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JUNE, 1934

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# Weltmer's Magazine of Prosperity

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## *Leading Lessons in This Issue*

**SPIRITUAL CONSCIOUSNESS IN HEALING**

**MAN — IMAGE OF GOD**

**GLORY IN MY WORK, by J. O. CRONE**

**A MID-SUMMER VACATION CLASS**

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## *Weltmer's Magazine Correspondence School Lessons*

**By Ernest Weltmer**

1. Practical Psychology For Every Day — Sex Urge Motives.
  2. Vitalizing Diet For Dynamic Personalities — Vitamin E and Fertility.
  3. Health-Building Exercises — Correction of Stooped Shoulders.
  4. Uses and Dangers of Metapsychology — Training for Guidance.
  5. Practical Philosophy of The Full Life — Doubt of Knowledge.
  6. Practice of Permanent Prosperity — Skill for Prosperity.
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***Teaching Physical-Mental-Spiritual Prosperity***

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# Weltmer's Magazine of Prosperity

VOLUME 15

JUNE, 1934

NUMBER 4

Devoted to the teaching of practical methods of demonstrating, in everyday life, the Kingdom of God within.

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## A Word From The Editor

I would rather stimulate thought than tell the world what to think. Do you find anything in this magazine that stimulates you to think? What is it?

The arrangement of the magazine is changed this time to make room for the announcement of the MID-SUMMER VACATION CLASS. That is most important news. It means a lot in many ways.

It means that we are going on, that the Institute will be perpetuated. It

means that we have a new and a more vital message for you. It means that we believe the "Depression" is going.

A lot of good material has been crowded out of this issue. Another issue is almost ready for the press. Don't you want this issue and the next sent to a lot of your good friends who will appreciate the magazine and maybe subscribe? We'll send the magazine to your friends if you will give us their names and addresses.

**YOU  
CAN  
HAVE  
HEALTH**



**YOU  
CAN  
HAVE  
WEALTH**

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*Weltmer's Magazine of*  
**PROSPERITY**

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## The Spiritual Conscious in Healing

By ERNEST WELTMER

Two thousand years ago, Jesus expressed an old principle of Philosophy in burning new words which have fired the minds of an occasional few in every generation of the ages that have followed, but which have yet to receive full application in practical living. He said, "the kingdom of God is within".

In spite of all the interpreters who have found it to their advantage to twist and revise this statement, it still has wonder-working power; it is still the best statement of the great truth that the Creator lives in his creation. It is impossible for the creature to be separated from its creator. The building can be separated from the builder, but the creature cannot be separated from the creator. The creature always embodies its creator, be the creator man or God. The Kingdom, which is the realm of action of the Creator, will always be found, therefore, in the creature.

The Kingdom of man's Creator is in man and all of God that you will ever know is what of God you express. Even though you accept the pagan heaven that has been grafted onto Christian teaching and the pagan God that has replaced Jesus' concept and teaching of God, you still must, in the last analysis, find that this is true; all of God that

you will ever know is what of God you express. Philosophy was born some six centuries before the advent of the Christ when thinking men discovered that man's knowledge never transcends man's experience and that what man knows of God is what he finds in his experience that is of God. When thinking men began to discover that there is that in man which is identical with the creative source and cause of the universe, their minds were freed from the edicts of non-resident Gods and Kings, demons and creatures of mystery, and the soul of man became enfranchised in the spiritual world. Jesus expressed these philosophical principles in the words of his time, and without the ponderous arguments and brain-numbing formulas of the thinkers, but he expressed the same thought, the great fundamental truth of life.

Men from the beginning of human history have achieved in proportion to their ability to realize their inherent powers and to act in the consciousness of natural authority. Regardless of the words that they have used to express this thought and regardless of the theology or philosophy in which they have formulated their thoughts, if they have formulated them at all, the only power that man has demonstrated that was

greater in him than the power of the beasts of the forests and the fields, is the power of the awakened spirit, the power of creative purpose manifesting. Let me quote one of my phonograph records:

"The spirit of God is on the high hills and the valleys are his dwelling place. The night is the sheltering wing of his loving presence and the day is the guiding hand of his fatherly wisdom. He is in the midst of our desires and in the tender pity that moves us to minister to the sick and the weak.

"The whisper of the dawn winds is his promise of a new day of opportunity, a day that we can enrich with faithful effort and realization, a day that we can glorify with service to our fellowmen.

"In night and day, in earth and sky, in all that lives and even in the grave, God is, the Infinite supply, the Single Only Source of all desires and hopes, of aspiration's longing, of dreaming and high achievement.

"God still moves about the earth, breathing the breath of life into his creation. He gives you all your heart's desire of health and strength and happiness.

"Youth that looks ahead, and age that dreams of the past, all that has been, is now, and is yet to be, promote the purposes, the power, and the majesty of God."

You express God from within. You do not find God in temples, or grottoes. You find God in the living temple that God's creative power has built for his dwelling place. Hands of man have never built a machine as wonderful and worthy of Divinity as those hands themselves. Man has never fashioned with brain, and hands, and the tools his skill has made, any temple as glorious as the brain and heart, the head and hands, the spirit and mind and body that is the living human temple of God. What of God you express, you express from within. It still is true that the Kingdom comes not with observation, nor by

seeking can you find God, nor by looking outside your own being will you find the Kingdom of God.

One of the most striking manifestations of conscious dwelling in the Kingdom is that of spiritual telepathic healing. When man learns to speak from the deeps of his nature, when he speaks the word of healing, in full comprehension of his relation to God as that of child to father and with full realization of the power of the spirit to create with Divine creative power, that word will accomplish that for which it is sent out. When a healer heals in the name of the living Christ within, he heals in the name and with the power of the living God, and as he asks he receives, and what he seeks he finds, and the door of no temple at which he knocks is shut against him.

Lift up your eyes to the high hills of God's power. Open your hearts to the outpouring of the Divine Spirit of his perfect love. Inform your minds at the fountain of Divine Wisdom and gird the loins of your spirits in the presence of God the Infinite Father to do battle against sin, disease, and lack. You are a child of God and you live and move and have your being by the power of God's manifesting purpose within you. You are a child of God and you are all right, in all things, you are gloriously all right.

#### USE DEEPER SPIRITUAL POWERS

"I have learned so much from this lesson, it is with regret that I could not have had the advantage of knowing these inspiring words of truth and inspiration years ago. One thing I have learned is not to be afraid to tap the Spiritual Consciousness. I have always been somewhat like the man afraid to look in the telescope. This lesson has greatly helped me in the study of the Spiritual Consciousness—to discover the unknowable."

G. W. N.

# The Essentials of the Weltmer Philosophy of Abundant Living

Compiled From The  
PHILOSOPHICAL MASTERPIECES OF  
SIDNEY ABRAM WELTMER

by MILDRED WATTLES HANFORD

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Section II  
Chapter VI

## MAN—AN IMAGE OF GOD

(Concluded from March 1934.)

Man inherits immortal life. He is born a son of the Infinite, a son of God. Jesus declares His doctrine of the kingdom, which is the relationship of sonship between God and man, the "I Am" of man, making man as eternal as is his Source of Being.

Jesus calls the spiritual man the **real** man. Since man has inherited eternal life he has inherited the qualities that would make it possible for him to become perfect. It may take centuries to accomplish this perfection, but the element of perfection, according to Jesus, is the natural inheritance of every soul. Then he tells man to "Be ye therefore perfect, even as your Father is perfect." (Matt. 5:48)

Man can not earn God's favor. He can not deserve it. He can not deserve to be a child of God because he is already that. He can not earn anything that he already possesses, nor can he buy anything that already belongs to him. Man does not stand in that relationship because of the good or bad that is in him, but because of the very **nature** that is in him. He is created God's child.

Jesus' claim of His relationship to the Father surprised the people. They said, "Never man spake like this man," (John 7:46). Why? Because in his consciousness of His relationship to the Creator, His soul felt the impression of the thoughts received from God and He gave those thoughts expression.

How do God and his child differ? They differ in knowledge. Knowledge gives man possession of one thing. Only principle lies at the foundation of everything that has existence. This principle is truth. To know the truth is to know man as a child of God.

In his real self man feels the same emotions, experiences, and joys, is uplifted by the same hopes, and has the same undying nature and the same inheritance that every other person possesses. There is no aristocracy of the soul, for in that part of man there is a perfectly stringed harp upon which perfect harmonies can be produced. Perfect life, health and happiness are in this domain of the soul.

When acting, the soul is evolving man's better life. It is constantly inspiring man with higher hopes and higher ambitions. It is that part of man that makes him, when he feels and enjoys things, to want others to feel and enjoy them also. When something causes him to suffer he never wishes another person to feel the same suffering. It is never the first impulse of the sick person to wish another person suffering. It takes years of degradation and the breaking down of the harmonies of the human soul before a human being can consciously wish another person suffering and sorrow. It takes years of false training to develop hate, while love develops itself readily if allowed full expression. It is there from the

beginning and is only waiting for a chance to spring into full activity.

The mind of the ego or soul grows and develops just as the germ in a plant attracts to itself the materials with which to grow. Somewhere in this ego is the power to attract to it anything that would be best for man to have. Somewhere within the emotional side of man is the power to bring to himself all he wants, if he will be receptive to it, desire it, and determine to have it.

Physical man is capable of existing, capable of emotion, and capable of sensation, and his mind continually tells him something about the impression made by his thoughts and emotions upon this physical self. The impression made is the unspoken thought, and when that impression is given expression, it is the expression of a thought. God is not only the Creator of the world and of man, but the creator of thought, and in expressing his thoughts, man is simply giving out the thoughts that God gives him.

Man is capable of knowing all things, being all things, and doing all things, but in order to accomplish these things he has to find out that he bears the same relationship to this Father that children bear to an earthly father; that this Power which lies back of both mind and matter is spirit, and spirit never changes. This Power that holds matter together is principle, truth, and it differs one from another as a personality.

Man can not do anything with the power and the wisdom he possesses, except to express them; the power he holds he must expend in work; the knowledge he possesses he must impart to others; the good he knows he must transmit to mankind.

If man wishes to renew and increase his life he will have to get it from the same source from which he obtained his original supply. He can not manufacture the supply because it already

exists. The creating of energy, wisdom, knowledge and good is God's act. Every act of God's is an eternal act, is still acting without change, and will always act; and man, even though he would like to do so ever so much, can not do what God has already done and is still doing.

From the soul part of the ego comes all of the higher passions—hope, courage, and spiritual desires which lie entirely in the spiritual plane. When these passions lie in the physical plane, hope changes to ambition, courage to aggressiveness, and desire to avarice.

If man will trust absolutely the power that he uses, he still succeeds because the law can not change and this power can not fail. It is always there and it always acts.

Whenever man agrees with it, God's law operates, the healing starts and the cure comes. The law's effect may be immediate or it may come later, but it always comes.

When men love God and God's laws they will have bodies free from pain and disease and every atom in their bodies will be as perfectly in harmony with the law of their being as the perfectly healthy plant is in harmony with the soul in the plant that is sending it forth.

Man will never have a full conception of the whole range of God's kingdom until he is willing to assume that God's kingdom is here and that he may use its Omnipotence, Omniscience, and Omnipresence. When he does acknowledge God's supremacy he has to trust the Source of his Being for every moment of time that he exists in the flesh.

Man is so perfectly free to act that God Himself can not intrude into the sanctuary of a human soul without that soul's consent. Man's choice depends upon his belief. Man's achievements are limited by his unbelief; his possibilities are multiplied by his belief.

(Concluded on page 29)

# Weltmer Institute

## Mid-Summer Vacation Class

Healing, Self-Discovery, Self-Unfoldment, Divine Demonstration,

FIVE WEEKS — JUNE 25 to JULY 27, 1934

SECOND COURSE — JULY 30 to AUGUST 31, 1934

Enter any time before July 30th

Weltmer Institute,

(Established 1897)

Nevada, Mo.

### YOU CAN DO WHAT YOU DREAM OF DOING

All men can do what they dream of doing, if the dreams originate in their own hearts and express their own powers, when they know enough about the thing they are trying to do and have enough faith in themselves to work with confident assurance.

You can master the obstacles that have stood in the way of your progress, you can scale far heights of achievement; when you know your powers and understand your deeper nature and its possibilities.

For over thirty years the teachers of the Weltmer School have been helping men to find themselves, to overcome the handicaps that race and environment have put upon them and to bring into expression the potential powers of their deeper selves. The Weltmer teachers have been guiding their students in the mastery of the most profound wisdom that has been put into books; they have taught them much that has not yet been written, and they have gone further than that, they have taught much that will never be written by the hand of man, much that can not be put into words and imprisoned upon printed pages.

"I'm going home to LIVE", this from a hard headed, practical, successful, Scot, leaving the Weltmer Institute. "I wrote my family the other day that I had learned how to live while here and now I am going home and enjoy the rest of my life."

### THE WELTMER PHILOSOPHY OF LIFE

is bringing happiness, peace of mind, deep unfoldment of the powers of the spirit to its students. The Weltmer teaching fills the world's greatest need. Its patients are given to drink waters that satisfy their soul's deepest thirst while they are being healed. Its students are fitted to minister to the sickness of body, mind, and soul.

"I have never heard aught but praise of, and gratitude to, you by those who have had your work. You are the only teacher who has visited Texas about whom some unkind destructive criticism has not been made. Not one criticism of you or your work has come to me. Your work is sound." This is a quotation from a letter from Texas. This is the reception that the Weltmer teaching receives everywhere because it deserves it. Anyone who teaches straight Weltmer philosophy and methods of living will receive such recognition, and profit accordingly.

### THE WELTMER COURSE

teaches far more than healing. It teaches abundant living as Jesus taught it. Its healing methods are based on the unfoldment and development of the deeper powers of life. Its philosophy is fundamental, its methods are universal.

# Outline of the Weltmer Mid-Summer Vacation Course

## DIVINE POWER UNFOLDMENT

The school work begins each day with a drill in the awakening and development of the powers of the Divine nature.

We have inherited the capacity for living abundant, self-fulfilling lives. We have a natural tendency to maximal living. Our natural trend is to live increasingly from day to day and year to year until our powers begin to wane. And even then, in spite of failing powers, we still strive for greater achievements, more abundant living. In every part of nature there is evidence of inherent increasing creative purpose. This is the keynote of man's life. Yet in spite of all this, we live more nearly minimal than maximal lives.

In this class we shut out the outside world and open our minds to the inside world. While we are all relaxed and our minds in the most receptive condition the teacher turns our minds to the contemplation of the powers and privileges of the inner life. For this time at least powers of the spirit, the things of the Kingdom of God are made to seem overwhelmingly real to us. The difficulties of today's living, the obstacles that have been blocking our progress become trivial by comparison with our power to deal with them. The powers and privileges of the kingdom are made so vividly real that the echo of that consciousness lingers with us throughout the day, we see ourselves able in the class room and other daily activities to meet the challenge of life with greater confidence and better command of our native powers.

Many have found healing for body, comfort

for heart and soul, and restoration of confused mental powers in this class. When the Divine power is awakened and brought into full expression, it can overcome all diseases of the body; it can make perfect adjustment to the world possible; and it can save the mind from confusion and conflict. One woman remembers a half hour in this class as her "million dollar day." She says she would not take a million dollars for the freedom and mastery she found in that class one morning. Such a blessing is there for anyone who finds and expresses his own Divine self.



Ernest Weltmer

and with the power of Jesus, the great Christ.

The Weltmer teaching of Christian Healing is in no way dependent upon denominational religion or church ritualism. It is acceptable alike to Christian church members and ministers, adherents of non-Christian faiths, and even those whom the world calls "infidels." It is a practical application of the great teacher's admonition to seek first the Kingdom of God and His righteousness, to put the Kingdom of God above all the kingdoms of the earth.

The Weltmer teaching of Christian Healing places at the practitioner's command those

## CHRISTIAN HEALING

In a sense all healing might be considered "Christian Healing," for that power which is the power of the Christ, is truly the cause of all healing, regardless of the remedies employed. Christian Healing as taught at the Weltmer Institute is based upon the recognition of the living indwelling God in man. It is healing in the consciousness



## WELTMER'S MAGAZINE

limitless healing powers that have performed miracles in every age of religious revival and have found such wonderful expressions through the works of Jesus of Nazareth. All who deal with the sick in any way whatever, and all others who are trying to make much of their lives and to achieve the maximum expression of their powers, will find the course in Christian Healing of inestimable value. Parents will gain a new concept of the natures and possibilities of their children; business and professional men will have greater confidence in themselves and their powers. The sick will find themselves possessed of the power to heal themselves.

The course in Christian Healing is one of the great courses taught in the Mid-Summer Vacation Course, at the Weltmer Institute.

### THE WELTMER COMPLETE COR- RESPONDENCE COURSE

The Weltmer Complete Correspondence Course has been for many years a standard foundation text of the developing New Therapeutics. There are very few courses in the New Therapeutics and Modern Practical Psychology that have not drawn their best teaching from this great pioneer course. From the very first, the Weltmer Complete Correspondence Course was a leader and it still is the leader for sound practical wholesome teaching.

The Weltmer Complete Correspondence Course is taught in review by a Weltmer Staff expert in twenty-five inspiring personal lessons in which the subject matter of the whole forty-five lessons of this greatest of correspondence Courses are expounded. These lectures are of special value to those who have previously studied the Weltmer Complete Correspondence Course, but they are also of the

greatest value to those who are studying this marvelous course for the first time.

Paid up students of the Weltmer Complete Correspondence Course will be allowed a credit of \$15 on the tuition of the Mid-summer Vacation Class Course of 1934. They should bring their course with them although that is not obligatory. Those who have never had the course will be furnished with a complete set of lessons and will be given full correspondence instruction in addition to the personal lectures in the Mid-Summer Vacation Class. Upon graduation in the Correspondence Course with the completion of all its work sheets and the attainment of a passing grade, they will be given the regular Correspondence Course diploma in addition to the diploma given for personal work done in the Mid-Summer Vacation Class.

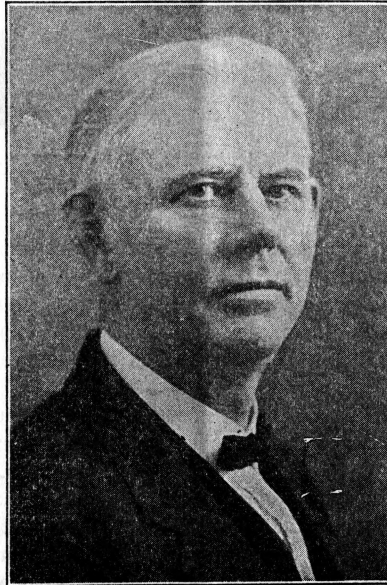
The Weltmer Complete Correspondence Course alone is worth more than the total cost of the Weltmer Mid-Summer Vacation Class.

This Course has been the key to the finest treasures of life for many truth seekers. It teaches

you to express yourself with strong will and fearless freedom; it teaches you to be master of yourself in the application of your powers to the condition of your environment.

In the Mid-Summer Vacation Class you have an opportunity to start the study or review this great course under an expert teacher and at no additional cost for the course and this personal instruction.

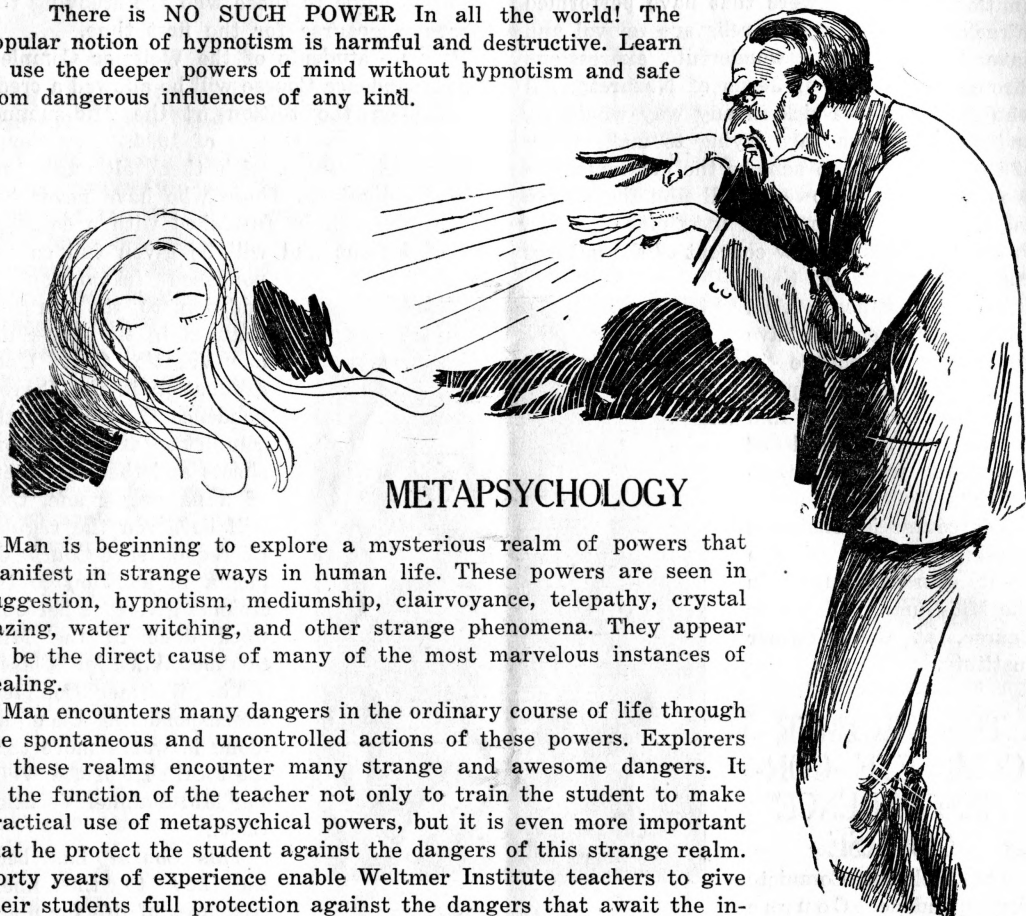
The Weltmer Correspondence Course is a most practical course even when taken in the regular way, but its practical character is emphasized by personal instruction in the Weltmer Mid-Summer Vacation Class. You are taught to use it every day and in every way that you work and live and play. No person who can possibly arrange to have this course can afford to be without it.



J. O. Crone

## LEARN TO FREE PEOPLE'S MINDS FROM FEAR OF HYPNOTISM!

There is NO SUCH POWER In all the world! The popular notion of hypnotism is harmful and destructive. Learn to use the deeper powers of mind without hypnotism and safe from dangerous influences of any kind.



### METAPSYCHOLOGY

Man is beginning to explore a mysterious realm of powers that manifest in strange ways in human life. These powers are seen in suggestion, hypnotism, mediumship, clairvoyance, telepathy, crystal gazing, water witching, and other strange phenomena. They appear to be the direct cause of many of the most marvelous instances of healing.

Man encounters many dangers in the ordinary course of life through the spontaneous and uncontrolled actions of these powers. Explorers in these realms encounter many strange and awesome dangers. It is the function of the teacher not only to train the student to make practical use of metapsychical powers, but it is even more important that he protect the student against the dangers of this strange realm. Forty years of experience enable Weltmer Institute teachers to give their students full protection against the dangers that await the investigator and those other risks that are encountered in everyday living.

You are taught to develop such powers as can be safely developed in your nature, and you are taught to make wise use of these powers in diagnosis and healing. You are taught to protect yourself against false notions and common superstitions, and against the efforts of others to harm you through the improper use of metapsychical forces.

You will be able to do all that the hypnotists can do but you will not use hypnotism, which is most objectionable to all right-thinking people, and you will know how to

**A Foolish, Baseless Fear May Be As Harmful as a Reasonable and Warranted One.**

protect others and to overcome the fears and false notions they may have about hypnotism.

The Weltmer Course in Metapsychology is very complete and practical. This Course could not be taught by any other school. Every healer, to be fully prepared to serve the sick, must have the Weltmer Course in Metapsychology.

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**Weltmer Courses are safe courses. We have tried out and discarded many dangerous theories, many untrue and half-true doctrines that are yet to be found in courses founded on less experience and practice than we bring to the preparation of our courses. Weltmer Teaching is Safe, True, Practical, Inspiring, Wholesome, always.**

## MAGNETIC HEALING

Magnetic Healing was the original Weltmer Method. It has always been an important element in the therapeutic ministrations of this great school. Some of the Weltmer School's most successful practitioners have been magnetic healers. Magnetic Healing is an important part of the Weltmer method as taught to practitioners.

Magnetism is of both physical and spiritual origin and nature. Magnetic Healers who use physical magnetism alone achieve great cures and do wonderful work in the world, but the greatest Magnetic Healers are those who employ also the spiritual nature and powers of magnetism. The Weltmer School teaches the employment of the full power of physical and spiritual magnetism.

The Weltmer Course is very practical in Magnetic Healing as it is in all other subjects. You are taught what to do and how to do it. You are trained in actual application and you are given the understanding that enables you to deal with unusual and new conditions. You are not only trained in the art of Magnetic Healing but you are also well grounded in theory and principles.

All practitioners of all methods of treating the sick need the Weltmer Methods of Magnetic Healing. They can consider themselves fully prepared to practice their profession only with this training. Weltmer Magnetic Healers are prepared to meet all their patients' needs of body, mind, and soul.

Even parents will find Magnetic Healing of great practical value. There are many occasions when a mother or a father could give ease and healing to a sick child or other member of the family. Any person can learn to ease headaches backaches, other common pains. And it is only a step further to the display of full healing power.

## MASSAGE

All Healers and other practitioners of Therapeutics deal with the embodied man. The Spiritual, Divine man, is of course fundamental and most important, but the bodily man also is important and the means through which chiefly the Divine man is influenced.

In many conditions manipulation of the body will give quicker and better results than any form of other treatment. In a large proportion of cases such manipulations will promote the success of any other form of treatment that may be employed. The Weltmer method of Massage is based on the structure and functions of the body. It is theoretically correct and practically highly efficient. It is easily learned and applied. Weltmer School graduates in Magnetic Massage are prepared to work under a physician or to establish themselves in independent practice.

Many who are not practitioners and who have no professional dealings with the sick, will find the Weltmer method of Massage

of the greatest value in the treatment of others at home and in the care of their own bodies. Children and old folk, run-down people, and over-worked men and women, young folk and adults who have indulged in over-exertion at work or play, as well as those who suffer from deficient circulation or elimination, may be helped by Massage. Many a doctor's bill can be saved, many a spell of sickness can be avoided by the timely and efficient use of the Weltmer Method of Massage.

Massage is a regular part of the Course taught in the Mid-Summer Vacation Class. Those who wish to use Massage professionally are given very strict teaching and training and upon passing a practical examination will be awarded a special diploma for Massage without extra cost.



E. B. Stone

## WELTMER'S MAGAZINE

When the awakening of the deeper powers results in the discovery and the conscious mastery of these powers, men then become masters of their bodies, their minds, and their circumstances in marvelous ways. If you undertake this training you may develop your deeper powers, with perfect mastery of the inner creative powers of life and, through this development, you may find not only healing, but also a marvelous new awakening for your mind.

Even though you have the gift of healing you need to know how to make the most of it and how to reach and deal with the sick who need your services. Even though you are specially gifted in this way you still can learn the fine art of healing and develop the universal powers of life which make all men potential healers in some degree.

Healing is not merely a matter of method; it is far more a matter of consciousness and realization, a matter of spiritual unfoldment and the development and training of the deeper powers of life.

Furthermore, you may have the gift of healing and never discover it unless you study healing and undertake to do the work. Many a singer dies unsung, many a poet has never discovered his gifts, and many a healer has unwittingly allowed his loved ones to suffer, even to die, without discovering his power to bring relief and even to save life.

You may have a gift of healing and be entirely unaware of it. You may never have

noticed any signs of this marvelous gift except possibly a yearning to help the sick when you see them suffer or a desire to help those you love when they are not feeling well. You might even be a victim of nervous trouble because your gift of healing has not found a proper expression, it has become an abnormal interest in sickness, your own sickness.

You may have a gift of healing and never have seen any signs whatever that such a gift is yours. On the other hand you may become a great healer even though you have not been given a special call to heal. When you learn to do anything skillfully you put yourself into it and whenever you put yourself into a any undertaking in a thoroughgoing manner you become proficient in it. If your interest has led you to read thus far in this circular you may be sure that you have enough interest to develop healing power and skill which may easily be made the basis of the greatest professional success.

The Weltmer courses are not healing courses alone. They teach you to be yourself, to express yourself, to achieve your own high destiny.

The general philosophy of the Weltmer School teaching may be summed up in the following statement: To live graciously in childhood, hopefully in youth, productively in adulthood, tolerantly in age, and always with dignity, is to live worthily.

### DAILY PROGRAM

- 9:00 — 9:30 A. M.  
Divine Power Unfoldment
- 9:35 — 10:15 A. M.  
Christian Healing
- 10:30 — 11:15 A. M.  
Weltmer Complete Correspondence Course
- 11:30 A. M. — 12 Noon  
Public Lecture
- 1:30 — 2:00 P. M.  
Magnetic Healing
- 2:15 — 3:00 P. M.  
Metapsychology
- 3:00 — 4:00 P. M.  
Massage

### TERMS

Tuition for the Mid-Summer Vacation Class taught by experts in five weeks is only \$50. Those who graduate will receive a beautiful diploma. Registered nurses and practitioners of any recognized method of treatment who are registered and licensed to practice their profession by their state will be given also a special diploma free of charge if they ask for it.

A SPECIAL COURSE IN MASSAGE is given for those who wish to make a specialty

of massage. This course is taught in connection with the Magnetic Healing Course. A diploma for massage is given to all who complete the work of this special course.

### LIVING ACCOMODATIONS

We can find for you a good room in a modern home for about \$3.00 per week. Meals are \$1.00 per day in our own dining room. Light Housekeeping rooms are also available at very reasonable prices. We always assist our students to get located in desirable and convenient homes.

WRITE TODAY TO THE WELTMER INSTITUTE, NEVADA, MISSOURI

# Glory in My Work

By J. O. CRONE

I find glory in my work; not for money, but glory through helping my patients back to health and happiness. The following letters will show why I get glory out of my work as a Magnetic Healer. It makes my heart glad to receive such letters.

March 24, '34

Dear Dr. Crone:

You will notice my changed address. I am enrolled in college this quarter and am gloriously happy about it. I'm carrying four senior courses, chorus extra and Intermediate Club besides my sorority. I hope to make the National Honorary Fraternity before the end of the quarter. Then too, I'm helping the Supervisor in my major department — Intermediate Grade Work — complete material for a Geography test. Do you think I'll have time for any dates? I had one Tuesday night and all day Wednesday. My best boy friend who is home from San Diego, California. But of course work hadn't begun yet, then. I'll probably have the library as my best B. F. from now on and date it every night.

I'm feeling grand. Look better, act better than ever before in my life. My general attitude toward life is saner, more wholesome and genuine. I weigh 120 strong. My doctor can find nothing wrong with me now. Isn't it grand to be healthy? I couldn't believe I ever would again but I am just the same.

I am coming to Nevada the first chance I get and let you give me the

once over. I'm a changed little lady to the one you treated. I'm gloriously okay now. I'm happy and grateful to you for bringing me thru the worst. A nervous breakdown makes one temporarily insane and it's hell while it lasts. Everyone on the campus is so glad to see me. Everyone loves me more than ever. I'm

divinely happy and divinely is the word. I'm sending you my picture. Show it to your other nervous patients. Tell them to hang on and someday they'll feel normal again. I certainly do, I can not praise you and your treatment too highly. It's grand I think.

Write me sometime as I do so enjoy your letters.

Most sincerely,  
A. Y.

January 2, 1934

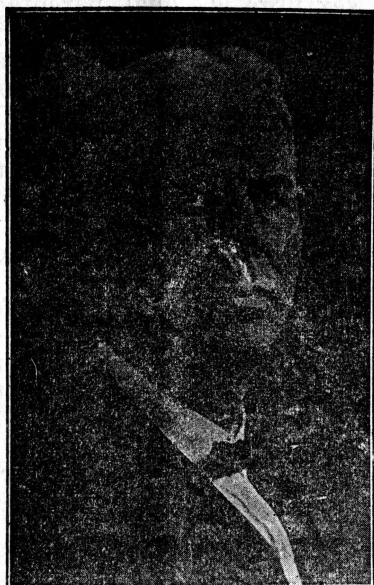
J. O. Crone,  
Nevada, Mo.

Dear Friend:

It has been a little over twelve years since I was your patient. I wonder if you still remember me. I will always remember you because I seemed to get more good from your treatments than from anyone else. I have wished several times that I could go back and take some more of them.

I believe that most of you considered me as an "all in the head" case. Well, I had been trying to overcome it for years when I went there and I am still at it. I have come a long ways since I was there and I suppose I am the one that will have to go the rest of the way

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J. O. CRONE, D. S. T.

# Practical Psychology For Every Day

## SEX URGE MOTIVES

The sex urge is the most confused and the most confusing of any of the four major urges. The ego urge is often disguised as an interest in high-sounding principles and ideals. The euphoria urge has so many different forms of manifestation that it may seem to be an interest in various things of the environment. The safety urge hides behind many masks. But the sex urge is still more complex and touches so many phases of life and usually is so distorted in its expressions, that it leads to confusion and conflict—and it produces both the finest and the worst things of life.

The sex urge directly appears to be the urge to the enjoyment of sexual pleasures of various sorts. In sexual excitement its objective appears to be sexual gratification. In more sublimated and less urgent form it is the urge to romantic love and associations. In its highly sublimated forms it is interest in and love of music, art, poetry, all forms of rhythm and beauty.

The sex urge is the only essentially altruistic major urge. It is the source of our strong social interests, the true foundation of society and of social progress, and the source of all those interests and life habits which make man in any way superior to the lower animals. Man's humanity is essentially due to his excessive sexuality.

While the sex urge appears to be just that, the urge to the attainment and enjoyment of sexual pleasure, it is in reality the urge to parenthood in its fullest sense.

The sex urge is the means that Nature employs for perpetuating and improving the higher forms of life and for producing better social and environmental conditions for the young in the human race. Sex is not simply a means for reproduction. The most primitive forms of reproduction are not sexual. The sexual method has been developed

from non-sexual methods at great biological expense and for the sake of improvements that can be gained in no other way.

While occasional variations appear in those forms which reproduce by non-sexual methods, such variations are rare and apparently without purpose. On the other hand, sexual reproduction with dual parentage with the mixture of competing hereditary elements, tends to produce variations that will be advantageous to the offspring. The selective action of the stress of life which tends to eliminate the unfit to the advantage of the fit, promotes favorable variations. Thus, under normal conditions sexual propagation steadily improves the race.

Non-sexual reproduction is practically a modified form of nutrition. When creatures get so big or so old that nutrition is interfered with, they renew their youth by multiplying and thus starting over again.

When the union of two parents is necessary for reproduction it becomes a much more highly specialized function and the difficulties in the way of the accomplishment of its purposes are more than doubled. Mates have to be sought and won, sometimes in competition with others of the same sex. As creatures become more intelligent there are more diversions of interest, and mating conflicts are more severe. Among humans, choice depends on so many different factors that without an imperative sexual need and drive reproduction is not likely to occur.

The sex life is inevitably involved. Most of our morals are sexual, even in their religious values. The family, with its intimate relations and inescapable responsibilities, the relations of the family to other families, and so, to the rest of society and finally to God; the bearing of sex life on health and personal ability, involve the sex life in

moral considerations regardless of our wish or efforts to keep them separate. This leads to many sex problems.

To make matters worse, those who have been unsuccessful in the adjustment of the problems of the sex life and the related moral problems have been the ones with time enough to write books, to teach doctrines, and to influence public opinion about the matter. The perverts, the repressed neurotics, the over-sexed social cowards, the sexually abnormal generally have been allowed to determine what shall be taught about sex and what shall be done about it socially. This has led to confusion, to misunderstanding, and to untold suffering and sorrow.

Fortunately, there have been a few who have been nearly enough normal to see the sexual problems clearly and yet interested enough in the welfare of humanity to sacrifice some time to sane teaching. Still more fortunately, the laws of God and the will and purpose of God have been too strong for the perverted leaders of the past. Furthermore, the laws of nature tend to eliminate the sexually and morally unfit and these self-appointed saviors of human "virtue" fortunately die out pretty rapidly, leaving only their books and the influence of their bad examples to perpetuate the harm they do. Therefore, we can look forward to a future in which man ultimately will become adjusted to life as it is, inside and outside, and in which the sex powers and impulses may become infinitely more fruitful of good.

One of the first concerns of the parent should be to avoid development of sex shame in children. If he has that in his nature, as probably he has, he must concern himself with the effort to get rid of it as quickly as possible. Shame is active self-condemnation and self-destruction. Shame is a sort of emotional, dynamic, and moral suicide.

A sharp distinction must be made between the acceptance of social customs, the cultivation of a becoming modesty,

and shame. Shame is not a public action or a social attitude; it is an internal personal attitude and feeling. Whether it be acted upon or not, it does its harm by its very existence. There is no more reason for being ashamed of the sex desires and feelings than of desires for food and sensations of hunger. It is not necessary to have shame in order to obey social customs and to accept the common social sanctions. Indeed shame does not make for obedience and power but rather for hypocrisy and weakness of character. Get rid of shame. Put Idealism in its place. There is no good that can be accomplished by shame that can not better be accomplished by Idealism.

The traditional method of dealing with the sex energies is to deny them expression, inhibit them as far as possible. That method at its very best denies life and prevents the accomplishment of the divine purpose for which the sex energies were created. At its worst, it creates internal mental and emotional conflicts that lead to neurosis and serious life-limitation. A much better way is expression under the direction and control of ideals. The sex motives are primarily idealistic and naturally lead to self-forgetting love and altruistic interests. Sexual sublimation leads to music, art, dancing, school teaching, religious work, social service, and other artistic and unselfish activities.

Don't try to deny out of existence your sexual desires and powers: convert them into useful forms. Use them in social expressions if you can not give them natural and frank expression in marriage. Convert lust into love, and desire for your own pleasure into desire to give others pleasure. Learn to think right about the sexual powers and impulses, the sexual energies and urges, and you will find that the sex urge becomes a wellspring of life's finest humanity, a power to glorious achievement.

# Vitalizing Diet for Dynamic Personality

## VITAMIN E AND FERTILITY

People have long been interested in diet as a means for influencing sexuality and fertility. I remember as a boy hearing jocose references to oysters and eggs as means for increasing sexual appetites and powers. Lately I have heard remarks in the same tenor in reference to lettuce. Where there is so much smoke there is bound to be some fire, according to the old adage. (If I may be allowed a pun, I might remark that in this case the smoke often seems to be due rather to lack of fire!) The common notion of relation between diet and fertility, while incorrect, apparently has a firm foundation in fact.

We have already found that vitamins A and D influence sexuality and fertility. We are now to study vitamin E which apparently directly controls fertility through its influence on the development of the embryo.

In marked deficiency or absence of vitamin E a diet containing ample supplies of vitamins A and D to support good health and normal energy and growth will yet fail to support fertility. There may be conception and the beginning of embryonic development but the developing embryo will die at an early stage. The effect is due apparently to conditions in the embryo itself; even the maternal placenta shows no injury.

When sterility occurs from deficiency of vitamins A and D it is due to lack of energy and vitality and sexual appetite in one or both mates. The sexual organs are normal but are small and inactive and sexual activities are reduced or absent.

If there is deficiency in vitamin E the sexual cells and even the testes may be degenerated or lacking in the male and while the female organs may not be damaged the embryos are certain to die as described above. It is evident therefore, that if these findings

are correct, and apparently they are well substantiated, there is a definite relation between vitamin E and fertility.

Vitamin E is found in association with fats. Some vitamins are dissolved by water and therefore they are found in association with the starch or protein parts of foods, but those that are dissolved only by fats are of course found only in association with fats. Vitamin E is found in the fat of the muscles, pancreas, spleen, liver, heart, pituitary glands, and placenta. It occurs more in muscles than in any other structure of the body. Therefore muscle meats are the best source of this vitamin in the animal foods.

The ultimate source of vitamin E is seeds and green leaves of plants. It is especially abundant in the oil of the wheat embryo but it is also present in the germs of corn and oats. Alfalfa leaves are an especially rich source. Lettuce and peas are good. The fresh leaves are richer in vitamin E than the dried leaves although it is very stable as to heat, light and air and such chemical reactions as would be likely to take place in foods.

McCollum says that "milk from cows on fresh alfalfa pasture is richer in E than milk from dried foods." Presumably meats from the same source would be similarly affected. Very small amounts of the vitamin are necessary but evidently the vitamin effects bear some relation to their amounts, for after the vitamin has been discontinued in the diet, experiments made on rats show that two and sometimes three litters may be produced before sterility becomes complete, if the vitamin has been fed in large amounts. If only enough vitamin has been fed to produce immediate fertility the effect soon wears off and sterility shows its elimin-



ation from the diet. An ordinary diet including fresh green vegetables, lettuce, milk and meat supply enough vitamin E for normal fertility. It may be possible in some cases of unexplained sterility to produce a good result by the inclusion of whole wheat products in the diet or even whole wheat germ preparations.

Usually it is not advisable to spend money for special food preparations. They are unnecessary. I can easily say this where other publishers could not, for no such food-makers advertise in Weltmer's Magazine. I am not influenced by financial considerations and can give an unbiased opinion. I have yet to see any convincing evidence that special vitamin preparations have special values commensurate with their increased costs.

I am not advising my readers to become diet cranks or fadists. I am only trying to promote a wholesome interest in the vitamin-rich common foods, such as milk, eggs, butter, cereal foods, leafy green vegetables and salads which are rich in vitamin A: the same foods with the addition of radishes, pineapple, pumpkin, raisins, oranges, okra, cereals, asparagus, spinach, yeast, oysters, and other foods rich in vitamin B; the addition of carrots, fresh corn, beans and other yellow foods rich in vitamin G and those which are sources of vitamin D. I am only interested in those dietary methods that are of practical value for the everyday person. And I am trying to influence my readers to reduce the amount of sugar and starch and protein in the interests of health. I am not even trying to influence them to any radical measure in these respects. The reduction of the amount of meat eaten will help but usually it is better to eat meat than to try to do without it. In fact, I think usually it would be a mistake to undertake a wholly vegetarian diet although it might be very helpful to reduce the amount of meat eaten.

In any case you are not living to eat — even correctly. I can not imagine

anything more foolish than an interest in diet that absorbs the whole of your time and energy. Eating is a means to an end of the production of an efficient machine through which you express the powers and potentialities of your personality. You are not what you eat but what you eat becomes you, in a sense, and it will have an influence upon the sort of you that results from your expressions. Keep in mind the truly worth while objectives of life. Lift up your thoughts above life's pleasures, especially the pleasures of the table. Use common sense and take advantage of the abundant gifts of life that God has given you and you will bring honor to your Creator and joy and success to your living.

I had a letter from a young man in England a few years ago, a long letter (so long and heavy that I had to pay excess postage on it) which was wholly devoted to a description of his very superior method of eating. So far as I could see that was all that he was doing for he certainly could not have had much time for anything else with his diet. In my answer to his inquiry for advice, I suggested that he find some worth while objective, something that would make such care for a diet worth the food he was using.

I have seen lots of these people. They remind me of another class whose greatest interest in life is the saving of their own souls. It seems to me a supreme irony that so many of these people call themselves "Christians," after Jesus, who sacrificed his life for the sake of helping others. I can not imagine any person whose soul is worth saving who could not sacrifice his present interests and his future salvation if necessary for the blessing of others.

The life that is spent in self-service is a life that denies the very fundamentals of its Divine nature. Dieting or moralizing; living in any way that makes time or energy needed for self-

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# Health Building Exercise

## CORRECTION OF STOOPED SHOULDERS

I attended the Commencement at our High School the other day. One hundred and nine boys and girls received their diplomas. They marched in at the beginning and at the end marched out again. I was distressed throughout the program to note the general faultiness of their posture, especially in the manner in which they held their shoulders.

A large proportion of these young men and young women, almost in their physical prime, stood with shoulders hunched forward, necks bent forward at ugly angles, backs bowed, abdomens protuberant, eyes down. The general impression they made was unfavorable for their success in the future. I fail to understand how it is possible for a High School Physical Director to allow such defects to get by. I am afraid that some of the responsibility for this general condition may rest upon the High School itself. Be that as it may, the fault is a common one and usually it can be corrected. I hope to say something in this article that will help some of my young readers, and possibly some who are not so young, to correct such a fault in themselves or others with whom they might have some influence.

In the first place, if your occupation is one that causes you to sit or stand stooped over for a long time, change your occupation or change the posture in which you work. Possibly your work is such that it develops the muscles on the front of your chest without a corresponding development of the muscles of the back. If so, make the necessary changes if you can.

If your occupation or your posture at work can not be improved, it is necessary then, to take special exercises for the improvement of posture. These exercises are such as strengthen the muscles that run up and down the spine and hold the body erect, and the muscles that run from the spine to the shoulders

and hold them up and back.

There are a great many different sorts of spine strengthening exercises, but most of them are taken in the standing position in which the muscles of the front of the body are exercised almost as much as the muscles of the back. Some of the simplest and best exercises for the strengthening of the spine are taken lying down, preferably after going to bed and before getting up. In the two sets of exercises that I shall describe, the back muscles alone are exercised.

**FIRST SPINAL AND SHOULDER GROUP.** Lie on the back without a pillow, with the arms lying at the sides. Push down with the head until the chest is lifted off the bed. As the head goes down it is rotated toward the back and the spine is bent upward, making the upper part of the spine concave. The shoulders are relaxed during this exercise.

At first the head is pushed down with the face looking upward. After repeating this action for a few times it is then taken with the face turned to first one side and then the other, as far as possible. If the muscles are weaker on one side than the other, take the exercise more frequently looking toward that side.

For the straightening of the shoulders in this position, let the head, neck, and spine be relaxed. Push downward against the bed with the tips of the shoulders and the upper arm until you lift the spine off the bed, if possible. Repeat until the shoulder muscles are tired. If the shoulder muscles are weaker on one side than the other, lift more with that shoulder.

The shoulder exercises can be taken when the spine exercise makes the spine muscles tired. Then while the shoulder muscles are resting the spine exercise can be taken again. These exercises should be repeated until a sense of

general weariness is felt. They should be frequently interrupted for deep breathing and efforts should be made to increase the breathing throughout the exercise.

Exercises taken in this manner, while lying on the back, are strictly limited. Only the muscles it is desired to strengthen will be used. The opposing muscles will be relaxed and not at all developed by the exercises.

**SECOND SPINAL AND SHOULDER GROUP.** Lying on the front of the body without a pillow, lift the head and try to bring the back of it down to the small of the back. Of course this can't be done, but the effort will bring the right muscles into action and will strengthen and straighten the back in the right place. This is done with as much effort as possible. Then the head is brought to rest again on the bed, the back is relaxed, and a deep breath is taken. The exercise is repeated until weariness is felt.

After some strength has been developed in the spine muscles by this means it should be varied by turning the head to first one side then the other in the taking of the exercise.

Another variation that should be employed after these have been taken for a few days, is the bending to the side as well as to the back. Raise the head as far as possible, then swing it around from one side to the other as far as possible. If the muscles are weaker on one side than on the other the motion should be made mainly toward that side.

Shoulder exercises can be taken very nicely in this position. The spine is relaxed and the head laid comfortably on the bed with the face turned to one side for convenience in breathing. Starting with the shoulders relaxed, they are lifted as high as possible and brought together in the back with such force as to pinch the skin over the spine. This exercise is repeated until the muscles are weary.

After the muscles have been exercised

for a while as directed above, then lift one shoulder and with the arm relaxed, bring the shoulder up toward the ear and then down toward the hip with a rolling, swinging motion. Continue this until the shoulder is weary. Then exercise the other shoulder in the same way. If one shoulder is lower than the other or if the stoop is worse on one side, exercise that side more than the other.

In all these exercises, as in those in the first group, only the muscles of the spine and shoulders are affected. By following the instructions exactly, and by understanding the condition of the spine and shoulders in the beginning, you can correct any except very serious faults of posture in the upper part of the body. These exercises can be taken under the blankets in cold weather, without exposure to cold air.

The exercise described above for the correction of faulty posture of the shoulders and upper part of the spine, should be supplemented by maintaining the proper posture when walking, riding, or otherwise in the erect posture. Effort should be made to maintain good posture all the time.

If the spine is flexible and the muscles normally strong, good posture is easily taken by lifting the chest, pulling in the abdomen, and pulling in the chin without lowering it. Thus, keep the eyes level and draw the chin back toward the neck. This throws the head back in a horizontal direction and strengthens the upper part of the spine. When this position sags, straighten up and resume the proper position. Keep at it. By repetition it becomes easier to do and if it is persistently practiced the time will come when proper position will be maintained without effort.

Good posture gives an appearance of self-confidence and promotes self-respect, favors deep breathing, good digestion, better elimination, better health. Its good effects are felt in body, mind and spirit. Stand up and face the world as a self-respecting child of God.

# Uses and Dangers of Metapsychology

## TRAINING FOR GUIDANCE

Practical methods of training for guidance depend theoretically upon the nature of man and the source and nature of the guiding intelligence. Practically such training will be determined by what has been found to work for others, or what presumptively will work in present case if put to test. In any case, it is worth our while to make some inquiry into the nature of man as being guided, and the source and nature of the guiding intelligence.

Man is a part of creation, governed by the common laws, save as special conditions in his existence require special applications and even special laws. He is not something separate and apart from the rest of creation: he is a natural part of the whole. As a part of creation man manifests and fulfills Creative Purpose, plan, and power.

We can only guess at the creative purpose which man manifests in common with all other creatures. If we consider that man is the form in which that purpose is most fully manifest, it would appear that the immediate purpose as affecting the forms of living creatures, is the organization of living for the manifestation of the Creative Purpose in that form which we call divine.

Man's body is the same flesh as that of the other animals, made of the same elements, and so like common animal flesh that it can be studied through experiments upon and observations of these lower forms. Even the organization of man's body is essentially similar to that of the lower animals. Man is as definitely classified as an animal as is any other form included in this classification.

Yet man undoubtedly attains to a higher consciousness of spiritual values than any other living creature. He also attains a higher intellectual level

through a finer organization of his nervous and motor organs, especially the brain. It appears that life's increasing purpose is the ultimate consciousness of its own Divinity. Guidance, I believe, is a manifestation of divinity and a demonstration of approach to that ultimate end.

If this doctrine be true, then guidance is a function of man's own divine nature. It is an evidence of spiritual consciousness. It is a product of the impulse of life to greater manifestation and better adaptation to a higher range of creation. If this view be correct then life is beginning to replace observation of the things of the world outside and conscious thinking, with the more direct application of the knowledge of that which outside things only express, the inner knowledge.

Let me see if I can make this idea clearer. We attribute omniscience to God. That means that we attribute to God all knowledge of all truth. There is nothing that can be known that is not already known, for all that can ever be known God knows now.

It is obvious that omniscience, all-knowing, would include all human knowledge. Therefore, if all knowledge is included in omniscience, all creatures that have knowledge share omniscience. Man shares omniscience. What you know is part of all-knowledge; your capacity for knowing is part of the Infinite capacity. God's knowledge is complete, therefore, God has no capacity for learning for there is nothing more to know; if man is one with God man's knowledge is also complete and in man's spiritual nature he has no capacity for learning for there is nothing more for him to know.

In other words you now know all that it is possible for humanity ever to know, your human understanding is complete,

you are humanly omniscient now. Capacity for knowing is wholly a matter of conscious and intellectual gain. It is a matter of relation between the limitless knowing of spirit and the partial and increasing knowing of mind. You can only look inside into your own infinite nature for knowledge. You can get information of the world and of the things of the world and of yourself as a thing of the world by observation and through the senses and by conscious thinking, reasoning, and imagination, but you can not get more knowledge in the omniscience of spirit for that knowledge is already complete.

When you seek the kingdom of God within, you are seeking the kingdom of completeness, of perfection, omniscience, and omnipotence; you are seeking your own completeness and perfection. You are of the earth or of heaven, you are dependent or complete, self-moving and self-governing.

You are not dependent upon people or things, places or time, circumstances or fate, You are potential master in all these ways, and when you find the Kingdom of God or heaven or spirit within you, you will have all the things of the world in demonstration if you wish.

Guidance, according to this concept, is the increasing action of the inner or spiritual man: it is the man of heaven guiding and directing the man of earth. It is the transcendent man's action upon a limited, earthly, confused man. The voices you hear are the voices of your inner self. The impressions you receive are the impressions from within. The impulses you feel originate in your own spiritual power.

Of course, so long as man lives in the world as a thing among other things so long as he is conscious of himself only as a thing, he does not rise to perception of the eternal verities, he can not think in terms of spirit and the Kingdom of God.

So long as man thinks only in the terms of the things of the kingdom of the world his guidance must come to

him in the forms of the world. He will imagine that some ghostly duplicate of himself, some dead friend or spirit guide, or possibly one of the great heroes of history is speaking to him or otherwise influencing him. He may not make the idea so definite, and yet feel that guidance comes from outside because to his consciousness, even his own inner spiritual being, the Kingdom of God within, is "outside."

If the other view of guidance is correct, then we must come back to the world of things, material things, mental things, spiritual things, Divine things.

Such a concept merely extends the material world but it leaves it material. The average man's cosmos is all physical. He has no concept of spirituality, no concept of principle. His heaven is more material than the so-called physical materialist's earth, more materialistic than any of our educated scientist's concept of matter. He has a physical heaven, pretty well denatured and washed out, but still physical in all its characteristics. Even his God is the all-inclusive thing, located in space and separated from him by space. If this is your concept then don't try to train yourself for guidance on the basis of the spiritual concept that I have given above.

In training for guidance, the practical method is about the same, regardless of the fundamental concept, but the final results are different, as a little thought will easily show you. In any case, you train for guidance by first doing your intellectual and physical best. Think to your limit and work to your limit and still demand more of yourself than mind and body can give. Never be content with what you have accomplished but constantly strive to accomplish more.

This is not saying that you should be discontented and self-condemnatory. This does not mean that you should continually find fault with yourself. It merely means that you must keep on

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# Practical Philosophy of a Full Life

## DOUBT OF KNOWLEDGE

I believe it was Carlyle who said, "what man sees and can't see over is the infinite or as good, to him." Most certainly what man thinks that stands alone in his mind is final truth, to him. A little knowledge leads to dogmatism. It is only the ignorant and the partially informed who are sure of their knowledge.

Dogmatism and intolerance are mothered by limited learning and fathered by threats of conflict with other opinions. When a man arrives at a set conclusion he must be a true scientist or philosopher, a genuine truth seeker, who welcomes conflict between his opinions and the opinions of others. Most men prefer to dogmatise, proclaim absolute truth and the end of learning. Content with their knowledge, they take refuge behind some fortress of sacred revelation or ancient authority and fight to the death rather than risk thinking.

The progress of philosophy has been checked many times by this very human tendency. The originator of a movement in philosophy may be never so tolerant of the opinions of others or even in some doubt of the finality of his own thought. He may make no pretense to finality. He may solve only one problem, achieve only one forward step. His system of philosophy may be merely a readjustment of knowledge on the basis of this one forward step. He has dared to think and he has developed his power to think through his studies of the thoughts of other men as well as through the cultivation of his own abilities. Not so, however, with his followers. They are believers, not thinkers. They are not creators who have climbed the long hard slopes of learning. They are followers who take refuge from need for thinking in the doctrines that they find already made for them and that they need only to accept. They accept as final truths the

opinions of another. They make dogmas of his hypotheses.

Thus they are saved from thinking, they are protected by a great name and they are strong in their borrowed authority. After each great philosopher there has been a period of organization and dogmatisation by his followers.

After the Stoics and Epicureans, still another form of philosophic attitude was bound to show. The Stoics were dogmatic, the Epicureans were equally so. Both schools had brilliant advocates. Their arguments convinced a number of thinkers, especially Pyrrho of Elis (365-275 B. C.), that ultimate knowledge was impossible of achievement. He and many even more brilliant followers developed a new tendency in philosophy, Scepticism.

The Sceptics probably served the progress of human thought and freedom more than did the constructive philosophers. As I have pointed out in previous lessons, it is not nearly so important that we know truth as that we strive by our own efforts to know. The Kingdom of God is within and the Kingdom of God is creative, self-expressional, productive. It does not consist in the accumulation of spirituality, knowledge, or things. It is power to create in spiritual, mental and physical realms. It is only as the individual expresses his powers, not as he acquires virtues, honors, or perfection that he fulfills the Kingdom. Many whom the world calls "failures" are far more successful in expression of the powers of the Kingdom and far more truly live in the Kingdom, than do those who are honored for their achievements.

A wholesome doubt which throws a man upon himself and makes him bring out that which is otherwise latent in him is the best influence that can bear upon a man's life. It is far better indeed than the easy conviction and comforting

dogmatism of selfassured ignorance or little knowledge.

The Sceptics based their doubt upon three considerations:—First, what man knows of the world he knows by virtue of his own nature, his sense organs, his capacity for perception, his reactions, and the uses he has for his knowledge. No two men are alike and therefore, no two see the world the same. What is cold to one may be hot to another. What is pleasant to one may be unpleasant to another. One may find smooth what another finds rough; men may never agree as to colors or other appearances of things. Alexander's steward was said, "to feel warm in the shade and to shiver in the sun." It is obviously impossible to set up a standard of conception of things as perceived that is more than approximately reliable when such great disagreements occur.

The case is still worse if we take into account the difference between the concepts and values of man and the lower animals in relation to general things. Much that man finds agreeable the lower animals find disagreeable and vice versa. The foods of animals may be the poisons of man, and many things that are necessary to human life may be destructive to other creatures.

The changing conditions in man's life change the values of things. He does not see the same world in sickness and health, joy and sorrow, youth and age, fear and safety, and the differences of viewpoint and those differences created by all conditions in human relationship influence his viewpoints of and attitudes toward the world. How then can he know which world to rely upon?

Second: Customs, traditions, habits, education, environment; and all these factors influence man's conceptions of the world and of truth. One of the Sceptics pointed out the fact that the Persians see nothing wrong in a man marrying his own daughter, while the Greeks strictly forbid it. Some men consider piracy right while others call it sin. There is no justice or law that is

not contradicted somewhere.

The relations of things have a great deal to do with their appearances. Distant objects appear smooth although they are rough. The sun seems hardly larger than the moon because of distance, and the largest sun in the universe appears no larger to man's eye than many of the smaller ones. If you ride down a mountain valley and look up to the peaks they seem to pierce the very clouds, but if you fly above them in an airplane they present only changing shades of what immediately beneath appears to be generally level land. If differences of viewpoint can so change man's conceptions of the world and he knows creation only by his perceptions, and what might lie beyond creation only through creation as he perceives it, how then can he know dependable truth?

There is still a third reason for doubt of knowledge: Things are never known by themselves but only in relation to other things. They are bigger or smaller, rougher or smoother, nearer or farther, harder or softer, and in innumerable other ways always related to other things and known by those relations. Yet those relations are constantly being changed. What is now beside something smaller a moment hence may be overshadowed by something larger. What is now feared presently may be depended upon for protection. What is now eaten with hungry pleasure may soon be regarded with satiated aversion.

Of course the Sceptics lived before the age of scientific classification which has been largely concerned with the elimination of these sources of confusion. The scientists have undertaken to so thoroughly disclose and classify all the possible relations between things as to describe each object in the terms of these relations reduced to as few names as possible. At first glance it might seem that this objection to the reliability of knowledge has been overcome but if the thinker is obstinate and

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# Practice of Permanent Prosperity

## SKILL FOR PROSPERITY

Prosperity is increasing achievement and self-fulfillment. One may prosper in anything that he does. One may do anything that expresses one's self. Human nature is so exceedingly complex that this means that one may prosper in a great many different ways.

Usually by prosperity we refer to material, social, or financial success. We call a man prosperous when he is making money and especially if he is making more money all the time. Of course, that is a very limited use of the word, but it is the most common use of it and it is the use in which I am going to treat prosperity in this particular lesson.

I think I have already touched on this matter but if so it matters little, for this is a subject that can bear repeated attention. Therefore, at the risk of repetition, we will begin our lesson with the statement that service that is of value to others is the only thing for which we will ever properly be paid and the only thing for which we should ever seek payment.

There are two general forms of service as regards our relation to them; first, doing for others what they want us to do, in the way that they want it done; second, doing for others what we know will greatly benefit them and selling them our idea of their need of it.

The first form of service is the most common and the easiest, and yet it is usually neglected and failure to prosper in it is due to failure to accept its responsibilities and thus to be able to take advantage of its opportunities.

A very small proportion of those who are doing even the ordinary jobs for which people are paid are doing them at all skillfully. Usually they put so little of interest and real preparation into their work that if they should leave it very little difficulty would be found in replacing them.

Work done in that slipshod fashion, work done with as little interest, effort,

and preparation as possible, work to which the workman gives the minimum of himself can never lead to any form of prosperity for the workman or his employer. What prosperity the employer may be able to achieve will be in spite of such workmen and the workman will never be more than just a job holder. His chief concern and anxiety will be to hang on to his job. Only an accident can promote him.

Virtuosity can be attained in any activity. I have heard Liszt's Second Hungarian Rhapsody played hundreds of times and while I have always liked the piece, I had not found so very much to it until I heard a master of the piano play it, and then, I realized that I had never heard it before. I had heard amateurs and fiddlers mess over its notes; I had heard them play all the notes in the right places and the right time; I had heard them get emotional and had seen them posture all over the piano stool, but I had never heard the music of the composition until M. Potjes played it. Then I understood the meaning of virtuosity.

I have seen another good illustration of virtuosity in one of Joan Crawford's shows. I had previously thoroughly disliked Joan. Her face and her manner both offended me, and I had never seen anything to admire in her acting. I went to see "Dancing Lady" under protest but I stayed to admire her virtuosity. In this case skill overcame a profound prejudice and won reluctant but unstinted admiration.

My father was naturally skillful in anything that he undertook. Of course some things he did better than others, but he could swing a scythe or an ax in a manner to excite the admiration of even a stranger to the art of handling these tools. I have seen other men use both the ax and the scythe in ways that would offend anyone's sense of rhythm. There is no action that can not be done



well or ill and no job to which this does not apply.

Very rarely do we see people strive for virtuosity in even the arts and almost never in the crafts and the ordinary jobs. It is a wonder that there is not more unemployment. There would be very few workmen employed if skill was made a necessity. Whenever a person fails to do whatever he does as well as he can possibly do it, and when he stops trying to do it better, he cheats not only his employer, but even more, himself, and life, and God.

I would not work, if I could help myself, at any job that did not stimulate me to do my best and that did not make me feel a sense of progress in my work. This is my chief compensation. Fortunately I have that compensation, for my work for some years has cost me rather than paid me. Still I like it so well that I am willing to pay for the opportunity to do it. I am striving for virtuosity in my work and I am trying to practice what I am preaching in this lesson.

I am doing this for my own sake. I am just as selfish in this effort to improve my work in everything that I do as though I were scamping every job for the purpose of making unearned profits out of it. I know that the best source of happiness is satisfaction in work well done.

I once taught a woman how to wash dishes in a very superior way; that is, I taught her how to teach herself, how to apply the principles of practical psychology to the job of washing dishes, with the result that it became the key to a new happiness and saved her health and reason. Where before dish washing was ruining her life, it became her life's salvation merely because she became a virtuoso, or at any rate developed the attitude that attempts virtuosity.

Whatever you are doing, from digging ditches to saving souls; from breaking sod land to designing cathedrals; from patching old clothes to designing movie costumes; and from

raising chickens to editing poultry journals, do your best. And don't be content merely to do your best but find some one thing that you can do better than it "can" be done and then do it in that way, and you will prosper in spite of anything that may have hindered you in the past.

The other way of service is the inventor's, the organizer's the discoverer's and the revealer's way.

If I may be pardoned for writing about myself, I will use my own experience to illustrate my point. From boyhood, I have engaged more or less in writing and promoting and teaching lessons that seem to me very necessary to the progress and the happiness of mankind. Just now I am promoting a new course that expresses the very best that over 40 years of devoted work has produced. I have put into this the very best that I had at the moment; and I have been constantly working at its revision ever since. I will no sooner finish this revision than I will begin work on another. I have put myself so deeply into this work that I have transcended my own experience and have been literally inspired by Divine Wisdom in the writing of much of it.

When my first course was finished, I had performed a great task as well as I could, but I had only come to the hardest part of my work, for it was written for my potential students. It was not merely an expression of my thought: it was a message to mankind, a message to be delivered. I found myself then started on the hardest part of the job, that of convincing the world that my message was worthy of attention and something that man needs.

My letters are the despair of my secretary. They are never finished. I am constantly rewriting them and improving them. I am finding that the writing of letters is a job that requires the highest degree of concentration and calls for the employment of the greatest skill. It is a job all of its own and a job  
(Concluded on page 28)

# BY THE WAY

## OUR PLANNED ECONOMY

There can be no doubt that eventually we will have a planned national life and that the men who will do the planning will be men who understand economics, civics, and other scientific treatments of the details of life. An unprejudiced observation of the N.R.A. with everything rising save incomes, and governmental expenses ballooning, convinces us that that time is not yet.

If our planners understood what they are dealing with no doubt they would be very successful for they are evidently good intentioned. A review of the attempts to end the depression by "big men" of every class, from financiers to college professors, shows a depressing picture of ignorance and failure when the theories of these specialists are put to test. One after another they have failed and still are failing. The fundamental reasons are yet to be found and the cure is evidently not in the control of the professors. When the disease has cured itself the world will get well and those who happen to be in charge at that time will get the credit for it.

## CONTRASTS

I notice in the papers an account of a "Heresy Trial." The defendant was found guilty, but the worst the judges could do to him was to kick him out of the church. I can hardly imagine that this was much of a punishment if he was guilty.

Time was when there was only one church and it had power to torture, maim and kill people for heresy. I wonder if those scenes would not be repeated now without the large number of competing churches and the humanitarian prejudices of "irreligious" people.

In the same paper is an account of the rescue of over 100 men from an ice flow in the Arctic by modern mechanical birds. Russian aviators took these men off an ice floe and carried them to safety at the risk of their own lives, of course.

A heresy trial and an airplane rescue in the same paper; the old and the new, age and youth.

That should not seem so strange since we find this mixture everywhere side by side. With the newest forms of life, we find some of the most ancient forms still living and the fossils of even more ancient forms preserved in stone.

## ELIMINATE THE CRIMINAL

One of our metropolitan dailies is running a series of articles on Criminals of the United States. The author draws a lurid picture of the growth and wide spread prevalence of crime. When we take into account the interlocking interests of human civilization and consider the enormous loss of life and wealth due to crime and then take into account the cost through taxation for the Institutions for the conviction and confinement of criminals, we might almost account for the depression by the cost of crime.

Since I feel that I am fairly safe from accusation and that there is no likelihood of my suffering from such a program, I rise to suggest that instead of housing, feeding, and trying to reclaim the modern criminal, we undertake his wholesale extermination. Why not deal in only two ways with criminals? Fine them or execute them, and when possible, do both. The fines could support the police and the courts and the execution of all who could not pay would get rid of penitentiaries and prisons and save the taxpayers a lot of money. This would reduce the population very rapidly at the present rate of increase of crime and soon none but we virtuous folk would be left to admire each other. On the whole, this seems to me a very good solution for the problem of crime—unless justice should catch up with me.

## CONFIRMATION

The April Kablegram gives the fol-

lowing digest from the March Civitan of crime conditions in America.

"In an editorial in the March Civitan attention is called to the fact that last year crime cost this country the appalling sum of \$13,000,000,000. Racketeering costs industry \$15,000,000,000. The annual crime score totals 12,000 murders, 3,000 kidnappings, 100,000 assaults, 50,000 robberies and 40,000 burglaries. Since 1900 the increase in murder rate has been 350 per cent; in prison population since 1926, 50 per cent. It is estimated that there are 120,000 assassins at large and that 400,000 people are living solely through crime."

After reading this digest, I am more than ever convinced that the United States should start at the uttermost corner of Maine and following the Canadian border and the Atlantic Coast, proceed in a lengthening line right straight across the country to the uttermost part of California, completely removing and exterminating all of the criminals and otherwise unfit inhabitants of these United States—with me as judge.

**HE LIKES THE WELTMER COURSE**

"I am enclosing the second and third installments of the Correspondence Lessons answers together, as I had some delay in comprehending to my satisfaction a part of one of the lessons in the second installment, and in the meantime went on with the third . . . I would like to express some of the appreciation I feel for this Course and the privilege that is mine in partaking of it, but I am breathless with the wonder of it; but all the while my heart is thanking God,—and the individualization of him who are directly responsible."

E. G. B.

*In the Weltmer  
Method Is*

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At the hands and under the guidance of the great healers of the Weltmer Institute. Thousands have been healed after they had been told that they could never be well again. **You can be healed.**

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is in the Weltmer Teachings of the kingdom of God within. There are daily lectures throughout the week, every week, at the Weltmer Institute. Many have found freedom, mastery, and power to win.

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is in the delightful atmosphere of the Weltmer Institute. And in the unfoldment and development of your deeper spiritual powers is the peace that goes with you through all your days.

**LET US HEAR FROM YOU**

at once. Let us know what you need and we will tell you how we can help you. If we have helped you in the past, tell us how you are getting along.

**WRITE TODAY**

**Weltmer Institute, Nevada, Mo.**

### DOUBT OF KNOWLEDGE

(Concluded from page 23)

refuses to be satisfied by numbers, he may point out as would the Sceptics of old, that the scientists have not yet attained their end nor got rid of the ultimate relations and the uncertainty still exists.

It is obvious that truth must have a criterion of knowledge, something that is always dependable and that does not depend upon something else. The Sceptics contended that no such criterion was possible and there are many to this day who agree with them. We will find as we study later philosophers that the deeper thinkers have always recognized this necessity and that they have met it when they have felt that it could be met, in characteristic ways.

Each of us faces sometime this problem in our own personal development, unless we have from the first taken the easy, cheap way of "faith" that saved us from the costly way of thinking and knowing. If we have accepted first the authority of our parents, school teachers, and other associates, then the authority of revelation by Gods, half-Gods, and heroes, if we have made them responsible for our judgments, we may never come to that wholesome state of doubt that corresponds to the sceptical period in philosophy in the three or four centuries just before the beginning of the Christian era.

We need the developing power of wholesome scepticism but we must avoid a desperate scepticism that finally leads to distrust of all knowledge. We must have some foundation of knowledge, some ultimate criterion that we can trust and that criterion must be one of our own selection, a selection based upon our own thinking. In this, as in everything else, the Kingdom of God is within. The Kingdom of God within is the divine nature and potential of man. It is the Christ-principle of human God-

head. It is the power of man to be perfect, as the Father in heaven is perfect, because in the Kingdom of God man and God are one.

Seek and find the Kingdom within and learn to thoughtfully, intelligently, and faithfully live in that Kingdom now and you will demonstrate the Kingdom of God at hand that Jesus proclaimed.

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### SKILL FOR PROSPERITY

(Concluded from page 25)

to which I have to give the most earnest and devoted thought.

I believe in the laws of God and I further believe that the laws of God control every phase of life. I have faith that when I make my advertising, letter writing, and salesmanship skillful enough, I will then assure the success of my first efforts by the delivery of my message.

What I have said of myself is true of you. You are engaged in some sort of service, either working at a job that some one else has made, or at one that you yourself are making. If you are not prospering look to yourself, your attitude, your devotion, or failure to give devotion to your work. Are you a virtuoso? Are you consecrated to your work? Can it claim the very best you have and spur you on to greater effort? If you can not answer these questions in the affirmative, then change your job until you can find that kind of a job, or better still, change yourself until you are worthy of that kind of a job, and you may be sure that no bad luck, no depression, no unkind fate can keep you from prosperity.

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### FRESHNESS OF VIEWPOINT

Sometimes a first acquaintance with a problem in which the problem is clearly stated and correctly understood, leads to solution where a more extensive knowledge of it would only result in confusion because of complexity of viewpoint.

## NO LONGER "FREE"

With infinite pains, consecrated devotion to the higher welfare of my readers, and inspiration earned by forty years of conscientious labor, I wrote

### THE MESSAGE OF FREEDOM

for free distribution to the hungry confused, and almost despairing world. Many hundreds asked for it; a few expressed their appreciation; the larger proportion did not even acknowledge its receipt. For this gift of life they did not even say "Thank You."

The average man estimates values by price tags. A thing is worth what it costs. What costs nothing is worth nothing.

### THE MESSAGE OF FREEDOM

is not for them. It is for those who value it for its power, its truth, its beauty, its practical usefulness. One woman writes, "I promised to let a friend read my 'Message of Freedom' and I simply can not spare it, need it every day, so will you please send me two more?" She can have a dozen free, and so can anyone else who appreciates it. But in order to make sure that it will go hereafter to only those who will appreciate it I am selling it now—for 25c in stamps. It is a bargain at that price. It is still a better bargain at \$1.00, the price to those who are in great need of its message.

Address,  
ERNEST WELTMER  
Box 218, Nevada, Mo.

### MAN — A NIMAGE OF GOD

(Concluded from page 6)

Human intelligence has only increased and unfolded as it has received God's thoughts into the mind that joined harmoniously and comprehensively with the thoughts already understood.

Man has access to all the blessings that heaven holds. Man has all the power there is and all the wisdom there is to guide him, and as he does things because he is God's child and can do them, he will find that he has indeed inherited the "kingdom of heaven," and can perform any task that he sets himself to do.

### VITAMIN E AND FERTILITY

(Concluded from page 17)

fulfillment—which is often the reverse of self-preservation—is perverse, abnormal living.

Make your life sufficiently worth while and you will not have much time for dieting, and dieting won't much matter. A man who is living a worthy, self-fulfilling life can prosper on a poor diet where another self-saver would fail and die on a good one. You are a child of God and you are demonstrating the all-rightness of your divine nature best by living in divine unfoldment and increasing creative manifestation.

### ANCESTOR WORSHIP

I've heard of a man who has a five dollar bill with his father's picture on it—his father was president of a bank—and although he is on the relief rolls he keeps that fiver. It is all he has left to uphold his memories of former grandeur.

Mrs. Josephine W. McKenzie  
**MODERN PSYCHOLOGY**

Suggesto-therapy Class  
Every Tuesday, 11 A. M.  
LIBRARY INSTRUCTION SCHOOL  
209 South State St.

Chicago, Studio 11167

**I GLORY IN MY WORK**

(Concluded from page 13)

but just the same it goes mighty fine to have some one help.

If there is anything in the theory of reincarnation, then surely my case is a carry over from the last time I was here. I enjoy reading your articles in the magazine for several reasons—one is that they are quite practical.

Well so much for this time only that I would appreciate a letter.

C. E.

February 26, '34.

Prof. Crone:

I don't know if I have ever written you since you gave me treatment something like 35 years ago. I often think of you and the good laugh we had. I congratulate you in still being at the Weltmer Institute.

I may state that I have not been troubled with what I was treated for at that time since. Which was bad enough. I am surely very thankful to you and what the Weltmer Institute has done for me. While I have been treated twice for stomach or bowel trouble both times I got relief by Absent Treatment.

I have seen enough of Telepathy that I know there are good results in those treatments.

When I read your article in the Magazine I always think there is a fellow that treated me a good scout.

Yours respectfully,  
L. N. A.

For 35 years I have been getting letters like these. Why not get glory out of my work? It makes life worth while. Glory in not making earthly gain but glory in helping poor souls back to health and happiness. It is my life work. I love my work and expect to keep at it as long as I live. This treatment works if you work it and I know how to work it.

**"I wish  
EVERY ENGAGED COUPLE  
And  
EVERY HUSBAND AND WIFE  
Could read it."**

Thus writes an engaged girl who has just read "Sex And Love In Life," written some years ago for one of my classes. This course has never been printed, but it has been published in three manuscript editions. "Sex And Love In Life" is the product of 35 years of intensive practical study and observation and practical application of the principles of the wholesome use and control of the tremendous powers of sex. Many years of practice as a consulting psychologist and psychoanalyst assure the strict practical application of these principles.

**MANY WRECKED HOMES,**  
many nervous breakdowns and business failures, many social disasters could have been saved by the timely study of "Sex And Love In Life."

**I CAN ARRANGE**  
for you to read it or I can give you a direct personal course of correspondence instruction that will save you untold sorrow and money.

**IF YOU ARE GOING TO BE MARRIED, IF YOU ARE MARRIED --**  
write today.

**ERNEST WELTMER,**  
Box 218, Nevada, Missouri

Pasadena, Calif.

May 22, 1934

About 25 or 30 years ago, my husband was healed of backache. He couldn't turn in bed. My sister told him about your work. He never had a return of that trouble. May God bestow rich blessings on your work. I believe in it.

L. J. D.

**TWO KINDS OF PRIDE**

If I had to choose between being proud of my dad or making my Dad proud of me, I think I'd take the latter.

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Write to Weltmer Institute, Nevada, Mo., for special information that will be of the greatest value to you, if you are interested in the study of this greatest of all courses of its kind.

It will help you to become a healer, to be successful in business, to get more out of life in every way.

**WRITE TODAY**

## TRAINING FOR GUIDANCE

(Concluded from page 21)

trying to do more than you have done, recognizing that your capacities are as limitless as your divine nature, for you have the capacity for the expression of all your Divinity.

When you have done your best and by your continued yearning and trying you deserve to do better, guidance will then help you to do that something more that mind and body can not alone complete.

Read the foregoing paragraph until you can apply it. Apply it until you can understand it, and you will find that there is a guiding wisdom that will help you when you have reached your personal limit of accomplishment. You are a child of God and in every phase of your life God's hand and God's wisdom guide and uphold you.

## LEARN TO BE A MASTER HEALER

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### THE WELTMER METHODS.

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always works for good when "Broadcasting" healers and "Receiving" patients tune in and work with God.

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employs the powers of divine omnipresence for the healing of the sick, the guidance of the confused, and the blessing of the faithful.

### WRITE TODAY, for HELP

in the solution of your problems.

Address,

THE WELTMER INSTITUTE  
Nevada, Mo.

# Invest Now in a Vacation

The Weltmer Institute supplies an inspiring Course of Study that will give you the Spiritual change that one seeks in a vacation.

Radio Springs Park, joining the city of Nevada on the southwest, affords all facilities for a happy and health-building vacation for body and mind, and at surprisingly low rates.

Radio Springs Park consists of three beautifully wooded sandy hills, picturesque bluffs, a sulphur well and iron spring, a beautiful lake, and facilities for camping and light house-keeping in electrically lighted cottages. The lake has four acres of sanded sloping bottom for bathing in clean wholesome sulphur water. It has dressing rooms and shower baths, diving boards and towers, and an isolated sanitary beach. The lake is well supplied with boats, and on an island is a dance pavilion where standard liquid and solid refreshments are served. Adjoining the park on the south is one of the most interesting nine hole golf courses in the country. The lake is well supplied with game fish, many large bass being taken from its waters every summer.

An ideal way to combine a delightful vacation with the Weltmer Mid-Summer Vacation Course is to take a cottage with a roommate or two, at the park. You will need only to bring bed linen, towels, and your bathing suit, unless you wish to wear one of the park bathing suits. You can cook your meals in the cottage if you wish, or you can get sandwiches at the lunch room, or you can eat at the Institute or down town at public restaurants.

Each morning after a good night's sleep among the trees, you can take your swim—you might even get up in time to go fishing before breakfast, then walk or drive to the Institute one mile and one-half on pavement or good sidewalks. Spend the day in the class

room with lunch at the Institute or down town, and go back to your home at the park in the late afternoon for a long summer evening resting, swimming, boating, reading, or golfing. If you wish to dance the pavilion is right there. If you prefer to drift on the lake listening to the music or if you feel studiously inclined, you have everything at hand to make you comfortable.

The costs of such a vacation are ridiculously low. Rental for a cottage with electric lights, beds with mattresses, and an oil stove is only \$25 for the five weeks for two tenants, with \$5 extra for each additional tenant. This would make the individual cost where two bunk together only \$12.50 or less than \$9 each where four share the cottage. This also pays for entrance to the park, fishing, boating, and swimming. If you play golf, you can use the golf course for a fee of \$5 for the five weeks. Prices for dancing, drinks, and sandwiches are very cheap in this part of the world. There is no place else and no other way in which you can get such a variety of vacation pleasures, all of the highest grade, at such a low cost. Laundry and food are the only other costs you will have and they will be no more here than at home.

Come to the Weltmer Mid-Summer Vacation Class prepared to spend your idle time outdoors. If you have never learned to swim learn now. If you like to fish, go fishing every-day. If you golf, you can have all you want on one of the snappiest courses you ever saw. No matter what your fancy, you will find it supplied at Radio Springs Park and you will find in the combination of such a vacation with the Weltmer Course an awakening and health-building experience that will send you home regenerated in body, mind, and soul, ready to tackle the old job with new zest or to start in the practice of the new profession with the abounding energy of glorious health.