vegetable comestibles, such as oatmeal, and this albumen is used to repair the muscular tissues worn away by work. We should, therefore, eat only sufficient to repair the waste, and all we consume in addition is deleterious.

Now, after a long rest, when the muscles have done no work for hours, and even the heart has slowed down, it is obvious that we do not need much building up. We had dinner or a supper over night, and the waste has, in all likelihood, been repaired completely during the night.

Tea is being adopted in many households as the morning beverage, and tea, as at present taken, is a wrong thing to have for breakfast. Much of the charm of tea is found in drinking it very hot, and it is this which greatly assists in making tea injurious.

The exhilarating effect of tea is due to the

fact that it distends the arteries and allows the blood to course through them, but this is a stimulus that brings the inevitable reaction in its train, depression follows, and we look for more stimulant. It stifles the craving for food for the time and retards digestion. It should never be taken with meat.

What, then, shall we take for breakfast? will be the cry of many a one who studies the question. To this the advocates of the "no breakfast" theory will reply that nothing should be taken before noon.

One of the foremost of the advocates of this theory is a healthy, active old man, whose years are indicated by his white hair and long white beard. He has had no breakfast for years, his first meal being eaten at noon, after four hours' work.

Man loads his stomach just at the very time when it does not need food, he argues. During the nightly rest the waste has been repaired, and the body is fresh and vigorous. When an engine has plenty of steam, the fireman does not shovel more fuel on the blazing fire; yet that is what we do when we consume our food—that is, the fuel that gives us the motive power needed for work. We require to wait till our energy is giving out before we add fuel to the fire.

It is this totally unnecessary loading that makes people suffer from many of the complaints now so prevalent. The Latin races know better, and their breakfast is usually a single cup of coffee with a small allowance of bread, or something equally light. The only thing that man should take is a glass of hot (not too hot) water to break his fast, and if he follows this plan, and eats his first meal at midday, he will be all the healthier.

In this connection it may be mentioned that water is a food in itself. Water forms one of the chief constituents of all foods, and our bodies are largely composed of water. It will also be noted that most professional fasters drink water. Another fact concerning the drinking of hot water in the morning is that it washes the interior of the body as the matutinal tub washes the exterior.

Over Care of the Health

"There are people," said La Rochefoucauld, "who would never have been in love had they never heard talk of it."

There are people, too, undoubtedly, who would never—or "hardly ever"—be out of health if they thought less about the matter, for it is just as possible to take too much care

of the health as too little, and it probably is every bit as mischievous.

We have all heard of the "green eyed monster," jealousy, who "makes the food he feeds on." The health worrier does much the same. He or she (it is as often one as the other) broods so mournfully over some little symptom or ailment that depression of spirits results, and depression is a fruitful parent of both mental and physical ills.

A medical writer of eminence said lately that he "never knew a strict dietarian who did not after a time become a confirmed dyspeptic."

Shackles never produce strength in the wearer. The body shackled by constant conformity to rules loses its natural vigor, just as the tied up limb loses its muscular power.

People who are afraid to open their windows lest a draught should give them neuralgia, who are afraid to go out if there is a little rain, or a little wind, or a little cold, because they are "so delicate," infallibly become more so, and in time make themselves as sensitive as hot house plants, which can only exist in one particular spot in the over heated conservatory.

There are, of course, certain general rules of health which everyone should understand and comply with if they wish to avoid illness, such as the danger of breathing impure air in unventilated rooms, of drinking impure water, contracting chills, eating and drinking too much, and so forth. This knowledge, however, need not turn the care of the health into a bugbear. We can make a "fad" of our health as of any other useful thing. We can grow mono-maniacal on the value of fresh air or woollen underclothing, and the mischief of our mania is not the harm we do ourselves so much as the damage we do others in turning them against the object of our fad.

FLORENCE STACPOOLE.

Why Actresses Remain Young

The most practical reason for the retained youth of the actress is its necessity.

You know the old saw about "Necessity being the Mother of Invention." Well, there you are!

Women are as ready if not readier to find a means to an end than men. As soon, therefore, as a woman learns the importance of preserving her youth, she sets about the necessary process.

Some women do not learn the "Importance," at least not until it is too late.

But it is the first thing which professional women foresee. That is why the actress keeps young—because she has to.

Not big worry but petty worry is the greatest harbinger of old age. Actresses have as great worry as the rest of their sex, since big troubles are unescapable, but they do not permit themselves the luxury of trifling bother. They have learned the price which they must pay for it and they know that the interest will be usurious.

To many women in domestic life the cook's ill-temper is a tragedy, the laundress predilection for superfluous blue a bodily infiction, the excessive prices of the butcher a great sorrow of her existence. Ah! She will need more than massage and cold cream can accomplish to eradicate the woe-begone expression, the downward droop of the discontented lips. Take the advice of the actress, if you would remain young. Discharge the ill-tempered cook! Find a new laundress! Deal at another market; Ten years from now the cook's ill-temper will have subsided, but what of the tell-tale lines about your mouth? Ten years from now the over-blued lingerie will have been replaced by other garments, but how about the creases around your eyes? Ten years from now the Beef Trust may have frizzled into the millennium, but alas, for the wrinkled forehead that you have cultivated!

When women have learned to consider the importance of themselves as opposed to the immateriality of domestic trifles, we shall have learned how to grow old gracefully at last.

The actress who has a home may be depended to take the most thorough enjoyment from its comfort. This is, in a large measure, because it is subservient to her enjoyment of it. A home may become a veritable temple of tyranny to the housewife who regards its mechanism through a microscope.

Please do not misunderstand my meaning. The actress is never a slovenly housekeeper, because, if she is sufficiently domesticated to enjoy a home, she will enjoy the duties (not cares) it entails. On the other hand, if she is not so inclined, she has every excuse to renounce allegiance to the hearthside and live in a hotel. Do I make clear my contention? It is that where you find an actress in her own home, you find the most domestic of women, for her fondness for her own fireside having survived the itinerance of her profession with its discouragement of domestic tendency.

I do not affirm that the actress is the only woman who is emancipated from household worry. Many a clever woman has solved the problem for herself and abided by her decision to the extent of enjoying life even though she has a home.

Always hold your head erect and hold the chin up a little. This is much the most becoming carriage of the head for a woman and does wonders towards eliminating the double chin.

Keep your eyes clear and your head erect. Rest for half an hour before your husband's arrival in the evening so that you won't look fagged. Drive all the silly household bothers away from you rather than allow them to furrow your cheek and dull your eye. Where, after all, is the woman who would really prefer to have her husband say of her, "My, Mary is a slave to housework," to having him say to her, "By jove! old girl, you look stunning today."—*Lillian Russell*.

How Fancy Can Kill

A remarkable case of death caused by imagination was recorded yesterday. A young girl at Cincinnati, depressed through ill-health, drank what she supposed was a bottle of carbolie acid, and begged to be taken to a doctor. Despite all medical efforts, however, she rapidly sank and died. A post-mortem examination showed no traces of poison, and the bottle of carbolie acid was found untouched, while the bottle from which she had drunk the contents was proved to have contained only a perfectly harmless mixture.

"Fancy can kill and fancy can cure" is a proverb which, whether in that form or in the saying of the North Country, "Conceit can kill and conceit can cure," is quoted far and wide wherever the English language is spoken, and it has a fundamental foundation in truth which brings it into contrast with many other proverbs.

"Fancy can kill!" More than that, fancy, "conceit," imagination—call it what you will, has killed strong, healthy men, and where it has not killed them it has given them disease of an unmistakable kind or has produced effects through the action of drugs exactly opposite to those which the drugs ordinarily induce.

How "fancy" can kill, how it actually destroyed life, was demonstrated by the physicians of Montpelier at the time when they were in the habit of having delivered to them every year two criminals whom they vivisected

in accordance with the custom which had been handed down to them from Rome. One day they determined to see what effect the mere expectation of death would have on a man who was perfectly healthy.

They, therefore, took such a subject and told him that they would kill him in the easiest way by opening his veins in warm water. They got a bath of warm water, into which they put his feet. Next they blindfolded him and pricked his feet with the point of a lancet, but without drawing blood. They then began talking to each other as if the man was bleeding to death. In a little while they removed the bandage from his eyes. The man was dead, killed by fancying that he was bleeding to death.

THE FATAL BATH.

Only a year ago there was a young artillery recruit at Douai who was a perfectly healthy man, but who labored under the belief that if he had a bath he would die. His comrades laughed at him, and demonstrate how absurd was his belief they stripped his clothes off and put him into the bath. When they took him out of the water he was dead. It might be urged that he was suffering from some organic disease and the shock of the water killed him. A post-mortem examination was, however, held, and no disease was discovered.

How "fancy," which is, after all, only another name for the influence of the mind, can produce a disease which will ultimately cause death was most strikingly shown in a case which has often been quoted.

In a certain prison there was a case of smallpox. The fact was known, as, in some inscrutable way which the authorities would probably find it difficult to explain, such facts always do get known to the prisoners. One of them, a perfectly strong, sound, healthy man, showing no symptoms of weakness, was moved into a cell in which he was told a prisoner suffering from smallpox had died. The statement was inaccurate, for there had never been a smallpox case in that cell at all. In a day or two the man complained of being ill. In a few days more he exhibited every symptom of smallpox. As a matter of fact, he had smallpox. He said he was convinced he was going to die. He did die—killed by "fancy" and smallpox which he acquired merely by "fancy."

SAVED BY "FANCY."

In striking contrast with his case was that of another prisoner. He was put into the cell in which the original smallpox patient had

died. He was assured that no one had died there or had ever had the disease in it. Although the room must have been swarming with the germs thrown off by the man who had died there only a short time before, the second prisoner did not get smallpox or anything else, and remained perfectly healthy during all the time he was kept there and afterward.

It is no doubt because they never "fancy" they have a disease that doctors on the whole preserve such an immunity from sickness, as, no doubt also, because their patients never trouble their heads as to what was the last case the doctor has come from, that they, too, fail to catch disease. It is a fact well known to everyone who has any experience of hospitals that, whatever may be the custom today, the students often used to leave the wards and go down to see fever cases in the room set apart for all diseases of a suspicious nature, and go back to work in the ward without carrying infection with them, having taken no other precaution than that of washing their hands.

On the other hand, it is equally well known that in the earlier days of his medical career every student suffers acutely from the disease about which the professor of medicine happens to be lecturing at the time or the student himself happens to be reading. Indeed, there are many women who, if a friend says she is suffering in such-and-such a way, at once get every one of the symptoms mentioned.

PILLS AND IMAGINATION.

It has been said that "fancy" can pervert the ordinary action of drugs, and so produce unlooked-for results. One day a poor woman went to a doctor. Her youth belonged to the time before the Board school, and she was therefore ignorant of many of the facts with

which the young people of today are thoroughly well acquainted. She was suffering from insomnia, and in order to produce sleep the doctor ordered her some opium pills, but did not tell her the reason for which he gave them.

The woman knew nothing of opium, and, indeed, she did not read the prescription, which was made up for her in the ordinary way at the dispensary. It was impressed upon her that she was to take two pills at bedtime. The only pills with which she was acquainted were the ordinary antibilious ones which are to be had at two a penny at every chemist. She took the two opium pills, and although by every law of therapeutics the action of opium is exactly opposite to that of antibilious pills, the woman was so convinced in her mind that the action of all pills was the same that the opium pills produced as powerful an effect as if they had been of the antibilious variety, but without making her sleep.

On another occasion the house surgeon at a hospital gave some colored water—only that and nothing more—to a hundred different patients. "Good heavens," he said when the last one had swallowed the draught, "I have made a mistake. I have given you all a strong emetic." Within a few minutes eighty of the hundred became violently sick, merely as the result of "fancy."

Jaundice is a disease which is supposed to be produced by certain internal disturbances, yet Sir Samuel Wilks has recorded one case which was clearly due to the effects of mental emotion, a potent influence over "fancy." This is also a potent cause of the dyspepsia from which so many barristers suffer at the beginning of the assizes at which they have to appear, as it is of a similar complaint in many other professions and callings.

Much has been written and more has been

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talked of late about cancer, the primary cause and origin of which is being sought by, it would be difficult to say, how many scientific men scattered throughout the length and breadth of the world. Few people would believe that "fancy," the influence of the mind, could produce it, yet Sir George Paget once wrote: "In many cases I have reason for believing that cancer had its origin in prolonged mental anxiety."

Dr. Murchison also wrote: "I have been surprised how often patients with primary cancer of the liver have traced the cause of this ill health to protracted grief or anxiety. The cases have been far too numerous to be accounted for as mere coincidences." While Dr. Snow, writing in the "Lancet" in 1880, says: "The vast majority of cases of cancer, especially of the breast and uterine cancer, are due to mental anxiety," and mental anxiety is often closely akin to "fancy."

A workman on the Siberian Railway was accidentally locked into a refrigerator car and was afterward found dead. Imagining that he was being slowly frozen to death, he had recorded his sufferings with a piece of chalk on the floor.

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Sir Francis Head, when visiting a similar mine, found that all the ore was carried up to the surface, a vertical climb of 450 feet, by the miners, and that the average weight carried was 250 pounds. This load was not carried up a winding stair, but up notched trunks of trees, set almost upright, one touching another.

The food of the Chilean miner, according to Darwin, consisted of rations of sixteen figs and two small loaves of bread for breakfast; for dinner boiled beans; for supper wheat crushed and roasted. They scarcely ever tasted meat.

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It is the Tall Girl Now

The tall girl is the girl of girls this year, the one who is most admired, and the girl who stands straight is the girl who has the figure of the season. If one is slim and straight one will look tall, no matter how short one is.

The girl who sits hunched up all day will surely grow shorter. She cannot help it. The girl who stoops over a writing table, the girl who sits and sews with her work held low in her lap, the girl who sweeps with her chest down over the broom, and the girl who reads in a careless position, will all grow stooped in the shoulders.

The girl who will grow shorter very rapidly is the stoop-shouldered girl, and the girl who will surely lose a few of her inches is the girl who bends forward from the waist line, as so many girls do.

But the girl who will grow taller is the girl who practices standing up straight, and the girl who stretches her back and takes exercise for developing the muscles of the chest and the back.

Here are some rules which a certain fat, round-shouldered girl, who wanted to be tall and straight, adopted for herself:

She got into the habit of sitting in a flat, straight-backed chair, one of the kind that fitted every inch of her back.

She gave up lounging in those alleged "easy" chairs, that really deform the shoulders every minute one reposes in them.

She spent part of the night on the flat of her back, to rest it and to flatten it.

She had her underwear made rather snug across the back, but loose across the front, so as to hold her back straight.

She made it a habit to stand perfectly erect on all occasions, and to take long, deep breaths. She never lopped forward, not even when reading, or listening, or doing nothing at all. It was all a habit, she found, this way she had of stooping.

Then she took muscle strengtheners and stretching exercises, and also contracted the habit of taking invigorating baths every day. She took them in luke-warm water, made aromatic with spices and with aromatic vinegar.

This girl, after a systematic course of exercise, found that she was graceful. She contracted the habit of deep breathing, and this, also seemed to have taken off some of her fat. And she had lost the cushions of flesh upon her shoulder blades, thus making her figure immeasurably better.



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Constipation

Of all the known causes of disease constipation is acknowledged to be the greatest. What is meant by constipation? It means that the indigestible parts of food which are taken into the stomach are not being eliminated, but are putrifying in the intestines and producing poisons which destroy the body and cause disease. These poisons enter the blood, are carried to all parts of the body, and contaminate every fiber, causing dullness of intellect, dizziness, bad breath, headache, loss of appetite, biliousness, liver trouble, pain in the back, palpitation of the heart, dyspepsia, inflammation of the bladder and kidneys, piles, paralysis of the bowels, consumption and often apoplexy.

The waste materials taken into the stomach must be eliminated through the excretory organs and a natural movement of the bowels be obtained once each day. This is absolutely necessary to good health. Those who do not have a daily action are in constant danger, as they are very susceptible to contagious diseases.

Strong purgative medicines are drastic in their effect, give but temporary relief, and soon destroy all natural power of evacuation. Therefore, they cannot, and do not, cure constipation. Nature has provided a natural laxative in certain of California's fruits and grains. These have been carefully selected and blended into a combination known as the "Fruit of Eden." This fruit is a positive cure for constipation. It aids nature to do its work. It does not purge but produces a gentle action of the excretory organs. For this reason it is especially favored by ladies and children. In addition to its laxative properties it is also a food of great value in cases of weak stomach, poor digestion, and dyspepsia. Being highly nutritious it builds up the entire system. The average case of constipation can be cured in fifteen days, chronic cases of long standing are being cured in about thirty days. A fifteen days' treatment will be sent for One Dollar or a thirty days treatment for Two Dollars, post paid, to any postoffice in the United States or Canada, and to all countries having a parcels post arrangement with the United States. To other foreign countries it will be sent by express, transportation charges to be paid by the purchaser on arrival.

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