THE MODERN
Psychologist

Sex Life of the Unmarried Man — REGINALD D. MacNITT

Dreams and their Interpretation — SAMUEL KAHN

Human Madness — JOHN A. MENAUGH

Harlots and Saints—A Study in Sex Complexes — JOSEPH TENENBAUM

Things We Like to Forget — JOHN W. BARE

Where Do We Get Our Subconscious? — RUFUS M. REED

Diet and Virility — WALTER SIEGMEISTER

You and Your Nerves — H. H. RUBIN

Personalities and Types — RAYMOND K. BARCKLOW

CURRENT EVENTS IN PSYCHOLOGY

PROBLEM WIVES—THOMAS L. GARRETT

March 1936 25¢

BOOKS

Psychology, Psychoanalysis and Psychiatry

THE HOMOSEXUAL NEUROSIS

DR. WILLIAM STEKEL $2.98

A standard work, a milestone in psychiatric and psychotherapeutic literature. It probes the depths of human life. One of the world's eminent authorities discusses in minute detail the problem of homosexuality in all of its varied aspects.

CRIMINAL RESPONSIBILITY

CHARLES MERCIER $2.98

The subject of crime and insanity with a view to fixing the responsibility for criminal behavior is a subject of vast importance. Special attention is given to pleas of insanity in court trials.

THE FAMILY PHYSICIAN

JAMES R. SCOTT $2.98

Eleven great books complete in one volume. This is a home medical adviser, which is written by eighteen famous authorities. A complete, illustrated encyclopedia of health and disease as it affects the human body. This volume is a great help in any household.

THE SEXUAL QUESTION

AUGUST FOREL $2.98

One of the world's leading authorities deals with sex and its relation to modern life, and discusses intimately those aspects wherein it becomes one of the problems of our times.

SEXUAL LIFE IN OUR TIMES

IWAN BLOCH $7.50

Our times have witnessed a unique preoccupation with the subject of sex. Homosexuality, lesbianism, and other sexual deviations have grown by leaps and bounds. Dr. Bloch delves into the problem, and endeavors to determine the causes for the phenomena.

HYPNOSIS AND SUGGESTIBILITY

C. L. HULL $3.75

The most complete and authoritative volume to appear in recent years. Recounts every important modern experiment in hypnotism.

PSYCHOPATHOLOGY OF EVERYDAY LIFE

SIGMUND FREUD $3.75

Your every little act—the mispronouncing of a word, the forgetting of a name, the making of a jest—has a reason. Frequently these little acts explain deep emotional states.

WHAT DOES YOUR HANDWRITING REVEAL?

NADYA OLYANOVA $1.00

The latest psychological information about handwriting and what it reveals.

THE NEUROTIC CONSTITUTION

ALFRED ADLER $5.00

Are you neurotic? This is the book that explains why. It examines your childhood, shows how you have followed a "style of life" inevitably into your neurosis. And it explains, simply and clearly, what should be done about it.

BOOKS ON ALL SUBJECTS

Have all your book requirements filled by

142 W. 24th Street **BOOK HOUSE** New York, N. Y.

Add 10c to each order to cover wrapping, handling, and shipping.

Is Life What We Make It?

● *by* C. FRANKLIN LEAVITT, M.D. ●

LIFE is never interesting unless WE MAKE IT SO. And to make life worth living we must have either an understanding which we have acquired through study or reasoning; or a training in childhood which has created in us a HABIT of viewing life in the right light.

It depends entirely on YOUR VIEWPOINT as to just what YOU see in life. If you have formed the habit of analyzing life from a destructive standpoint, you see only the shadows and clouds, which soon breed very real fears. In consequence, you would be most unhappy, limited and depressed, and life would not seem worth living.

Clarence Darrow makes the statement that "Life is not worth living." To him, from his analysis and viewpoint, it probably is not. But if you were to stop one hundred people and ask them, one by one, if THEY believed that life was worth living or if they were ready and willing to die; I feel sure that 98 per cent of them would prefer to live, in spite of some of the hard things they met from time to time.

It is normal to wish to live and be happy.

Wherein lies the difference between these two opinions of life? It is to be found in VIEWPOINT alone.

From just what standpoint have you been analyzing yourself and life? In viewing some who are happier and more successful than yourself have you layed it to a difference in nature, inheritance, better earlier training, environment, luck, opportunity, etc., etc., or have you willingly admitted that it is merely due to YOUR lack of understanding, training and development? Some of these advantages you have pictured in others, may have had a bearing in the beginning, but after one reaches the age of reason, LIFE IS UP TO THEM, and it is really and truly their own fault if they have failed to make use of the God-given powers which they possess.

YOU perhaps are sensitive, emotional, impressionable, with a tendency toward nervousness; possibly failed to receive in childhood JUST the instruction and training that would have best fitted that nature of yours; and in consequence, it is quite natural that you formed habits of limitation and weakness. In this manner your mind has been placed behind "prison bars" and you have seen no way out. Such a condition breeds an Inferiority Complex which adds materially to your slavery. But all this does not mean that you are "fate-driven." THERE IS A WAY OUT, and that way is through a process of reeducation and added understanding. The TRUTH will set you free. You are a prisoner because you are viewing yourself and life from a false viewpoint.

Little by little, the little fears, such as worry, apprehension, jealousy, lack of hope and faith, breed bigger fears, and you can very easily drift into a state of so-called Neurasthenia; or suffer the tortures accompanying a Nervous-Breakdown.

But all this does not mean that your nature is normally a destructive one; that your mind is weak; that YOU are different from others. A sensitive, emotional type of mind, with a tendency toward nervousness, represents very REAL POWER. Power however has both a constructive and a destructive side to it. You have permitted this nature of yours to rule you, and in consequence, it has formed the habit of ruling destructively; but that very same power CAN be made to serve you and be the best friend you ever had. Your nature represents a going, active, fine type of mind which is running wild through lack of control and direction. Such a mind as yours can practically destroy you and leave you a wreck on the shores of life; or, on the other hand, it can carry you to great heights.

Wouldn't you like to really understand that mind of yours; learn how to direct it wisely; to make it serve you constructively; and in consequence, become a happy, well-balanced, progressive, interesting person? That very thing is possible, if you are really in earnest and will agree, with help to convert that "wishbone" of yours into a "backbone." That does not represent years of tiresome fighting, but it DOES require a better understanding of yourself, your own powers and how to use them; of the principles underlying life as lived to its fullest; and then an expression of this added knowledge until you have formed NEW HABITS. That isn't such a terrible task, is it?

THE INFLUENCE OF FEAR ON MIND AND BODY

FEAR is one of the most destructive forces man has to deal with. It can change your viewpoint to such a degree that everything seems warped all out of shape and even you, take on an unreal appearance in your own eyes. It can cause great unhappiness and mental distress, and there is probably nothing harder to bear than mental suffering. It acts as a shock to your Sympathetic Nervous System, and through tension, functional and gland life is materially disturbed; and thus you can suffer very materially physically from lack of vitality, tone and proper mental stimulation. FEAR acts as a real poison on your system. Worry alone can in time completely wreck the strongest nervous system. Perhaps you can begin to see how YOUR downfall has taken place and why YOU suffer from strange feelings, sensations and weaknesses. If you are expressing FEAR, you are constantly carrying to your mind, seeds of depression, and to your body, through the nervous system, little shocks.

NEURASTHENIA, NERVOUS BREAKDOWNS, various forms of PSYCHOSIS and NEUROSIS, SELF CONSCIOUSNESS, STAMMERING — always have deep seated FEARS back of them. There may be exciting causes, such as operations, shocks, glandular disturbances, infections, etc., but you would NOT develop the mental or nerve states represented above unless there was present in you fertile soil for the growth of FEAR. Eliminate FEAR and you will get rid of your worst enemy. AND THIS CAN BE ACCOMPLISHED.

HERE IS A WAY OUT

I have written a little 100 page book, titled SELF MASTERY THROUGH UNDERSTANDING. This book goes into considerable detail in relating just how these many forms of mental and nerve disorders originate, their cause and effects. It will perhaps tell you more about YOU and your troubles than you have ever read before. It will open your eyes to certain TRUTHS which should make it possible for you to begin to analyze from a more creative viewpoint, and it will give you an understanding of the mental self which cannot help but be beneficial. This little book has been pronounced by many as priceless. If, after reading the book, you feel that a Preliminary Analysis, would be of assistance to you, you may fill out the Analysis Chart, which will be enclosed and return it to me for an opinion. The Blank will come direct to MY desk and be opened by ME, so do not hesitate to fill it out carefully. View this as a very real opportunity and take advantage of the offer AT ONCE.

Self Mastery Through Understanding

along with the Analysis Blank will be mailed to you postpaid upon receipt of

25 Cents

C. FRANKLIN LEAVITT, M.D.

Suite M.P.-20, 55 E. Washington St., Chicago, Ill.

The MODERN PSYCHOLOGIST

DAGOBERT D. RUNES, Ph.D., *Editor* ERIC BERGER, *Managing Ed.*

Associate Editors

Samuel Kahn, M.D.	W. Peacock, Sr., Ph.D.	C. F. Leavitt, M.D.
Lee D. Cady, M.D.	Howard N. Rose	Elizabeth S. Seiler, M.D.
F. H. Berg, M.D.	M. N Bunker	N. M. Snyder, M.D.
Edwin F. Bowers, Ph.D.	J. W. Klapman, M.D.	R. D. MacNitt, Ph.D.
Edward Podolsky, M.D.	J. E. Bathurst, Ph.D.	E. R. Fulkerson, Ph.D.
W. H. Mikesell	H. H. Rubin, M.D.	Rufus M. Reed

Contributions by

Sigmund Freud, Alfred Adler, C. J. Jung, Havelock Ellis, Samuel D. Schmalhausen, A. A. Roback, Wilhelm Stekel.

VOLUME VII NUMBER 2 MARCH, 1936

THE CONTENTS

WHERE DO WE GET OUR SUBCONSCIOUS?.....*Rufus M. Reed* 5

YOU AND YOUR NERVES .....*H. H. Rubin* 8

HARLOTS AND SAINTS—A Study in Sex Complexes *Joseph Tenenbaum* 11

SEX LIFE OF THE UNMARRIED MAN.....*Reginald D. MacNitt* 19

DREAMS AND THEIR INTERPRETATION.....*Samuel Kahn* 22

CURRENT EVENTS IN PSYCHOLOGY..... 24

PERSONALITIES AND TYPES.....*Raymond K. Barcklow* 27

THINGS WE LIKE TO FORGET.....*John W. Bare* 31

HUMAN MADNESS .....*John A. Menaugh* 34

DIET AND VIRILITY.....*Walter Siegmeister* 38

CONSULTING THE PSYCHOLOGIST .....*Thomas L. Garrett* 43

IN FORTHCOMING ISSUES:

Nervous Breakdowns and Why We Choose Them

Why do some persons choose a nervous breakdown as a means of running away from the harshness of reality—as a means of evading the duties and problems of life? It is easier, it requires less energy and courage, to run away from life, says Rufus M. Reed, than to stand up and take life's blows squarely on the chin.

Emotional Conflicts

When an individual suffers from an emotional conflict he sometimes develops a peculiar reaction. He escapes reality through physical ailments. When conditions are unpleasant or disappointing, the subconscious confuses the person in such a way that he forgets the reality of the disappointment and concentrates on his supposed physical disability. Conversion hysteria, says Dr. Samuel Kahn, is one of the commonest of neurotic symptoms. The best approach is through clinical psychological treatment and mental reeducation.

Superstitions Concerning Menstruation

Since biblical times women have been under a ban during the period of menstruation. Even among the American Indians taboos of this nature were enforced. Dr. Walter Siegmeister traces the history of the superstitions which have grown up around menstruation and shows how woman's inferiority may originate in this cause.

Make sure that you read these articles as well as the many other important articles that will appear in forthcoming issues of *The Modern Psychologist*, the world's largest psychological journal. Subscribe now for 6 months. Simply enclose $1.00 (cash, check or money order) with the coupon below.

The Modern Psychologist,
142 West 24th Street,
New York City.

Kindly send me **The Modern Psychologist** for 6 months. Enclosed please find $1.00.

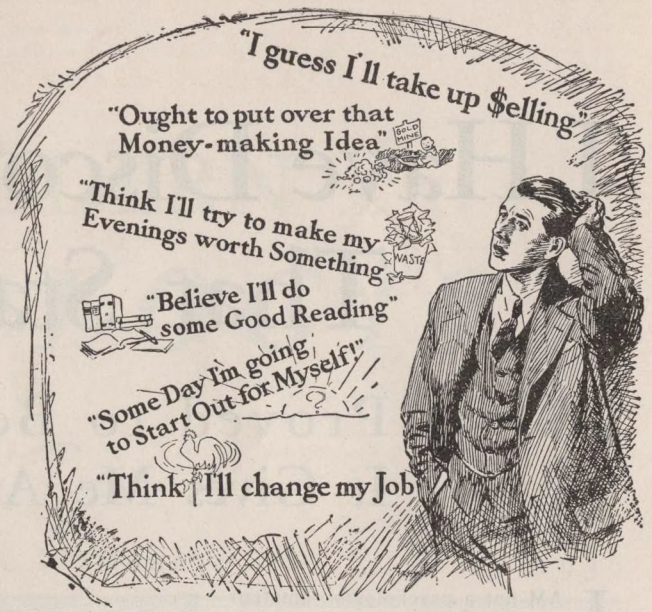
Name .....

Address .....

City .....

Published monthly by National Scientific Publications, Inc. Publication, business and executive offices, 142 West 24th Street, New York, N. Y. Editorial offices, 142 West 24th Street, New York, N. Y. Copyright 1936 by Harry Gronich. Entered as second class matter July 27, 1934 at the Post Office at New York, N. Y., under the Act of March 3, 1879. Volume VII, Number 2, March, 1936. Single copies 25c; yearly subscription $3.00; Canadian $3.50; foreign $4.00. All manuscripts should be typewritten and accompanied by a brief biographical note. The editor assumes no responsibility for the return of unsolicited manuscripts.

The Man with the "Grasshopper Mind"



YOU know this man as well as you know **YOURSELF**. His mind nibbles at **EVERYTHING** and masters **NOTHING**.

At home in the evening he tunes in the radio—gets tired of it—then glances through a **MAGAZINE**—can't get interested. Finally, unable to **CONCENTRATE** on anything, he either goes to the **MOVIES** or **FALLS ASLEEP** in his chair.

At the **OFFICE** he always takes up the **EASIEST** thing first, puts it down when it gets **HARD**, and starts something else. **JUMPS** from **ONE THING TO ANOTHER** all the time!

There are thousands of these **PEOPLE WITH GRASSHOPPER MINDS** in the world. In fact they are the very people who do the world's **MOST TIRESOME TASKS**—and get but a **PITTANCE** for their work.

They do the world's **CLERICAL WORK**, and routine drudgery. Day after day, week after week, month after month, year after year—**ENDLESSLY**—they **HANG ON** to the jobs that are smallest-salaried, longest-houred, least interesting, and poorest-futured!

If **YOU** have a "grasshopper mind" you know that this is **TRUE**. And you know **WHY** it is true. Even the **BLAZING SUN** can't burn a hole in a little piece of **TISSUE PAPER** unless its rays are focussed and concentrated **ON ONE SPOT**!

A BRAIN THAT BALKS at sticking to **ONE THING FOR MORE THAN A FEW MINUTES** surely cannot be depended upon to get you anywhere in your **YEARS** of life!

The **TRAGEDY** of it all is this: you know that **RIGHT NOW** you are merely jumping **HERE AND THERE**. Yet you also know that you have **WITHIN YOU** the intelligence, the earnestness, and the ability that can take you right to the high place you want to reach in life!

What is **WRONG**? **WHAT'S** holding you back?

Just one fact—one **SCIENTIFIC** fact. That is all. And when you know what it **IS**, then you can easily learn how to apply it; make it carry you **STEADILY, POSITIVELY, AND DIRECTLY** to prosperity and independence.

That fact is one which has been **PROVEN** and stated by the world's foremost scientists and psychologists. You are only **ONE-TENTH** as successful as you **COULD** be! Why? **BECAUSE**, as Science says, you are using only **ONE-TENTH** of your real **BRAIN-POWER**!

TEN per cent of his brain is all the **AVERAGE** person uses. He is paid for **ONE-TENTH** of what he really possesses because that is all he actually **USES**. The remainder lies dormant. The longer it is unused, the harder it becomes to use it. For the mind is like a muscle. It grows in power through exercise and use. It weakens and deteriorates with idleness.

What can you **DO** about it? That is the question you are asking yourself. Here is a suggestion.

Spend 2c for a postage stamp. Send in the coupon below for a copy of "Scientific Mind Training." There is no further obligation whatever. You need not spend another penny.

This little book will tell you the secret of self-confidence, of a strong will, of a powerful memory, of unflagging concentration. It tells you how to acquire directive powers, how to train your imagination (the greatest force in the world), how to make quick, accurate decisions, how to reason logically—in short, how to make your brain an instrument of all-around **POWER**. It tells you how to banish the negative qualities like forgetfulness, brain fag, inertia, indecision, self-consciousness, lack of ideas, mind wandering, lack of system, procrastination, timidity.

Men like Judge Ben B. Lindsey, Sir Harry Lauder, Prince Charles of Sweden, Jerome K. Jerome, the famous novelist; Frank P. Walsh, Chairman of the National War Labor Board, and hundreds of others equally famous, praise the simple method of increasing brain power and thought power described in this free book. **OVER 750,000 OTHERS PRAISE IT.**

You have only **TWO CENTS** to lose by writing for your copy. You may **GAIN** thousands of dollars, peace of mind, happiness, independence!

Thousands who read this announcement will **DO NOTHING** about it. The effort and the will needed to send for this book—which is **FREE**—may be lacking. How can these people **EVER** gain what they hope for, crave for? They are the skeptics, the doubters, the "show me" wiseacres.

Other thousands will say, "I can lose only **TWO CENTS**. I may **GAIN** a great deal by reading 'Scientific Mind Training.' I will send for it **NOW**. It promises too much for me to **RISK MISSING**."

The thousands who are open minded—who are willing to learn something to their advantage—will **ACT** on their impulse to send the coupon. They will be better, stronger minded for having **TAKEN SOME ACTION** about their lives, even if they do nothing more than to **READ** a booklet about the inner workings of the mind. For your own sake—and for the sake of your loved ones, don't continue to **GAMBLE** that your future will be bright whether or not you **DO** anything about it! Mail the coupon today **—NOW.**

THE PELMAN INSTITUTE OF AMERICA

Suite 182, 271 North Avenue, New Rochelle, N. Y.

Offices in London, Paris, Stockholm, Delhi, Durban and Melbourne

The Pelman Institute of America
Suite 182, 271 North Avenue,
New Rochelle, New York.

Please send me without obligation your free booklet, "Scientific Mind Training." This does not place me under any obligation and no salesman is to call on me.

Name.....

Address.....

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

I Have Discovered a Secret That Startles Me

It Has Proved to Be an Aladdin's Lamp It Gives Me Anything I Want

I AM not a psychologist, amateur or professional. I am an average American business worker, with an average education as a background, and have given no more thought to metaphysics, mental sciences and religions than one runs across in the ordinary course of casual reading and human experience.

"Perhaps," said I to a friend who is a practitioner of a well-known mental science, "I have stumbled across a new idea in metaphysics."

The Key to Happiness

My friend smiled. Said he, "You have revealed to yourself the last, ultimate *secret* of every religion, every system of metaphysics. and mental science on the face of the earth. You have the *secret*, the KEY to happiness, health, wealth and the things you desire. If everybody knew what you know, there would be no need for religions, or systems, or codes—no need for books, or lectures, or courses. All new thought sciences are based on a central idea so simple that it can be expressed in one sentence. The difficulty that confronts teachers is in making the religion, or system, or science difficult!

"Experience proves that there must be a lot of preliminary talk, or study, or reading. If this is not given, the student would feel he had not gotten his money's worth . . . or, having come upon your *secret* so easily, would have too little respect for it."

Nothing You Desire That You Cannot Have

This startled me, you may be sure. I spent some time working my precious *secret* into plain language, and went to some trouble to look up leaders of a dozen other metaphysical systems and religions. Each one, in turn, on reading my paper, reacted in much the same manner—"Certainly," each said, in effect, "this is the *secret* of happiness on earth. Put that to work in your daily life (and it is easy) and there is nothing on this earth that you desire that you cannot have.



Well, this amazing *secret* has done wonders for me—and all the friends I have told about it. It is actually like an Aladdin's lamp! I merely have to desire a new car, or a trip to Europe, or relief from pain, or a solution of business, domestic or household problems—and behold, I have it. My *secret* is not a new religion, a new system of mental science—it is the spark, the enlivening spirit of every religion. *Every* follower of *every* system of thought will immediately realize the *full* benefit, the complete promise of his religion, if he uses this *secret*, amazing revelation that I discovered quite by accident. My *secret* clarifies, beautifies, strengthens and endears the chosen religion of science to the student.

Worth $1,000 in a Year's Time

I have no desire to make money out of my discovery—I don't need money. My *secret* gives me all I can use. I have no more right to make a profit on revealing my discovery to others than the Mayor has to charge for a city's air. Yet it does cost something to tell my story to the readers of *The Modern Psychologist*—and something more to have the *secret* printed and mailed to those who would like to examine it.

It is worth *everything* to you, as it has been to me and my friends. In actual money, it could be worth at least a thousand dollars to you, in a year's time or less. Yet, as I say, it is yours as much as the air is yours. But, distribution costs require me to ask a dollar for my newly discovered *secret*, which ought to just about pay for these costs. I call it the *"Realization Secret."* The *secret* is in the first sentence—then I use about 3,500 words to make it entirely clear to you, with many practical examples of the *secret's* application.

Five Days' Trial

I want you to send for the *"Realization Secret"* and read it through (it will take 10 minutes each time) every day for 5 days. If you don't think the *"Realization Secret"* is going to do for you what it did for me—just return it and I will return the dollar. Fill in the blanks below and send this coupon with remittance to my publishers *today*!

—M. S. R.

(*Full name and address given on request*)

HINMAN PUBLISHING CO.
121 W. 42nd Street, New York

Hinman Publishing Co. MP.3-36
121 W. 42nd St., New York, N. Y.

Send me M. S. R."s "Realization Secret" described above, for which I enclose one dollar. I understand that I may have my dollar back if not satisfied.

Name .....

Address .....

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

The MODERN *PSYCHOLOGIST*

MARCH VOLUME VII. NUMBER 2. 1936

TO EXPLORE THE MYSTERIES OF THE SUBCONSCIOUS IS TO EXPLORE THE VERY FOUNDATIONS OF PSYCHOLOGY.

Where *Do We Get* Our Subconscious?

By RUFUS M. REED
Practicing Psychologist

THE Subconscious Mind of man is indeed a wonderful mind, and it carries on its work with unerring, clocklike precision, unless hampered by repressions or conflicts.

The Subconscious has many phases, capacities, or departments; its duties and functions are legion. In fact, the functions and powers of its various departments are so many and varied, so automatic and special, that a mind with the limitations of the conscious could not possibly perform any or all of them.

The Subconscious might be said to represent both the highest and the lowest in man. At its lowest phase, it "houses" all the racial habits (instincts) and savage tendencies of our primitive ancestors. Its highest phase is the "immortal soul of man." The Subconscious is without beginning and without end; its soul-phase is immortal, while the conscious mind perishes with the death of the body.

Where and how did we get our Subconscious? It is an endowment of heredity. Your body was developed from a tiny egg, or ovum, which was fertilized by a spermatozoon of your father and then attached to your mother's womb. Through the life principles of the spermatozoon of your father and the ovum of your mother, you inherited a fund of instinctive (hereditary) knowledge that is almost beyond human comprehension. This is your heritage, good and bad, of what has gone before through millions of years of evolution.

The Subconscious Mind is the Mind of Heredity

NOW, the instant the ovum from which you were developed became impregnated by the spermatazoon, your subconscious mind got busy. It attached with all due precaution the ovum to your mother's womb and then began the work of building your body. We must admit here that the Subconscious Mind possesses knowledge of chemistry that would baffle the most highly trained laboratory expert. How fearfully, how wonderfully, how perfectly, and how quickly, did it build you from that tiny fertilized ovum! From that single ovum, it built an embryo containing millions and millions of cells, with these all taking shape, or form, in definite and orderly systems. Your Subconscious Mind built your digestive system, your

circulatory system; it built your conscious mind, and all your mental and bodily characteristics and functions. And it built you after a definite and well-laid pattern — the "blue print" of human beings — so that within the short space of nine months you were ready to be born into the world, a living, pulsating, individual, built on the pattern of human beings! Your Subconscious Mind did not build you on the pattern of a horse or a cow, but because of its instinctive, hereditary knowledge derived from the parent cells, it produced you — a human being. You were made with two eyes, not four, and with two legs, not six, and so on.

Your instincts and emotions are the same as those of other human beings; you inherited your capacities for loving and hating, for hoping and fearing, for striving and achieving.

The Subconscious Mind then is the mind of heredity; it is an automatic mind; that is, it works with the unerring, clocklike precision of a perfect machine. Its powers of endurance know no limit; it never tires, never rests, never sleeps. During your lifetime, it regulates the beating of your heart without a hitch or a hindrance; it causes you to breathe about 18 times per minute, and your heart to beat about 78 times per minute; it never lays down on the job, never gets exhausted. Its knowledge of chemistry is so overwhelming that it cannot be other than infinite.

And the Subconscious Mind never lets slip the slightest detail of anything that happened to you from the cradle on; many learned investigators claim that the Subconscious Mind has knowledge of things that happened before birth; in other words, that it holds a record of all the knowledge and experiences of the race. Whether this is a matter of mere speculation, I do not know. However, the Subconscious does have a record of our racial instincts and tendencies; it transmits these racial habits (conduct-patterns) through the life principles of the parent cells.

Memory of the Subconscious

LET us now take a look at some of the departments of the wonderful Subconscious. There is the department of memory, and it is this department, or faculty, which becomes deeply involved in a neurosis, or other mental disorder. Experience too painful to be tolerated in consciousness are violently repressed into the deeper layers of memory. But this does not mean "out of mind." There is a phrase — "to erase anything from memory." This cannot be true literally. It is utterly impossible to erase anything from the memory of the Subconscious!

Nothing is ever lost from the records — every thought, every experience, every feeling, registers upon the sensitive plates of the Subconscious Mind. They make an indellible impression — never to be erased. **"Out of sight"** does not mean "out of mind." Neither does "out of consciousness" mean "out of the Subconscious!"

As stated, The Subconscious mind "houses" all our instincts — the automatic patterns of conduct which have been fixed through repetition during countless ages of time. Now, an instinct operates through automatic action; that is, it is automatic, or spontaneous, in its action. It must, of necessity, act in this manner, else serious mishaps in the preservation of the species might ensue.

Each instinct has its corresponding emotion, which is the driving force, or propelling force, behind the instinct. The emotion is that power or force which activates the instinct, makes it alive and active!

Thus, the instinct of Curiosity has its driving force, or emotion, Wonder; the instinct of Flight; the emotion of Fear; the instinct of Sex, the emotion of love (sexual attraction). It is generally admitted that love between the sexes is based upon sexual attraction — a sort of chemical affinity one sex has for the other.

Instincts Rooted in the Subconscious

A NUMBER of these instincts play prominent roles in mental conflicts; namely, the instinct of Repulsion, with its emotion of Disgust. Things which are abhorrent, repulsive, or shocking to the personality produce a sort of Subconscious Disgust, which may be passed over into the realm of the body. Thus a nausea of the soul may be manifested in a sick stomach, with vomiting.

Then, the Inferiority Complex owes its origin to a long series of repressions of the instinct of Self-Assertion, with its innate craving for Self-Expression. As soon as the victim of an Inferiority Complex learns that he is not really inferior, that his feelings are due to long forgotten repressions of this instinct, he is able gradually to work his way back to the root cause, and to overcome the feeling.

Also, in the Soul-Phase of the Subconscious is laid the moral complexes of man. Man is said to be incurably and instinctively religious; he strives eternally to attain a higher plane, and he seeks often to emulate a Being higher and more perfect than he. Within the soul of man there is "a still, small voice," which is his conscience. The conscience has often been referred to as "the whisperings of God in the soul of man."

Our consciences serve as a check upon our thoughts and acts. Your conscience is a sort of Psychic Censor; it watches over your thoughts and deeds, and it condemns you for transgressing any of the deeply laid moral complexes.

Man has a Gregarious Instinct, which leads him to seek his kind, to associate with them, to engage in common work, play, and partake of the joys and sorrows of his fellows.

Divisions of the Subconscious Mind

THE Subconscious Mind might also be compared to a large and beautiful mansion with many rooms. There would be, first of all, the basement, in which is "housed" the instincts, and all the baser, coarser elements of man, particularly the savage part of him, which he derived from his caveman ancestors during countless ages of evolution, and which he has not yet had time to live down.

Next, there would be the beautiful guest room of memory; it is lined with many shelves, all orderly arranged in tiers. Often, to this room, there comes a distinguished guest — the Conscious Mind — in search of a misplaced name, or a date, or a line from a poem. Often, the thing he seeks eludes him, as though the Subconscious had misplaced it. But if the guest will depart, bide his time, the misplaced item will be found and flashed up to him.

Next, there would be the Executive Chamber, from which is directed the work of keeping the bodily processes in order; the heart is kept going with clock-like precision; also, from this room is directed the digestion of the food, the secretion of all the juices needed in digestion; the elimination of the waste matter from the body; the work of taking in oxygen, and carrying it to the cells, the expulsion of the body poisons, and so on.

Next, there is the parlor room of the Subconscious. Or rather, it is "the holy of holies," for here dwells the Immortal Soul of man. This is the room (realm) of beauty and nobility in man.

The Soul of man lifts up, inspires him to higher, nobler things and gives him hope of a life beyond this vale of woes. This room of the Subconscious — this "holy of holies" — is the place where man and God meet; it is where God comes to commune with man and hear his prayers.

How a Neurosis Begins

TO carry still farther our comparison, we might say that the Subconscious is a well ordered household and ordinarily manages all its affairs without friction. Sometimes, this well regulated household becomes "split" or divided, and it cannot then transact its business properly. The "servants" of the household go on strike, and there creeps in unawares vicious little imps — the bad complexes — to do their dirty, deceiving work. Then we have the phenomenon of a *neurosis!*

Now, the Lord, or Master, of this great mansion is Mr. Conscious Mind. He has sole authority over it. Usually, however, he leaves the supervision of his household to his chief officer, Mr. Will Power, who has the high authority to enforce the wishes and commands of his master, Mr. Conscious Mind. Then, again, Mr. Conscious Mind is often so busy with his bread-and-butter problems, he neglects the supervision of the Subconscious Household; then, Mr. Will Power goes to sleep on the job. The mischievous little imps — the bad complexes — catch him napping and they make a vile plot to destroy his power. They go to work and bind him with countless tiny threads (emotions) which paralyze and weaken him.

If, and when, Mr. Will Power does awake and try to assert his authority, these little rascals laugh in his face and defy him to do his worst. They recruit their forces and perfect their weapons — lies, deceit, false suggestions and unruly emotions. So they completely override the authority of Mr. Will Power.

Then it is, Mr. Conscious Mind has to leave off his bread-and-butter problems and try to clean up the mess. But the little imps have lying tongues and subtle ways; often, they induce Mr. Conscious Mind to believe their lies; often, he lays the blame upon himself. He has overdone himself in trying to procure bread and butter for the family!

Then, things go from bad to worse! Mr. Conscious Mind realizes that something is radically wrong somewhere, but what, he does not know. He does not suspect that he is a victim of the intruders into the Subconscious Household — does not know they are deceiving him for the purpose of furthering their own selfish interests.

At last, in desperation, Mr. Conscious Mind goes to a skilled psychiatrist, a man who is fully conversant with the ways of these lying, deceiving complexes; he has often had dealings with them before; he has often seen men deceived and ruined by their power. He knows how to outwit them, how to rout them from the personality. He "puts" Mr. Conscious Mind "wise" to their game, and Mr. Conscious Mind smiles in a knowing sort of way, girds himself for battle, and cuts the threads that bind Mr. Will Power. He has that high official to rout these intruders from his Subconscious Household, and then he lives happily ever after!

"NERVES" HAS BECOME THE GREAT CIVILIZED AFFLICTION. YET ITS CAUSES ARE EASILY REMEDIED.

You *and* *Your* Nerves

By H. H. RUBIN, M.D.
Practicing Physician
Author: *The Glands of Life*

THERE are as many causes for "nerves" as there are things that happen to the human body. Any one of these, if harped upon long enough, may be sufficient to fray the cord and spoil the physical harmony that exists between sound nerves and healthy bodies. An unseasonable haircut may bring about an attack of neuralgia that will leave the entire nervous system shaken and unstable for weeks. An outstanding and obstreperous bunion, trying the patience and endurance of old Prudence Patience herself, will ravel and tangle more nerve fibrils than Horatio ever dreamed of.

Everything between the hair and the toes that rubs the fur of life the wrong way, that makes two irritations grow where none grew before, and that puts undue strain and stress on any part of the complicated electro-chemical machine we call the body, may develop a more or less aggravated attack of "nerves."

The most frequent cause for "nerves," however, is poison — poison of the most deadly character — generated as a result of fermentation and decomposition of food products, and because of failure to get rid of the brokendown and worn-out organic material through the skin, kidneys and bowels.

No cure of the trouble is humanly possible unless this cause is first corrected. But to correct this cause requires the most careful regulation of the diet, and of everything that has to do with the feeding habits. Because every particle of unnecessary food taken into the system acts only as a handful of ashes would act if carefully sifted into the running gear of an automobile.

What a man's gorging costs him in extra strain on his digestive apparatus and organs of elimination, he little recks. But what it may ultimately cost him in a skidding, frazzled set of nerves, he is in a fair way to find out. A limited diet, containing a proper balance of milk, meat, eggs and whole wheat bread, together with plenty of green vegetables and fruit, and not too much sugar, pastry or starchy food, is the ideal diet for anybody, but it is indispensable for one who has played fast and loose with his balance in the nerve bank. Also, a dozen glasses or more of hot or cold water should be drunk daily to prevent poisons from accumulating in the system and to help wash out those which have already accumulated.

A Few Practical Points

PERSISTENT overwork is a frequent cause of "nerves." Overwork throws into the blood stream an excessive amount of waste material which irritates and depresses and causes hardening of the arteries and blood pressure conditions, which, in turn, are a prolific source of nervous troubles.

Overwork is often responsible for food bolting, one of the most pernicious practices that ever cursed civilization. For no one can be the happy, healthy possessor of a noiseless, frictionless nervous system who feeds himself in five minutes and then rushes back to the job, fatuously believing his stomach is full of teeth to chew all the unchewed food. Heaven knows the poor stomach bears up marvelously well under its perennial outraging, but even a worm will turn. So why wonder that occasionally the insulted gastric organ will throw up both hands with a despairing moan and become an anarchist?

How Exercise Overcomes Nerve Troubles

YET the lack of exercise is also a prolific source of nervousness. Nature gave us muscles and cells to use, and if we don't care to use them she tries to store them full of fat, or slough them off, or shrivel them up. A judicious amount of exercise brings about a better nutrition, not only of the muscles, but also the nerves that control the muscles and of the involuntary activities that are back of all living processes. In other words, nerves are nourished not by the food alone, but by the amount of nerve-forming material brought into contact with them through a brisk, healthy circulation and clean blood.

Also, nerves should be thoroughly aired in order to be sweet and wholesome. For if the body is poisoned with carbon dioxide and other "end products" of cell decay the nerves are the first to suffer by it. Oxygen is the fire that burns up the rubbish, and it is the one thing we take into the system of which we can never get an overdose. Pure air breathed deep into the lung cells day and night will sometimes perform veritable miracles in the cure of neurasthenia, especially if it be taken away from home, in new surroundings and in the company of interesting people.

Try to Prevent Nerve Waste

ALSO, as is now generally admitted, we are wasting in a thousand useless ways sufficient dynamic and physical force to do the work of the world many times over. We apply efficiency to about everything under the sun except ourselves.

Few realize that we have but a certain amount of physical and nervous energy to expend, and that if we waste it in futile and nonproductive activities we certainly are going to run shy of "punch" when the real need comes to show efficiency. If every one could know the value of a few minutes' complete relaxation — the sensible utility of sitting back "as loose as ashes" once in a while — there would be a dearth of nervous breakdowns.

If the student, the mother, the brain worker — all who use their energy faster than they manufacture it — would get into the habit of "stretching out" and completely relaxing when they begin to feel fatigued, and give nature a little chance to recharge the magnetic and nervous batteries, we shouldn't need to worry about the lack of insane asylums.

These ought to be obvious facts. Perhaps we ignore them because they are obvious, and because to find out about them costs us nothing except a siege of illness or a ruction in the family. If nervous and physical conservation were something one could take in a pill, we'd all be falling over one another to get a supply.

How Flat Feet Affect the Nerves

ALSO, we pound a lot of energy out of our systems, and a lot of nervousness into them, by decorating our heels with two chunks of leather jammed full of large and very unyielding nails. We pursue the uneven tenor of our ways over hard, unsympathetic pavements, jouncing our internal organs into a state of prolapsus and mauling our sensitive backbones and delicate nervous systems at every step. A pair of springy rubber heels would take the shock out of our systems.

Then, by wearing pointed shoes, we twist our big toes out of their true straightforwardness and turn them in toward the foot center. This foreshortens the longitudinal arch, relaxing the tension of the muscles and ligaments forming that arch, which in turn causes a relaxation of the transverse arch muscles. This is the chief cause of flat foot, one of the meanest energy-robbers that infests the human race.

The correction of flat foot and the prevention of this energy loss, merely requires properly adapted, scientifically-constructed shoes, and suitable exercises taken for a sufficient length of time; although temporarily some mechanical arch support may be required.

The Ductless Glands and Nerve Symptoms

ONE other factor in the development of nervous symptoms which must be given prominent place, is deficiency in action or abnormal action of the various ductless glands.

Perhaps the most prominent of these in developing acute nervous symptoms, manifested by irritability, rapid heart action, insomnia, progressive emaciation and many distressing nerve symptoms, is the abnormal functioning of the thyroid gland.

Hyper-thyroidism, as it is called, very frequently leads to goiter of the exopthalmic type, with protruding eye-balls, rapid fluttering pulse and abnormal irritability. It is most frequently found in women who are deficient in ovarian functioning. In other words, it is due to an unbalanced condition, in which the thyroid attempts to take up a share of the work of oxidation which properly belongs to the ovaries.

The complete relief of this condition is possible only by restoring the proper balance between the ovaries, the thyroid and the remaining glands of the endocrine chain.

The sex glands are also prominently identified with nervous symptomatology. Too much or too little sexual indulgence produces definite symptoms, recognizable by the specialist in the treatment of ductless gland disorders and quite as easily differentiated as would be an attack of membraneous croup or colitis.

In men, the prostate, while not strictly classed as a ductless gland, is also very definitely involved in the causation of nervous symptoms. Appropriate treatment for the relief of enlargement and congestion of the prostate is followed with almost astonishing results in the relief of symptoms of long-continued nerve irritation.

Other of the ductless glands, particularly the pituitary and the thymus, are responsible for the production of definite nerve symptoms.

This, however, is a subject that would take us rather too far afield, as the ramifications of abnormal pituitary and thymus conditions involve an extremely complex explanation.

And Don't Forget Your Eyes

ALSO, no one who suffers from nerves should neglect to have a thorough examination made of the eyes. A wrongly focused, persistently used pair of eyes can waste more nerve energy in an hour than the system can recuperate in a day. When it is remembered that one-third of all our brain energy is devoted to the service of the visual centers, it can readily be understood why the squandering of this energy may be reflected through a derangement of the nervous system.

Worry, whether real or fancied, is another powerful nagger of nerves. Libraries have been written and religions founded upon the means for muzzling this predacious pirate, this robber of reason and thief of tranquility, but in every instance we get back to two principles, "avoid" and "don't." If you can't keep clear of the cause of worry, "forget it!"

The "nerve starvation" so frequently alleged as a cause for nerve exhaustion may be any or all of these reasons we have been discussing. Wrongly balanced diet, deficient in phosphorus and phosphates, over-work, auto-intoxication, living next to the elevated or to a girl who is abusively practicing on the piano, a pack of chickens or a howling hound in a neighbor's yard, the next payment on the automobile — anything, in fact, that irritates the nerves and disturbs the physiological equilibrium may cause "nerves."

To cure them, all that is necessary is that we find out their cause and correct it, after which we must live normally and happily ever after.

Pessimism--A Sickness of Conscience

By
ERWIN O. KRAUSZ

WHEN a pessimist fails, he blames the circumstances, his "hard luck," and thus finds the specific arguments, the alibis with which he buys his freedom from the danger of proving his worth in a co-operative community. Or, for the same purpose—escaping that test—he will waste time by blaming himself or some inexplicable invalidity for which he is not responsible. Whether such an attitude is seemingly more passive or more active, depends upon the degree of individual discouragement engendered by pampering. A pessimist thinks only of himself, is interested only in himself, never considers the general social welfare but only personal, private matters. This is an exact portrait as well of an individual with a pampered style of life. His very common remark is, "A man is his own best friend." There are undoubtedly pessimists whose readiness to help others one cannot deny, but closer observation shows that they cooperate only as long as their activity is "needed." Once they are not or do not feel needed their whole interest in others is paralyzed and their courage in life disappears.

Such is the case with many mothers whose children grow up or marry and with many men who retire from work. This also partially explains the deep discouragement of many in times of industrial depression and lack of employment. *This feeling of not being needed,* of being mere waste, unnecessary, *de trop,* as is the case with many aging women, or with women who feel their husband's love fading, this feeling that one is no longer allowed to participate, (or, in the case of children, not yet allowed to participate), that one does not really count—this feeling belongs to the deepest roots of the sense of one's own worthlessness, of one's inferiority, of pessimism as to one's position and chance in the world.

AN INTERESTING AND EXHAUSTIVE STUDY OF THE PECULIAR COMPLEXES THAT TWIST AND TORTURE THE HUMAN MIND.

Harlots *and* Saints— *A Study in* Sex Complexes

By JOSEPH TENENBAUM, M.D.
Author: *The Riddle of Sex*

SEXUAL life is a combination of diverse feelings, perceptions and acts which blend together in a pyramidal scale of conscious and, still more, subconscious elements. Like a vast ocean which receives a constant supply from far-off streams, lakes and water sheds, so too, the sexual desire is fed from various, far-off sources. Sex is multiform, comprehensive and deep. The sexual pattern is knitted from many skeins and interwoven with threads of many shades and hues. It exhibits a kaleidoscopic range of feelings, actions and reactions of diverse origin and intensity.

Sex varies with the character, upbringing, race, age and cultural development of each and every one. As there are no two men alike, so little, too, do two individuals resemble each other in matters of sex.

Lack of fixed standards makes for fluctuation and changeability, and it is oftentimes difficult to determine where physiology ends and pathology begins. Both have much in common. They emanate from the same source. The abnormal cannot be properly understood unless measured by the standards of what we have come to regard as normal.

The Harlot and the Saint

SEX hunger is subject to the same individual susceptibilities as are other manifestations of sex. The normal individual, if we may assume such an imaginary average being, has his ebbs and flows of the mounting sexual tide. He has his sexual cycles. But, contrary to all rules and regulations, there are sexual gluttons who never tire in their cravings for ever new stimuli. Their sexual appetite is insatiable, indeed. Those hypersexed individuals are also called sexual hyperesthetics. Their number is probably legion. Some hide their rakishness, others boast of it. But in the main, it is not a question of guilt or moral degradation of one or the other set. Lack of restraint has its causes as well as its effects. More saints or harlots are born than made by circumstances. Moreover, on probing deeper, one finds at the root of the "evil spirit" some physical derangement, undue nervous irritability, inflammatory conditions or complicated psychic processes, which drive the victims into ever deeper sex hazards. Rapacity is rarely wanted. A gift or a curse, one has no choice.

Of course, we do not deny moral responsibility. There are, indeed, some apron heroes who wax eloquent and boastful over their sexual "accomplishments." Once on the downgrade road, they keep on rolling without a halt. For the reward of sex lies in moderation. The harlots of either sex need ever new pricks of stimulation in order to keep their dull senses from ennui. They are sex starved from too much sex abuse. But even they, are they not the product of maladjustment? Are we right in throwing stones at them and summarily condemning those "heinous, sensuous" old bachelors who poison the good morals of our virtuous young *divorcees*, instead of attempting to solve their knotty problems?

However, don't let us give all our attention to the hypersensuous. Much more sympathy, nay, pity, should be bestowed upon the sexual anesthetic. Pity, indeed! For sexual insensibility, instead of being a moral force, is a disability and an infirmity. Hyposexed individuals can well afford to be prudish. Their virtuousness is a mock virtue. Sex does not "bother" them. They are immune to its lure. Their instincts crippled, their spirit broken and their senses veiled, they may even try to compensate their inferiority by the decorum of vestalic chastity and claims of saintliness.

Beware of Saints

THE poor saints! The natural history of saintliness awaits exploration. But, even so, we have sufficient knowledge of its source and its innate tendencies not to surrender our good judgment to the blandishments of appearances.

Saintliness, at its best, is a sign of deficiency. It may be a fraud. A freak can easily pass as a saint. Moreover, a great many saints are oversexed, hypersensuous beings, whose cravings and desires cannot be gratified by ordinary sex experiences. Their tormented souls are reeking with ardour, which no earthly power can pacify. Their hearts are a seething cauldron of devilish passions which they are unable to master. They need hell fire for their castigation, and hell they choose. They prefer living hell to hellish death. Asceticism is their means of escape. Unable to find a healing balm for their sorely wounded sex urge, they take refuge in transcendental flights, where an unfettered imagination can supply their wants in true sadistic fashion.

You say we would be the poorer without our saints? Granted! There is no question that sex repressed and sublimated can supply wings to a nobler soul, enabling it to reach mountainous heights. But think of the cruelty, the destructive forces of saintliness! Sex mutilated, sex defiled and shackled is a terrific demoniacal force — for the good and for the evil, as well. Beware of saints!

But let us leave the saints to the domain of poetic heavens and come back to our prosaic earth.

Yes, there are undersexed individuals. Not all of them are saints, of course, but all of them are deficient in their sex urge. Here again, one has to go to the root of the matter. There are many causes for repression of the sexual desire. Some of them are due to congenital deficiency. Others may be the result of faulty upbringing and training. Diminished sexuality may be the result of endocrine disturbances and hormonal dysfunction of the sex glands. But sexual attraction is not only a physical condition. It is based on a large number of psychic influences as well. The man searches in a woman for the complementary equivalent of his sexual ego. Not finding it, he may become disillusioned, impotent and insensible to her charms.

The same holds true of so-called frigidity in women. Some deny its existence. The sexual desire in a woman may be latent for many years after maturity, to become activated with the resumption of normal relations. In others, the first childbirth helps to release the chained sexual forces. But in some cases, a woman may remain insensitive to the male embrace, even years later, if excessive onanism, faulty education and psychic trauma have done their damage beyond repair.

We have so far explored a few of the sexual conflicts remaining in the twilight between the normal and the abnormal. A step lower, and we are in the realm of the perverse. Fetishism is one of its milder examples, being a transitional stage between an aberration and the perverse.

Fetishism

A STRANGE manifestation that may follow the labyrinth of sexual complications, is visualized in fetishism.

What is fetishism and what is a fetish? The term was borrowed from another field of human emotions. Fetishism is a form of idolatry of primitive tribes, who have since ages worshipped material, inanimate objects, totems, stones, statues, mascots and other personifications of spirits and charms. Fetishism has transferred into human sex relations emotions of primitive worship.

A man in love with his bride adores her eyes, her nose, her profile, her dress, her shoes and what not. Especially, the sweetheart's hair is a common object of adoration. The lover is full of admiration. Poetically inclined, he may write sonnets about the beauty of his beloved. The less poetical will carry a lock of hair like an amulet, or pick up a lost handkerchief and rave, vehemently kissing the object in his possession. This is an every day experience showing no abnormal trait. It is an emotional exaggeration, and what love is free from exaggeration! Who does not conceive of his beloved as the personification of beauty, purity and saintliness! Love is idolatry and the handkerchief or the sweetheart's curl is an amulet of love worship. So far, so good.

Abnormal fetishism differs from the previous in that the object of worship has been divorced from the individual who incites affection. It is love directed more to the object than to the subject. It is love separated from the beloved person. Or at least, sublimated into a queer form of worship. A man, who is a devotee of that quaint abnormality, is enamored of the symbol and not what it stands for. He is in love with the handkerchief, adores a pair of woman's stockings or pays homage to long braids. He cannot satisfy his sexual urge without the medium of those lifeless objects. He is mostly impotent, unless he sees, feels or touches those objects. He will get them at any price, pick them up, steal them, if must be, and commit similar petty crimes, in order to put himself in possession of the medium which alone can excite his sexual desire. From the ranks of those love-fools, are recruited the notorious gangs of braid cutters, who lie in ambush waiting for young girls, scissors in hand, looking for the opportunity to put themselves in possession of their tresses of hair. The objects which may excite fetishism are too numerous to be enumerated.

Men in Love with Statues

A CURIOSITY worth-while mentioning is statue veneration, called "pygmalionism." The term is derived from the Greek sculptor, Pygmalion, who fell in love with the statue of Galatea. The cold marble may be the object of adoration surpassing the limits of pure esthetic interests. Such an anomaly, as well as other forms of fetishism, may be associated with partial, incomplete impotency, the stumbling block to normal sex relations.

The origin of fetish love has long been the object of scientific interest. It is probable that the first awakening of the sexual desire has been coincident with some sort of impression which has left an imperishable mark on the individual, remaining in force for the rest of his life. Such a human being, while in an undifferentiated sexual state of mind, is prone to be unduly impressed with some event linked with an external symbol, like the hair, the dress or some such object. In due time, the incident may have been forgotten, but the symbol remained, leading a separate existence in the subconscious labyrinth of the mind and influencing the sexual trend of the individual. Marriage may be a cure for this strange symbolism, though one is not sure if the roots of that symbolic aberration are not too deeply imbedded, so as seriously to interfere with marital obligations.

Onanism (self-abuse; masturbation)

THE term, "onanism," is derived from a Biblical source. It is related that gentle Mr. Onan, the son of Juda, forced by his father's will to comfort his brother's wife, preferred *frustre ejaculation* to natural intercourse, thereby gaining immortal fame, onanism being named after him.

Masturbation is a form of sexual self-gratification, not requiring the participation of an accomplice. True, there may be a sort of mutual onanism, where one individual or group obliges the other, but this is only an auxiliary method of procedure for mutual convenience's sake, and is not indispensable to gain gratification. True masturbation is one-sided sexualism. It is a form of auto-eroticism or sexual self-service.

Masturbation a Widespread Evil

MASTURBATION is known among animals. Dogs, monkeys, stallions, elephants and bulls resort to sexual gratification. In human beings, this tendency is well-nigh universal. Almost everybody has, at some time or other, worshipped the onanistic goddess. Authorities, who have inquired among friends, students, patients and acquaintances, arrived at the high mark of between 60-99 per cent masturbators. Some took a fling at it for a while. Others remained more faithful followers. In children, up to and at the onset of puberty, onanism is practically the only adequate form of sexual activity. In this case, the sex urge asserts itself at a time when sex differentiation remains incomplete. And while the fog of the semi-conscious urge has not yet become permeated by the rays of a clear desire, masturbation already serves its purpose.

The first stimulus that puts the sexual mechanism into action may be accidental. Some sort of involuntary movements, producing friction and stroking of the genitals, may be the first spark that lights up the easily inflammable imagination of the child. The forbidden fruit, once consumed, is a powerful inducement for further trial. Among such incidental factors furthering the development of onanistic habits, are also instances of "inner friction," occurring during sudden emotional disturbances.

Emotions run in wave-like oscillations. Any disturbance on the surface of the emotional high tide is automatically transferred into other spheres of feeling. The child is emotional and easily swayed by sentiments which may seem to us trivial, like fright, excitement, excessive joy and sudden mental shock. Undue haste in completing a composition in school may result in onanistic excitement. Fear and frenzy can give rise to masturbation. Parents who keep their children in fear of punishment are cultivating a habit which they may not be able to control later. The surroundings and associations of the child are of paramount importance. He is easily influenced by what elders do and think, and is most amenable to suggestion and imitation. A playmate may open the gate to the autoerotic wonderland. Domestics, teachers and servants may play the role of seducers. However, the problem of onanism in children is much more complicated than that. There is no doubt that almost all children develop the habit of masturbation. The question is at what age.

Onanism in Children

FREUD and his school anticipate sexualism in the fetus. Others rightly deny such extravagant claims. It is different with infants and older babies. But, do they really masturbate?

Erection can be observed in babies. Infants play with their sexual organs. They exhibit orgasm-like manifestations. They get

flushed, cry out loud and show signs of gratification. They have attacks of convulsions, which some psychoanalysts (like Stekel), comment upon as sexual in origin. Unquestionably, some infants and young children, in the first years of life, exhibit onanistic activities. It is seen more frequently in girls than in boys, though it is not lacking in either sex. Sucking of the thumb, rocking and other rhythmic movements are rudimentary equivalents of onanism in children. Moreover, it is usually not the degenerated, feeble-minded child, but the robust and mentally developed one that exhibits such acts.

However, all this granted, there is no doubt that much water has been poured into the wine. Not every form of child's play is onanistic. The sensory nerves of the sexual organs in children are in a stage of latency, and it is not commensurate with scientific accuracy to translate all manifestations of quasi-sexual activities into ready-made sexual experiences of a fully developed adult. If it be sexuality, it is a group form of undeveloped sexual-like tendencies.

It is different with children at a more advanced age. With them, onanism is a real experience. Freud thinks that normally, onanism serves a useful biologic purpose in the development of the child. It facilitates genital fixation of the libido.

The child passes through several phases in its development and is constantly adjusting itself to life. At first, we have the period of latency. The pleasure-seeking attempts of the infant are concentrated upon its whole body and particularly on several organs, like the skin, the mouth, the excretory organs, etc. Its libido is pregenital and organ-erotic. "All of these sources of pleasure are, in the normal course of events, finally dominated by the peculiar quality and degree of that pleasure which is derived from the genital zone" (Jeliffe and White). At that time, the third or fourth year, masturbation helps to "focalize the sexual sensations on the genital zone." Undue fixation at any of these intermediate stages hampers psychic development and keeps the individual spellbound on the rungs of the ladder, without permitting normal progress.

Normally, masturbation continues for some years and then gradually subsides. It is abnormal when carried on above the age of twenty-four in men, and twenty in women. In some cases, it may become fixed as a life habit.

The So-Called Ill Effects of Masturbation

IN itself, masturbation is not a menace to health. It is a substitute for sexual intercourse, and if repeated at regular intervals, is far from having the disastrous effects that scare-mongers are wont to picture. Only all too frequent abuse continued for many years may finally affect the general health. For that matter, normal relations, when practiced in the same haphazard way, may entail similar complications. However, masturbation cannot be looked upon from the same point of view as are natural relations. The reasons are manifold.

First, there is the increased danger of repetition. Being independent of the other sex and having unlimited opportunities, one can repeat it at will. Because of undue repetition, the stimulus loses its force, and more and more incitements are required in order to induce gratification. Here lies the real danger of masturbation.

Moreover, masturbation does not relieve sexual tension. It puts an undue strain on the nervous system and leaves the sexual centers in a state of semi-congestion, which, in time, is apt to be followed by more advanced complications.

However, one must differentiate between a sturdy adult who has become a masturbator and the organism of a frail child who is an addict to onanistic habits. While the former, unless gone to extremes, will probably emerge without noticeable ill effects as far as his general health is concerned, the masturbating child may not always fare so well.

Masturbating children become irritable, dissipated and cranky. An experienced teacher will easily distinguish who, from among his pupils, is an adept of Onan's cult. Formerly bright and receptive, they experience a notable change of character. They are unable to concentrate on their tasks. They are negligent and insubordinate, and their school marks go down precipitately. They lose in weight and have a sickly pallor, with rings under the eyes. They become ill-adjusted children.

Psychological Ill-Effects

OTHER ill effects are more of a psychological nature. Onanism, as we have seen, favors auto-erotic fixation. The inveterate masturbator becomes more and more enamored in himself. He becomes egocentric and eccentric, unable to transfer his interests outside of himself to another love object. He is the typical egotist of all the ages. He has little use for society and its obligations. He lives for himself and by himself, unable to make the necessary social adjustments. His soul lacks warmth and his emotions color. He is an asocial, if not an antisocial being. Moreover, the onanist is a potential neurotic. And while unstability of

the nervous system may favor the development of the masturbating habit, it is the very same habit, in turn, that is responsible for the development of a complicated neurotic complex. But, it is not the habit alone. It is much more the fear of untoward consequences and the dread of imaginary evils that fosters fear-neurosis, obsessions and similar "split-off" complexes. It wrecks the resistance of the addict and drives the masturbator to despair.

And in despair they are, many of them. They see themselves at the end of the rope. They are afraid lest they may "lose their memory," have their spinal cord "dried up" and similar such fancy stories which they have gathered from pseudo-scientific popular discussions. Others feel that they commit a crime against common decency, and see themselves burning at the stake of social ostracism.

Most of those afflicted with habitual onanism try to control their habit. Some even interrupt the act before ejaculation in order to save the "precious semen" (incomplete onanism). Others try different methods. However it may be, it is this inner conflict proper, coupled with the shock of fear, shame and defeat that strains the soul up to the breaking point. Indeed, it is the struggle to master the bad habit that does most of the harm, especially in the young and in the adolescent.

What a Mother Should Not Do

IGNORANT teachers, parents and educators are prone to augment these harmful effects. In fact, the most abominable thing a mother can do is to scold her masturbating child or to scare him out of his wits. If she happens to surprise her boy *in flagrante*, the best she can do is to simulate, outwardly at least, disregard and lack of attention. The measures to be taken to assist those children are more of a preventive nature.

Cleanliness is an essential part of the program. Babies left in unclean diapers soaked in decomposing urine, will be subject to irritation, rashes and eczematous skin conditions, inciting scratching and manual friction. Tightly fitting clothing and diapers are likewise harmful. Once the child learns the sweet taste of friction, he will be apt to repeat it at will. Over-eating, improper food selection and indulgence in spices should be avoided in children. A tight foreskin and phimosis, resulting in inflammatory irritation (balanitis), and vaginal discharge (vulvovaginitis) should be corrected.

The bowels play an important role. Constipation should be avoided. Unreliable domestics should be kept away from children. Also a proper mental dietary, avoiding excitements, corporal punishment, etc., are essential in those cases. In other words, hygiene is the best preventive of all ills, sexual irritation included.

If, on the other hand, a mother persists in moral preaching, and tries to picture in vivid colors the terrible sin her offspring is committing, the result will be disastrous. For a healthy child, given proper surroundings, proper exercises and something to occupy his mind, will, of his own accord, revert to normal behavior. But, he cannot be coaxed into doing so. Beware of those well-meaning but, alas, not well-informed parents and teachers, who unwittingly destroy the delicate tissue of the child's confidence. Hands off, is the best policy if one does not possess enough deliberative tactfulness to give his children a timely and proper sexual education.

It is, of course, a myth that onanism causes spinal disease, consumption or whatever else the popular mind has seen fit to conjure. Early cessation of the habit or restriction to proper bounds, as a rule, leaves body and soul unimpaired. But do not, in any case, pour oil on the fire.

Onanism is one of the most mooted problems and the more light shed on the whole subject, the better for all concerned. More light and more sexual enlightenment will cure most of the evils of the so-called masturbation complex. The onanist should be examined thoroughly before judgment is passed on him. It may be a habit, it may be a sickness, or it may be a passing fancy.

Onanistic Equivalents

NIGHTLY emissions (pollutions) are related to masturbation. The underlying physiological process is almost identical. In both, imaginary sex pictures play an important role. Both result in self-gratification. But, whereas in onanism, there is a conscious endeavor to relieve sexual tension by artificial means of self-abuse, pollutions are the domain of dreams. They are unconscious attempts of the body to lighten the burden of vesicular tension. Ejaculation is the main object. The accompanying erotic dreams are a substitute for missing reality. They make superfluous further onanistic manipulations. Certain positions inducing excitation of the erogenous zones, like faulty posture during sleep, soft beddings, a full bladder, unintentional friction and excess of warmth may facilitate the appearance of "wet dreams."

However, independently of these physiological pollutions, appearing in certain periods of between ten and twenty days in individuals deprived of the facilities of normal sexual ex-

posure, there are certain pathological pollutions excelling in frequency or in the quality of the dream element, which unmask a dissatisfied perverse desire. Or they may be the result of certain bodily derangements and inflammatory conditions, which represent a glimmering focus of constant irritation. This kind of nightly emissions is anything but harmless. For, frequent emissions, amounting in extreme cases to several per night, weaken the sexual mechanism and break down the resisting power of the individual. Adding to it the same complex of fear, shame and disgust, as is encountered in onanism, mixed with the perpetual struggle to overcome the habit, one can readily imagine the by-effects on the individual psychic make-up.

Pollutions are common in males. As for females, opinion has been divided. It has been assumed by many authorities that in young girls the sexual desire was not fully developed and that there were no pollutions. Girls may experience some discharge from Bartholin's glands as an equivalent, but their dreams lack the definite element of sexual exposure. However, inquiries into the lives of girls reveal numerous incidents of orgastic dreams resulting, probably, in secretions from the cervix and other parts, such as is seen during normal intercourse. This makes it plausible that, after all, both sexes share the same virtues and some of the vices.

Other equivalents of rudimentary self-abuse are spermatorrhea (involuntary loss of semen), picking the nose, itching in the genitals and in the anal region, urticarial eruptions and some of the obscure dysmenorrhoic manifestations. As to the loss of semen, one has to differentiate the true pathological form, due to relaxation and atonic conditions of the ducts and following inflammatory trauma, from those evoked by psychic influences. The same holds true of some other substitutes which have been charged to the sins of onanism, though they may have nothing to do with it. Despite claims to the contrary, not every case of pruritus (itching) of the genitals can be looked upon as an expression of onanism. Not every man who picks his nose is an adept of the onanistic cult. It may be a simple case of bad manners. Discretion is needed in order to distinguish the wheat from the chaff.

The Cruelty Complex

ANOTHER perversion, of far more grave significance, is sadism. The term was appropriated by Krafft-Ebing, from the name of a French writer, Marquis De Sade (1740-1814), who led a stormy life and was sentenced to prison for various criminal offenses in connection with sexual revelries and murderous assaults, and finally died in a lunatic asylum. He published several books depicting the cruelty complex of sexual life. The most notorious of his novels are *Justine* and *Juliette*, in which the sadistic form of perversity and the hopelessness of virtue are pictured in vivid colors.

Sadism is a passion imbued with a sinister desire to inflict pain. Here again, one can pursue its source to the elements of normal behavior.

For all love is cruel. The sex urge contains an element of pain. In our caresses and embraces, a lascivious desire is inherent, to hurt and torment those for whom our heart craves most. We are insatiable in our devotion. We expect the same from others. We are ready to inflict punishment. Who does not remember his own love follies? We choose trifles and magnify them, so as to have more grounds for insinuations, quarrels and annoyances. Some derive a devilish satisfaction from those petty misunderstandings. Kisses are symbols for "biting up." We embrace until it hurts. And our innocent sweetheart, how bitter such a sweetheart can be! The whole procedure of wooing is a bellicose act. Love is sweetness flavored with bitterness.

In animal life, mating is associated with cruelty. The caveman used strong arm methods in his dealings with the other sex. Old legends supply many examples of the most horrible atrocities committed in sex relations. Primitive peoples have pictured this state of affairs in their customs. Some of them are still in existence. The bride has to be wooed, fought over, won by hook or crook and abducted. Some of our wedding ceremonies are no less barbaric.

Refined Sadists

FROM this, a step into the abyss. The sadist exaggerates the cruelty component that is inherent in normal love. He or she bites, strokes, tickles, hits, lashes, kicks and pinches. In some individuals, those cruel acts and coarse affections may assume more brutal forms. They may be intensified up to bloodshed. Blood satisfies sexual craving. In its still more bestial aspect, this perversion may lead to murder. The victim is strangled, mutilated and the organs dismembered (lust murder).

Fortunately, most sadists shirk from such extremes. They are more refined, though no less cruel. They go on for years, inflicting slow but steady tortures. There are women, for instance, who "string" their husbands along for years and years, never giving them a

chance. They completely subdue their victims and torment them with invectives, quarrels and acts of hostility. They subject them to the sexual third degree. Some, indeed, make their home a torture chamber.

Most people are able to control their perversion in favor of imaginary substitutes (sadistic symbolism). They write letters full of venom and invectives. They delight in fantastic scenes, in pictures, etchings and caricatures of obscene contents. They have dreams surpassing Dante's visions. This is one of many possible varieties. In other cases, a victim is required in order to gain satisfaction. A man may feel sexually stimulated at the sight of his wife having relations with another man, of pain inflicted upon a third person, or witnessing maltreatment of children. Other people may have delightful moments on seeing somebody kill a chicken or clean a fish. Indeed, inexhaustible is the source of perverse pleasure and its motives.

Some degenerates are known to abuse animals for sexual purposes (sodomy). Also cases of preying on the dead (necrophilia) have been published. The sadist is a beast in disguise.

Masochism

THE counterpart of sadism is masochism. The name is derived from the famous Austro-German writer, Leopold von Sacher Masoch (1835-1895). In his novels, this rather prolific writer depicted over and over again the domineering type of women, "clad in furs," bent on torturing and humiliating their weak and subdued husbands. He lived in accordance with his writings, having married more than once and enjoying several liaisons in addition. Apparently, none could fully satisfy his perverse cravings.

Sadism and masochism are two phases of the same sexual aberration. Sadism denotes active and masochism passive behavior. The willing repicient of humiliating and painful treatment in order to increase sexual excitement, is a masochist. The brutal entertainer is a sadist.

The masochist craves torture and humiliation. He desires to be whipped, kicked, hit, spat upon and slapped. He wants to be dominated and subjugated. Shoes, gloves and furs play an important part as symbols of humiliation, submissiveness and torture. They form the canvas of masochistic dreams. They are masochistic fetishes.

Normal love is often compared to golden shackles. An element of sadism is common in the love making of the male, and of masochism in the female. Serfdom and bondage are the aims of masochistic love. He or she cannot conceive of sexual pleasure without being the recipient of pain. Pain is the spice of their sexual life.

There is a beautiful drama by Jean Richepin called "La Glu." A boy falls in love with a prostitute, who bids him bring his mother's heart as the price of her love. The unfortunate youth does her bidding, but while on his way with his mother's heart firmly in his grasp, he slips and falls. And mother's heart inquires with deep concern, *"T'est tu fait mal, mon enfant?"* ("Did you hurt yourself, my child?") This is a pathetic illustration of masochistic horror.

Sadism and Masochism Closely Related

MASOCHISM and sadism are closely related. Masochistic degenerates will not be happy in their marriage unless their consorts be sadists. A normal wife may be ready to make concessions, but that will not do for long. Because, normal human nature will revolt sooner or later against those unnatural practices. There will be quarrels and tears, and the quarrel itself may be a temporary substitute for masochistic indulgence. Moreover, a masochist may purposely incite the ire of his wife by all possible means in order to be the victim of her anger. But anger cannot be roused at the appointed moment, especially when the other partner retaliates with tenderness and love. In this case, the masochist is compelled to seek other substitutes and other victims to satisfy his unhappy passion.

He will find, for a suitable consideration, some one who will do his bidding. He will land in the red light district, where, trained in the business, priestesses of love will barter away what, for his tender wife, is a most distasteful ordeal. He will seek his complementary sexual ego, which, in this case, will be represented by a person with sadistic tendencies. Without the help of masochistic resourcefulness, his sexual powers will be diminished to the vanishing point. In larger cities, there are clubs, masseures, masseuses and special ateliers where such individuals can buy the masochistic thrill for good money. Some of these pleasure houses contain a large variety of torture devices, in order to satisfy the most exacting demands of this particular clientele. The most used and abused methods of torture are shackling, lashing and whipping (flagellation).

Perverts in History

AMONG the cruel fraternity were some who made history. Rousseau was a masochist. So was Aristotle. Nero who burned

Rome in order to get a thrill out of the conflagration, exhibited both masochistic and sadistic tendencies. Nietzsche, the author of the famous epigram, "When you go to a woman, don't forget the whip," divulged his sadistic strain. The philosophy of the "Blonde Bestie" is full of sadism. The vamp of all ages has been more or less of a sadistic female. During the Middle Ages, sadism and masochism were flourishing. The recorded cruelty of the militant church and the bitter fanaticism of the fighting clergy, bear witness to those strange emotions. Extremes are strangely alike. Asceticism bears relation to masochism. The ascetic puts more and more emphasis on privation and spiritual humiliation, which is essentially a thoroughgoing mixture of masochistic and sadistic tendencies.

Now, how can such strange emotions develop? No doubt, the source of this habit is to be found in childhood. It is an atavistic and infantile trait. Where the whip still plays such a large part in education, sadism and masochism are apt to flourish rather luxuriantly. Degenerate teachers may use the lash all too freely in order to drive Beelzebub out of the child. Instead of driving out Satan, however, they implant the seeds of masochism.

Cruelty begets cruelty. It sinks deep into the human soul, and no impression evaporates completely from the reservoir of human emotions. Life is a cruel sort of business. Its psychological effects may be mitigated by proper training, while improper environment entrenches them still more deeply. The neurotic, the maladjusted and the feeble-willed do not possess the same degree of psychic elasticity as does a robust, healthy individual. They may become adepts of the cruelty cult—its active or passive admirers. Sadism is the symbol of cruelty. Masochism is cruelty inverted and perverted.

Learn to Relax

By
ERNEST R. GROVES

THE development of the art of relaxing is too important to be left merely to chance. Of course, one cannot dose oneself with relaxation as if it were a medicine. If we make our play periods a solemn obligation or merely a different form of effort than our work, we profit little. In spite of this, relaxation can be made a conscious part of the plan of living. In order to accomplish this there are some things that we must keep in mind.

Relaxation must be something positive. This is true even of rest. When the doctor says that the patient more than anything else needs a half hour's rest during the day, more is meant than that for this period ordinary activity must cease. If the man or woman is doing nothing along his customary vocational lines, it does not follow that the mind is quiet or the body less tense. The opposite may be true. Freedom from routine may invite worry or discontent that will be more consuming of energy than the activities of the working part of the day. One cannot, in other words, just do nothing and rest. The mind must be turned away from the ordinary channel. It is this that makes the problem of resting so difficult for some.

We may be ordered by our doctor to stop working for six months or a year in order to avoid a breakdown. If we find ourselves with nothing to do, when we turn our backs upon former practices, it soon becomes clear that our release from work is helping us very little, sometimes even making our danger all the greater.

Relaxation must also bring relief. It must have a pleasurableness about it or it is merely a different type of work. Because of this we are wisely told to cultivate interests so that we may have capital to draw on in our moments of relaxation. We can gallop our horses fiercely without risk if in our stable we also have hobby horses that get their share of exercise.

MOST MARRIAGES BREAK UP BECAUSE OF SEX MALADJUSTMENTS. THESE MALADJUSTMENTS CAN BE TRACED TO THE PERIOD BEFORE MARRIAGE.

Sex Life *of the* Unmarried Man

By REGINALD D. MACNITT
Head of Department of Social Science,
Wilmington College

IT is not the purpose of this article to discuss sex adjustments made by a few highly abnormal individuals, but rather to discuss freely the adjustments made by the large majority of boys and girls, or men and women who are unmarried.

Men and women, who have passed thru puberty and yet not married reveal clearly the effects of early guidance and education (or lack of it) in the various attempts to meet the problems of sex desire.

1. Some seek self-stimulation as an outlet.
2. Some enter into unions with members of their own sex — homosexuality.
3. Some indulge in prolonged and violent petting parties.
4. Some become engaged and react as married individuals.
5. Some seek an outlet with various persons, which may be called promiscuity.
6. Some seek to repress all activities and interests in sex.
7. Finally, there are a few who seek marriage as their goal, but sublimate their sex energy until the married state is achieved.

Promiscuity

LET us discuss promiscuity as a sexual adjustment first. Isadora Duncan, deliberately conceived, gave birth, and reared illegitimate children. Of course, most people regard the consequences of such a procedure disastrous since men will not voluntarily pay the cost of rearing such children. In such cases, girls are apt to be disowned by their parents and the mother of such a child has her life broken, suffers disgrace and comes out of the experience with no advantages. Although we have become more liberal in our views towards sex, we have still in this country an antagonistic attitude towards illegitimate children.

There is another reason why promiscuity is not an adequate adjustment. Common methods of birth control are unreliable. It is true that science has developed methods that can be relied upon, but promiscuous sex adventures are not carried out with the same self-control that they would be in the married state. The giving of birth control information is still illegal: consequently young people pick up unreliable information from ill-informed people.

There has been a 30 per cent rise every ten years in the illegitimate birth rate and over thirty thousand were born in the year 1929 in the United States. Besides this over one million criminal abortions are perfomed annually by physicians in this country. There is at least one abortion to every three births.

Still another reason why promiscuity is not a satisfactory sex adjustment is the risk of venereal disease. In 1929, sixteen thousand deaths occurred from syphillis alone. Syphilis outranks tuberculosis and pneumonia as a cause of human mortality. Besides this, syphilis causes much paralysis and insanity which again accounts for one out of nine deaths in the United States.

Should a young woman select at random a young man between the ages of 20 and 24, the chances are one in twelve of her being exposed to a man under treatment at the time for venereal disease. Eighty-seven men per thousand and thirty-six women per thousand between the ages of 20 to 24 are always under treatment for venereal disease. While fear may be regarded as a poor way of controlling behavior, still we may say that it is folly to take chances on promiscuous sex relations when we regard the illegitimate birth rate and the frequency of venereal disease.

Exploiting the Personalities of Others

STILL another point that we must consider in promiscuous sex relations is the fact that individuals who engage in such relations always take the individualistic rather than the altruistic point of view towards their partners. Exploiting the personalities of others can only lead

to harmful results. Men in general like to boast of how they are able to break down the resistance of girls and how they take their own satisfaction rather ruthlessly. Promiscuous women also are ruthless in their sex activities, taking delight in their ability to stir the emotions of men regardless of the effects of these emotions on the personalities at stake. Such ruthless exploitation builds up hatred and anger, eventually tearing down the personality rather than building it up. The love motive is excluded when men and women enter into sex relations for money or physical relief only. When such material motives predominate, esthetic, intellectual, affectionate, and social motives which really make such relations beautiful are lacking or present only in the crudest form. This finally builds up ideas of repulsion and disgust towards all sex activities, making a happy marriage relationship impossible because of the impossibility of erasing these ugly memories.

Barriers Against Physical Expression

ANOTHER one of the solutions that some individuals take before marrying is repression. Uncontrolled sex activities have been found so destructive that some go to the other extreme, thinking of sex as unclean, shameful, or wicked. As a result, we find many individuals who have succeeded in repressing themselves to the point where they have renounced all sex interests. This adjustment from a mental hygiene point of view and from the standpoint of preparation for marriage is just as bad as promiscuity. Repressing sex interests does not destroy the emotional energy connected with the sex impulse. In place of destroying it, this force or energy becomes an unconscious motive tending to disintegrate the personality. Such energy cannot be forced into the unconscious mind without having harmful results and it reappears in the guise of reform activities, gloating over the sins of others, or is directed towards some sex perversion or idiosyncrasy. Most of the abnormal attention to sex in this country is due to the fact that many have repressed instead of integrated their sex impulses. Any individual who takes an unhealthy attitude which is caused by repression cannot make a normal adjustment towards sex through marriage.

A noted psychologist once said that, "If a man or woman wants to be fully capable of falling in love, and being fallen in love with, of marrying happily, of living a normal and friendly life in the community, and bringing up children who are mentally healthy and socially well adjusted, it is essential that sex be regarded honestly and candidly as a natural aspect of life, which can and should be wholesome and beautiful."

Any individual who has built up strong emotional barriers against all physical expression of sex is seriously handicapped in finding the right mate. After marriage, repression is even more destructive of happiness, especially if it occurs on the part of one only. As parents, they are especially dangerous to their own children, producing serious injuries in the growing personalities of the child.

Self-Love Makes Marriage Adjustment Difficult

SELF-STIMULATION or auto-eroticism is still another sex adjustment made by the unmarried and carried over many times into married life. Seventy-five percent of all boys and at least thirty percent of all girls use this form of sex gratification before they are twenty-one years of age. The ill-results of such a practice are of a mental nature and not physical. If auto-eroticism is not used to excess it has no bad physical effects, but in any case it makes a normal marriage adjustment difficult. Auto-eroticism builds up self-love or as Freud would say arrests the love development on the auto-erotic love plane. This decreases the chances of entering the married state. Dr. Davis found that the chances of marriage for women abstaining from auto-eroticism were 2.6 times greater than for those who indulged. Dr. Dickerson found that in the 48 percent of couples separated due to sex maladjustment, the wife indulged in auto-eroticism before marriage. Dr. Hamilton also found that this practice made adequate marriage relations difficult.

Your attention has been called many times to the results of homosexual adjustments. When young women are kept from the company of boys or men and young men from the company of girls, homosexual tendencies are apt to develop. Our social set-up makes it difficult for lonely girls to seek out men friends without injuring their reputations. At the same time, our social traditions sanction the loose relationships of girls, such as kissing etc, and this makes it easy for homosexual relations to develop. Women's educational institutions are breeders of homosexual tendencies. Sections of all our large cities are many times given over to the promoting of such tendencies for both men and women.

It is not necessary to call to your attention the fact that such tendencies make impossible an adequate marriage relation. It is unfortunate that colleges should be the worst places for the development of such relations. Dr. Davis found that 40 percent of the unmarried college

girls had had such relations before leaving college.

Petting and Normal Marriage Relations

WE can gain some insight into the mental effects of homosexual relations by showing the relation of these to nervous breakdowns. Thirty-eight percent of all women suffering from nervous breakdowns have had homosexual experiences. As these experiences are regarded by the general public as abnormal and disgusting, it is only natural that they should lead to mental conflict and finally a nervous breakdown.

Just as promiscuity, auto-eroticism, and homosexuality lead to habits that make marriage adjustments difficult or impossible, so does the habit of satisfying sex desires only through hugging and kissing make normal marriage relations more difficult. Psychologically, the strong mental barrier against going too far is reinforced by practice and is difficult to remove after marriage.

Every psychologist or psychiatrist has heard married women complain about their husbands not petting enough after marriage. Their love life has been arrested on the petting level and because it does not continue on this level, they often become disgusted with sexual intercourse. Heavy petting and stopping short of intercourse also develops frigidity and the women find that they cannot enter into a normal marriage relation.

To avoid the danger of the love impulse being arrested on the petting level, unmarried men and women should concentrate on social relations with persons of the opposite sex. They should engage in those activities which are enjoyable, but not highly sentimental or erotic. They should not pet just for the sake of the physical thrill, but should wait until they have found a real comrade and then make their petting a means to an end and not an end in itself. Their petting activities should be of the type that they would be proud to recall the next day and not the other kind.

Preparing for a Wholesome Relationship

FIVE aspects of the personality must be taken into consideration if the sex function is to result in the building of personality rather than the tearing down. First, we must take into consideration the physical body itself; second the sex partner; third the attitude of friends and the community in general; fourth, vocational success; and last but not least, the achievement of mental health. A wholesome sex relation cannot be reduced to the physical relationship alone. It always includes the relationships of two personalities operating in a social environment to the advancement of business or professional success, and resulting in proper mental balance.

To adequately prepare yourself for a normal and happy marriage relation, you must keep free from promiscuous relations, auto-eroticism, homosexuality, repression, and heavy petting without sexual intercourse. Everyone should have as his or her goal in life a happy and normal married life, sublimating his or her sex energy along approved paths until that objective can be attained.

Prevention of Delinquency

By
ALFRED ADLER

WHAT we really understand by crime is an intentional injury of others for one's own advantage. Obviously then, the problem concerns human beings in whom community-feeling is not sufficiently developed. From many years of experience, we know how this state of things comes about. We understand how it was that social feeling—this gift of evolution—did not develop sufficiently in those individuals. We are prepared to explain the determining factors which enable us to educate the child for assuming his future problems and for attempting to solve them in accordance with the common welfare. A child so trained will feel itself to be part of a whole, a member of the whole human race—a member who lives with, works with, plays with other members, and who regards first the small tasks of his childhood, and later the greater tasks of his maturity in only one way—by asking himself this question, "What can I contribute?" An individual so trained in childhood will never show criminal tendencies even when the pressure of external circumstances becomes as severe as it is today when so many are failing.

Dreams *and their* Interpretation

Edited by SAMUEL KAHN, M.D., PH.D.
Psychologist, Atlanta, Georgia

OF all the material furnished by the subconscious, dreams are the most important and of most interest. Through Freud's discoveries and theories regarding the interpretation of dreams, we are able to find meanings which have a human and personal interest for everyone, since everyone is primarily interested in himself. Dreams are always about oneself, or those intimately related or associated.

In interpreting dreams, one of the fundamental things to remember is that they are frequently symbolic. The images and situations that compose them are dreamed, not for their own sake, but because they stand for and express something in the dreamer himself, or his environment. We can only dream about a person who happens to symbolize something in ourselves which is of concern to us at the moment. Other objects besides people that appear in dreams symbolize something in the dreamer's personality.

Dreams express what Freud calls repressed wishes. A dream wish may be one which could never gain the consent of the conscious mind — it may be a repressed desire so strongly resisted by conflicting desires that in the conscious it takes the form of a fear, disgust, guilt, etc. The dream wish may also be a consciously recognized desire which in daily life is under-expressed. Our strongest feelings seldom are satisfied and the dream wish may echo one of these. It may be a passing and trivial one like the desire to satisfy an appetite, or it may be deep-seated and of great personal significance, for if we are struggling with inner difficulties or if we have traits in ourselves that we refuse to see or admit, these things will be certain to find expression in dreams. The dream wish is not always easy to detect because while the dream facts express it, the emotion conceals it by misdirecting attention. The most significant feature of a dream may be some feature which the dreamer is inclined to omit in the telling. Sometimes the dream wish is a tendency in ourselves of which we are perfectly aware and to which we have given much thought, but have not gotten to the bottom of, either emotionally or intellectually. Our dreams bring out the opposite traits of character to those of which we may be aware consciously and often convince us of not knowing our own selves.

What Is Associated with the Dream?

TO find the meaning of a dream it must be discovered what ideas are associated with it in the dreamer's mind. This is done through the method of free association. The meaning is called the dream thoughts. To get at the dreamer's latent content, one must recall the dream, and along with it, any ideas that happen to occur at the moment in connection with the dream as a whole or with any part of it. The associations less attractive to the dreamer should also be selected, as the more pleasing ones are less relevant to the dream. To interpret dreams, it is necessary to have all the associations and be acquainted with the person's present and past life. The best method is for the person to try to get into that state of mind just before sleep when undesired ideas come into prominence. Then associated ideas may be collected without prejudice. We are often puzzled as to what the dream figure represents, and the solution of the puzzle lies in our uncontrolled associations, the ideas that are allowed to flow freely in connection with the dream. Unconscious resistance may check their flow, but if we fail to discover what a dream figure symbolizes, later dreams are likely to supply a clue, for if the dream expresses a deep-rooted emotional conflict, and not merely a passing one, we shall be sure to have dreams bearing on the same theme. Our dreams are generally bearing on our own emotional difficulties of the moment, and if these are consciously focussed for the time being on some particular person, we may dream of him direct. But if we do not recognize the fact and are reluctant to do so, we are more likely to dream of him in a disguised form.

Everyone has an inner life of the emotions lived alongside of the outer principle and conduct and it is the inner life which the dreams belong to. Freud has found that dreams frequently go back to childish impressions which are remembered obscurely and sometimes not at all. — PAULINE MATHIEU

Unfulfilled Wishes

DREAMS are unfulfilled wishes. By interpretation we mean the determination of those wishes.

The definition itself implies that we have a complex subject to deal with because we must first know the language of the subconscious and second we must be able to comprehend the camouflage offered by symbolism. Having that knowledge, which can be gained mainly through a personal analysis, we may then use it in deciphering unfulfilled wishes.

Unfulfilled wishes form the rudiments of neuroses or influence the basis of personality. We are governed by our conscious and subconscious wishes, that is, what we want is what is incorporated into the "pleasure principle." The dream then makes possible or protects the expression of that pleasure principle. Now, since the more neurotic one is the more the subconscious is of a primitive and childish composition, it is understood that the wishes of this type may be quite simple—that is, the disguisement or covering up process is less intricate. As an example, we may again cite the dream of that child who when denied candy by the mother during the day dreamt at night that she had a whole room filled with candy. Or we may imagine a dream using some subconscious language and employing mental mechanisms: a child is refused another piece of chicken at the dinner table, so she dreams later that she is feeding a large number of chickens. The camouflage here is indicated by the mechanisms of displacement; she has lots of chicken but instead of being given chicken to eat she is feeding them. Having originated the foregoing artificial dream, it may be interesting to interpret it on the basis of our own subconscious content. The chickens to us represent girls, as you hear them sometimes called. Suppose an adult has not had social and sexual satisfaction with girls, since that is one of his deepest wishes—denied in reality—it is fulfilled in the dream by feeding the chickens; the feeding or eating being symbolic of sexual relationship. It might be mentioned here that this dream as first given involving the child, was the dream as it would have been remembered on awakening. That is what is known as the manifest content. The chickens to us represent girls, the hidden meaning to the dream or the wish which is disguised. The latent content for the child was the possession of plenty of chicken while in the case of an adult the desire is plenty of girls.

The Subconscious Fights Back

ANOTHER example: During an analysis one dreamt that he was seated upon a rock at the bank of a filthy stream. Two brothers were swimming in the slimy water in front of him. Interpretation: The water is symbolic of cleanliness, therefore, the latent content is that the personality through the process of analysis was being reconstructed to more usefulness while other personalities were remaining in the clouded waters of neuroses. Further, one's analysis had brought out quite forcibly that he had subconsciously rebelled at the quelching, destructive effects which the domineering attitudes of his brothers, especially the older one of them, had had upon the free development of his personality. Therefore, the wish to castrate or repay them for the harm they had done to him was shown by their being in dirty waters. Their unhealthy attitudes towards him as a result of their own somewhat neurotic personalities, was caused by unadulterated ignorance because they consciously wanted to help him in every possible way. But the subconscious takes no consideration of ignorance and knowledge; when it senses injury done to it, it fights back, for it is primitive, animalistic and childish — protecting itself the best way it can without regard to the reasons or motivations behind the injury done it. Therefore, we get even with them through dreams that they are bathing in filthy water, while we are reconditioned, and placing ourselves upon a sound rock.

Things which we subconsciously yearn for but are denied in our waking state we may get in our dreams. As has been stated, what we want is just about indicative of the kind of personality we have. For instance, if our libido is on the narcissistic level the interpretation of some of our dreams will show the expression of self-love. On the homosexual and heterosexual levels the wishes will reveal cravings around those of the same and opposite sexes, respectively. Further, should we entertain thoughts of injury towards others our dream wishes would show it. Again, if it is our subconscious wish to have power, that too will show itself in the interpretation of our dreams.

Reiterating, these wishes are the result of repressions in that they represent denials, those denials are brought about either because of our own inhibitions or those imposed upon us by

(Continued on page 26)

Current Events

Love Is a Disease

Shakespeare, greatest of English poets and playmakers, wrote almost three hundred years ago in his "Merchant of Venice" that "Love is blind." Old Geoffrey Chaucer, first of English poets, said the same thing some two hundred years before him, putting the observation in the mouth of his "Merchant" of "The Canterbury Pilgrimage," which was probably where Shakespeare—who, besides being a most original genius, never scrupled appropriating other men's thoughts—lifted it. Chaucer wrote: "For Love is blind all day and may not see." And fourteen centuries before Chaucer, the Roman poet Propertius set down in his Elegies that "everybody is blind when maddened by love."

Dr. T. A. Brombach, of San Francisco, one of America's most distinguished eye experts, recently confirmed the physiological truth of these poetic observations. He agreed with the poets that love is a cause of eye trouble, causing defective vision among its victims. He also confirmed the ancient Propertius' description of love as madness.

Psychiatrist Cures Paralysis In Almost Miraculous Fashion

Those miraculous cures by which healers, saints and shrines build up their reputations are paralleled by six almost instantaneous cures of hysterical paralysis reported by Dr. Abraham Myerson of Boston State Hospital.

In curing these helpless persons, Dr. Myerson used either the electric current, to "recall" the helpless part into consciousness, or anesthesia. With both treatments went encouragement, instruction, and what the doctor himself calls "legitimate hocus-pocus" or trickery.

Two of the six patients were football players injured on the field. One had received an injury to his spinal cord which set up a numbness of the legs and weakness, the physician explains. The numbness later disappeared but a state of fear set in and the young man could not walk. Having satisfied himself after numerous examinations that this was the case, the physician explained the situation to the young man and told him he would be able to walk out of the office that same day. A powerful electric current was given to the muscles of the front of the leg. They contracted violently. The football player was then told to try to help the electric current and contract the muscles with each stimulation. In a short time the doctor shut the current off. The patient, not knowing this, kept on moving his leg. Convinced then that all was well, he walked out without difficulty.

Another case was that of a well-known university professor. He developed a neurosis associated with difficulty in swallowing. The trouble finally reached the point where the professor could swallow no food, and only with difficulty could he swallow liquids. Dr. Myerson gave the learned man two treatments. He was first told that next day he would be given a mild anesthetic and that when he recovered consciousness he would be able to swallow liquids.

Next day the professor was given nitrous oxide. As he became unconscious, a glass of milk was put to his mouth. When he began to regain consciousness, he was sharply ordered to drink. He drank freely without difficulty. Three days later the experiment was repeated, except that he was assured that he would waken and find himself eating solid food. Accordingly a sandwich was handed him and he began to eat.

The patient's visit ended by the doctor and his assistant and the patient going out to a restaurant where they all ordered a hearty meal. The professor ate with as much readiness as the others . In this as well as the other five cases reported, there was no recurrence.

"The cases are undoubtedly of the kind that make up the roster of miracles," Dr. Myerson concludes. "They are recorded to show that the disease condition disappears when the symptoms are explained physiologically and the treatment is rationally directed."

—*Science News Letter*

Morphinism Cure

What seems to be a positive cure for most cases of morphine addiction appeared in a recent issue of the *Journal* of the American Medical Association, in an article by Drs. Theophil Klingmann & William Hillebrand Everts of Ann Arbor, Mich. Although there are not many more than 100,000 narcotic addicts in the U. S., they occur in every section of society and corrupt their friends. Most of the addicts take morphine.

The typical morphine addict looks "like a skeleton" simply because he does not take sufficient food, exercise and proper care of his body. If an addict suddenly ceases to take morphine, he endures horrible suffering.

In their treatment Drs. Klingmann & Everts deprive the addict of morphine suddenly and completely, give him small, frequent doses of the drug used in twilight sleep, *scopolamine hydrobromide*. After the third or fourth dose of scopolamine, wrote they, "the patient develops a mild, low mumbling delirium. He is quite busy, and often amused, by figments of his imagination and the occasional visual hallucinations of a not unpleasant variety—picking at imaginary insects on the bed and the like. He cooperates very well, obeys commands promptly and partakes freely of food and drink, and the enteric and urinary elimination is good."

After 48 hours of scopolamine, Drs. Klingmann & Everts stop its effects by using the antagonistic drug, *pilocarpine*, which stimulates sweating and salivary and pancreatic secretions. After five doses of pilocarpine the patient "is mentally clear in every respect," and cannot recall any physical or mental distress. He has no desire for morphine, but has a healthy appetite. After six to eight weeks of body build-up, helped along by small doses of scopolamine and big doses of mental hygiene, patients are cured. Most stay cured.—*Time.*

in Psychology

Less Noise, Please! With the coming of the Machine Age came noise, a whole orchestra of strident discords, clangs and clashes, whistles, horns, rattles, sirens, rivetings and lusty roars. To many noise meant progress; more noise, more progress. Civilization moved along, shod in sandals of steel — tramping lustily and heavily.

In the cities, where the benefits of civilization are more in evidence, they are more noisily in evidence: airplanes roaring overhead, street cars, motor buses, automobiles, their engines grinding out a mechanical tone poem of motion; subway trains underground, clanging along on steel rails; factory whistles, traffic cops, peddlers, rending the air hideously with an ungodly melange of shrieks, screams, groans and roars.

Recently Drs. Earl W. Flosdorf and Leslie A. Chambers found that shrill sounds projected into a liquid medium coagulated proteins, broke down ethyl acetate to produce acetic acid, cracked vegetable oils with the generation of acetylene gas, and to a slight extent even changed starch into sugar. They demonstrated in a spectacular way that an egg could be soft boiled in a few moments when subjected to the effects of intense sound, without raising the temperature. Before this it was found that certain sounds could actually kill bacteria.

Is it any wonder, then, that some people could be driven to insanity, to desperation and suicide by incessant noise? Recently the newspapers reported the case of a woman crippled by rheumatism who was confined to her wheel chair in her home in one of our larger cities. The constant blare of the radio next door finally drove her into a frenzy of despair. She wheeled herself over to the window and let herself over the sill into the oblivion of a noiseless death.

If noise can boil an egg and kill bacteria and coagulate proteins it can certainly bring about changes in the human brain, which after all, is made up of proteins. This is significant in view of the work of Dr. Freeman, an eminent brain specialist, who maintains that insanity is often brought on by actual changes in the brain tissues. Noises can quite conceivably bring these changes about. It is no mere coincidence that the majority of the inmates of our insane asylums come from noise-saturated cities. — *Edward Podolsky.*

Babies' Rhythm The remarkable feats of Johnny and Florie have taught ambitious parents to listen with respect when Dr. Myrtle Byram McGraw speaks on baby training. In the Normal Child Development Clinic of Manhattan's Neurological Institute, Assistant Director McGraw took two pairs of identical twins, turned one member of each pair into a prodigy of confidence and skill. Recently, pretty, inventive, Dr. McGraw told members of Manhattan's Town Hall Club about a new twist in her campaign for brighter babies.

Babies, she believed, might accomplish much musically if the pattern of the conventional piano keyboard were not meaningless to them. A child begins to discriminate between forms at from 18 to 24 months. Color discrimination comes a little later. Therefore, suggested Dr. McGraw, let piano manufacturers design a keyboard of which each key bears its own circle, square, triangle or little animal, perhaps also its own color.

"Babies," Dr. McGraw was convinced, "have got rhythm." — *News-Week*

Instalment Sleeping Eleven years ago the late Zalmon Simmons, head of the Simmons Company, bed and mattress makers, decided to study sleep. He thought he might find a cure for his insomnia and might also find ways to make sleep a more salable commodity. He hired psychologists, gave them plenty of money and set them researching in the Mellon Institute in Pittsburgh. Spurred by this pioneer work, scores of other psychologists have since spent many wakeful nights trying to find why and how other people slept.

In a recent issue of The Journal of Experimental Psychology, Dr. Richard Wellington Husband, young University of Wisconsin graduate student, gives up his latest findings.

From other workers in the field he heard that man achieves his soundest, hence perhaps his most restful, sleep two hours after he goes to bed—and from then on gets less and less benefit from his slumber. Why not, reasoned Dr. Husband, break the sleep into two periods and see what happens? Helen Rose, student, agreed to help. For five weeks she slept the customary eight hours while Dr. Husband watched over her.

During a second five weeks, Miss Rose got only six hours sleep a night. She went to bed at 11 o'clock and was awakened three hours later. For three hours she read, sewed and wrote; then she went back to bed for three hours more. Thus she managed to squeeze two periods of "maximum" sleep into each night. Dr. Husband tested her reactions during this period and found she suffered no ill-effects; that all mental and physical reactions equaled those of the eight-hour period.—*News-Week.*

Brain Centres That certain areas of the brain are connected with thinking, seeing, hearing and the other special senses is definitely known. That every muscle has a representative spot in the brain has been supposed, but never demonstrated conclusively until *Edmund Jacobson* of the University of Chicago thrice pushed a sharp wire into the brain of a normal man and found that an electrical current resulted every time the man closed his jaw. The experiment was possible because a bone tumor had necessitated removal of three square inches from the top of the man's skull. Dr. Jacobson's needle, therefore, perforated only scarred scalp to plunge one and a half inches into the living brain. Because this experiment harmed the man not at all, Dr. Jacobson hopes to perform "further *experimentae cruciae*" to learn precisely what happens in the brain when a person makes a movement, and then possibly what to do in case of paralysis.—*Time.*

DREAMS AND THEIR INTERPRETATION

(Continued from Page 23)

the restrictive forces of society, morality-ethics, religion, etc.

At the beginning we stated that the more neurotic one is the more the dreams would be disguised. Likewise, the further advanced the psychic life the more the wishes (some of them quite painful to consciousness) are shrewdly disguised, in order that the sleeper may not be disturbed; that is the function of the dream, to grant the wishes of the subconscious so that sleep may continue.

— ED FOY

How the Dream Distorts

DREAMS are the product of two factors — the conscious and the subconscious. The repression which has been disturbed in its retreat by some exterior event penetrates to the daylight of the conscious, the fettered impulse wishes to show its value and is released in dreams.

A dream has three basic principles. First, it serves to protect sleep, second, it invariably contains the latent content and manifest content, and third, every dream represents the gratification of an unfulfilled wish, generally infantile in character. Far from being nonsense accidentally determined by physical causes, dreams represent repressed cravings and strivings and their interpretations could yield valuable information concerning the unconscious life of the patient.

The manifest content of a dream, that is, that part of the dream which is remembered, may be a disguise against the latent content, or the actual meaning of a dream. The latent content might be of such a nature that it would disturb sleep, whereas in its disguised form it is able to pass the censor and appear in dream-consciousness as an innocent presentation, and the dreamer's sleep is undisturbed. When the dream takes on the nature of a nightmare and wakes the dreamer, the dream has failed in its function. In other words, the latent content has not been successfully disguised and the danger to the ego becomes apparent. As the waking censor is more effective than the dream censor the ego, once awake, can resist unwelcome ideas better than in sleep.

In dreams, there are four chief means for distortion. The first is dramatization, whereby the idea in the latent content is turned into action; abstract ideas are turned into concrete images. Second is condensation, where certain latent elements in the dream are altogether omitted. Of many complexes in the latent content only a fragment passes over into the manifest content. The third mechanism of dream work is called displacement, in which the nature of the dream may be transferred from an important element to another which is unimportant, in this way confusing the dreamer as to the true interpretation of his dream. The fourth mechanism is called secondary elaboration, which takes place at the moment of entering consciousness. As a result the dream is more coherent and sensible to the subconscious.

In order to interpret dreams, the method of free association and symbolisms is used whereby the significance of every detail of the dream is made clear, the purpose being to reduce the manifest content once more to the latent content. Thus the repressed wish that constitutes the nucleus of the dream is laid bare.

Therefore, the task of the dream is to open a valve for wishes which cannot be immediately fulfilled, and by a symbolical realization of these desires prevent a still more rigorous fettering of the instinct.

— LOIS HEAD

The Man Who Poses

By
WENDELL WHITE

FREQUENTLY an individual speaks depreciatingly about one of his accomplishments in order to convey the idea that his usual performance is of a high standard. Everyone who engages in sports has heard statements such as, "I don't know what's wrong with me today." Similarly, many a hostess has declared that her dinner is a failure in order to impress upon her guests the idea that she is capable of preparing an even more delectable meal. Thus it is apparent that self-debasement is often a means of self-aggrandizement.

In counteracting posing of any of the types mentioned one should help the pretender find acceptable means of attaining a feeling of personal worth. One should, furthermore, inform him, preferably indirectly, as to the cause of his behavior. In doing so one makes a negative appeal to his want for a feeling of personal worth, and so makes pretentious activity disparaging. By thus making posing *unnecessary* and *unprofitable*, one does much to counteract such unwholesome behavior.

Personalities *and* Types

By RAYMOND K. BARCKLOW
Author: *Confessions of an Introvert*

"BEFORE I go," said Mr. Lawrence, "would you answer a few questions for me doctor?"

"Certainly," answered the doctor as he settled back in his chair. "I'll try, but don't be surprised if I can't answer all of them. Some supposedly intelligent people assume the attitude of knowing all, when in reality they have but a meager knowledge of the subject being discussed. I, for one, do not have such a habit."

"I've heard quite a bit of discussion concerning introversion and extroversion," began Mr. Lawrence, "and I am still unable to determine the exact nature of these afflictions. Would you inform me?"

"Let me answer you by first defining the term introvert," said the doctor. "The word introvert is a psychological term applied to a person whose behavior pattern has become faulty in that it is not socialized. An introvert exhibits certain behavior reactions that distinguish him from other personality types. For instance: he lives largely in his imagination, measuring himself by the world rather than the world by himself, as does the extrovert; he is bashful even among members of his own sex; he shows no outward signs of aggressiveness, and as a consequence has only a few friends. His personality is exactly opposed to that of the egotistical extrovert who is always asserting himself, making himself heard, and rarely admitting that he's wrong."

"Then," said Mr. Lawrence, "there are two kinds of people in this world: the introverts who live within themselves, usually timid and imaginative; and the extroverts who are egotistical and self-assertive. Is that correct doctor?"

"No, not exactly," said the doctor. "You have forgotten to mention the normal type. The average individual is neither extrovert nor introvert, but rather a combination of the two; exhibiting in some cases characteristics of the introvert, and in other cases characteristics of the extrovert. A sort of fifty-fifty mixture. Furthermore, there is no sharp dividing point between any two of these three personality types. They seem to melt into each other: a person on the borderline between introversion and normality is difficult to classify psychologically."

Behavior Is Not Hereditary

"YOU mentioned that a person *developed* a faulty personality," said Mr. Lawrence. "Do you mean that an individual does not inherit a predisposition toward a certain personality type? I have always believed that we inherited our personalities from our immediate parents. Evidently my opinion does not agree with yours."

"Now," said the doctor as he leaned forward to shake the ashes from his cigar, "this is one of those questions I warned you about. Some scientists believe that a person may inherit a predisposition toward a particular personality type. They think that the quality may be present in the individual's germ plasm awaiting a favorable opportunity to develop. I doubt this very much. I am inclined to believe that the kind of personality depends on the environment of the individual. I think that the evolution of a personality can be traced as far as early childhood or babyhood, and that behavior patterns are not hereditary. Cases of family introversion can be explained, from this point of view, by the fact that the social and home environment of each member is probably the same; thus each will develop a similar faulty personality."

"Do you mean," questioned Mr. Lawrence, "that there are factors or forces evident at the time of early childhood that influence the personality of the individual?"

"Yes, exactly," answered the doctor. "Allow me to illustrate. Before the ages of seven or eight children are very egotistical. They consider themselves above everything else, and give very little thought to the welfare of others.

Their desires must be satisfied or a general bedlam is set up. An example of their egoism is evidenced by the fact that small children rarely play together in games calling for cooperation. They may at times be seen in groups, but each will have his own individual end in view. If children are not controlled they will make gluttons of themselves, become tattle-tales, bully their playmates, and do similar acts to satisfy their egotistical natures. Children in this stage of development are really anti-social beings in the fullest sense of the expression.

Influencing the Child's Ego

"NATURALLY," continued the doctor, "much is done by the parent to correct this unwarranted child-like attitude. This 'guidance' or 'training' is one of the early forces that determine whether the child will become an introvert or an extrovert. The parent takes to task the child's ego and tries to turn it inward. If it is repressed too much, the ground is fertile for introversion; and if too little, for extroversion. During babyhood the child's ego may be repressed by restraining his physical movements, as in dressing, or in forcing him to assume certain positions in the crib. The hampering of his movements in this manner is quite likely to be met with by a loud bellowing. During childhood the child's ego may be repressed by enforcing solitude, disregarding his accomplishments, or considering him as an inferior being among superior beings. The repression, or encouragement as the case may be, of the child's ego by these or similar methods should be considered in the etiological sense, and not as the final cause of faulty and badly developed personality."

"But doctor," said Mr. Lawrence, "you say that children are by nature very egotistical and independent. This can't be true in all instances because, I've seen some very well-mannered and behaved children only six years old. Some of them had a finely developed communal sense and the ability to get along with their neighbors. Can it be possible that there are exceptions to the rule?"

"No," answered the doctor, "I don't think so. Possibly you have seen these children when they are completely under the control of their dominating parents. Or perhaps the children thought that you would have them punished for their actions. Normally, the child is a devilish creature, given to many pranks and to acting under his own initiative."

"This discussion is becoming very interesting," said Mr. Lawrence, "but there is still one point that is not clear. What is the fundamental cause of this type of personality distortion?"

Cause of Personality Distortion

"THE answer is," said the doctor, "the way in which the egocentric child is socialized or not socialized, as the case may be. Introversion or extroversion can be attributed to a repressed or expanded method of expressing the ego. In later years a repression is attributed to a specific mental or physical conflict. But this repression would not have occurred if the individual was not predisposed, because of his earlier environment, toward introversion.

"Why is it necessary for a child to be so egocentric?" said Mr. Lawrence. "Why can't he be less aggressive? I'm sure, if he were, it would simplify matters considerably."

"His egotistical nature is assumed at birth," said the doctor, "evidently for the purpose of insuring self preservation. Without this mechanism the child would be entirely dependent, and would stand a great chance of not continuing life. Egoism is a device developed by nature to guarantee the continuance of the race. This force is not only present in human beings, but exhibits itself among the lower animals. Civilization has done away with the need of extreme egoism in man after he passes a certain period of development. It is here, in the combatting of this attitude, that our trouble arises."

"You say," said Mr. Lawrence, "that the child is prepared for a personality distortion by the type of training his ego receives, and that this training is the fundamental cause of the distortion. If I understand you aright you mean that the repressing of the ego is not the sole cause of the distortion, and that a final cause exists. What, then, is the distinction between the fundamental and the final cause of introversion?"

"Well," began the doctor, "the fundamental repression of the ego makes fertile the ground for introversion, in that it gives the individual a narrow view of life. Because of this inability to cope with everyday problems, conflicts arise (usually emotional) which are in turn repressed into the subconscious to form what is termed an inferiority complex. The step from an inferiority complex to complete introversion is but a short one. The development of emotional conflicts can then be termed the final cause of introversion?"

"Well," began the doctor, "the fundamental repression of the ego makes fertile the ground for introversion, in that it gives the individual a narrow view of life. Because of this inability to cope with everyday problems, conflicts arise (usually emotional) which are in turn repressed into the subconscious to form what is termed an inferiority complex. The step from an inferiority complex to complete

introversion is but a short one. The development of emotional conflicts can then be termed the final cause of introversion."

"I hope you will excuse my ignorance doctor," said Mr. Lawrence, "but what is the nature of an inferiority complex as opposed to that of a superiority complex?"

Feeling of Inferiority

"BY an inferiority complex," said the doctor, "we mean that an individual is possessed by a feeling of inferiority in relation to his accomplishments, mental and physical, as compared to those of his fellow beings. This does not mean that he must produce inferior work, but only that he has an attitude of inferiority concerning his work. An inferiority complex is the result of repressive 'training,' as is the superiority complex a result of too lax a 'training.' A victim of a superiority complex can rightly be called an ego personified. A person so afflicted exhibits an attitude of superiority in all his mental, social, and physical activities. Likewise, this does not mean that he must produce superior work, but only that he regards his accomplishments as superior. This point is brought out by the fact that a person may develop a superiority complex as a compensation for inferior work."

"In the case of the introvert then," said Mr. Lawrence, "emotional conflicts arise and are repressed into the subconscious, causing the individual to develop an inferiority complex. The feeling of inferiority spreads, from its origin around certain behavior reactions, to all behavior reactions. When such a condition exists the individual is said to be an extreme or complete introvert. Is that true doctor?"

"Yes," said the doctor, "except that the degree of introversion depends on how completely this feeling of inferiority affects the individual's behavior reactions."

"Would you tell me some additional characteristics of these two personality types?" said Mr. Lawrence.

Characteristics of the Introvert

"WE need to consider only the characteristics of one type," said the doctor, "because the exact opposite of each characteristic would apply to the other. Let us give those of the introvert. Those most agreed upon by psychologists are: (1) not very talkative, subject to stage fright; (2) prefers solitude, vocation being of a solitary nature; (3) not adept at selling; (4) engages in work that requires intricate manipulations; (5) extremely careful about ordinary everyday decisions; (6) introspects; (7) will not make friends with 'just anyone'; (8) limits the number of his acquaintances; (9) has apparently uncaused changes in moods; (10) has caused changes in moods.

(11) works spasmodically; (12) worries over things that might happen; (13) is extremely sensitive, becomes hurt easily; (14) is very frank, never 'beats around the bush'; (15) never is a leader, always keeps in the background; (16) is forgetful; (17) does not talk unless spoken to; (18) tries to avoid a crisis; (19) prefers to work things out for himself, dislikes to give or receive aid; (20) is very fussy, likes things in 'apple pie order.'

(21) prefers intellectual to physical activities; (22) lacks sportsmanship, is upset about losing a contest; (23) is poor at judging character; (24) tells his troubles only to close friends; (25) is given to self pity; (26) day dreams considerably; (27) chooses friends from his own sex; (28) is very stubborn in his beliefs, is hard to persuade; (29) lacks initiative and 'nerve'; (30) is rattled easily, hasn't a 'cool head.'

(31) rationalizes well, acts on reason rather than impulse; (32) prefers writing to talking; (33) likes to write about himself; (34) is very thrifty; (35) dislikes to be bossed or forced to do things; (36) is frequently sentimental; (37) rewrites his letters many times before mailing them; (38) overestimates the value of rumors; (39) believes in idealism, has an idealistic philosophy; (40) says his thoughts aloud.

(41) revels in flattery; (42) is likely to keep a diary; (43) is never in a hurry, usually slow in movement; (44) is very selfish; (45) is an advocate of 'book knowledge'; (46) is suspicious of others; (47) has a feminine nature (if a man); (48) hates conservatives, would like to change the world to suit himself rather than adapt himself to it; (49) is very conscientious; (50) is sometimes a creator of new thoughts or things, may be eccentric."

"Well," said Mr. Lawrence, "your facts certainly make things clear to me. I never thought that the different types of personality could be so complicated. I am glad to know that the normal individual is more or less a combination of the introvert and the extrovert because, about half of those traits you just mentioned I could apply to myself. I want to thank you very much for the information you have given me, and to excuse myself for taking up so much of your time."

"Do not thank me," said the doctor. "This little discussion afforded both of us pleasure, I'm sure."

When Mr. Lawrence arrived home he wrote the following result of his conversation in his notebook:

Types

"ABNORMAL Personality Types:

1. The two most common types are introverts and extroverts.

2. The normal individual is neither introvert nor extrovert, but a combination of the two.

3. There is no sharp dividing point between a normal and an abnormal type of personality.

4. The type of personality in an individual depends on his earlier environment, and not on his particular heredity.

5. Personalities develop concomitant with physical growth in normal beings.

6. Before eight years of age children are very egotistical.

7. The child's ego must be repressed to make of him a social being equipped to live in a civilized society.

8. If repressed too much he becomes predisposed toward introversion; if too little, toward extroversion.

9. Repression of the ego is to be considered as the first or fundamental cause of introversion.

10. Emotional conflicts are the final causes of personality distortions.

11. An inferiority complex is the result of repressed emotional conflicts.

12. Feelings of inferiority originating around certain behavior reactions may spread to other behavior reactions and cause the individual to become a more or less introverted personality."

Chronic Worriers

By
KARL A. MENNINGER

IT IS not abnormal to worry about things which threaten our safety or our ideals or our plans. It is because of this capacity to see ahead, to anticipate certain dangers and to avoid them, that man has achieved what he has. In this sense, worry is one of the ear-marks of civilization.

An unjustified amount of anxiety or worry—that is, a reaction not commensurate with the stimulus — is a type of emotional excess which is closely related to worrying about nothing at all, or worrying about something which we cannot name. This is called morbid anxiety. It may exist in a chronic state; everyone knows the chronic worriers. Many who know nothing about psychopathology know that some of these worriers never have the silghtest idea of the real thing they are worrying about.

This is much more evident, however, in the acute states of anxiety such as we see, for example, in the type of nervousness known as *anxiety neuroses.* These distressing feelings or anxious expectation, uneasiness, dread, pessimism, sudden fears and panics, accompanied by all sorts of physical manifestations of fright, constitute a very well defined type of emotional exhibition which are perfectly appropriate for the unseen stimulus which gives rise to them, but which appear on the surface to be entirely inappropriate and therefore a "distorted emotional reaction." The simplest example is ordinary stagefright, in which the poor sufferer often looks and acts and feels as if he were in danger of his life.

DO YOU THINK YOU ARE ALWAYS RIGHT? HERE IS A FASCINATING SERIES OF QUESTIONS WHICH SHOW HOW WRONG YOU CAN SOMETIMES BE.

Things *We Like to* Forget

By JOHN W. BARE
Head of Department of
Psychology, Youngstown College

The Good Old Days Were The Best? No.

THE tendency, always, is to glorify the past, to consider it as better than the present. Through a sense of compensation, or by a feeling of achievement or of possession, it seems to offset the present difficulties or failures. That is because we like pleasant things, and avoid the unpleasant, even in our memories. Hence only the pleasanter experiences are apt to be recalled. Dr. Gardner Murphy, in his *General Psychology,* states, "Pleasant material learned is forgotten much less rapidly than distinctly unpleasant material." So we repeat only the stories of success; hence, the past is always much better, and we were happier then by far. In reality, times were no better; in all probability, only worse; we have forgotten.

If I Had That Man's Salary I Would Be Satisfied? No.

IN Professor Hepner's book, *Psychology in Modern Business*, he shows a picture borrowed from an article by a Mr. Marcus printed in the *Saturday Evening Post*, which illustrates this saying conclusively. On the left of the line is a boy shown as earning $260.00 a year, looking over his right shoulder at a youth who is supposed to be earning $1500.00 a year, who, in turn, is gazing pensively at a man on his right earning $5,000.00 a year, and so on, ad infinitum. Hepner explains, "The achieving man has an urge, a drive, a 'restless sea within'," which demands constant activity. He goes on to say that these drives are the result of heredity, his physical condition, (in which he includes his environment, I am sure) and his past experiences. As soon as one goal is reached, this restlessness requires and finds another, just ahead. This "drive" is not always recognizable; hence, one makes up excuses, the need for more money, the advantages of a higher position, etc., as the real reason or motive for his restlessness.

A Mother May Mark Her Unborn Child By Unpleasant Experiences? No.

DR. SCHOEN in his *General Psychology* discusses this popular fallacy. He agrees with other doctors that this belief is perniciously false and misleading. One psychologist was quoted as saying that had that been true when he was born, his body by all rights should have been covered with all kinds of incongruous and defacing marks, hair, fur, and even feathers, so many had been the unpleasant experiences of his mother. Modern Biology asserts that a child's structure is predetermined by his inheritance in the genes and chromosomes of the germ cell from which he developed, and very little short of something drastic in the way of malnutrition or physical blows can prevent its full fruition or normal development according to this inheritance. Dr. Moss in his *Applications of Psychology,* adds, "Much that passes for pre-natal influence is mere superstition."

I Am Free To Think As I Please? No, and Yes

IF you mean that you think only as you prefer to think, emotionally rather than logically, the answer is, *Yes.* If you mean "free to think" logically," *No.* We think only as we have been taught to think. All the facts given have been colored, more or less. We have always been, and are now, prejudiced for or against anything: principles, persons, events, methods, facts, and even objects. One person doesn't like cats; another, dogs; or they like neither, etc. The accounts of the Civil War in the histories used in the South are far different from those in our northern books. Even our reasoning habits or ways of doing things have been conditioned for us by others or by circumstances. Doctors Mikesell and Dignan in their book, *Psychology and Life,* say, "Thinking is nothing but a rearrangement of prejudices." And prejudice isn't freedom of thought. To think as I please means to think as I want to

think. I generally want to think as I have been taught to think; it is not I, thinking. I am not free to think as I please, or even logically.

Conscience Troubles Only "Bad" People? No.

EVERYONE knows what it is to be "troubled by conscience." And we know of cases of conscience-driven persons confessing to wrong doing. Were such people "bad?" Dr. John J. B. Morgan in *Keeping A Sound Mind* says, "Close analysis of inviduals would lead to the opposite conclusion, that conscience is largely a fear which brings suffering to 'good' persons." What he means is that "goodness" is the same as being sensitive to the "good" or to "conscience," and that "badness" is being insensitive to the "good" or to "conscience," and that "badness" is being insensitive. Only the sensitive are "good," and only the "good" are troubled by "conscience."

Spare The Rod and Spoil the Child? No.

LIKE many sayings, this is only a half truth, if truth at all. It ignores the fact that rewards are powerful incentives for good or successful behavior. All teachers who know their modern psychology and can profit from past experience have learned how much greater drive praise can be for doing right than can censure or ridicule. The inner joy and satisfaction, not to mention confidence, that comes of possessing successful ability, is creative, whereas punishment is repressive. Dr. Lawrence Guy Brown in his *Social Psychology* comments that "Children who are frequently punished come to think of themselves as bad and live up to that conception of themselves." Punishment is the lazy man's way of trying to correct wrong doing after having failed to condition the child in right doing, an attempt by a shortcut method to make up for that failure; in fact, it is an admission of failure to do what we should have done in child training, and is a reflection on the parent, not on the child.

Brilliant Scholars Do Not Succeed In Business? No.

PROFESSOR Husband in his book *Applied Psychology,* explains that the average brilliant scholar averages over 120, Intelligent Quotient, which is just another way of measuring intelligence to be 20 points above a hundred, the average figure for the bulk of humanity. He goes on to say that that figure, 120, is about the same average for hundreds of successful men in teaching, law, business, engineering, accountancy, journalism, and the church. He finds it also true for successful physicians, novelists, bankers, and chemists. Not only do they need that intelligence, but they have it, having succeeded by it. Dr. Albert E. Wiggam quotes Dr. Smith's findings at the University of Wisconsin, uses *Who's Who* for further proof, quotes Everett Dean Lord of Boston University to the same effect, Dr. Walter S. Gifford of the American Telephone and Telegraph System, The Bureau of Business Research of the University of Michigan, and the National Federation of Business and Professional Women's Clubs with headquarters in New York City; not to mention numerous other authorities, providing evidence that brilliant scholars do succeed in business more often than otherwise. Whatever started the phase was, perhaps, the way the few exceptions seemed to stand out in men's minds, and established the idea.

He's A Chip Off The Old Block? No.

THE general idea from the above remark is that sons inherit all their resemblance from their fathers, and that the father dominates that resemblance. Dr. Ellis in his *Psychology Of Individual Differences,* quoting Galton's findings, says, "The second Galtonian law, that of ancestral inheritance, is that a child inherits one-half of his characteristics from his parents, one-fourth from his grandparents, one-eight from his great-grandparents, etc." Dr. Gates and others are even more conservative than that, claiming the parents can credit themselves with only two-fifths. They go on to show that the resemblance of the offspring to their parents is solely due to the fact that both the offspring and the parents are related to a common ancestor, and that the germ cell was not created by the parent but merely carried over, coming from more remote sources of similarity. Hence a brilliant child can be born from ordinary parentage, and brilliant parents can have idiots for children. Hence what his child may inherit is neither the fault of nor any credit to the parent. The parent is responsible only for what opportunities to develope that inheritance he may open to his offspring. No particular glory nor any shame may be theirs except for the training they may give or fail to give their children.

A Hundred Million Frenchmen Can't Be Wrong? No.

THE implication of that saying is that the more people there are that believe a thing, the more likely it is that that thing is true. Dr. Albert E. Wiggam in his *The Marks Of A Clear Mind* proves rather conclusively that if it

is a popular notion it most certainly will be wrong. Not that the average man is ignorant, but that the average man "has never developed the habit of using his mind as the scientist is forced to use his to discover his contributions to truth." Hence, the larger the number that believe a thing, the larger, more likely, the deviation in error. Professor Dewey said, "Science is a matter of perfected skill in conducting inquiry." If so, how many of the million believers have that "perfect skill" in determining the truth or falsity of their beliefs? If everybody believes a certain fact, it merely means they have been submitted to the same influence in the same way, and come to believe the same thing without much thinking upon the matter. But since numbers add weight to anything in our estimation, advertisers are quick to use that tendency in trying to persuade us.

"There's a Man, for Every Maid. Just Wait And The Right One Will Come Along In Time To Marry." No and Yes.

THERE is a strange persistency in the belief of fate or destiny. It is natural to apply it to marriage, since we apply it to almost everything else. If you mean, "Why, of course, you will marry some day; they all do," *yes*; it is a safe prediction, by and large. The majority of persons do find a mate. But why place it all on a mysterious basis? That is all very well for romantic stories and movie acts. Hear what Dr. Hepner says in his *Psychology in Modern Business*. "It is true, rather, that any man could live happily with any one of ten thousand women as with many of the other nine thousand nine hundred and ninety nine." All of which means that we are governed by a hundred and one stimulations: pleasant associations, the accidental needs of the moment—the "big" moment, if you please—, that she had a trick of lifting the eyebrows like somebody we admired, that she smiled slowly like mother did, that she had grace, a knack with children, with words, with anything that pleases us, and the round sum and total of our impression is that she is the girl for that moment. She has ten other characteristics, but they don't outweigh these others, we can adjust to those and we do.

Is Distraction So Harmful? Not Always.

CURRENT belief has it that when one is attending to a matter, he may be "drawn to" or "attracted to" something else. But that is exactly the definition of "attention," to be "attracted to" something. Hence, as Dr. Poffenberger says in his *Applied Psychology,* "there is, therefore, no real difference between 'attractors' and 'distracters'!" Further he adds, "it is not always safe, therefore, to think of distractors as unpleasant or as undesirable from the point of view of the individual affected." Again, "There is—the saying that 'a dog without fleas would die', and the testimony of persons who seem either entirely unaffected or even benefited by a little amount of distraction." That explains why, after the first period of adjustment to a busy and semi-noisy down-town district, stenographers and other workers instead of being hindered are actually proved to be stimulated by the bustle and sound of greater activity to actual greater efficiency and achievement.

Punishment Is Better Than Any Other Incentive For Teaching Or For Learning? No.

DR. E. L. Thorndike in his recent book, *The Psychology of Wants, Interests and Attitudes*, believes there are other equally powerful or more effective means, citing cases and experiments to support his contentions. He says, "There can be little doubt that employers have shifted during the past fifty years from emphasis on punishments for idleness, bad work, and infractions of rules, to rewards for industry, competence, and cooperation with the management." Dr. Gates in his *Educational Psychology* says much the same thing, explaining it by the well known law of learning, namely, that of effect. Dr. Griffith in his *Introduction to Educational Psychology,* says, "this law states that learning processes will be aided whenever they are accompanied by or terminate in a feeling of satisfaction," and lists as other equally effective incentives, rewards, social stimulation and knowledge of result.

Man Is A Critical Thinker? No and Yes.

IF we mean that man can develop the ability to reason and think critically, we can say "yes." But that he does so, generally, we have to deny. Dr. Cohen in his *Reason and Nature* says, "We seldom think in straight lines." By that he means we seldom take the five steps in problem-solving Dewey analytically called for. Dr. Griffith in his *Psychology of Human Behavior* says, "—thorough and effective thinking requires initial determination of purpose, sustained exacting effort, and the fortitude to face whatever conclusions eventuate. Few persons there are, doubtless, who habitually carry on this high type of thinking—" In analyzing Dr. Heidbreder's experiments in thinking, Dr. Griffith goes on to say that "the subjects often were inclined to accept 'a solution' in a rather uncritical way."

SCIENCE MARSHALS ITS FORCES AGAINST THE PROBLEM OF INSANITY AND A BETTER DAY DAWNS FOR THE AFFLICTED.

Human Madness

By JOHN A. MENAUGH
Chicago, Ill.

FOR those unfortunates ever in our midst who dwell wholly or partly in a world of distorted dreams there is a better day ahead. In fact, it can be said in truth that this better day already is here in a large measure. Science, a growing understanding of mental disorders, and a humane attitude toward the afflicted have combined to restore to normal many suffering from insanity and to improve the lot considerably of those beyond all hope of cure.

There still is much to be learned and a great deal to be accomplished before the scientific world even will begin to approach real satisfaction in regard to the methods of care and treatment of the insane. The most brilliant psychiatrist will admit this. But, considering the relatively short time that actual intelligence has been applied to this great problem, amazing progress has been made. More has been accomplished in the last 25 years than in all the time that has gone before. And it has been only within the last 140 years that effort has been made on any appreciable scale to treat the insane as other than untouchable outcasts.

No one is optimistic enough to suppose that science ever can eradicate insanity. This affliction in its many forms (some of them mysterious) cannot be handled with the certainty that smallpox is prevented by vaccination or typhoid virtually stamped out by sanitation. It appears at present, therefore, that mental illnesses diagnosed as insanity will remain in the world so long as the race exists.

Insane of Early Days Chained in Madhouses

THERE is nothing in the record of mankind more shameful than the treatment of the insane up until comparatively modern times. This applies to the people of the so-called civilized lands — lands dominated by Christians. The early orientals, like those of today, showed some degree of kindness toward the insane. Savages in many instances hold their mentally afflicted in reverence, in the belief that they are under the protection of the gods. But brutal and revolting to a great extent were the methods practiced in handling the big problem of the insane in Europe until the nineteenth century was well under way.

Writes Dr. Howard W. Haggard, associate professor of applied physiology at Yale university, in his book, "Devils, Drugs, and Doctors":

"Throughout all ages the treatment of insanity has been neglected. Only recently have the insane been treated humanely, and even now their condition does not receive as intensive scientific study as is devoted to other diseases. Nor will it receive this consideration until civilization has advanced beyond its present stage and there is developed as great an interest and compassion for men who because of illness have lost their mental faculties as for men who because of illness have lost their physical faculties.

"This distinction between those mentally and those physically ill is of extreme antiquity, but was most marked in Europe during the middle ages. The medieval Christians built hospitals, and everyone who was physically ill was admitted. But the insane were excluded. If their insanity took the form of religious enthusiasm, as insanity often does, they were as likely as not to be regarded as saints and treated with veneration. If their insanity took an abusive or maudlin form, and did not yield to the exorcisms of the clergy, the insane, and the devils which were supposed to possess them, they were chained in madhouses, places even worse than the prisons of those days. There they remained, poorly sheltered, scantily fed, and unclothed, to lie . . . until they died of neglect and exposure. The only treatment they received was an occasional beating when their cries became annoying."

Hundreds of authors, historians, and scientific men have written in an identical line on the subject. Poor insane persons wandered over the lands of medieval Europe, pariahs despised by society and shunned on every hand, until, becoming too annoying, they were cast into the madhouses or the common prisons or jails, the

last named, according to Dr. Haggard, somewhat more desirable as abodes than the madhouses. This condition existed to a certain degree until the nineteenth century.

It was not until the middle of the sixteenth century that an insane asylum was established in London. This was at the hospital of Saint Mary of Bethlehem, and the wards of the asylum soon came to be known as Bedlam, a contraction of Bethlehem. Old Bedlam was a famous sight of London for many years. In it the patients were kept in cages or chained to the floors or walls, and sightseers as late as the eighteenth century flocked there to laugh at the antics of the wretched inmates. For the payment of small fees these inmates were exhibited to the crowds. Occasionally, despite this inhuman treatment, a patient would recover sufficiently to be turned loose as a beggar. Many of the poor fellows who wandered cup in hand through rural England in those days came to be known as "Toms o' Bedlam."

French Doctor First to Employ Kindness

FRANCE, as well as other continental countries, was fully as backward as England in the treatment of the insane in those days. In Paris the insane were kept in chains in prisons and madhouses. It was not until 1795 that a more gentle treatment was advocated for the deranged poor of the French capital. In that year Dr. Philippe Pinel, a prison physician, boldly struck off the chains from the wrists and ankles of the insane in the Paris jails and madhouses. He was criticized on every hand for his action, and even called a madman, for "turning the cattle loose," but under his treatment many of the patients showed improvement.

In Vienna the Lunatic tower, a show place similar to Old Bedlam, where inmates were exhibited like menagerie animals, was not closed officially until 1853. In fact, it was not until about that time that there was any great general movement in the world to treat the insane kindly and attempt to cure them of their afflictions.

In the United States prior to 1850 there were few asylums for the insane, nearly all sufferers being at large or confined in county poorhouses or jails. In the nineties came a marked betterment in conditions. Asylums then generally were taken out of the control of politics and put into the hands of scientific men. Many new ones were erected throughout the country. Twenty-five years ago saw the beginning of a nation-wide program in the United States sponsored by public-spirited citizens and totally apart from official or governmental control. The purposes of this program, which is directed by organizations such as the National Committee for Mental Hygiene and the Illinois Society for Mental Hygiene, are manifold, all objectives having to do with subjects related in one way or another to the problem of mental illnesses. The first ten years in the history of this movement were devoted almost exclusively to hospitals and their improvement. Since then the aims of the movement have been directed largely toward the public. Objectives of the Illinois Society for Mental Hygiene, which are typical of those of the movement, are as follows: (1) To work for the conservation of mental health (2) to help prevent nervous disorders and mental defects, (3) to help raise the standards of care and treatment for those suffering from any of these disorders or defects, (4) to secure and disseminate reliable information on these subjects and also on mental factors involved in other related problems, (5) to further psychiatric social work and occupational therapy, and (6) to cooperate with federal, state, and local agencies and officials, also with public and private agencies whose work is in any way related to that of the Society for Mental Hygiene. An important feature of this society's work consists of instructing parents on how to recognize early symptoms of mental disorders in their children and how to treat the children to save them from the graver danger of insanity.

In the world today there are approximately 1,500 hospitals and asylums for the treatment of mental cases. This number, which takes in 32 separate countries, does not include hospitals for the feeble-minded or epileptics. Of the 1,500 hospitals and asylums, 564 are located within the borders of the United States, 254 of them being public and 310 of them private institutions. Although statistics show a gradual increase from year to year in the number of patients admitted to public hospitals in the United States (only 20 per cent of the cases are treated in private hospitals), the situation is not so alarming as it might appear and is no indication that insanity actually is on the increase. In the first place, the population is increasing. If the proportion of insane cases (ratio as to population) remained stationary, there would be an increase. In the second place, the hospitals constantly are being enlarged to admit greater numbers of patients, which perhaps explains the principal reason for the increase in the number of mental cases reported from year to year.

Freud's Contribution

IN many parts of the country, especially in rural territories, there still is no provision made for the detention of insane cases pending their disposal and the transfer of the patients to

state institutions. Often the county jail is the only place where a violent patient can be kept in safety. But in the larger cities this situation is met in a modern and scientific way. In Chicago, for instance, virtually all cases of insanity or suspected insanity are dispatched to the Cook County Psychopathic hospital, a model institution under the superintendency of Dr. Francis J. Gerty, an eminent psychiatrist. Here the patients are examined and treated by the most approved methods. Some are dismissed as being not psychopathic cases. Others are treated and cured. Still others may be returned to the custody of their relatives if there are no violent tendencies shown. Those that require protracted treatment in state institutions are transferred to those institutions after all legal steps have been attended to.

According to Dr. Theodore T. Stone, a well known Chicago authority on mental diseases, and under whose supervision the accompanying chart classifying the various types of insanity was prepared, insanity is any departure from the normal way of thinking, acting, seeing, and believing. That, it should be borne in mind, is the medical definition of insanity. In the legal sense it is the question of responsibility about which centers any decision that is made as to insanity or sanity — is a man or woman capable of managing his or her own affairs?

It will be noted that the accompanying chart divides insanity, as it is recognized by the medical profession, into fourteen distinct groups, some of which are further subdivided. These groups cover the entire field of psychosis, but do not include neurosis, the field delved into so deeply by Sigmund Freud, the inventor of psychoanalysis. Though Freud, with his exploration of the human mind and its manifestations as related to sexual suppressions and repressions in childhood, has contributed a wealth of material of value in the study and the treatment of the insane, it should be recognized that he dealt almost wholly with merely nervous people and not with those that were actually insane.

TYPES OF INSANITY	Approximate Proportion of All Cases	SYMPTOMS	CAUSES	CHANCES OF CURE	TREATMENT
1. Manic-Depressive Psychosis (a) Manic (b) Depressed (1) Simple (2) Agitated	25% to 30%	Stagy, voluminous talk, with a considerable degree of rationality (1) Brooding (2) Brooding in conjunction with fatalism	Difficult to determine	Nearly all recover	Combinations of suggestion, exercise, rest, hydrotherapy, electrotherapy, and analysis.
2. Schizophrenic	35% to 40%	Become shut-ins and asocial		Practically 100% recover from first attack	
3. Dementia Praecox (a) Simple (b) Hebephrenic (c) Katatonic (d) Paranoid		Lack of insight, with hallucinations and paranoid trends; out of contact with their surroundings		Practically hopeless except katatonic cases	
4. Senile Deterioration	2%	Childishness	Hardening of arteries	Not good	Good hygiene
5. Arteriosclerotic Deterioration	5%	Childishness	High blood pressure with hardening of arteries	Not good	
6. General Paresis	10%	Various delusions	Syphilis	30% to 35% of cases are arrested	Medicine and fever
7. Toxic Psychosis	1%	Delirium	Acute infectious diseases	100% recovery	Combinations, etc.
8. Psychosis with Brain Tumor	½%	May imitate any form	Brain tumor	Depends on circumstances, size and position of tumor, etc.	Surgery
9. Chronic Alcoholic Pseudo-Paresis	1% to 2%	Same as paresis, only due to alcohol	Alcohol	Very good; for first attack excellent	Medicine
10. Chronic Alcoholic Hallucinosis	2%	Auditory hallucinations		Very good	Medicine
11. Delirium Tremens	4% to 6%	Visual delusions		Very good	Medicine
12. Psychosis and Feeble-Mindedness	2%	Any type of reaction	Mental deficiency	Hopeless	Combinations, etc.
13. Psychosis with Organic Brain Disease	1% to 2%	Any type of reaction	Various brain diseases chiefly Huntington's chorea	Grave	Empirical
14. Traumatic Psychosis	½%	Delirium	Injury to skull and brain	Usually excellent	Combinations, etc.

100 Per Cent Recovery in Some Types of Cases

THE chart reveals into what percentages of the whole total of insane cases the various types are divided. It also reveals that in some types of insanity there is a virtual 100 per cent recovery, that in other types the chances of recovery are very good, and that in only certain types is the prospect at present hopeless or nearly hopeless. A very different outlook in-

deed from that held in the days of the caged inmates of Old Bedlam!

Symptoms of the various types of insanity as set forth in the chart are only those considered typical and outstanding and are not intended as a guide to diagnosis on the part of those untrained in medicine or psychiatry. Likewise the treatments for the various types as set forth in the chart are not presented with the idea that any reader should attempt to take the place of a doctor. It will be noted that in some types medical treatment or even surgery is the main resort. The greater number of the cases, however, respond, according to scientific men, to suggestion, rest, exercise, hydrotherapy, electrotherapy, or analysis, or a combination of some of these, or a combination of all. Hydrotherapy, treatment by the use of soothing baths, has been found to be highly beneficial in some types of cases.

General Paresis Caused by Germ of Syphilis

GENERAL paresis, sixth on the list of types, is caused by destruction of brain tissue by the parasite causing syphilis and by that alone. It will be noted on the chart that in 30 per cent to 35 per cent of the cases of insanity of this type the progress of the disease can be arrested by proper treatment. Writing on this subject, Dr. Stone says:

"Up to recent years the treatment of many cases of general paresis had been unavailing and far from satisfactory. As a result of considerable research and study it was shown that artificial production of fever in conjunction with medicine in the treatment of general paresis resulted in a greater percentage of arrest than without fever. Various agents are used to produce this increase in temperature. The chief ones are actively potent malarial organisms, typhoid vaccines, and electricity.

"The malaria and typhoid are usually injected directly into the veins. Each patient accepted for this type of treatment should be in fairly good physical condition. There should be at least seven or eight elevations of temperature, always rising to 102 to 103 degrees Fahrenheit. The efficaciousness of this type of treatment is supposedly due to the destruction or rendering inactive of the syphilitic germs in the brain. Following this fever therapy the usual anti-syphilitic medicines are used."

The common belief, engendered by the sayings of the pessimists always with us, that all men are more or less crazy, and that it is only a matter of degree, is not borne out in the experiences of the psychiatrists. It is true that many suffer from nervous disorders and that moods of depression and exuberance are common to everyone. But the doctors hold that mere nervous illness is not insanity and that ups and downs of the mental state are perfectly normal. A good rule to follow if you wish to analyze yourself is this:

If you act strangely, think strange thoughts, or say strange things and do not know that these acts, thoughts, or utterances are strange, then you are crazy. But if you act, think, or talk strangely and know that you are acting, thinking, or talking strangely, then you are not crazy.

© Chicago Tribune.

Tragedy of the Only Child

By
RUDOLF ALLERS

ONLY-CHILDREN, it has often been observed and recorded in workaday psychology, in legends and fairy tales, are often inclined to be selfish, gullible, unenterprising and inert; they flag quickly because they are brought up to expect assistance, easy appreciation and admiration, constant guidance, encouragement and support, none of which are offered to them in "real" life. They often grow up to be people who make unusual and quite impracticable demands on others, especially in the matter of warmth of human relationships, friendliness and sympathy; but they themselves are incapable of any real relationships with their fellow men because they have learnt to look on these merely as a means and not as an end in itself. That type of person who demands constant love, but gives none in return, or if he does, only conditionally—"the other person must behave in such and such a way, and then I, too . . ." is often to be found amongst only children; and it is easily understood how this special childhood-situation can give rise to such a development.

Only-children, pampered and treated with excessive care, as well as those who are too severely brought up, suffer much more than children exposed to similar influences, but along with brothers and sisters; for the only child lacks that powerful corrective to threatened self-esteem, the experience of community and the common lot.

Diet *and* Virility

By WALTER SIEGMEISTER, PH.D.
Author: *Diet and Sex*

RECENT scientific researches have shown a definite relation to exist between the amount of protein consumed and the intensity of the sexual impulse, a high-protein diet tending to increase it and a low-protein diet tending to diminish it. Those foods which introduce much uric acid into the blood are sexually stimulating due to the irritating influence of this uric acid upon the mucous membranes of the genital organs. And since uric acid is a normal end-product of protein metabolism, this would mean that all foods rich in protein have an aphrodisiacal effect. This is especially true of flesh foods, for besides forming uric acid by decomposition of their protein, they contain uric acid in a pre-formed condition. Certain sea-foods contain even more uric acid than meat, and they are noted for their aphrodisiacal effect. Coffee and tea, which also contain uric acid, are sexually stimulating for this reason.

The use of rich-protein, uric-acid-producing foods, such as meat, tends to increase the blood-pressure, and there is a definite relation between the blood-pressure and the intensity of the sexual impulse, the latter tending to increase with rising blood-pressure and tending to diminish with falling blood-pressure. In the case of an opium habitue, it was noted that during the state of opium well-being, when the blood-pressure is low, there is no sexual desire, but later on in the stage of rebound, misery, high blood-pressure and craving for a fresh dose of the drug, desire for women is great. Dr. F. Benedict has experimentally shown in his nutrition laboratory in Boston that on a low-protein diet a marked fall in blood-pressure results, coincident with a disappearance of sexual desire. But with the resumption of the previous rich-protein diet, the blood-pressure rises and sexual desire becomes stronger.

Chemical Basis of Psychology

THE facts just cited indicate clearly that the sexual impulse has a physico-chemical basis, and is not a product of a mysterious "sexual instinct," or psychoanalytic "libido." This point of view was first clearly demonstrated and stated by Jacques Loeb, who claimed that the sexual behavior of the organism, like all its other behavior, is tropistic in nature, being a response to certain physical and chemical stimuli. The work of the modern endocrinologist, in showing the determining influence of hormones upon the organism's sexual behavior, supports this view; and there are reasons to believe that the individual's sexual psychology also has a chemical and endocrine basis.

We are led to believe that the stimuli which evoke sexual responses have their seat in the mucous membranes of the genital organs, the chief seat of sexual sensibility in the organism. By the action upon these membranes of irritating chemicals (in the blood), various psycho-physical sexual responses are evoked. Uric acid is one such irritant, which by acting on these membranes may produce sexual thoughts, desires and behavior. Spices, tobacco and alcohol have a similar aphrodisiacal effect, due to their irritating effect on the genital mucous membranes. Dr. Tissot notes that unusual sexual excitement is sometimes the forerunner of an attack of gout, which may be explained by the irritation of the genital mucous membranes by the increased quantity of uric acid present in the body at this time.

Dr. Deslandes claims that irritated and inflammatory conditions of the genital mucous membranes are usually a result of hyperacidity of the blood and urine. This means that foods which acidify the blood and which contain an excess of acid-forming elements tend to irritate the genital mucous membranes and stimulate sexual feelings, while alkaline-forming foods have the opposite tendency. The chief acid-forming foods are: meat, fish, eggs, cheese, legumes, nuts, oils and grains. These foods are therefore aphrodisiacal. The chief alkaline-forming foods are: fruits, vegetables, potatoes, bananas, and milk. These foods should therefore have the tendency to reduce sexual feeling — since alkalies neutralize and conteract acids. Dr. Deslandes writes:

Alkalizing the Blood

IN every case of genito-urinary disease in which there exists irritation or inflammation, the first indication is to neutralize the normal acidity of the urine; or better still to make it slightly alkaline if possible, by regulation of the diet, and attention to the vicarious elimination of the products of retrograde metabolism. Neutral or faintly alkaline urine is much less irritating to the inflamed mucous membrane than the normal secretion." (Deslandes: "Treatise on the Diseases Produced by Onanism.")

Blatherwick showed that the urine of the vegetarian, like that of herbivorous animals, is slightly alkaline in reaction, while that of the meat-eater, like the carnivora, is somewhat acid. It is therefore clear that an alkaline vegetarian diet, consisting of fruits, vegetables, bananas, potatoes, and milk, is best to reduce inflammation and irritation of the genital mucous membranes. Meats and other acid-forming foods, on the other hand, tend to increase such inflammation. Alkaline diets will therefore be useful in preventing and helping to overcome masturbation in children, sexual hyperexcitability in adults, and various female complaints due to inflammation of the genital mucous membrane, such as excessive menstruation, mucous discharges, etc.

Among irritants of the genital mucous membrane, Tissot lists: game, pork, spices, alcohol, fish, eggs, pepper, and coffee. Concerning this point, Dr. Elliot writes:

"The abnormal intensity of the sexual impulse is largely due to improper and too stimulating food, to liquors of all kinds, spiced meats, etc. — because such improper diet causes irritation in the mucous membrane lining the digestive tract; and as this is similar to that lining the genital organs, they also become irritated and congested. To control and subdue the sexual impulse it is only necessary to avoid eating or drinking anything which may tend to increase it — as, for instance, spices, condiments, rich and highly seasoned foods, eggs, and meat, to any extent, tea, alcoholic liquors, tobacco, or any irritating or stimulating food or drink." (Elliot: "Aedealogy")

Meat Diet Increases Sensuality

SALT, by its irritating effect on the mucous membranes, tends to stimulate abnormal sexuality. Ottolenghi describes a case of an extremely sensual woman who was very fond of salty things. Pepper and spices have a similar effect. Many writers on the subject have remarked that onanists show preference for extremely spicy food, containing much pepper and other condiments. Races which use much spices will be found to be sexually overstimulated. The same applies to races which consume much meat. The extreme sensuality of the ancient Romans, was associated with their rich meat diet; and the same is true of the modern French. On this point, Michelet, the French Historian, writes:

"A profound revolution has taken place; we have abandoned the sober French regimen and increasingly adopted the heavy blood-stained diet of our neighbors. Worst of all, we inflict it on our children. How strange to see a mother offer her daughter to whom but a short time previously she gave the breast, a course diet of bleeding meat and such dangerous excitants as wine and coffee. And yet she is astonished to find the girl violent, whimsical and passionate. It is herself she ought to accuse. What she does not see, a serious matter, is that in our precocious French race, the senses are directly stimulated by such a diet. Instead of strengthening, it disturbs, weakens, and enervates. Both for the woman and the child, it is a favor, an act of love, to be necessarily frugivorous, to avoid the fetid odor of meat, and live rather on innocent food which causes the death of no living thing and pleases smell and taste alike!"

In contrast to the excessive sexuality of the French, who live on a highly stimulating diet consisting so largely of meat, fish, and wine, Havelock Ellis points to the mildness of sexual feeling among the Irish peasantry, who live on an alkaline, low protein diet composed largely of potatoes, vegetables and buttermilk, a diet which tends to neutralize uric acid and to reduce sexual sensibility. Ellis writes:

"Food and drink are powerful sexual stimulants. This is true even of the simplest and most wholesome nourishment and diet, and is more especially true of flesh meat, and above all, alcohol.

"The Irish peasantry, whose diet consists very largely of potatoes, are regarded as possessing an unusually small amount of sexual feeling." (Ellis: "Studies in the Psychology of Sex.")

Potatoes Neutralize Acid

MR. HINDHEDE, the Danish nutrition expert, proved that while meat and bread increase the concentration of uric acid in the urine, potatoes, with their high content of alkalies, tend to neutralize and remove it. And since uric acid is an irritant of the genital mucous membranes, this would mean that the use of potatoes, in the place of meat and bread, should tend to reduce such irritation and in-

flammation, a fact which has already been observed by several gynecologists.

Dr. Hindhede furthermore proved, through extensive experiments, that potatoes are able to replace meat as a protein food; and that contrary to the popular belief that potatoes supply only starch, he proved that they can provide sufficient protein for a hard-working man. Hindhede maintained subjects for as long as two years, in perfect health and vigor, on an exclusive potato and vegetable diet, and his measurements showed that the body steadily gained protein on such a diet. (See Hindhede: "Protein and Nutrition") These experiments were verified by many other investigators.

Dr. F. G. Lydston, professor of the diseases of the genito-urinary organs and syphilology at the Medical School of the University of Illinois, one of America's foremost urologists, writes:

"The importance of careful attention to dietetic regimen in controlling the tendency to masturbation and sexual excess can scarcely be overrated. The relation of a stimulating and highly nutritious diet to sexual desire and capacity was well understood by the ancients. The old maxim — 'Sine Baccho et Cerere frigit Venus' — is as pertinent as it is classic. In the lives of many individuals Bacchus and Venus go hand in hand as dominating powers. With some persons excessive sexual desire is directly dependent upon high living. Gouty conditions of the blood incident to the latter are especially likely to be associated with irritation of the genito-urinary tract, and particularly the nerves of sexual sensibility. If one would remain continent he must not only abjure all mental sources of sexual excitement, but he must abstain from stimulants, tobacco, highly-seasoned food — in short, all articles of diet that tend to induce nervous irritability. It is probable that a strictly vegetarian diet is the best that can be advised for an individual who desires to remain continent both in mind and body. Because of present pernicious social customs the unaided efforts of the will are not always successful in conquering the lust of the flesh." (Lydston: "Impotence and Sterility.")

Aphrodisiac Foods

TOLSTOI, a strong advocate of both vegetarianism and continence, and an opponent of artificial preventive measures, claiming that continence, achieved through a vegetarian diet, is the only truly wholesome method of Birth Control, in his "Kreutzer Sonate," writes:

"Our too abundant and exciting food, coupled with a perfectly idle existence, is nothing else than a systematic incitement to lust. You may be surprised or not, but it is so.

"Not far from where I live, some muzhiks were working this spring on the railway. The ordinary fare of the peasantry is meager bread, kvas, onions; the muzhik is lively, healthy and sound. But we who eat daily two pounds of meat and game and fish and all kinds of stimulating foods and drinks, where does that go? To sexual excesses."

Since the most remote times, the eating of fish has been accredited with the property of increasing sexual activity. It was for this reason that the ancient Egyptians forbade the eating of fish by the priest. Brillat-Savarin, in expressing his belief in this property of fish, tells the story of the Sultan Saladin and the two dervishes, who, as guests of the Sultan, were served with an abundance of meat, after which they were exposed to sexual temptation which they resisted. But when the Sultan fed his guest for several weeks almost exclusively on fish, both holy men became victims of the fish diet. Davy mentions the fact that fish-eating populations have very numerous progeny. Many legends in different parts of the world relate of the production of conception in virgins as the result of eating fish. Havelock Ellis considers fish, oysters, shellfish and beefsteak as strong aphrodisiacs.

Dr. Arnold Lorand, in discussing the means of increasing sexual activity by means of a specially selected diet, states that animal proteins (meat, fish, eggs, and especially, caviar) are most potent in this respect. He writes:

"It seems to me quite certain that a plentiful diet, containing, in particular, much protein, would have an excitant influence upon the sexual function. We are familiar with the fact that the male sex glands, when they are well filled, exert a certain stimulus upon the sexual sensory centers. The heads of the spermatozoa, like the cell of the nuclei, consist chiefly of nucleoproteids. When a considerable amount of food rich in nuclein is absorbed in the diet, the spermatozoa become more apt to exert an excitant effect.

"With poor food the sexual impulse, or libido, is but little stimulated and the *fulfillment of the act is incomplete;* with overfeeding, especially with meat and certain other foods, the sexual impulse may be stimulated." (Lorand: "Health Through Rational Diet.") This statement by Lorand that with decreased feeding "the fulfillment of the act is incomplete" gives rise to the thesis that through a reduced diet it is possible to avoid the orgasm during sexual union. As he indicates, this means a vegetarian diet.

THE CURRENT DIGEST

is the ideal magazine for the man who wants to be intelligently informed on the happenings in the world about him. Thirty of the month's leading articles are presented for concise, swift reading in handy pocket size. The "Digest magazine of human interest."

THE NEW

CURRENT DIGEST

OUTSTANDING ARTICLES OF THE MONTH

FEBRUARY - 1936

The Fleets Meet	Carlos Martinez de Campos	1
Which Is the Weaker Sex?	Hygeia	7
Do You Knock On Wood?	Eagle Magazine	9
Memoirs of a Mystery Man, by E. Phillips Oppenheim	Maclean's	12
Mrs. Mussolini	Los Angeles Times	17
What God Means to Me, by Upton Sinclair	Woman's Home Companion	19
Arctic Marriage Adventure, by Peter Freuchen	Nash's	22
The Townsend Saga	American Messiahs	27
Another Man's Poison	Junior League Magazine	32
The Young Chinese Discover China	Pearl Buck	35
Listening in at Sing Sing, by Warden Lawes	Radio Stars	38
Medical Munitions Makers	Harold A. Albert	41
Test Your Gullibility	Modern Psychologist	45
No Citizens Wanted!	Junius B. Wood	50
William Allen White—Sage of Emporia	Christian Herald	53
Modern Soldiers of the Cross of Fire	Modern Monthly	58
Are You Just a Parent—or a Person	The Forecast	62
How Old Is Yesterday's Newspaper?	American Press	65
Music Is Not a Career	Catholic World	66
Says You!	Eagle Magazine	69
Queer Trades of London	Travel	71
Oddities in the News	Time	76
Obscenity—Pro and Con	Current Controversy	78
There's Many a Slip, by Weare Holbrook	This Week	82
Why Is a Jew a Jew?	Contemporary Review	84
Santa Misbehaves	Printer's Ink	87
In Insurance It's Usually the Unusual	Baltimore Sun	90
We All Lead Double Lives	Woman's Journal	94

The World in Cartoons

What People Laugh About

25 Cents

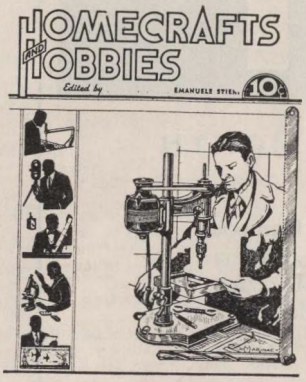
Address: The Current Digest, 142 West 24th Street, New York City.
Three dollars will bring you The Current Digest for one year.

THE MAGAZINE YOU HAVE BEEN LOOKING FOR...

HOMECRAFTS and HOBBIES

THE NEW HOMEWORKSHOP AND HOBBY MAGAZINE THAT HAS MET WITH INSTANTANEOUS SUCCESS.

10 Cents A Copy



As one who is interested in homecrafts and hobbies you must feel that HOMECRAFTS AND HOBBIES is the magazine especially designed for your benefit.

We are herewith outlining a few of our regular departments which should be of interest to you:

HOME WORKSHOP
(Equipment and Maintenance)

Under this heading we will cover the latest developments in home workshop equipment, featuring motorized equipment of every type and new hand tools. We are receiving first-hand information from all manufacturers on new developments and will publish these new developments for the benefit of our many readers who will be interested in them.

HOME REPAIR DEPARTMENT

Here is a department that should be of tremendous interest to the average home owner who is desirous of information on home repairs and maintenance. Refinishing, painting, cement and concrete repairs, plumbing, electric wiring, etc., will from time to time be fully covered under this heading.

The Home Repair Department will also maintain a Reader's Service which will be at the disposal of all our readers. All inquiries relating to any house repair or maintenance problem or the source of any materials mentioned in the magazine will be answered by our editorial staff.

WOOD-WORKING

Wood-working projects will be treated extensively in the pages of **Homecrafts and Hobbies.** Every month we will feature several articles on the construction of various types of furniture. These articles will be written by men with practical experience, who have actually constructed the articles described in the magazine and will be illustrated with both drawings and photographs. For the Homecraftsman who is desirous of building his own furniture, or any other object of wood, this section of the magazine is well worth the price for each issue. In fact, the plans and directions for building the various items contained under these separate headings are unobtainable in any other form.

EASILY CONSTRUCTED RADIO SETS

Under this heading, **Homecrafts and Hobbies** will carry one or more complete articles on the construction of all-wave and short-wave receiving sets. This department, under the direction of Mr. Cisin who is a well-known radio engineer, will give detailed instructions for building these sets at minimum cost. The radio section of this magazine will also contain a Question and Answer Department. Readers are invited to submit their problems and our radio editor will be only too pleased to help solve them.

METALCRAFTS

Many very unique articles can be made in the home workshop with metal. This department in **Homecrafts and Hobbies** will feature the construction of one or more articles of metal, monthly. These articles will be written by well-known men in the field and will be practical and fully illustrated.

UNUSUAL HOBBIES

Homecrafts and Hobbies is offering monthly prizes for readers submitting articles on unusual hobbies. All readers are invited to send in photographs and descriptive matter relating to these particular hobbies.

TURNING YOUR SPARE-TIME INTO CASH

Many homecraftsmen and hobbiests have, during the depression years, found diverse ways of turning their hobbies and homecrafts into little businesses. **Homecrafts and Hobbies** will offer monthly prizes for any of the ideas submitted by readers that will be published in the magazine.

GARDENING AS A HOBBY

This important department will feature the correct things to do in the garden month by month and how to do them. The amateur gardener is not so much interested in involved articles on gardening—what he wants to know is what to do and when to do it.

PHOTOGRAPHY

Under the heading of "Photography" and grouped with several of the hobbies under the general title of "Hobbies for the Craftsman" **Homecrafts and Hobbies** will publish several articles each month on various phases of both still and motion picture photography. All phases of this interesting hobby will be discussed by experts in their particular fields.

Miniature photography will be discussed by men who have had years of experience with both the Leica and Contax type cameras. Articles on color motion picture photography will also be written by experts in this altogether new development in motion picture photography.

AVOID DISAPPOINTMENT

The general acclaim with which **Homecrafts and Hobbies** has been received on the newsstands from coast to coast, leads us to believe that many of our possible readers have been disappointed in not being able to secure a copy at the newsstands. Avoid this disappointment, which will become more acute from month to month as the demand for our magazine increases, by subscribing to **Homecrafts and Hobbies** and receiving it several days before it appears on the newsstands. Its low subscription price, plus the fact that every page of this magazine will delight you and will serve to inspire you with added enthusiasm for both your home workshop and hobby activities, should warrant your sending in your subscription now. This unique magazine, we feel, will more than satisfy you for every penny spent. Its low price, plus the fact that it is the one magazine in the field that will cover every phase of homecrafts and hobbies, makes it really worthwhile. Will you mail in the coupon below at once, so that we may send you the next month's issue on time.

HOMECRAFTS and HOBBIES,
Dept. MP-3
142 West 24th Street,
New York City.

Gentlemen:

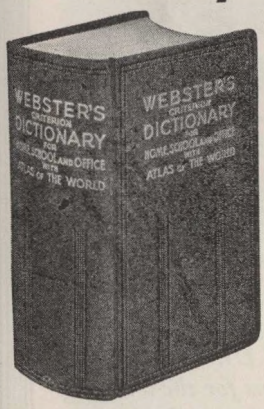
Kindly send me **Homecrafts and Hobbies** for one year. I enclose $1.00 (cash, money order or check).

Name .....

Address .....

City .....

WEBSTER'S CRITERION Dictionary $1.00



For Home, School and Office. With Atlas of the World.

Based on the original Webster, compiled and edited by Joseph Devlin, M.A., assisted by a Corps of Recognized Authorities in Philology and Lexicography.
More than 55,000 Words and Definitions
32 Pages of four and five color maps
Latest census of largest cities in United States and Canada
More than 1500 Synonyms and Antonyms
Up-to-Date Digest of Federal New Deal Agencies
Just a hint of the vast amount of information contained within its 1187 pages. Easy to keep track of . . . bound in blue artificial leather.

Order From:

BOOK HOUSE
142 West 24th Street, MP-3
New York City

The Popular Edition of

HYPNOTISM:

ITS HISTORY, PRACTICE AND THEORY

***By* J. MILNE BRAMWELL, M.D.**

Price $3.00 net

We guarantee that this complete latest edition of Bramwell's HYPNOTISM: ITS HISTORY, PRACTICE AND THEORY is identical in contents with the original $6.00 edition. Its physical dignity befits the significant material between its covers. It is attractively printed, and durably bound in rich red cloth.

BOOK HOUSE, Dept. MP-3
142 West 24th St., New York City

Dear Sirs: Enclosed find $.....

for which send me.....copy....

of HYPNOTISM: ITS HISTORY PRACTICE AND THEORY by J. Milne Bramwell, M.D. Price $3.00, a copy. (It is understood that this is the complete book and in contents identical with the $6.00 edition.)

Name .....

Address .....

Town & State.....

CONSULTING THE PSYCHOLOGIST

By Dr. Thomas L. Garrett
Consulting Psychologist
New York City

Dr. Garrett will be glad to answer inquiries of general interest in his monthly department in "The Modern Psychologist." Inquiries that are of other than general interest will be answered personally.

Are There "Problem Wives?"

I HARDLY know just how to describe my problem, but I think that I have a "problem wife." She just must have her own way about things or she makes me quite miserable. I say that she is a "problem wife," and yet I am not certain whether psychologists have ever made such designation of any one. I use the term because I often hear of "problem children" and I look upon her as just a spoiled child or a "problem child."

But are there "problem wives?" This is what I want to know. It will help me understand her if I know that "problem wives" actually exist. I will know what to expect in the future and this knowledge will make my life more bearable.

ANSWER:

The subject you bring up is a very interesting one and I think that you are to be congratulated on your ability to apply the term "problem wife" to your wife's case.

"Peter Pan," you will recall, never grew any older. It would be quite proper to say that the "problem wife" or "problem husband" is a sort of mental Peter Pan. In other words, we are constantly coming in contact with these "problem children" who never underwent adjustment in childhood and are still burdened with those characteristics that made them "problems."

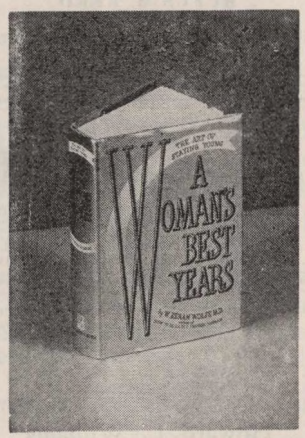
Let us consider, for example, the case of one Margy Migolo, a hoydenish creature who wanted to have her own way in things and went into tantrums every time any one tried to direct her efforts or give her any orders. The local school teachers could do nothing with her and they simply rated her as intractable and explained to the heart-broken mother that the child was a "problem."

Now before long everybody knew that Margy was a "case," and even when she grew into young womanhood she was re-

A WOMAN'S BEST YEARS

AN INTIMATE BOOK FOR WOMEN

By W. BERAN WOLFE, M.D.



PARTIAL CONTENTS

The Right To Love and Be Loved — New Morals For Old — The "Dangerous" Age — Chastity vs. Promiscuity — Sex.. or "nerves"? — Sex vs. saintliness — To love or not to love? — Your body: Asset or Liability? — The "Also-Ran" Woman — Romance: Before and After — Emotional Shipwrecks — Body, Soul, and the Menopause— Love Outlives the Change of Life — And you can remain beautiful!—Three magicians: color, clothes, and perfume — The do's and don'ts of diet —"Nerves" . . . Your family: Friend or Enemy? —The middle-aged wife vs. In-Laws, Inc. — The errant husband — keeping peace in the family — Marriage or a career? — Women at play — Why be a neurotic? —Growing up vs. growing old — Love after noon— Finding your niche after forty — Taking your personality inventory — An open letter to Mary Smith.

This intimate book speaks frankly and courageously about the physical, moral and spiritual problems that confront the mature woman today. It reveals startling truths about "hushed" subjects that are of vital importance to a woman's health and happiness. It teaches women the art of staying young . . . the science of acquiring beauty of body, as well as freedom of spirit. And it tells how and why the change of life need not hinder a woman's love life.

In these pages a distinguished physician and psychiatrist offers the fruit troubles and women's illnesses. He gives actual case histories of over 100 women who have been his patients and have been helped to poise and loveliness.

ELSIE ROBINSON, famous author and columnist says: "I know no other book so desperately needed by women — or their worried husbands. It says things things which have needed to be said for thousands of years."

268 PAGES

BOOK HOUSE, Dept. MP-3
142 W. 24th Street, New York, N. Y.

Gentlemen:

Enclosed please find $2.25 (Check, money order). Kindly send me a copy of "A WOMAN'S BEST YEARS" to address below:

Name .....

Street .....

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

WHY BE NERVOUS?

The "light" turned upon your hidden mental conflicts will help you to understand and dissolve them. My Fifteen practical lessons point the WAY OUT to PEACE and Happiness. For Information write—

RUFUS M. REED
Ps. D. Lovely, Ky.
Author of, "Home Cure of Nervous Breakdown."

SAVE 75% Buy your Drug Sundries, Specialties, Supplies, Blades, etc. direct from manufacturer through our Mail-Order Dept. All personal items are mailed postpaid by us in plain, sealed package. Everything in small rubber lines. Send for FREE mail-order catalog. Dept. R-9. **THE N-R MFG. CO., Box 353, Hamilton, Ontario.**

ARE YOU SATISFIED?

With home, job, love, what-have-you? Just $1.00 will bring you help on that Problem thru
PERSONALITY-PSYCHO-ANALYSIS
Howard L. Williams
Consulting Psychologist
310-11 Brown Bld. Wichita, Kans.
(Enclose fee, stamped envelope, and outline your problem).

ARE YOU A SQUARE PEG IN A ROUND HOLE?

Are you wasting your time in an office when every instinct within you cries for artistic expression?

When you watch actors on the stage or screen does something within you whisper —"I can do that"? Do you feel the urge to write?

Your handwriting is the mirror in which are reflected your hidden talents—those traits which you can use to bring yourself success and happiness.

Send a specimen of your handwriting or the handwriting of your friends, wife or husband, or business associates, or your enemies, together with one dollar for each analysis desired to

M. N. BUNKER
Handwriting Expert
Dept. MP-3
142 W. 24th Street New York City

SEX TRUTHS

LEARN TO ATTRACT THE OPPOSITE SEX! Enjoy your birthright to the thrills of physical love. STOP being a slave to ignorance and fear. 64 page book of vital information by leading Sexologists sent (sealed) postpaid for 25c cash or stamps. Adults only.
PUBLISHERS SERVICE BUREAU
111 E. 23rd St., Dept. N.S.-78, N. Y., N. Y.

Quit Using Tobacco!

Write for Free Booklet and Learn How. Results Guaranteed or Money Refunded.
Newell Pharmacal Co.
345 Clayton Station
St. Louis, Mo.

100,000 Satisfied Users

STUDY FOR THE DEGREE

of Doctor of Psychology (Ps.D.) Doctor of Metaphysics (Ms.D.) or Doctor of Divinity (D.D.) by correspondence in the quiet of your own home. Write for further information.

THE COLLEGE OF DIVINE METAPHYSICS, INC.
2811 N. Illinois St., Dept. 10,
Indianapolis, Ind.

Consulting the Psychologist

(Continued from Page 43)

garded in this light. She was attractive and bright, but the young men about town avoided her as if she were a leper. Nobody, is seemed, cottoned to the girl who was so well known for her obstinate nature and her habit of getting hysterical when she could not have her own way in things.

But when Margy went to a big city to work no one in the advertising agency that employed her knew that she had been a "problem child." A comptometer operator, she turned out her work each day and paid little or no attention to any one.

Then came the night of the agency's annual dance, and the boss's son, fresh from college, waltzed with Margy and came to the conclusion that she and he must keep on waltzing all through life.

Her answer was "Yes," and two weeks later they were married. She continued to waltz, living in the lap of luxury and ordering servants around; but as for him, he soon found his own waltzing turning into a "bedlam blues," so to speak. The "problem child" had become a "problem wife" and the young man from college was at his wit's end.

He consulted me and I suggested that he bring his wife. She rebelled at first, saying that he needed a psychologist more than she did; but finally she consented.

"What is it?" she flared. "What can you do to change me?"

I explained to her that I was only trying to help her and her husband, and a few minutes later she was quite friendly. For hours after that we talked about this and that, and at length she confessed that as a child she had been listed as a "problem."

Later I hypnotized her and gave her new suggestions to replace the old. I realized that she had been called a "problem" and that she thought she could never be anything else. These early impressions, the root of her trouble, were blotted out after a few sessions.

To-day she and her John are quite happy. She is no longer the "problem wife" who had once been a "problem child."

Judging from this and numerous other cases, I think that it would be to your advantage to consult a competent hypnotist. The fact that your wife admits she is a "problem" will make the solution in her case quite simple. She will not enter the hypnotist's office with a feeling of resentment, as happened in the case of Mary Migolo.

SEX BEHAVIOR IN MARRIAGE

by CHARLES CLINTON, M. D.

This book is all that the title implies!

"What countless marriages could get started right if Dr. Clinton's instructions for the wedding night were studied by those about to be married."
DR. RALPH WELLES KEELER

At last . . . a book of sex technique that treats the subject frankly and in informative detail without offending the reader's sense of decency . . . A medical authority proves that it is possible to cast aside all pretense and false modesty and discuss the most important single factor in the lives of men and women in a manner that is a compliment to the reader's intelligence.

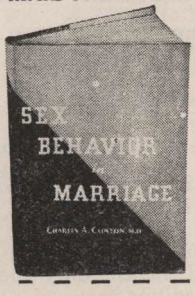
SPECIFIC DIRECTIONS FOR MARITAL CONDUCT

■ It is the purpose of this book to give, in clear yet dignified manner, exact instructions for the fuller understanding of marital procedure . . . Dr. Clinton's long years as a physician and wide clinical experience merit your confidence in his opinions.

SOME OF THE SUBJECTS INCLUDED

The Organs of Sex
Correct Preliminaries
Impotence—causes and cures
Frigidity
The Wedding Night
Variety in Technique
Frequency of Union
Birth Control
Fertility Periods
Sexual Adjustments

MAIL THE COUPON TODAY!



$2.00

■ This vivid book, cloth bound, is printed in clear type and illustrated with informative diagrams.
Not sold to minors

BOOK HOUSE
Dept. MP-3, 142 W. 24th St., N. Y.
Gentlemen: Please send me "Sex Behavior in Marriage" in plain wrapper, as indicated below. Enclosed find $2.00 plus 15c postage.
NAME .....
ADDRESS .....
CITY ..... STATE .....
Orders from Foreign Countries, $2.50.



The THIRD SEX
Man or Woman?

For hundreds of years men and women have talked with hushed voices about "STRANGE PEOPLE"—men who are not men—women who are not women. No one has ever *dared* to talk out in the open about it. Is it any wonder that the shocking facts of this great social evil are unknown to the great mass of men and women? Is it any wonder that strange nick-names are commonly used to describe these creatures.

A DOCTOR CASTS THE LIGHT OF TRUTH ON THE STRANGE WORLD OF TWILIGHT MEN AND WOMEN!

Now a Doctor has dared to tear away the veil of mystery. In blunt, understandable words he describes the unbelievable facts. "STRANGE LOVES," A Study in Sexual Abnormalities, by Dr. La Forest Potter, noted authority, is a document so weird, so startling, as to amaze the civilized world. Dr. La Forest Potter, the author, is a late member of the New York County Medical Society, Massachusetts Medical Society, Boston Gynecological Society, Associate Professor of Rhinology, Laryngology, and Otology, New York School of Clinical Medicine, and the author of many well known works.

THE TRUTH REVEALED!



Can you distinguish these men and women of the Shadow World? Do you know that their number is constantly increasing? The strange power these men and women wield over normal people is almost unbelievable. Dr. Potter says, "NO MAN ON EARTH HAS A CHANCE AGAINST A WOMAN ONCE SHE HAS SUCCUMBED TO ANOTHER WOMAN." Actual clinical cases reveal the abnormal ties and the unnatural desires and reactions of these twilight men and women! There are records that actually prove that men have been MADE INTO ABNORMALS. A startling, provocative indictment against the false modesty that has been responsible for the growth of these fantastic, strange amatory curiosities among savage and civilized races.

Strange Love

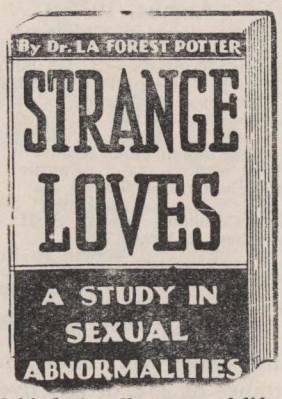
Dr. Potter tells about the hidden, secret passions that dominate these women's lives. He talks about the tragic duality of the effeminate man—half man—half woman. He delves deep into the ages—relates the bestialities and savageries practiced by the old Egyptians, Hindoos, Greeks, Assyrians and Romans—the sensuality that was ascribed even to the Greek Gods, to Zeus, Apollo, Hercules and Jupiter—the growth through history from ancient countries to France—to Germany—to its tremendous spread through the United States.

MUST THESE SUBJECTS BE CLOTHED IN SILENCE FOREVER?

Fearlessly, openly, the meaning of many misunderstood subjects is brought under the searchlight of truth. Sadism—Necrophilia—Phallic Worship—Sodomy—Pederasty—Tribadism—Saphism—Uranism—the normal man and woman will refuse to believe that such abnormalities exist and have been practiced through the ages.

Astonishing Disclosures About the World's Most Famous Men

How many of the famous men of history were considered "odd"? Socrates, Plato, Caesar, Virgil, Oscar Wilde, Leonardo da Vinci, Lord Byron, Tchaikowsky, the musician, Walt Whitman, the gentle, lovable poet, Napoleon—men and women of all kinds in all stages of life. This document in book form contains bewildering disclosures and discoveries of a subject that is seldom if ever discussed, that most people know little or nothing about—yet one that deserves the most painstaking and thorough investigation. A limited edition has been prepared for ADULTS ONLY. 256 pages, beautifully bound in cloth, printed on fine paper—for the book lover and collector of rare, esoteric literature. Reserve a copy of this book—the most startling document of its kind—by mailing the coupon.



FILL IN AND MAIL THIS COUPON →

AVON BOOK CO., 34 Hubert St., N.Y.C.
I enclose $1.98 for which please send me copy of "Strange Loves."

NAME .....

ADDRESS .....

Please use coupon or mention MODERN PSYCHOLOGIST when you write advertisers.

Keep Your Files of the

• MODERN PSYCHOLOGIST •

For the Year of 1935 Intact

The value of articles in past issues of The Modern Psychologist need not be stressed. They constitute a permanent record of the recent advances in psychology, psychiatry, psychoanalysis, and related subjects. A number of copies of the following issues are still available.

April, 1935

Dangers of Psychology W. H. Mikesell
Finding Your Niche After Forty
Edward Podolsky
The Art of Relaxation Arthur J. Dunn
Why We Don't Get Along With Relatives George C. Ebbert
Psychoanalysis and You Samuel Kahn
Dangerous Old Women
James L. Segall
Hypnotism Will Solve the Hauptmann Mystery Thomas L. Garrett
Does Environment Help Develop Intelligence Donald Laird

June, 1935

What Causes Mental Brightness
Ellis Powell
The Subtle Influence of Shame
Edwin F. Bowers
Back of Fortune Telling
Howard N. Rose
Measure Your Personality
Samuel Kahn
We Sleep In Self-Defense
Roy Temple House
Sins of the Fathers James L. Segall
Love In Old Age Edward Podolsky
The Unconscious Nagger
Wesley Peacock, Sr.
Bisexuals Magnus Hirschfeld
Your Glands and Your Personality
H. H. Rubin
How To Catch A Liar Donald A. Laird

July, 1935

Is Palmistry Scientific?
Joseph Jastrow
How To Cure Drug Addiction
Samuel Kahn
What Really is the Inferiority Complex? Richard Amaral Howden
Just One Spanking Theodore Schroder
What Does Brain Power Depend Upon? Edward Podolsky
The Habitual Advisor Flavilla Mullins
Psychology Tests H. H. Rubin
Fiends in Human Form
Lawrence Gould
Treatment and Cure of Psychic Impotence Anonymous
Why Astrology is a Fake
Frank Barden
Three Cases of Split Personality
Alfred F. von Winterstein

August, 1935

What makes Problem Children?
Alfred Adler
The Frigid Woman J. W. Klapman
Man Who Is "Life of Party" Makes An Unhappy Husband.
What Are You Afraid Of?
J. Schreibman
Keep the Subconscious Under Control Samuel Kahn
The Psychology of Twins
Robert Saudek
Cure-All Coueism S. H. Jones
Is Spiritism A Fraud?
Edwin F. Bowers
People Are Still Buried Alive
Garrett Starmer
The Prevention of Masturbation
Louis Sayles Popick
Your Problem and Mine
Thomas L. Garrett
Dr. Robert Saudeck A. A. Roback

September, 1935

Indian Summer O. H. Woodcock
Lonely Women Maurice Chideckel
My Condition (by a Boy of Twelve)
Ruth Peck McLeod
The Psychology of Imbeciles
Samuel Kahn
Habits and Behavior M. Roditi
Black and White J. W. Klapman
Will You Ever Grow Up?
John W. Todd
Clothes, Perfumes and Shame
Edwin F. Bowers
The Truth About Dreams
Arthur Frank Payne
Why Boys Leave Home H. H. Rubin
How Personality Develops
Lee D. Cady
Your Problem and Mine
Thomas L. Garrett

October, 1935

Gypsy Fortune Telling
H. Ellsworth Gelwicks
What Constitutes Virility? Louis Gold
Eccentric Impulses of the Sane
J. Schreibman
The Physician and His Patient
Daniel M. Rolett
Mental Hygiene in the Home
Samuel Kahn
The Prisoner's Number One Enemy
Starr Daily
A Case of Washing Mania
Wesley Peacock, Sr.
Do We Think in Colors?
Arthur Jess Smith
The Psychology of the Pregnant Woman D. H. Keller
How I Outwitted My Complexes
Anonymous
Your Problem and Mine
Thomas L. Garrett

November, 1935

Have You an Inferiority Complex?
Havelock Ellis
The Sexual Wonderland
Jos. Tenenbaum
Huey Long—Victim of an Authority Complex Samuel Kahn
Waging War on Worry John Bancock
Is the Homosexual Normal?
Barrett D. Leavitt
Shall I Tell My Child He is Adopted
Marion J. Faegre
Ashamed of Nervous Breakdowns
Wesley Peacock, Sr.
The Psychology of Psychologists
Robert Saudek
How Sterilization Works
Winfield Scott Pugh
Color and Health Mandus E. Bridston
I'm Just a Schoolgirl
Ruth Peck McLeod
What Thrills You? Jack C. Beck
People Who Take Their Lives
Edward Podolsky
Cigars for Inferiority Complexes
John Medders
A Reply to Dr. Jastrow
Edwin F. Bowers
Your Problem and Mine
Thomas L. Garrett

December, 1935

Sexual Cruelty in Women
Maurice Chideckel
Confessions of an Introvert
Raymond K. Barcklow
Is Your Child a Genius?
Herbert Burstein
Afraid to Get Married
Wesley Peacock, Sr.
Instinct and Emotions
Rupert Croft-Cooke
Sexual Impotence in Married Life
Herman H. Rubin
Crime and Its Cure Samuel Kahn
"Are You Happy Darling?"
Isaac M. Altarez
Is Genius a Neurosis?
Havelock Ellis

January, 1936

Frigidity and Nymphomania
Maurice Chideckel, M.D.
Men Are Polygamous
Firtz Wittels, M.D.
Private Hells Phyllis Bottome
Self-Psychoanalysis Rufus M. Reed
Is There a Sixth Sense?
E. R. Fulkerson
The Seven Safeguards of Sanity
Arthur Jess Wilson
What About Us Bachelor Girls?
Ruth Anderson
Just How Old Are You?
J. E. Bathurst
Test Your Gullibility
J. W. Klapman, M.D.
Human Puzzles L. M. Snyder, M.D.
Consulting the Psychologist
Thomas L. Garrett

February, 1936

Are You A Love Cripple?
Justus D. Wilbur
It Is Not Clever to Be Clever
Robert Arndt
Impotence—Real and Imaginary
Joseph Tenenbaum
Star Reading Psychologists
Russell C. Mowbray
An Hour with the Psychoanalyst
Celia Cohen
Psychology of Memorizing
Irving Wallace
Rejuvenation—Fact or Fable?
Herman H. Rubin
The Psychology of Witch Persecutions
Walter Siegmeister
The Narcissistic Sister W. J. McBride
The Psychology of the Intermediate Sex Rosalie Winifred Clark
Why Peeping Tom Went Blind
W. J. McBride
How Hypnotism Works Ray Newton
America's Institute of Grapho-Analysis
M. N. Bunker
Why Doesn't Hauptman Talk?
Thomas L. Garrett

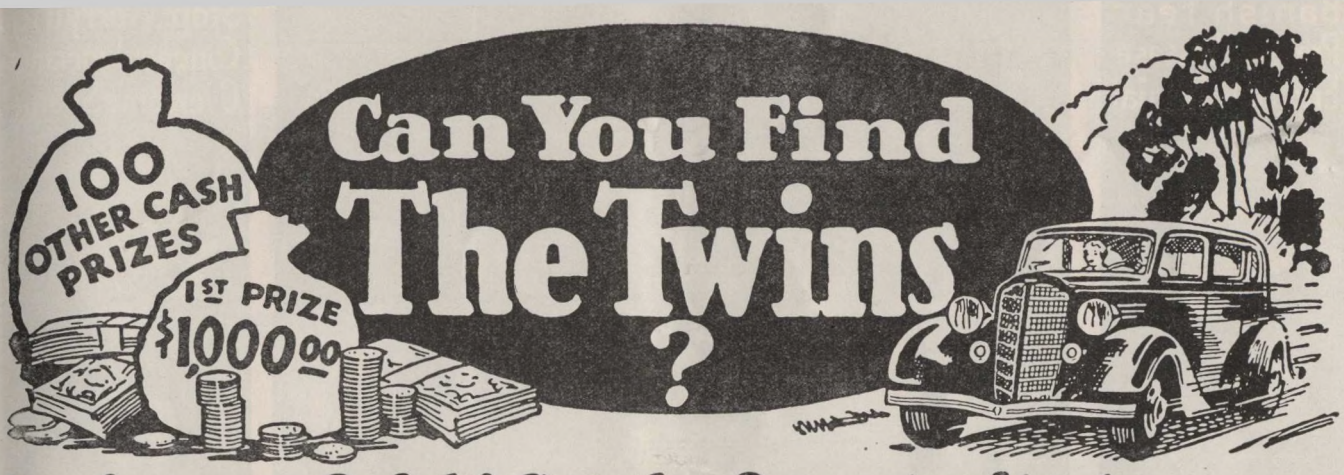
Coming issues will contain material equally as valuable. You may obtain any one of the past issues by remittance of 25c, or any five by remittance of $1.00. All ten issues will be sent you for $1.80.

Send cash, check or money order to

THE MODERN PSYCHOLOGIST

142 WEST 24th STREET,
NEW YORK CITY

Please use coupon or mention MODERN PSYCHOLOGIST when you write advertisers.



Answer Quick! Get the Opportunity to . . .

Win $2,250.00

or Buick Sedan and $1,250.00 Cash!

Here's a lot of cash for someone. Would you like to have it? We are going to pay over **$5,000.00 in big cash prizes.** Can you find the twins pictured below? Look sharply and mark the twins you find. Then fill in the coupon, mail quick, and **you will receive opportunity to win as much as $2,250.00.** Some one, maybe you, will receive a new Buick Sedan and if prompt, $1,250.00 cash besides or, if all cash is preferred, $2,250.00.

Surely you would like to have this magnificent prize. Think what you could do with all this money at one time. It would come in pretty handy right now, wouldn't it? **We want people everywhere to have the opportunity to share in this great distribution of money.** Besides the First Grand Prize of **$2,250.00** including promptness, there are 100 other big, grand prizes. The Second Grand Prize is a DeLuxe Chevrolet Master 6 Sedan or **$750.00** cash. Third Grand Prize is DeLuxe Ford V-8 Sedan or **$600.00** cash. Fourth Grand Prize is **$150.00** cash and many others. Thousands of dollars in special cash rewards. **Mail your answer on the coupon today.**

Send No Money — Just Mail Coupon

A FEW HAPPY PRIZE WINNERS



Farmer Wins $2,250.00

Study the 9 faces pictured below. Two—only two—are identically alike in every possible way. Can you find the two that are alike—THE TWINS? Look for them carefully. Sharp eyes may find them. Look for the identifying marks in the hats, eyes, ear-rings, etc. It is not as easy as some people may think. Don't give up—keep looking and you may find them. **Mark the twins you find and send to me quick with the coupon.**

Proof That Prizes are Paid

Thousands of dollars have already been awarded to many happy prize winners in similar distributions by G. F. Stayton in other companies. W. H. Hardy, of Kansas, won **$2,750.00;** Mrs. Sophie Griesser, of Penn., won **$2,250.00;** Mrs. Georgia A. Johns, of Ky., won **$1,987.50;** Mrs. Geo. Schlegel, of New York, won **$2,137.50;** G. Giebink, of Michigan, won **$975.00** and Edna Mahoney, of Illinois, won **$500.00** Scores of others have won big cash prizes.

Think of it! Now **thousands** and **thousands** of dollars to be paid to new prize winners. Our Company is reliable and if you are declared first prize winner, you take absolutely no risk, according to plan which your answer brings, then you get new Buick 8 Sedan and if prompt $1,250.00 cash besides or $2,250.00 if all cash is preferred.

We belong to the Chamber of Commerce of Des Moines. We bank at one of the largest banks in the state of Iowa—the Central National Bank. The money to pay all of the prizes is all ready on **special deposit** for that purpose.

Send in the coupon right away, but send no money with your answer. Don't put it off until tomorrow. **Do it today--Right now.**

ANSWER QUICK

Remember **send not one penny** with your answer. **All you do now is to find the twins** if you can and mail the coupon. Send coupon right away. Three prominent and reliable judges will see that the prizes are awarded honestly and promptly. Thousands of dollars in special cash rewards. Over 100 grand prizes in all and many special prizes.

You will receive the Buick 8 Sedan and if prompt, $1,250.00 besides, or if all cash is preferred, you get $2,250.00, if you win first prize. **Send your answer quick. Don't delay. There is a $1,250.00 cash prize for promptness if declared first prize winner. Mail this coupon today.**

Oh boy! What you could do with $2,250.00 cash all at one time. Think of the joy of having the money to provide the better things of life. New clothes, furniture, bills paid, a new home, education, travel, etc. Nothing hard to do now. But act quick.

Hurry—mark the twins you find. Just mail the coupon if you can find the two alike. Wouldn't you like the opportunity to win the $2,250.00. There are over 100 Grand Prizes in all—besides many Special Prizes.



Dept. 177 The TWINS are No. _____ and No. _____

My Name _____

Address _____

City _____ State _____

$1,250.00 CASH

Send answer quick and we will tell you how the winner gets $1,250.00 cash

FOR PROMPTNESS

PRIZE MONEY NOW IN BANK

The money to pay every prize is on special deposit in the **big, strong Des Moines bank.**

Hurry! Just mark the twins you find and send the coupon right away. Don't you want the opportunity to win $2,250.00 First Grand Prize? Someone wins on our plan—maybe you. Mail your coupon quick. Don't delay. Do it today.

G. F. STAYTON, Pres. **Dept.** 177
1912 Grand Ave. **Des Moines, Iowa**

Banish Fear
Prevent Disease
End Self Denial





Stop Worrying
Conquer Ignorance
Overcome Shame



The Mysteries of Life Frankly Revealed!

AWAY with false modesty! At last a famous doctor has told *all* the secrets of sex in frank, daring language. No prudish beating about the bush, no veiled hints, but TRUTH, blazing through 576 pages of straightforward facts.

Love is the most *magnificent ecstacy* in the world . . . know how to hold your loved one . . . don't glean half-truths from unreliable sources. Now you can know how to end ignorance . . . fear . . . and self denial!

MORE THAN 100 VIVID PICTURES

The 106 illustrations leave nothing to the imagination . . . know how to overcome physical mismating . . . know what to do on your wedding night to avoid the torturing results of ignorance.

Everything pertaining to sex is discussed in daring language. All the things you have wanted to know about your sex life, information about which other books only vaguely hint, is yours at last.

Some will be offended by the amazing frankness of this book and its vivid illustrations, but the world has no longer any use for prudery and false modesty.



A FAMOUS JUDGE SAYS THAT MOST DIVORCES ARE CAUSED BY SEX IGNORANCE!

Normal, sex-suited young people are torn apart because they lack sex knowledge.

WHAT EVERY MAN SHOULD KNOW

- The Sexual Embrace
- Secrets of the Honeymoon
- Mistakes of Early Marriage
- Homosexuality
- Venereal Diseases
- How to Regain Virility
- Sexual Starvation
- Glands and Sex Instinct
- To Gain Greater Delight
- The Truth About Abuse

WHAT EVERY WOMAN SHOULD KNOW

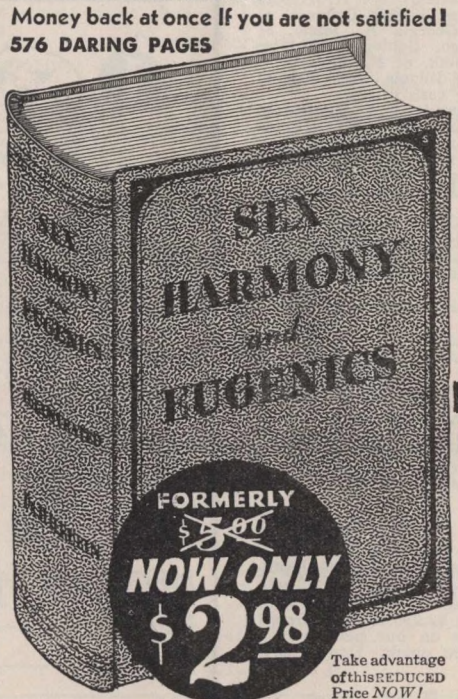
- Joys of Perfect Mating
- What to Allow a Lover to do
- Intimate Feminine Hygiene
- Prostitution
- Birth Control Chart
- How to Attract and Hold Men
- Sexual Slavery of Women
- Essentials of Happy Marriage
- The Sex Organs

HOMOSEXUALITY...SEX ABNORMALITIES

Do you know about the astounding world of "half sexes"? They crave the companionship of their own sex...their practices are unbelievable to the normal mind...yet you should understand them.

Money back at once If you are not satisfied!

576 DARING PAGES



Take advantage of this REDUCED Price *NOW!*

Don't be a *slave* to ignorance and fear. Enjoy the rapturous delights of the perfect physical love!

Lost love . . . scandal . . . divorce . . . can often be prevented by knowledge. Only the ignorant pay the *awful penalties* of wrong sex practices. Read the facts, clearly, startlingly told . . . study these illustrations and grope in darkness no longer.

You want to know . . . and you *should* know *everything* about sex. Sex is no longer a sin . . . a mystery . . . it is your greatest power for happiness. You owe it to yourself . . . to the one you love, to tear aside the curtain of hypocrisy and learn the *naked truth!*

ATTRACT THE OPPOSITE SEX!

Know *how to enjoy* the thrilling experiences that are your birthright . . . know how to attract the opposite sex . . . how to hold love.

There is no longer any need to pay the *awful price* for one moment of bliss. Read the scientific pathological facts told so bravely by Dr. Rubin. The chapters on venereal disease are alone worth the price of the book.

IS SEX IGNORANCE DRIVING THE ONE YOU LOVE INTO THE ARMS OF ANOTHER?

Let "Sex Harmony" teach you how easy it is to win and hold your loved one!



SEND NO MONEY . . . MAIL COUPON TODAY!

PIONEER PUBLISHING CO.
Dept. 394 1270 Sixth Ave., New York, N.Y.

Please send me, "Sex Harmony and Eugenics" in plain wrapper. I will pay the postman $2.98 (plus postage) on delivery. If I am not completely satisfied, I can return the book and the entire purchase price will be refunded immediately. Also send me FREE OF CHARGE, your book on "Why Birth Control?"

Name_____

Address_____

City and State_____ Age_____

Orders from Foreign Countries 15 Shillings in Advance

THIS BOOK WILL NOT BE SOLD TO MINORS

FREE! NEW BOOK **"WHY BIRTH CONTROL?"**



This startling book discusses birth control in an entirely new way — tells you many things about a much discussed subject. "Why Birth Control" — will be a revelation to you — Sent free to all those who order "Sex Harmony and Eugenics" at the reduced price $2.98.

PIONEER PUBLISHING CO.
Radio City
1270 Sixth Ave., New York, N.Y.

FACTORY TO YOU

LATEST MODEL REMINGTON TYPEWRITERS

10¢ A DAY



MONEY BACK GUARANTEE

10-DAY FREE TRIAL OFFER

● Brand new, latest model Remington for only 10¢ a day! Here is your opportunity to get a perfect writing machine at an amazingly low price direct from the factory. Every essential feature of large office typewriters—standard 4-row keyboard, standard width carriage, margin release, back spacer, automatic ribbon reverse. Act now, while this special opportunity holds good. Send coupon TODAY for details.

YOU DON'T RISK A PENNY

We send you the Remington Portable, Model 5, direct from the factory with 10 days' free trial. If you are not satisfied, send it back. We pay shipping charges both ways.

EVERY ESSENTIAL FEATURE found in standard machines

When you buy a typewriter, be sure you get one of the new, latest models, not a used or rebuilt machine. For you want a machine that has only the latest conveniences and devices. The Remington Model 5 you can get for 10c a day has every essential feature of big office machines. It is a complete writing machine—the most compact and durable portable ever built, one that will give you years and years of hard service. This beautiful machine offers unequalled economy in first cost, unequalled economy in service. Buy now. It is a real bargain.

SPECIFICATIONS. Standard 4-row keyboard. Complete visibility. Standard width carriage for long envelopes. Carriage return lever designed for easy and rapid operation. Margin release on keyboard. Automatic ribbon reverse Back spacer. Two-color ribbon shift. Variable line spacer. Adjustable margin stops. Autoset paragraph key (one of the most useful features found on any typewriter.) Weight, 11 lbs. 13 oz. Furnished with Pica or Elite type.

FREE → TYPING COURSE



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

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



FREE → CARRYING CASE



Also under this new Purchase Plan we will send you FREE with every Remington Model 5 a special carrying case sturdily built of 3-ply wood. This handsome case is covered with heavy du Pont fabric The top is removed by one motion, leaving the machine firmly attached to the base. This makes it easy to use your Remington anywhere—on knees, in chairs, on trains. Don't delay . . send in the coupon for complete details!

A GIFT FOR ALL THE FAMILY. If you want a gift for birthday, Christmas or Graduation . . . one Father, Mother, Sister or Brother will use and appreciate for years to come . . . give a Remington Portable. We will send a Remington Model 5 to anyone you name, and you can still pay for it at only 10c a day Few gifts are so universally pleasing as a new Remington Portable. Write today.



SEND COUPON WHILE LOW PRICES HOLD

CLIP COUPON NOW...

Remington Rand, Inc., Dept 215-3A
205 E 42nd Street, New York, N. Y

Please tell me how I can get a new Remington Portable typewriter, plus FREE Typing Course and carrying case, for only 10c a day. Also send me new illustrated catalogue.

Name_____

Address_____

City_____ State_____

Popular Copyrights Are Abandoned!

3,000,000 Books Left to Sell at 20 BOOKS for $1

TAKE your pick of the books listed on this page at the rate of 20 books for $1. Every one guaranteed a popular copyright unobtainable elsewhere. Exorbitant royalties and fees forced us to stop printing these. 3,000,000 books left; must be sold! Choose yours now! Last chance! Order today!

14 What Every Girl Should Know
19 Story of Nietzsche's Philosophy. Durant
25 Rhyming Dictionary
39 Story of Aristotle's Philosophy. Durant
42 Origin of Human Race
53 Insects and Men; Instinct vs. Reason. Clarence Darrow
56 Dictionary of U. S. Slang
58 Tales from Decameron. Boccaccio
72 Color of Life and Love
74 Physiology of Sex Life
82 Common Faults in English
83 Evolution of Marriage
87 Nature of Love
91 Manhood: Facts of Life
92 Hypnotism Explained
97 Self-Contradictions of Bible
98 How to Love
109 Facts You Should Know About Classics. McCabe
110 History of World War
125 Woodrow Wilson's War Speeches
126 History of Rome. Wood
133 Principles of Electricity
150 Queer Facts About Lost Civilizations
159 Story of Plato's Philosophy
172 Evolution of Sex
175 A Hindu Book of Love
176 Four Essays on Sex. Havelock Ellis
192 Book of Synonyms
217 Puzzle of Personality
218 Essence of the Talmud
228 Plain Talks With Husbands and Wives. Ellis
271 Is Death Inevitable?
286 Prostitution in the Ancient World
287 Best Jokes About Doctors
297 Do We Need Religion? McCabe
326 How to Write Short Stories
347 A Book of Riddle Rimes
364 How to Argue Logically
367 How to Improve Your Conversation
374 Psychology of Suicide
375 Love Story of an Old Maid
377 Psychology of Joy and Sorrow
383 Prostitution in the U. S.
403 Facts You Should Know About Music
411 Facts About Phrenology
414 Art of Being Happy
431 U. S. Commercial Geography
439 My 12 Years in a Monastery. McCabe
440 Baseball, How to Play
446 Psychology of Religion
447 Auto-Suggestion: How It Works
449 Auto-Suggestion and Health
452 Dictionary of Scientific Terms
467 Evolution Made Plain
473 Lives of Chorus Girls
475 Develop Sense of Humor
479 How N. Y. Girls Live
488 How Not to be a Wall-Flower
491 Psychology for Beginners
493 Novel Discoveries in Science
501 How to Tie All Kinds of Knots
503 Short History of Civil War
509 Are We Machines? Clarence Darrow
518 How to Make Candy
524 Death and its Problems
529 Woman and Criminal
536 What Women Beyond 40 Should Know
556 Hints on Etiquette
557 Is the Moon a Dead World?
603 The Electron Theory
606 How to Play Chess
609 Are the Planets Inhabited?
627 Short History of the Jews
629 Handbook of Legal Forms
637 German-English Dictionary
639 4,000 Most Essential English Words
644 Women Who Lived for Love
645 Confidential Chats with Wives
648 Sexual Rejuvenation
653 What Boys Should Know
656 What Young Men Should Know
655 What Young Women Should Know
656 What Married Men Should Know
657 What Married Women Should Know
658 Toasts for all Occasions
661 Neurotic America and the Sex Impulse
679 Chemistry for Beginners
681 Spelling Self Taught
682 Grammar Self Taught
683 Punctuation Self Taught
687 U. S. Constitution
688 Teeth and Mouth Hygiene
689 Woman's Sexual Life
690 Man's Sexual Life
691 Child's Sexual Life
696 How to Pronounce Proper Names
697 4,000 Words Often Mispronounced
703 Physiology Self Taught
704 Facts About Palmistry
705 100 Professions for Women
710 Botany for Beginners
715 Auction Bridge for Beginner.
717 Modern Sexual Morality
724 Burbank Funeral Oration Judge Lindsey
726 Facts About Venereal Diseases
727 Psychology of Affections
730 Mistresses of Today
731 Mental Differences of Men and Women
734 Book of Useful Phrases
759 How to Conquer Stupidity
767 Facts About Astrology
768 Best Jokes About Lawyers
773 Good Habits and How to Form Them
775 First Aid for Investors
777 Riddle of Human Behavior
781 Catholicism and Sex
782 Psycho-Analysis: Mind and Body
784 Association Tests in Psycho-Analysis
789 Digest of U. S. Marriage and Divorce Laws
800 Sex in Psycho-Analysis
801 A Rapid Calculator
804 Freud on Sleep and Sexual Dreams
810 Scandals of Paris Life
815 Dictionary of Familiar Quotations
816 Shakespearean Quotations
817 Her Burning Secret
819 Book of Strange Murders
820 Jokes About Married Life
821 Improve Your Vocabulary
822 Rhetoric Self Taught
823 English Composition Self Taught
835 Handbook of Useful Tables
841 Future of Religion
842 Best Jokes of 1925
843 Can You Control Conduct? Clarence Darrow
845 Facts to Know About Fortune Telling
846 Womanhood: Facts of Life
847 How to Play Card Games
850 Bad Habits and How to Break Them
851 Bible Myths and Legends
853 How to Know the Songbirds
855 How to Write Letters
856 Arithmetic Self Taught. 1
857 Arithmetic Self Taught. 2
858 Psychology of Leadership
862 German Self Taught
864 Chats With Husbands
869 Best Jokes of 1927
872 Manual Parliamentary Law
876 Curiosities of Mathematics
877 French Cooking for Amateurs
879 Best Jokes About Preachers
882 Psychology of Character Building
883 Debate on Capital Punishment. Clarence Darrow
884 Debate on Prohibition Darrow
889 Jokes About Kissing
891 Your Talent and How to Develop It
893 500 Riddles
894 How to Advertise
895 Astronomy for Beginners
896 Wages of Sin
901 Woman: Eternal Primitive
902 Dictionary of Foreign Words
903 All About Syphilis
904 Sex Symbolism. Fielding
910 Is Life Worth Living? Darrow
911 Is Mankind Progressive? Clarence Darrow
964 How to be Happy Though Married
966 Rational Sex Ethics
972 Book of Popular Jokes
975 Cleopatra and Her Loves
984 Harmony Self Taught
986 How to Talk and Debate
987 Art of Kissing
988 The Art of Courtship
995 How to Play the Piano
997 Recipes Home Cooking
999 Latin Self Taught
1000 Wonders of Radium
1003 How to Think Logically
1004 How to Save Money
1005 How to Enjoy Orchestra Music
1006 Children's Games
1007 Revolt Against Religion
1008 Origin of Religion. McCabe
1009 Typewriting Self-Taught
1010 Amateur Magic Tricks
1011 French-English Dictionary
1012 Best Negro Jokes
1013 Best Irish Jokes
1014 Best American Jokes
1015 Comic Dialect Poems
1018 Humorous Limericks
1020 Why I Am an Infidel
1021 Italian Self Taught
1023 Popular Recitations
1030 World's Great Religions
1049 How to Sing
1051 Cause and Nature of Genius
1052 Nature of Instinct and Emotions
1053 Guide to N. Y. Strange Sections
1056 Devil's Dictionary. Ambrose Bierce
1061 Human Origin of Morals
1052 Humoresque. Fannie Hurst
1064 Simplicity of Radio
1065 Lives of U. S. Presidents
1069 Conquest of Fear
1070 How to Fight Nervous Troubles
1074 Commercial Law
1078 Morals in Greece and Rome. McCabe
1079 Phallic Elements in Religion. McCabe
1082 Best Jewish Jokes
1084 Did Jesus Ever Live?
1088 Truth About Mussolini
1089 Common Sense of Sex
1091 Facts About Cancer
1092 Simple Beauty Hints
1093 Amusing Puns
1094 Insanity Explained
1097 Memory: How to Use It
1103 Puzzles and Brain Teasers
1105 Spanish-English Dictionary
1109 Spanish Self Taught
1111 Prostitution in the Medieval World
1113 Love from Many Angles
1122 Degradation of Women
1123 Facts About Puritan Morals
1124 On the Bum
1126 Eating for Health
1130 The Dark Ages. McCabe
1135 Prostitution in the Modern World
1138 What Atheism Means
1139 Photography Self Taught
1144 Truth About Jesuits. McCabe
1148 Sexual Crimes in U. S. Law
1164 Unlovely Sin. Ben Hecht
1167 Sinister Sex, etc. Hecht
1174 How to Write Business Letters
1176 A Mad Love. Frank Harris
1204 Dictionary of Musical Terms
1206 How to Swim
1207 French Self Taught
1208 Success Easier than Failure
1209 Charming Hostess: Entertainment Guide
1210 Mathematical Oddities
1216 Italian-English Dictionary
1221 Facts About Will Power
1225 How to Avoid Marital Discord
1228 Jokes About Drunks
1231 Best Jokes of 1926
1233 Better Meals for Less Money
1238 Beginning Married Life Right
1239 Party Games for Grown-ups
1241 Outline of U. S. History
1242 Care of Skin and Hair
1244 How to Write Love Letters
1246 Best Hobo Jokes
1247 Psychology of Love and Hate
1249 Best Jokes About Lovers
1250 Companionate Marriage
1251 What Do You Know?
1257 How to Become Citizen
1278 Ventriloquism Self Taught
1279 Side Show Tricks
1285 Gamblers' Crooked Tricks
1292 Best Short Stories of 1928
1311 Real Aims of Catholicism
1316 Revolt of Modern Youth
1317 Meaning of U. S. Constitution
1318 Case for and Against Sexual Sterilization
1320 How to Get a Husband
1321 Fasting for Health
1322 Confessions of a Modern Woman
1329 Facing Life Fearlessly. Clarence Darrow
1330 Facts About Digestion
1333 Common Sense of Health
1337 Breakdown of Marriage
1339 Crooked Financial Schemes
1340 How to Get a Job
1341 Unusual Menus
1342 Typical Love Problems
1347 Trial Marriage
1349 Life of Lindbergh
1351 How to Get Ahead
1354 Book of Similes
1356 How to Make Wills
1357 What You Should Know About Law
1358 How to Acquire Good Taste
1359 Is Birth Control a Sin?
1360 Pocket Cook Book
1361 Who Killed Jesus?
1362 Law for Women
1363 Law for Auto-Owners
1365 How to Build Vocabulary
1371 Sins of Good People
1379 President Harding's Illegitimate Daughter
1380 Flesh and the Devil
1382 Is Our Civilization Over-Sexed?
1385 Defense of Devil
1388 Are the Clergy Honest?
1389 Tobacco Habit
1392 Confessions of a Gold Digger
1395 Instantaneous Personal Magnetism
1412 Stories of Tramp Life
1413 My Prison Days
1419 Unusual Deaths
1420 Why Wives Leave Home
1421 How to Get a Divorce
1426 Foot Troubles Corrected
1428 Unusual Love Affairs
1430 Shorthand Self Taught
1434 How to Think Clearly
1436 Strange Marriage Customs
1437 Curiosities of the Law
1439 Intelligence: How to Test It
1440 Can Man Know God?
1442 Facts About Graphology
1445 Wild Women of Broadway
1448 Character Reading from Faces
1450 Do We Live Forever?
1455 End of the World. McCabe
1459 Psychology of Criminal
1460 American Statistics
1471 How to Become Mentally Superior
1475 Best Jokes of 1928
1476 What You Should Know About Your Sensations
1477 How Glands Affect Personality
1480 Causes of World War
1481 The New Immorality
1484 Why Preachers Go Wrong
1491 Power of Women
1493 Wine, Women and Song
1496 Sexual Factor in Divorce
1497 Companionate Divorce
1498 M. U. Sex Questionnaire
1500 Why I Am an Agnostic. Clarence Darrow.
1501 Mussolini and the Pope
1503 Effective English in Speech
1504 Overcome Self-Consciousness
1508 Facts About Poisons
1513 Statistics: How to Understand Them
1514 Edison's Inventions
1516 Facts About Gonorrhea
1523 How to Avoid Catching Venereal Diseases
1531 Can We Follow Jesus Today?
1532 Don Quixote
1534 How to Test Urine
1535 How to Throw a Party
1536 Facing Death Fearlessly
1538 Rational Sex Code
1542 Who Started World War?
1543 Is War Inevitable?
1544 Against Capital Punishment
1548 Chinese Cook Book
1553 Exercises for Nervousness and Indigestion
1554 Exercises for the Heart
1555 Rules for Success in Business
1556 How Sun Gives Health
1559 Can We Change Human Nature?
1563 Marvels of Sunlight
1565 Catholicism and the Public Schools
1566 How to Conduct Love Affair
1568 Full Text Edison's Scholarship Questionnaire
1569 Boccaccio—Lover of Love

How to Order

Just list titles desired by number. Order at least 20 books and enclose money order, check or currency at rate of 20 books for $1—minimum order $1. Add 1c per book to cover carriage, and books will be shipped prepaid. (Add 10c to personal check. It is best to remit by cash, postal money order or unused U. S. stamps.) No C. O. D. Canadian and foreign price, 7c per book, delivered Canada or foreign must remit by international postal money order

Use This Simple Order Form For Popular Copyrights

BOOK HOUSE, Dept. MP-3
142 West 24th Street, New York City

Enclosed please find $..... which is payment at the rate of 20 books for $1 for the following popular copyrights which I have listed by number on the lines below. (Add 1c per book for carriage.)

.....
.....
.....
.....
.....

Name.....

Address.....

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

BOOK HOUSE, Dept. MP-3, 142 W. 24th St., New York City

Please use coupon or mention MODERN PSYCHOLOGIST when you write advertisers.