PSYCHOLOGY

HEALTH · HAPPINESS · SUCCESS

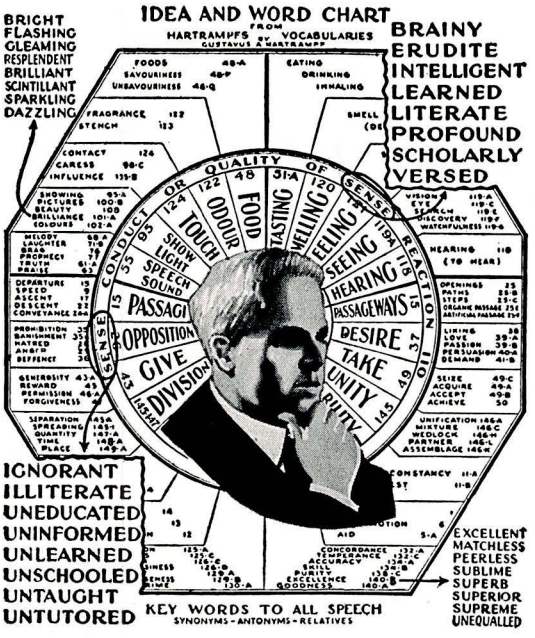
AUGUST 1939
6d



RESIST OR DIE

Here is Amazing Facility

Gives Astonishing New Mastery of Words and Ideas



Eminent Users

Poets, Novelists, Journalists, Lawyers, Scientists, Business Executives, Advertising Experts and all who use the written and spoken word, praise the marvellous efficiency of this remarkable word-wonder.

Gilbert Frankau says : " It is a big advance on anything hitherto produced in the same direction . . . the best adjunct that I have so far discovered. Henceforward it is not going to leave my desk."

Herbert N. Casson says : " It is really a marvellous achievement." T. Arthur Plummer has " found it of incalculable use to me as a serial-writer and novelist."

Only the mastery of words creates the best impression and wins greater success in any activity. You, too, can make your ideas more scintillant, your conversation more sparkling, your speaking and writing more brilliant. It is easy with " Hartrampfs." But we want you to judge it for yourself by using it for five days *at our expense and without obligation.* Send for the book at once. Have it sent entirely on approval. Decide for yourself. Keep it or return it. Post the coupon NOW.

FREE EXAMINATION

(If you do not wish to use coupon, please copy on a post card.)

PSYCHOLOGY PUBLISHING CO. LTD., Date.....193.....
PSYCHOLOGY HOUSE, (DEPT. P/HV6), SWINTON, MANCHESTER.

Please send *on approval*, post paid, your new handsomely bound Hartrampf's Vocabularies complete, 548 pages. If I am thoroughly satisfied with it I will remit promptly as under, otherwise I will return it, in good condition, within five (5) days.

£1, 7s. 6d. in full payment OR
10s. as first payment and two further monthly payments of 10s.
(Payments are due in Swinton)

Signed .....

Address .....

.....

(Foreign and Colonial Orders—payment in full. Money refunded if not completely satisfied)

Easy—Quick—Sure

Like a mariner's compass this remarkable Chart steers the course of your thoughts into those amazing word channels that enable you to make your talks, your letters, advertisements, etc., sparkle with brilliance, charm and power. Words and ideas leap into the mind—vitalise the message—grip the interest—sway—convince—compel. It ingeniously divides thoughts into 24 basic classifications represented by 24 key-words. It is the only scientific interpretation of speaking and writing in any language and its superlative excellence is in its astonishing simplicity. For instance, you wish to describe a perfume, tobacco, food, fruit or other commercial articles. Refer to the Chart. See the key-word, ODOUR. Under this, all odours are listed. Instantly you have the power to characterise their sweetness of breath, their fragrance, aroma, savour, redolence—to call forth all the sensations having aromatic, ambrosial, balmy and spicy odours—with which to delight the nostrils and intrigue the interest. Their other qualities—deliciousness, wholesomeness, beauty and delightfulness are as easily described. Dull thoughts are made to sparkle with HARTRAMPF'S VOCABULARIES. For example, " *He is a smart fellow,*" is a trite expression—a thought that is drab and without warmth or fire. But touch the thought with HARTRAMPF'S and it leaps into life, grips the interest and holds it enthralled. The " smart fellow " becomes a *brainy business-man,* or a *versatile authority* who dazzles us with his *intellectual genius* or staggers us with the *profundity* of his *oracular wisdom.* More than 400 words, like those in the accompanying group headed " brainy," enable you instantly to give a " smart man " glorious and commanding characterisation.

Unequalled Achievement

In addition to the Chart there is a complete Index, arranged alphabetically, that enables you to refer quickly to any group of words that may be needed to amplify precision, clarity, glamour or force. Words to express grief—joy, crying — laughter, sickness — health, weakness — strength, fear — courage, lowliness—excellence, etc., await you in rich and orderly array. Words to express every phase of human experience are contained in HARTRAMPF'S VOCABULARIES which gives immeasurable command of power and charm in expression. It is a work of priceless value in the business of speaking or writing—commercially or professionally.

Send No Money

Five Days' FREE Approval Coupon

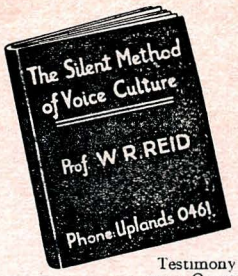
PSYCHOLOGY PUBLISHING CO. LTD., (DEPT. P/HV6)
PSYCHOLOGY HOUSE, SWINTON, MANCHESTER

HOW TO DEVELOP A PERFECT VOICE

— and improve your speech

FREE BOOK

for "PSYCHOLOGY" Readers



It tells in simple language the true secret of the world's most famous voices, how you too can develop a magnificent voice of great volume, range and purity of tone by practice of a few simple SILENT exercises in the privacy of your own room. The Silent Method cures stammering permanently, restores lost and strained voices, guards you against catarrh, laryngitis and throat troubles, by building up a strong, healthy vocal organ.

Testimony from Opera singers, B.B.C. and people in all walks of life: their opinions are reproduced in this book.

Get Your Copy TO-DAY! *(6d. abroad)*

Prof. W. R. REID, "FALADAM" (2)

Woodmansterne Road, Coulsdon, Surrey

● ENJOY LIFE to THE FULL

Do you know what it is like to experience maximum health and efficiency throughout every organ of the body? To possess the boundless energy and vitality of youth blended with the mental faculty of mature years? Irrespective of Age, it is now possible to rejuvenate and revitalise the entire system by means of scientifically compounded Glandular extracts which are simple to take and entirely harmless even to the most delicate constitutions.

"TESTRONES" BRAND TABLETS FOR (MALE SEX)

"OVERONES" BRAND TABLETS FOR (FEMALE SEX)

10/- PER BOTTLE (Post Free)

are established remedies for Run-down Conditions, Weakness, Premature Ageing, Loss of Vital Forces, Neurasthenia, etc. *Write for free Booklet: "The Essence of Life."*

BRITISH GLANDULAR PRODUCTS LTD.

Dept. 153, 37 Albemarle St., LONDON, W.1 **Established 1929**

NERVOUS FEARS!

A Remarkably Interesting Book on Nervous Disorders Given FREE to all Sufferers!

FEAR underlies almost every nervous affliction and causes more misery and suffering than many severe physical disorders. There is no greater handicap to health, success and happiness, and no nervous manifestations more detrimental to the well-being of the individual than morbid fears and forebodings.

If you are suffering from any of the following nervous disorders, let me show you how to conquer your fear before it conquers you.

WEAK NERVES	"INFERIORITY COMPLEX"	STAMMERING
DEPRESSION	SELF-CONSCIOUSNESS	BLUSHING
LASSITUDE	GROUNDLESS FEARS	WEAK WILL
INSOMNIA	MORBID THOUGHTS	WORRY, etc.

An interesting book, describing a simple, inexpensive home treatment, will be sent in a plain sealed envelope without charge or obligation.

Write NOW, and you will be delighted to learn how easily you can acquire strong nerves, robust health, and a happy, confident personality.

HENRY J. RIVERS (Dept. P.Y.7)

116 High Holborn, LONDON, W.C.1

THE ANCIENT & MYSTICAL ORDER ROSAE CRUCIS

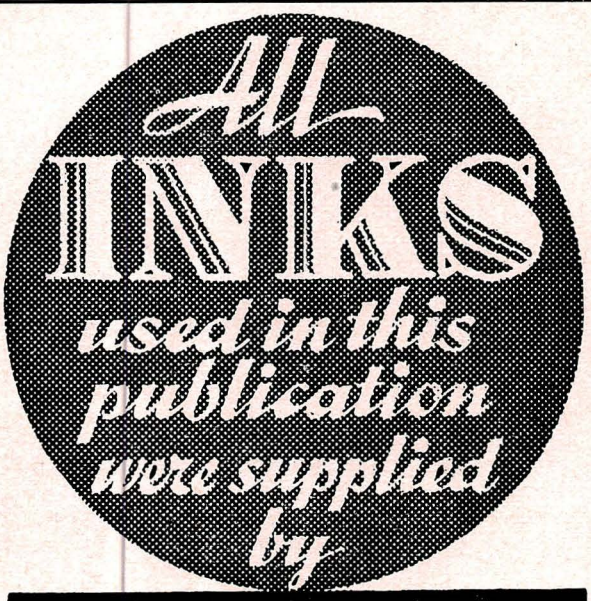
AMORC—THE ROSICRUCIAN ORDER

The Rosicrucian Order is the oldest Arcane organization in the world. In unbroken descent from the Mystic Schools of Egypt, the teachings, guarded jealously throughout the centuries, will not be withheld from the sincere seeker. Unceasing research in many fields has, while confirming their truth, infinitely widened their application. The Rosicrucian Order is not a religious organization; it is a way of life engendering greater spiritual, mental and physical well-being.

For further information address:

RAYMUND ANDREA

34 Bayswater Avenue, Westbury Park, Bristol, 6



The FORREST PRINTING INK COMPANY ● LIMITED

22 VERULAM ST. LONDON E.C.1



Rendells can be purchased from chemists everywhere.

HEALTH & HAPPINESS ASSURED



Family problems always pre-occupied my mind and worried me—until I obtained from my chemist a copy of "Hygiene for Women" by Nurse Drew. My Doctor confirmed the authority of this interesting booklet and since I have followed Nurse Drew's advice my husband and I have been able to lead a normal and happy married life.

RENDELLS

APPROVED BY DOCTORS

The Standard Publication of Practical, Inspirational and Applied Psychology

PSYCHOLOGY

Health! Happiness! Success!

VOL. III. No. 4 PRICE SIXPENCE AUGUST 1939

(*Published on the 15th of each month*)

Contents

PAGE

THE BATTLE GLORIOUS 4
Henry Knight Miller

BENEFIT BY BAD WEATHER 7

PLEASE NOTICE ME! 8
E. G. Walters

SELF-APPRECIATION AND SUCCESS 11
Frank Hinkle

RESIST OR DIE! 13
Arthur Porter, D.D.

SUBCONSCIOUS FACTORS IN ACCIDENTS 17
A. Wilson Baskerville

DOES SUICIDE EVER TEMPT YOU? 20
H. M. Warren, D.D., Ph.D.

DON'T BE AFRAID TO BE A PIONEER 26
Raymond Yates

BOOK REVIEWS 29, 45, 48

IS NUDISM NAKEDNESS? 30
G. Hamrick

THE DISCONTENTED WIFE 32
Rev. G. Needham, M.A., B.A.

PSYCHOLOGY AND CHRISTIANITY 34
Daniel A. Simmons

WHAT CAN WE DO FOR YOU? . . . 36, 37, 46, 47, 48

IS MAN AFRAID TO LOVE? 41
Dr. Wilfred Lay

MAXIMS OF LIFE 43
Abdel-el-Kader

WHAT'S YOUR SLOGAN? 44
N. B. Montgomery

IN SEPTEMBER

SEX AND CIVILISATION

By J. BENJAMIN.—The clash of Sex and Civilisation is a never-ending source of interest to all students of psychology. Ever since Freud startled the world with his remarkable theories, a controversy has been raging as to the precise importance of sex in relation to everyday life. Although many are not wholly in agreement with Professor Freud, nevertheless all admit the great effect of the sexual urge in human motivations. This article by J. Benjamin, discussing the growth of the mind from the earliest ages to modern civilisation and the effect of the repressed sex instincts, will help the reader to understand the hidden springs of human behaviour so that he will be able to go forward constructively with the real work and experiences of life.

HAVE YOU FOUND THE RIGHT JOB?

By LOUIS E. BISCH, M.D., Ph.D.—This article by this popular and talented psychologist explains how the unconscious determines your work in life. Many people will be surprised to learn to what great extent their choice of occupation is almost wholly predetermined by childhood experiences. "The real test of your fitness for any work," says Dr. Bisch, "is, are you happy in it? Find out the things you enjoyed doing in childhood—and you may be sure that your grown-up work should be in a field that will remind you of that early happiness."

All rights of translation and reproduction of the contents of *PSYCHOLOGY* are strictly reserved.
The names and characters in all stories in this magazine are entirely imaginary and have no reference whatsoever to real persons.
PSYCHOLOGY MAGAZINE is published on the 15th of each month by PSYCHOLOGY MAGAZINE LTD., Psychology House, Swinton, Manchester (London Office: 30 Museum Street, London, W.C.1), and printed in Great Britain by MORRISON & GIBB LTD., London and Edinburgh.
Subscription rate—7/6, Great Britain and Canada; Imperial and Foreign, 9/- post free. Registered at the General Post Office for transmission by Canadian Magazine Post.
Sole Agents for Australia and New Zealand: GORDON AND GOTCH (A'SIA) LTD.
Sole Agents for South Africa: CENTRAL NEWS AGENCY LTD.
Sole Agents for Canada: GORDON AND GOTCH LTD.
All MSS. and Drawings submitted must be accompanied by return postage. MSS. should be typewritten. No responsibility is assumed in case of loss.

I'LL GIVE YOU MAGNETIC PERSONALITY

No matter how colourless your personality, how lacking you are in the qualities of leadership, how timid and self-conscious you may be, Shaftesbury's famous book —"Instantaneous Personal Magnetism"—will give you a dominant, forceful personality.

This singular book wields a strange power over its readers—giving them a magnetic personality almost instantly. A strange book! A book that seems to cast a spell over every person who turns its pages! A copy was left lying on a hotel table for a few weeks. Four hundred people saw the book—read a few pages—and then sent for a copy. In another case a doctor placed a copy on the table of his waiting-room. More than two hundred of his patients saw the book—read part of it and then ordered copies for themselves. Thousands of keen-minded, ambitious men and women, in all walks of life, are sending for it and ordering copies for their friends.

Why are people so profoundly affected by this book—so anxious to get a copy? The answer is simple. The book reveals to them for the first time how any man or woman—young or old—can develop a magnetic personality. It explains how to quickly gain the personal charm that attracts countless friends—the self-confidence that ensures success in any business or profession. Write for *free* illustrated brochure which fully describes this amazing book. You will be astounded what personal magnetism will mean to you in your everyday life, in your contact with people. Send at once for your *free* copy. No obligation. No cost.



PSYCHOLOGY PUBLISHING CO. LTD.
Dept. (P/PM9)
Psychology House, Swinton, MANCHESTER

*WRITE FOR **FREE** FOLDER*

This is NOT an S.O.S.
It is NOT an A.R.P. Call
It is an Appeal

It is a genuine appeal to all men and women to do just that little bit extra; to make that extra effort which will make the difference between efficiency and stagnation. It is not enough to merely earn a living; we must make the best of whatever abilities we possess. We cannot wait for those abilities to develop themselves unaided: they must be trained.

By becoming efficient in your vocation you can give the best services to your country and to yourself. The more you increase your earning power the better it is for the country, and for yourself personally.

War or no war, earning power always brings its possessor to the front. It is no use waiting for better times. The ideal opportunity never arrives. We have to make the best of existing conditions. Therefore, delay is useless, it is worse, it is harmful.

YOU CANNOT MAKE MONEY BY SAVING

If you save 10s. per week for 10 years you have only got £260, but if you spend 2s. 6d. per week for 12 or 18 months on a correspondence course, you give your brains a chance to earn thousands of pounds, then there is no need to save. Savings are likely to vanish, but earning capacity is a permanent investment.

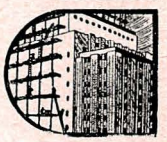




DO ANY OF THESE SUBJECTS INTEREST YOU?

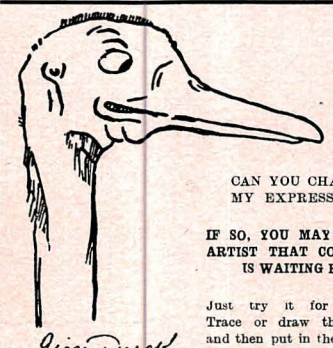
Accountancy Examination
Advertising and Sales Management
Agriculture
A.M.I. Fire E. Examination
Applied Mechanics
Army Certificates
Auctioneers and Estate Agents
Aviation Engineering
Banking
Blue Prints
Boilers
Book-keeping, Accountancy, and Modern Business Methods
B.Sc. (Eng.)
Builders' Quantities
Building, Architecture, and Clerk o. Works
Cambridge Senior School Certificate
Civil Engineering
Civil Service
All Commercial Subjects
Commercial Art
Concrete and Structural Engineering
Draughtsmanship All branches
Engineering. All branches, subjects and examinations
General Education
G.P.O. Eng. Dept.
Heating and Ventilating
Industrial Chemistry
Institute of Housing
Insurance
Journalism
Mathematics
Matriculation
Metallurgy
Mining. All subjects
Mining, Electrical Engineering
Motor Engineering
Motor Trade
Municipal and County Engineers
Naval Architecture
Novel Writing
Pattern Making
Play Writing
Police Special Course
Preceptors, College of
Press Tool Work
Pumps and Pumping Machinery
Radio Service Engineering
Radio Communication
Road Making and Maintenance
Salesmanship I.S.M.A.
Sanitation
School Attendance Officer
Secretarial Exams.
Sheet Metal Work
Shipbuilding
Shorthand (Pitman's.
Short Story Writing
Speaking in Public
Structural Engineering
Surveying
Teachers of Handicrafts
Telephony and Telegraphy
Television
Transport Inst. Exams.
Weights and Measures Inspector
Welding
Wireless Telegraphy and Telephony
Works Managers





If you do not see your own requirements above, write to us on any subject. Full particulars free.

STUDY AT HOME IN YOUR SPARE TIME



CAN YOU CHANGE MY EXPRESSION?

IF SO, YOU MAY BE THE ARTIST THAT COMMERCE IS WAITING FOR

Just try it for yourself. Trace or draw the outline and then put in the features.

Jim Duck

There are hundreds of openings in connection with Humorous Papers, Advertisement Drawing, Posters, Calendars, Catalogues, Textile Designs, Book Illustrations, etc.

60 per cent. of Commercial Art Work is done by "Free Lance Artists" who do their work at home and sell it to the highest bidder. Many Commercial Artists draw "retaining fees" from various sources, others prefer to work full-time employment or partnership arrangement. We teach you not only how to draw **what** is **wanted**, but how to make buyers **want what you draw.** Many of our students who originally took up Commercial Art as a hobby have since turned it into a full-time paying profession with studio and staff of assistant artists; there is no limit to the possibilities. Let us send full particulars for a **FREE TRIAL** and details of our course for your inspection. You will be under no obligation whatever.

Jim Duck **ART DEPT. 123**

I HAVE HELPED THOUSANDS OF OTHERS . .



. . . . and when I say thousands, I do not exaggerate, as I can produce well over 10,000 unsolicited testimonials from grateful students who, through our Postal Training, have achieved their life's ambition

If it is your desire to make progress and establish yourself in a good career, write to us for free particulars on any subject which interests you, or if your career is undecided, write and tell us of your likes and dislikes, and we will give you practical advice as to the possibilities of a vocation and how to succeed in it. You will be under no obligation whatever.

J. H. Bennett



Dept. 123, THE BENNETT COLLEGE, SHEFFIELD

EVERY DEPARTMENT IS A COMPLETE COLLEGE: EVERY STUDENT IS A CLASS TO HIMSELF

JOURNALISM

Short Story, Novel and Play Writing

There is money and pleasure in Journalism and in Story Writing. No apprenticeship, no pupilage, no examinations, no outfit necessary. Writing for newspapers, novels or pictures is not a gift; it is a science that can be acquired by diligent application and proper guidance. It is the most fascinating way of making pastime profitable. Trained ability only is required, we do the training by post. Let us tell you all about it.

DEPARTMENT OF LITERATURE 123

If you attend to this now, it may make a wonderful difference to your future.

COUPON— CUT THIS OUT

To Dept. 123, THE BENNETT COLLEGE LTD., SHEFFIELD

Please send me (free of charge)
Particulars of .....
Your private advice about
(Cross out line which does not apply)
.....
.....
.....

PLEASE WRITE IN BLOCK LETTERS

Name .....
Address .....
.....
.....



Dr. Henry Knight Miller

The Battle

Glorious

By *Henry Knight Miller*

LIFE is a battle. But it may be a battle glorious. In the thick of the fray, amid the din of bitter struggle there is zest, romance, adventure. Some go down to defeat. Cowards refuse to fight. They lay down their arms and supinely surrender, grovelling slaves of adverse circumstances. Others there are who refuse to admit defeat. In the darkest hour they shout a defiant battle-cry and press forward to victory, stout-hearted, invincible.

Let us consider some aspects of life's dramatic struggle. From the earliest dawn of man's existence on this planet he has had to struggle against hostile forces of Nature. Desperate indeed was the struggle to primitive man. Ferocious beasts preyed upon him. Food was not easy to obtain. Storm and tempest lashed their destructive fury. The burning heat of summer and the freezing cold of winter assailed him. Diseases he failed to comprehend racked his body with pain and led to untimely death.

Nature Both Kind and Cruel

Little by little with the advance of culture and inventive ingenuity the battle against Nature has become less severe. But it still exists. Nature is not always a beneficent mother. The same soil that yields delicacies for our table yields also fatal poisons. There is not only sunshine but devastating tempest. Fire not only warms our homes, cooks our foods and drives the wheels of industry: it ravages whole forests and destroys entire communities. We are ministered to by countless agencies that promote our bodily health, but we are also assailed by myriad hostile organisms, germs, parasites that seek our very life. Electricity creates wealth such as would baffle the imaginations of Crœsus; it also hurls fiery darts from the angry clouds, spreading death and destruction.

And so we must battle the very forces of Nature if we are to survive. But it is a battle glorious. Only the coward beholding the apparent odds against him shrinks from the fight and resigns to the inevitable. The brave man fights on, his head "bloody but unbowed!"

Then there is the battle against certain aspects of the ego. Men have conquered empires but gone down to ultimate defeat before their unconquered selves. Alexander conquered most of the known world but died in his early thirties, defeated by his uncontrolled self. Napoleon, not content with being supreme master of France and dictator to most of Europe, was defeated because of his inordinate and uncontrolled ambition. Byron wrote poetry which will live for ever, but died an old man in his middle thirties because he failed to win the victory in the battle to control himself. And other millions have failed and fallen because they neglected to do battle with their own weakness, hypocrisy, cowardice or other fatal faults.

While Napoleon lost because of an exaggerated sense of ego, untold millions fail because of a sense of inferiority. No man can win the battle of life so long as he permits this fatal malady to hold him in its enervating grip. If a man lacks self-confidence, who will have confidence in him? Lacking faith in himself, none will believe in him.

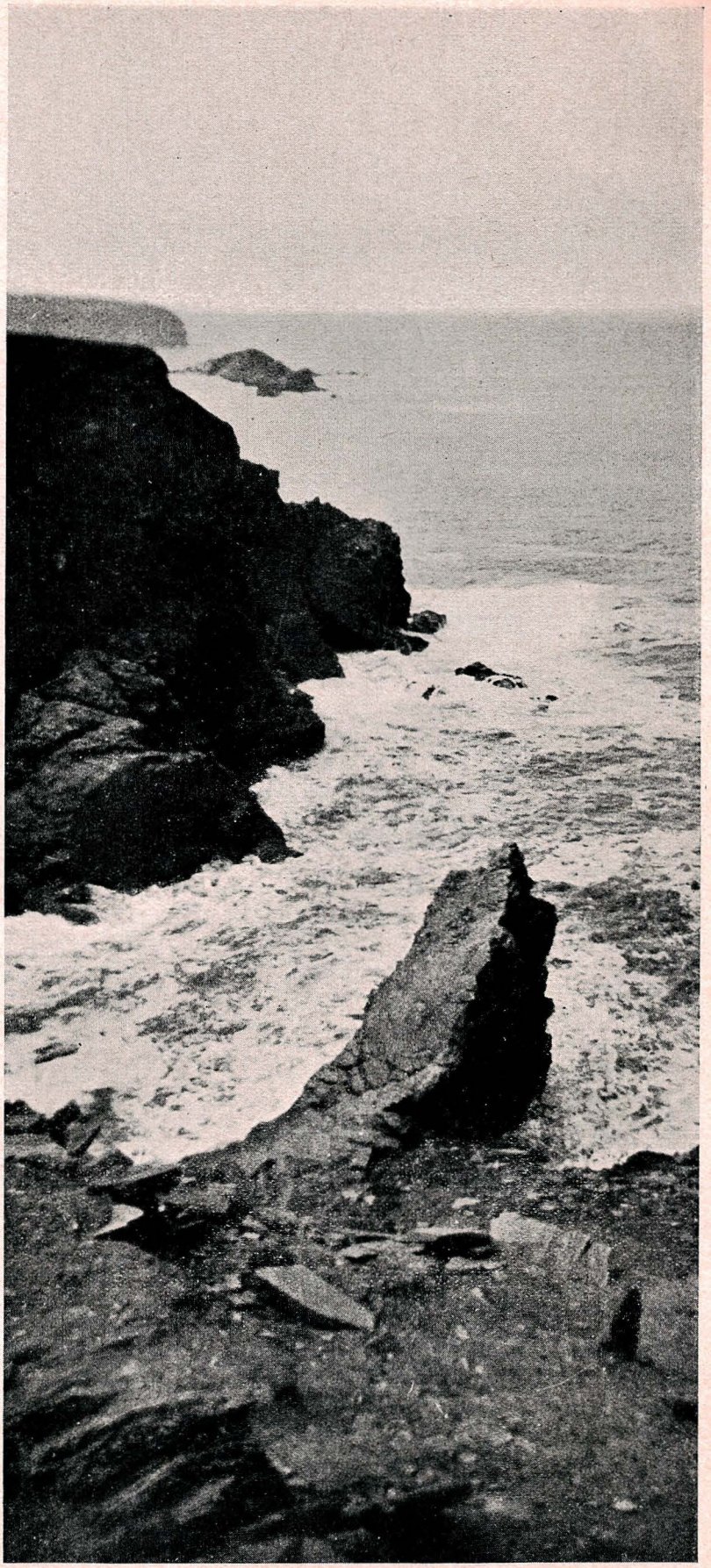
Man must become aware of his cosmic relationship.

Whatever the creative and sustaining principle of life which we call God, man is one with this divine presence and power. In whatever ways God is revealed, the truest revelation is in human personality. There is in the humblest man a divine spark that will not die. In a real sense we are one with the divine, and if a man be the revealing place of the divine how can he think himself low, mean and inferior. We are all, as Maeterlinck says, " Gods in ruins." It behoves us to rebuild the broken places and create in ourselves worthy temples for the presence and transforming power of this inner divinity.

Do not blame the factors of heredity or environment for your failure to " fight the good fight." Consider the lowly origin of most of our racial leaders and heroes. No man need be ashamed of his birth or parentage. We answer not for life's beginnings, but for the end of the battle. Fight on. You are destined to win. Have faith in yourself, in the essential rightness of things, in the ultimate outcome of the battle, and victory should crown your efforts. If you do not win all for which you hope, at least you can die fighting with a shout of defiance and the cry of victory as one who has at least conquered himself.

Balance Idealism with Practicality

As man must battle against his environment and bend it to minister to his needs, and fight all within himself that might inhibit his victory ; so in a sense he must struggle against other men. We hear much of brotherly love, forbearance, co-operation and service. All of this is noble idealism. We would not detract a word from the philosophy of brotherly love. But we are living in a world of stern reality where many ideals have not yet been realised. When all men are honest, kind and co-operative the millennium will indeed have dawned. Until then we must balance our idealism with practicality. We must battle to hold that which is rightly our own and to extend our possessions to such an extent as shall be a reward for honest service rendered. This is no easy task. It calls for wisdom, care, persistent application, inventive imagination. But there is untold wealth, the reserves of which have hardly been tapped. There is plenty for all. But only those alert in the battle share in the treasures for which we



[A Kodak Snapshot

Little by little the battle against Nature has become less severe

struggle in the arena of competitive industry. We must fight on, undaunted by apparent failure. In the hour of seeming defeat many a brave soul has won life's greatest victory.

Not only must a man battle other individuals, but to a certain degree he must struggle against the repressive dictates of the social order. All great leaders of racial history have been to some extent rebels against the relentless dictates of the mob. In dull, unthinking submission to the accepted standards there can be no progress. Every forward movement from Moses and Jesus to Lincoln and Darwin has followed as a consequence of some brave soul breaking with accepted but imperfect social institutions. Since we are all beneficiaries of the social order we must to some extent respect the opinions and conventions of others. But we must also bravely battle to preserve our own individuality and be true to our own deepest ideals and standards. We must do nothing which shall infringe upon the rights and well-being of others, but we must not surrender to the dictates of the rabble and permit others to do our thinking for us and prescribe the mode and manner of our lives. The ethics of the future will be a brave, sincere effort through experimentation, the trial-and-error method, if you will, to find the better way. Life as now constituted is far from perfect. Many of the social institutions are crumbling because of the dead weight of their inherent inadequacy. Shall we grovel like slaves and crumble with them, or shall we battle to build a nobler, fairer and happier world ?

Another monster against which we must wage relentless war is discouragement. The youth starts life's battle with a glow of zestful optimism. He dreams of noble achievement. He beholds the world at his feet. But launching offensive after offensive his forces are driven back, often with heavy losses. His visions fail to materialise. Friends prove false. Allies turn traitors. Castles of imagination crumble to dust and ashes. He struggles on until discouragement, like a devastating fever, assails him. In the hour of his surrender to this enemy, he is lost.

Victory at the Midnight Hour

What of the great victors in life's warfare ? Did they find the way easy, or did they struggle with aching backs, blistered hands and hearts all but broken until in the very midnight hour of their struggle the tide turned, enemies fled, and victory crowned their efforts ?

What of Columbus, opposed by all the wise and learned men of his day, turned down by one court after another, until finally he secured the backing of Isabella, organised his expedition and, after weeks of mutiny and doubt upon the part of his entire crew, saw his dreams come true ?

Then there was Arkwright, born of poor and illiterate parents who insisted that he become a barber. His wife broke up his first model of the spinning machine and later burned other models, insisting that he go back to his razor. His townsmen rose in a murderous mob against him and he fled for his life. Yet he carried on and became father of the industrial revolution and of all modern machinery.

Glory in Opposition

Charles Goodyear went through the depths of poverty to perfect his invention for the use of rubber. His family suffered from hunger, his neighbours persecuted him and called him crazy, but he persevered and made the world his debtor. And so of nearly every great benefactor of the race. In penury and hardship they have fought their solitary way to victory and power.

And there in the far distant past is a quiet sufferer on a Cross. He came that men might have life and they would have none of Him. He defied the standards of His day and the defenders of the organised order nailed Him to a tree. He fought against insuperable odds and seemed to have lost. Yet the obscure Galilean reached out from apparent defeat to triumph over the world. He changed the course of history. His ideals still march on far ahead of racial attainment like a golden dawn driving away the lingering sentinels of night.

Several factors will help in life's battle to carry us on to victory. First we need an intelligent appraisal of the nature and tactics of the enemies we face and the equipment with which we may hope to vanquish the opposition. We have mentioned just a few of the enemies. There are many others. Study them and their methods of fighting. Make a list, a long list, of the forces and factors in the objective and subjective world. Then list the equipment with which you hope to win. There are faith, self-confidence, courage, loyalty, love, observation, imagination, determination, clear thinking, a sense of humour, self-control, perspective and many other factors which you need to study thoroughly, cultivate, develop and wisely use in your battle glorious.

We need also to cultivate a sense of zest in the glory of combat. Do not whine and wail that the way is hard, the night long, reinforcements few, friends faithless and victory long delayed. Rejoice at opposition. The boxer pays a sparring partner to fight against him day after day in order to make him strong. Those who oppose us bring out the rugged resources of our being. They make us strong. They equip us for battle and prepare us for victory. Glory in the fight. Rejoice in hardship. Enjoy the struggle. Refuse to recognise defeat. In the hour when hope seems dead, victory may await you just over the summit.

Believe in your ultimate success. You may never materialise all for which you fight, but your quiet confidence of victory will touch with dignity your every effort and crown with divinity and essential success the cumulative story of your endeavours.

Benefit by Bad Weather



[A Kodak Snapshot

When it rains we become provoked and even angry . . .

TO the average person the weather is uninteresting, especially the gloomy, dark days. We all like sunshine, it is true, but not grey and lowering clouds.

However, a professor tells us that the changed attitude of the elements really promotes efficiency in our acts. In a lecture this man of science has pointed out for our benefit a fact which we may justly and advantageously make use of —that when a person thinks of the weather the thought of this element of Nature is not monotonous.

He claims that constant thinking about the weather, what it may do to-morrow, promotes efficiency and keeps all of us from becoming victims of *ennui*. He has pointed out that when it rains we become provoked and even angry, to many degrees of emotion, but here is where the weather benefits that particular individual from a physical standpoint. Does not the person's " lymphatic system tingle " ?

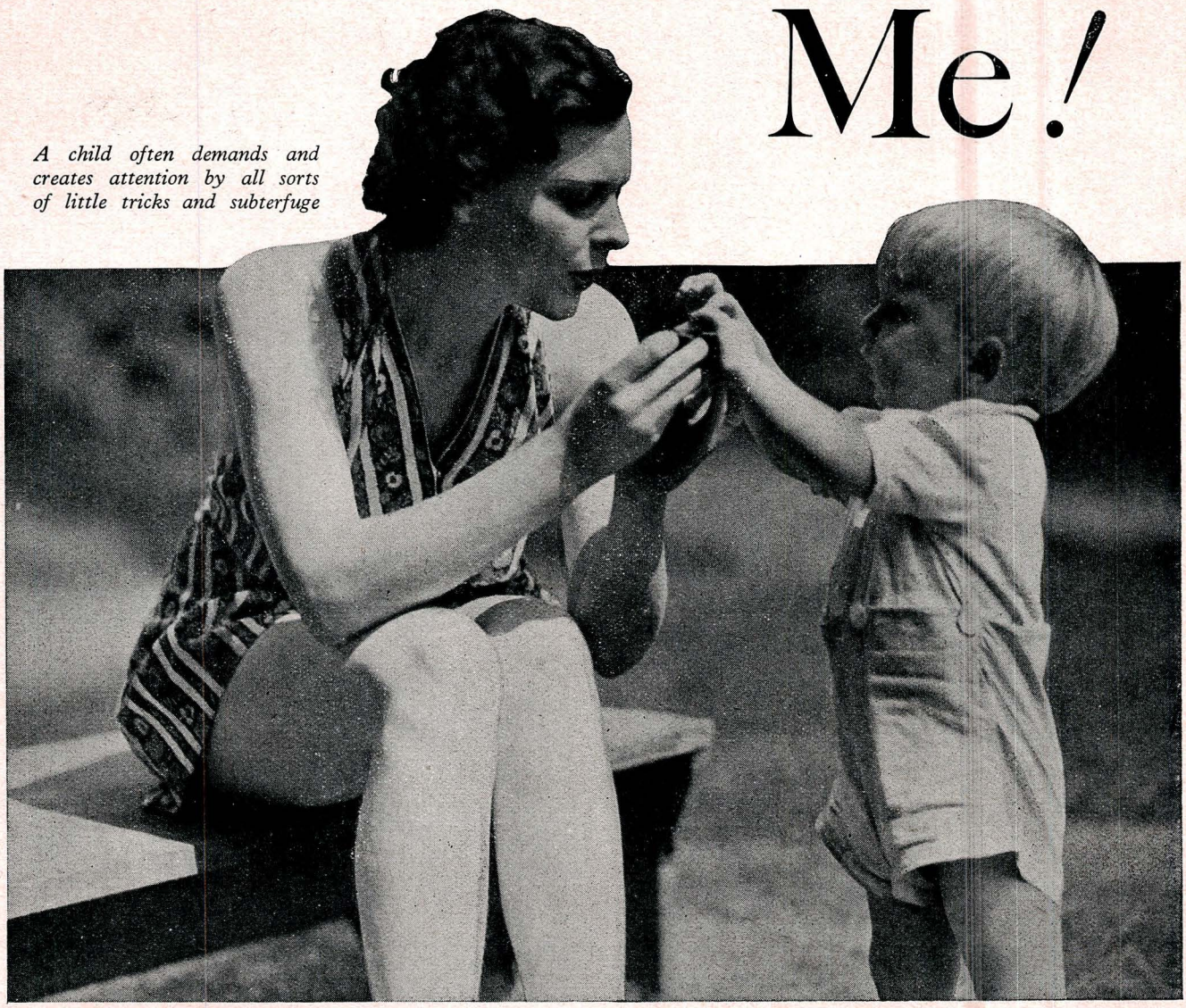
The anxiety and uncertainty of that person seeing the sunshine really acts like a great tonic; therefore he or she is benefited to a great degree.

This man of science has, by constant study and observation of the weather reports, discovered that when the weather is always sunshiny it is then monotonous and also a drawback in factories, and so on. Why ? Because he noted that when a storm burst over a certain town the production of the factory under observation increased about nine per cent. The storm was exhilarating because there had been a long spell of sunshiny weather.

He ridicules the custom of having machines in offices that keep them cool and of the same temperature. He compares such a place to the tropics where no one feels like working owing to the sameness of the intense heat. He also scoffs at the idea of squirrels knowing more about the weather than the weather bureaux !

There is much truth in his remarkable gospel. Indeed, the expression " weather-wise " may assume a new meaning. Instead of meaning the ability to forecast weather, it may mean the ability to turn the weather to psychic account.

Please Notice Me!



A child often demands and creates attention by all sorts of little tricks and subterfuge

A Study of the "Exhibitionism Complex"

By

E. G. WALTERS

IN a cinema the other evening, a series of war scenes were being thrown upon the screen.

They were grim, appalling. The audience sighed. Occasionally someone would exclaim.

Then Mussolini—a close-up—was shown. There were a few hisses, but in a moment or two the audience rocked with laughter.

Mussolini was making a speech. Eyes half closed, chin raised to high heaven, he was—aside from any feeling for or against him—the epitome and the perfect picture of a "show-off."

Most men in public life are afflicted with some degree of "exhibitionism complex." Perhaps they have to have it, the joys of "showing off"

compensating somewhat for the tremendous effort they must put forth, and the stings and arrows which their activities more or less invite.

" Exhibitionism " is a comparatively new psychological term, but the desire to be noticed is *not* new. It is deeply embedded in human nature, and probably the person who does not possess it is not normal.

But to possess it to an *unusual* degree is to develop an egotism that in itself may soon become a vice which will urge to absurd actions or even to crime.

It is a case with this instinct, as with all others, that a perfect balance is what is to be sought. Too little is regrettable; too much of any instinct is dangerous.

We usually think of an instinct as something more limited in meaning than psychologists are able to prove that it is. We recognise the instinct of self-preservation, of fear in relation to the unknown, of mother-love and many other similar emotions. But we do not always appreciate that a large part of the complications of human life, society and politics is due to the *age-old instinct of wanting attention and notice for oneself.*

The mother who appreciates this and the significance of it will naturally have vastly more patience with her children. The petty strivings of the social climber for prominence in his small world will reveal itself to have an underlying purpose outreaching the moment. The pathetic eagerness to be in the spotlight, which so often marks second childhood, can be understood and, if so, more patiently tolerated.

The strivings of world figures to gain prestige, even at the point of terrible wars and the vast sacrifice of human life, will show itself to be but one form of the expression of primitive man still trying to struggle upward and onward, but so often mistaken, in the pathway which leads to permanent power and happiness.



[*A Kodak Snapshot*

The ego longs for recognition

It is one of the oldest instincts of the human race—the desire for attention. An instinct, according to our good old friend, Webster, is " A natural spontaneous impulse or propensity, whether in the lower animals or in men, that moves them without reasoning toward actions that are essential to their existence, preservation and development."

The lower animals plainly show a desire to be noticed. The dog comes running up, wagging its tail and leaping to express its amiability. The horse looks around and neighs as much as to say, " Hello there!" And the birds, when they come in the spring, perch in the branches of the trees, perk their heads on one side and then on the other and burst into song. As plainly as they can they say, " Just see who's here!"

Among themselves the animals show the same desire for attention that humans do. The male bird wears brilliant plumage to attract the attention of the opposite sex. Certain kinds of butterflies emit a delicate perfume to attract the males at the mating season. And even the deep-sea fish have been proven to have ways and means, some of them through the use of phosphorescent or tiny lights, possibly of a magnetic or chemical character, to attract those whom they would please.

The tiny human shows the same instinct. Even a week-old child will flutter its hands and emit sounds of pleasure at the approach of its nurse, or when it is near to its mother. The nurse or mother smiles with delight and exclaims, " See, the baby knows me already!"

This is not at all likely, but the instinct of wanting attention is asserting itself, and before long the child will demand attention if necessary by means of lusty screeches, expressing disapproval that the attention wanted is not being given.

As the little toddler begins to walk about, he experiments with everything about him, and the pleasure of the slightest achievement is greatly



Has Mussolini an "Exhibitionism Complex"?

intensified if there is an audience to see and to applaud. Once more the instinct of wanting attention.

Many a child cunningly sets the stage to get this attention, or more of it. Tommy refuses to eat that he may be coaxed and have the gratification of seeing distress and of hearing tender urgings of "*Do* eat, darling," and of receiving the offering of delicacies to tempt his appetite.

There is a case in point of a little boy who had been ill and was sent to the hospital, where he received a great deal of attention. Naturally the child did not reason it out, for his reasoning processes were not developed to that point. But he enjoyed the attention and fought to prolong it, even pretending aches and pains he did not feel so that he could take first place in his mother's care.

Being reasonably successful in this play-acting, he went a little further, dominating every member of the family. The instinct which had prompted him in the first place to take this course was becoming a vice, and he was paying the penalty with a disintegrating personality, and there was every evidence that he would permanently handicap himself.

Fortunately, one of his parents understood the gravity of the situation and let him rough it a little. Through stimulating his desire to *gain attention through doing things as well or better than the other children*—he was encouraged to help himself back to solid ground. It is better to work *with* Nature than against it, and the boy's discerning parent did much for his future personality and happiness when he helped the child to overcome "exhibitionism."

With the growing child, competitive efforts in the form of games, contests and school examinations all accord an opportunity to attract attention to itself by the excellence of its record. Some resort to the opposite way of attracting attention and deliberately become the "bad" boy or girl of the school or village.

* * * * *

Too often the next step is a step towards a more serious showing off, and we have the young criminal started on an unfortunate career, mainly because he longs to attract attention to himself, to illustrate his prowess or superiority—to show off.

In a milder form, this disposition is marked in middle adolescence as we easily can witness if we watch a group of young people on a tram-car, bus, or in some place of entertainment.

But many older persons are quite as avid to attract attention to themselves for, regardless of age, it is the outcropping of the same instinct which we sometimes describe as pride or aggressiveness, or a desire to live up to the reputation we accept for ourselves.

It is safe to assume that no instinct within us has no valid place and use, and that all such instincts can be trained into assets and virtues instead of being permitted to become obnoxious weeds in the garden of life.

Just how then can we make this instinct work for

our own good? How can we strengthen character by recognising the instinct of desire for attention?

If we can see that the only time we are justified in attracting attention to ourselves is the time when we have done something so superlatively well that the attention comes without effort on our own part —then we shall have made real progress in the building up of a symmetrical character.

And there surely should be an ideal of conduct when such attention has been worthily attracted, so that there will be no danger of spoiling it all by the exhibition of a primitive instinct almost barbaric in its crudity—instead of acquirement of the gentle humility of a great soul refined in the crucible of experience.

Self-Appreciation and Success

By FRANK HINKLE

NEVER get the idea that that humility which the great teachers have commended is anything akin to self-effacement.

A certain modesty is becoming to any man.

But don't ever get it into your head that seemly modesty means drawing back into your shell and fearing to be seen or heard until somebody "discovers" you and invites you to manifest your presence.

And don't think for a single moment that all appreciation of your gifts must come from the outside.

If you are capable of self-analysis, no other man can know your talents better than you should know them for yourself; and certainly no other human being can bring them out and push them to the fore and use them for you.

The successful man is always the self-appreciative man.

He is the man who realises, within and for himself, that he can do the thing he wants to do and be what he wants to be—the man who, realising this, is not afraid to tackle the job of doing and being.

Some great men have been ridiculed for their conceit. But it were far better to be conceited than to fear to assert one's self in the face of the world.

The author of *Les Misèrables* and *Notre Dame* is said to have agreed quite seriously with a friend who suggested that the name of France ought to be changed, and the whole country be called "Victor Hugo."

"That will come," the great literary genius is said to have rejoined, "in time"!

This, you will say, was self-appreciation carried to the last extreme.

But if Victor Hugo had never realised the bigness of Hugo, the world would not to-day have the masterpieces that Hugo wrote.

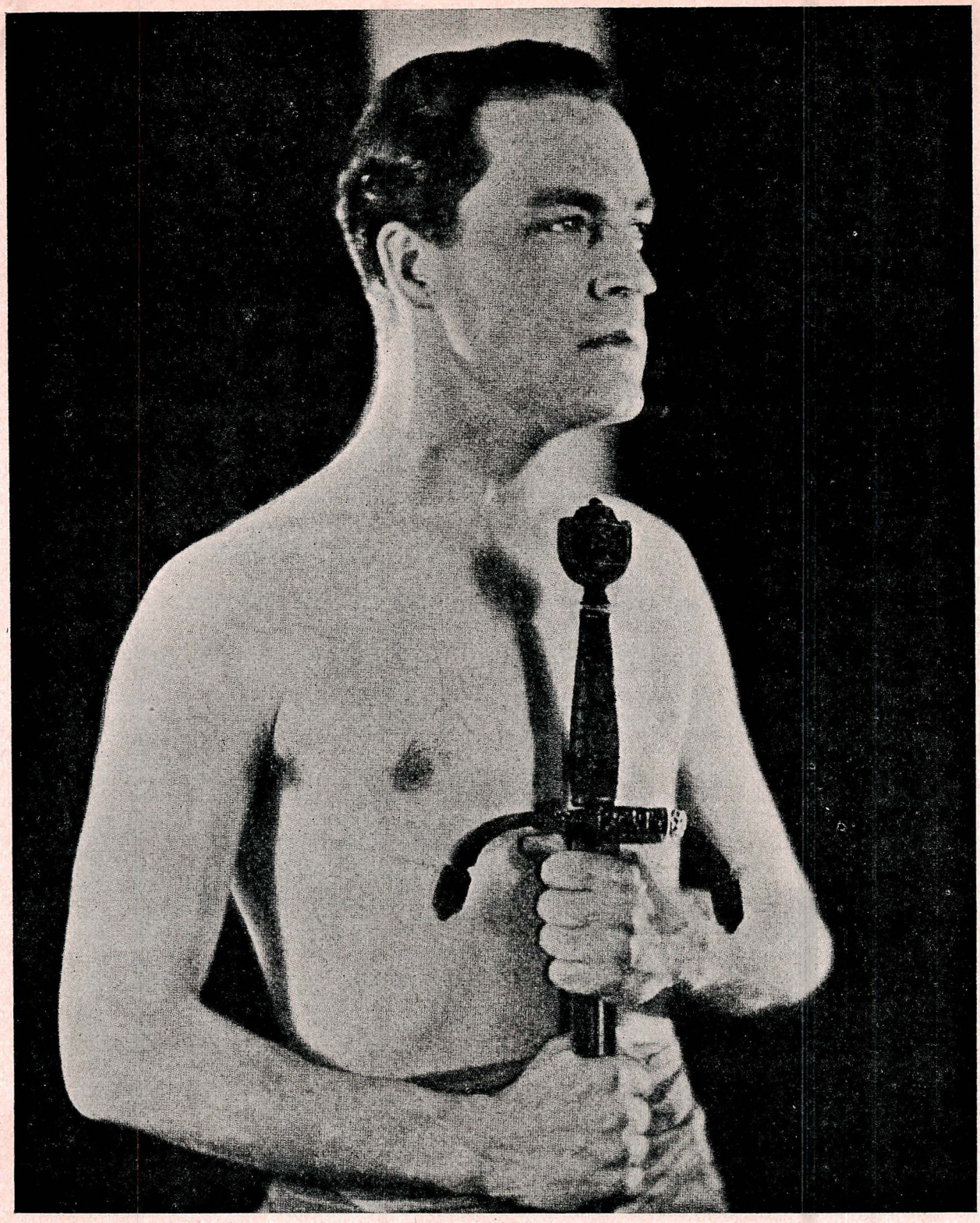
If Hugo had not believed that he was as big as anything about him, he might never have done any big and worthy thing.

Humility is seemly—and modesty is very good. But self-effacement brings eventually that total distrust of self that robs the power to do any of the things that men call great.

You can be modestly great. Most great men are modest. But you cannot carry your modesty to an unreasonable extreme if you are going to be all that you ought and do all that you should.

Assert, then, your selfhood. Know your own abilities, and fear not to exercise them and thus make them known to the world.

Your awakened confidence—a thing that always comes with the exercise of one's talents in the right way—will then carry you far on the way to the realisation of your best desires.



Resist or Die!

" We can create a new world if we wish to. It must be a world brought forth out of the dynamic, creative will of man.

" The crown is held only in horny hands, and at the price of constant effort.

" Man may choose and create his own world, his own God, his own life. He can make them as beautiful or as ugly as he wishes. What he finds in the universe is his own projection. It cannot be anything else." DR. PORTER.

Resist or *Die!*

A Stirring Challenge Appropriate to the Times—Calling on Us to Face the Forces Defying Us—and Create Our Own World

TO grow! This is surely a universal desire. One of the first aspirations of a young child is to grow like his father. To become big, and still bigger. Giants fill the landscape of his imagination. The child exaggerates because he must. Even though he falls he must still go on climbing. Though he comes home bruised, he must again make the venture. Every tall tree, every telegraph pole, beckons him "come on up." Every thorny brier bush bids him "come on through." Every precipice speaks loudly to him, "come on, jump."

CHALLENGE

Strike down yon beetling mountain
And raze that jutting cape.
A world is on your anvil,
Now smite it into shape.

What is this iron music
Whose sound is heard afar ?
The hammers of the World-smiths
Are beating out a Star!

The call which comes from his environment is a self-created challenge. It is the vocalisation of the instinctive life within. He makes all Nature articulate with a call to resist; it is the law of growth. He must answer it or die. He must attempt, or for ever fail. Here is a universal law and a corresponding instinct in the human being. *The law of growth is everywhere the capacity for resistance.* It is the law of growth for the mineral, the plant, the animal, and for the human soul. From the tadpole to the towering genius, the law is the same. Nothing that has movement escapes its challenge, and nothing that escapes its challenge ever moves. Where the inner principle of life is active, resistance is but the method for development. Where life becomes passive, inferiority and even decay results.

Physical growth waits upon physical resistance; mental growth is attained at the expense of mental effort; spiritual growth lies up the steep ascent of "Hill Difficulty." Environment exists for the exercise of the *life principle,* not the life principle as the sport of environment. The weight of testimony is to the favour of Lamarck than to Darwin on this question. In its general ascent up the rugged and steep path of evolution, this life principle has never yet been defeated. That life exists at all to-day is a testimony to its virility and all-conquering purpose. It has stood the shock of extreme heat and cold. Its versatility has never been outwitted by even rapid and sudden environmental changes. The story of growth is as fascinating as it is useful and suggestive for practical purposes. We must resist or die, says Nature, history, human experience.

By

Arthur Porter, D.D.

Nature attains her ends, not in a series of straight lines, but in a series of circles. She must have friction to move at all. She creates that which impedes her, that she may express growth. The mushroom in the meadow, the moss-tuft on the tree, the fern on the shady bank, the trees in the forest, alike in their individual and social state, exhibit the circular form in endless diversity. The sea, the lake, the cloud present an impressive picture of concentric and eccentric circles. Even the strong wind blows across the earth in cyclones and circular movements. Nature has set herself the task of beauty and strength; for beauty, she must resist



[Photos: Courtesy Thomas Cook & Sons Ltd.

Egypt, whose architecture seemed built for eternity . . . yet her glory soon faded

straight lines, and for strength she must overcome resistance. It is the universal law. Beds of ease are death-beds. Here and there in the animal kingdom we discover a "backslider"; a parasite. Parasitism is always a form of degeneracy, whether found in animal or man. Let the parasite life once be secured, and away go legs, eyes, ears, digestive powers. Carlyle's philosophy was directed against all human forms of parasitism. They are the degenerates of society. They have surrendered the principle of life for a "mess of pottage." Whether a Sacculina or a human being, they belong to the same order. They are devoluting. "An idle life," says Goethe, "is death anticipated." Better a man be tortured at the stake of Public Opinion than die the living death of Parasitism. Where truth has become a dogma there is no challenge to faith. Nature never provides for the needs of plant, animal or man in an automatic way. Conquest is the price of growth, and growth is the condition of life. In the words of Browning:

> "And so I live, you see,
> Go through the world, try, prove, reject,
> Prefer, still struggling to effect
> My warfare; happy that I can
> Be crossed and thwarted as a man.
> Not left in God's contempt apart
> With ghastly smooth life, dead at heart,
> Tame in earth's paddock as her prize."

The history of civilisation is a parable of the law of growth and decay. There are no more suggestive pages in the history of man than those which record the rise and fall of great empires. History marks the dramatic succession of empires which have advanced from a dim horizon, reached the zenith of power, and then set in the darkest midnight. The march forward of a new civilisation has been over the grave of nations. Nations have risen through great effort. Her sons were vigorous, virile, and in the name of national pride and loyalty have done great exploits. Perhaps the cramping limitations of a growing population bid them look far afield for expanse and growth. They went forth with strong hand to take from the weaker their land. Then came power, growth, expansion, wealth, and with wealth alas, too often, ease and luxury. They ceased to grow, to resist, then decay and the fall of an empire resulted.

It is an old story, written in blood upon every page of human history. First appeared upon the scene the grand old monarchies of Assyria, Nineveh and Babylon; but in their haughty magnificence her sons softened in luxury; they lost the capacity for resistance, and they all fell, leaving a few heaps of uncertain ruins over which for ages the Arab has pitched his tent. Next arose Egypt, the lotus-land of magic and mystery, whose architecture seemed to be built as if for eternity; her glory soon faded and she has lain for ages in the sun, an embalmed corpse, an unburied skeleton. Greece followed. One time she filled the whole horizon with a most dazzling brilliance. Even Greece passed from her glory. Her noble sons who stretched their limbs in fleet movements and did physical exploits for a crown of olives, fell out of the way into dissipation and yielded foremost place to Imperial Rome. Rome extended her sway from sea to sea and brought home to her city the wealth of nations. Then she substituted the wine table for the long march and the buffeting seas, and the very chains which she had hung upon the necks of the conquered became shackles to her own feet. Rome died in lust, having lost the capacity for effort. One wonders with some fear and trembling whether we ourselves, the great Anglo-Saxon race, now in the ascendant, will be wise and learn that the crown is held only in horny hands and at the price of constant effort. The lesson of history is a warning against the boasted gospel of natural progress. The white race is not supreme because it is white, but because it has over the coloured races a greater capacity for effort. It has shown itself unabashed by difficulties. If a mountain is in the way of a proposed railway, the white man removes the mountain. The black rides round it on a mule, for ages. Leather-stockings stood upon vast resources of tin, copper, coal, iron, gold, but he would not dig. The pioneer pushed him farther and farther back into the wilderness and finally ruled his race into oblivion. Fight or move on, resist or die!

New schools of art and science have been born in the brains of men who have dared to resist the static rules of a long period. Leonardo da Vinci, Michelangelo, Titian, Raphael, stand out as landmarks in art because each rejected that which became commonplace and moved his brush into new forms. Each man stood upon the shoulders of his predecessor. In physical science and mathematics we read the same story. It took the daring of a hero to refuse to believe his senses and the sanction of common sense with reference to the shape of the earth. Who would dare to say this world was round, when to our very senses it appeared flat? Genius ever looks like insanity because of its vigour. To an average man, Sir Isaac Newton must have betrayed the immature mind of a child when he achieved the miracle of wondering at a commonplace event. Who before his time, without a blush, ever dared to stop and wonder at such a trite occurrence as a falling apple? Newton resisted all orthodox interpretations and opened a new world in science.

This law of growth is inescapable in the history of thought from Plato to Henri Bergson. Plato gave the key to all philosophical thought for centuries. There was no problem of mind and matter for centuries when Plato finished with it, until Francis Bacon arrived. When Plato died in 347 B.C. he left a legacy of thought which dominated all thinkers, more or less, until the dawn of the seventeenth century. No thinker had dared to withstand Plato. All thought ran smoothly in the Platonic groove. Then came two men who refused to row with the philosophic tide. Both Descartes of France and Francis Bacon in England vigorously resisted the set forms into which all thinking had been cast and projected new problems before their minds. They put mental barriers in their way and started the human mind in a new direction. They gave to the world new problems to solve and were responsible for a great many of the achievements of modern science. Bacon's great contribution to thought was, *that we had been thinking too long in set forms.* We had been for eighteen centuries working from general and underived principles to particulars. We had been attempting to fit facts to general formulæ. Bacon successfully overcame the inertia. He threw overboard the careful formulations of centuries of acquired thinking. He dared to rebuild a new world of science and philosophy directly imported from the raw facts of the universe. He dared to resist walking in the intellectual grooves which had been worn into the minds of men by the dogmatic impositions of the past. Modern science and invention were born with Francis Bacon.

And what Francis Bacon did for science another resisting mind and soul did for democracy. When one looks for the seed-plot of democracies, they are not to be found in the near past. American democracy was not born with the Pilgrim Fathers, though no intelligent reader of history will overlook their contribution to its structure. The government by a commonwealth was born in the heart of a certain virile farm lad. He thought it all out behind the plough. This boy saw the light of a new form of government in the darkest days of the monarchy and the iron rule of the divine right of kings. It was in that day when the monarchy had become absolute and offered a bold front that Oliver Cromwell beat his plough into a sword and laid it upon the neck of his monarch. It cost many heads to get that one head; but when that one head fell from its neck many heads began to rise all over the world. The price is always great and it is always the same. The capacity to resist a static condition is the price of progress. The House of Commons is a memorial to one resisting mind who impregnated others with the capacity and the daring to rise above the traditional. The American White House bears the same witness.

No country in the world equals Great Britain to-day in industrial prosperity. Labourers rank with old-time kings in their daily luxuries. No group ever had the gift of so much leisure time. The economic problem has suddenly evaporated.



Greece at one time dazzled the whole world with her magnificence



Ancient Rome died in lust, having lost the capacity to grow

How different it was with the early pioneer. The pioneer built his home at the point of the sharp axe. To secure a farm he had to remove a forest. Neither his lumber nor his bricks were brought to him ready for use. If he needed a wagon he must make the whole wagon himself. To-day we are living in an age of specialised machinery. We have thereby lengthened our arms, increased the total output of our muscles, increased the value of our time. To travel from one place to another we no longer need keen sight, nor even simple astronomical knowledge. Just " follow the green line." The " green line " is the danger line. The men who put it there meant it to be a symbol, not a rut. It was never meant merely to reach a terminal. It took centuries to put that " green line " there ; the danger lies in the fact that it may take centuries to remove it. The " green line " runs through all our specialised machinery. We must again resist it.

To such an age as ours the call to effort, the means to effort, by which we are still to grow and to progress, must be something finer and more intangible than it has ever been. If an age of machinery has removed the necessity of hard physical toil, eating up the labourer's time, it has also presented the challenge of leisure with its higher spiritual consequences. We are challenged to-day to greater effort as the price for mental and spiritual growth than any age ever was. A man to-day spends his working hours making the tenth part of a pin. He rarely makes a complete article of commerce. His idealism is in danger of being submerged under a mass of highly specialised machinery. He is in danger of becoming as mechanised as the machines which almost run him. We speak of the old days as days of monotonous toil, but they were days of hand-made stuff. They offered abundant opportunity for idealism in the very process of labour. We are still proud of the hand-made chair which we may be fortunate to possess. Somebody's mind and soul went into the making of it. It is no mere market piece. Of that old vase with its delicate artistry we ask *who* made it, not *what* made it. Its art, not its price, impresses us. Is it an achievement or an indictment that stark naked poverty would be the constant companion of anyone who dared in this age to set himself such tasks and hope thereby to secure his living ? The machine has come to stay. It is going to work with more speed, it will become increasingly specialised, men will have less to do with the mental side of their labour. They are being released from long hours of hard toil, but to what purpose ?

Will the human machine continue to grow ? Yes, at a price. We must explore new territory. Man has extended himself successfully in many directions. He has, by the use of machinery, extended both arms and hands. They reach much further than those of his ancestors. He invented a telescope and increased the range of his vision millions of miles. He set up a telephone and extended his hearing hundreds of miles, and by radio he has made contact with the uttermost parts of the earth. These things have become commonplace, we are in danger of settling down to enjoy them. Our achievements may yet master us and then " things will be in the saddle." We must set up some kind of resistance again, if it is only a mental punch-bag. The uncertainty of the morrow has gone from us. We have no economic fight on our hands. The forest is cut down, the roadway is made, the old tree stumps are uprooted, we are secure. The fight for food is called off. Dynamite has taken the place of muscle. A sense of the commonplace has settled upon security, and many like Nero are advertising for a new pleasure. Nero tried everything for a thrill but work. Thousands of people can no longer stay at home at nights, they must escape monotony. When the machine is silent, they are free.

Travel! Globe-trotting has become for many a substitute for achievement. But if you have ever rubbed shoulders with globe-trotters you will find they carry the commonplace with them. I have witnessed them sitting on the porch of a Swiss hotel planning where to go next in order to get away

(*Continued on page* 38)

Subconscious Factors in Accidents

Including Fatalism, Repression—and the Inevitable "X"

By A. Wilson Baskerville

UNDER the complex conditions of modern life it is impossible to have a world entirely free of accidents. But to grant this gives no reasonable excuse for their rapid increase from year to year, out of all proportion to the increase in population.

Accidents involving children and industrial employees have decreased because safeguards have been used more extensively and better health-conditions have been created.

Every year thousands of people meet their death by accident and many thousands more are injured and maimed for life. Most of these accidents occur on the roads—but in the air, on the sea and below the ground many tragic disasters occur, wreaking havoc among human life.

Mechanical defects, faulty equipment and such things are responsible for many catastrophes, but to a great extent we must look to some other source to learn the reason. That source, I believe, will be found in human nature. I do not believe that people are naturally careless, but modern life is developing within their subconscious minds some psychological complexes. We shall find these to be important factors in accidents.

To understand them, we must delve into the subconscious mind. We shall find some interesting " kinks " which are involved in the larger percentage of accidents.

The subject divides itself into three aspects: fatalism as a factor; subconscious repression as a factor; and what we shall call the " x-complex."

The doctrine of fatalism, which embodies the ideas of positivism and absolutism, is not unknown to the larger number of people. Especially is this



In many accidents the human element is the responsible factor

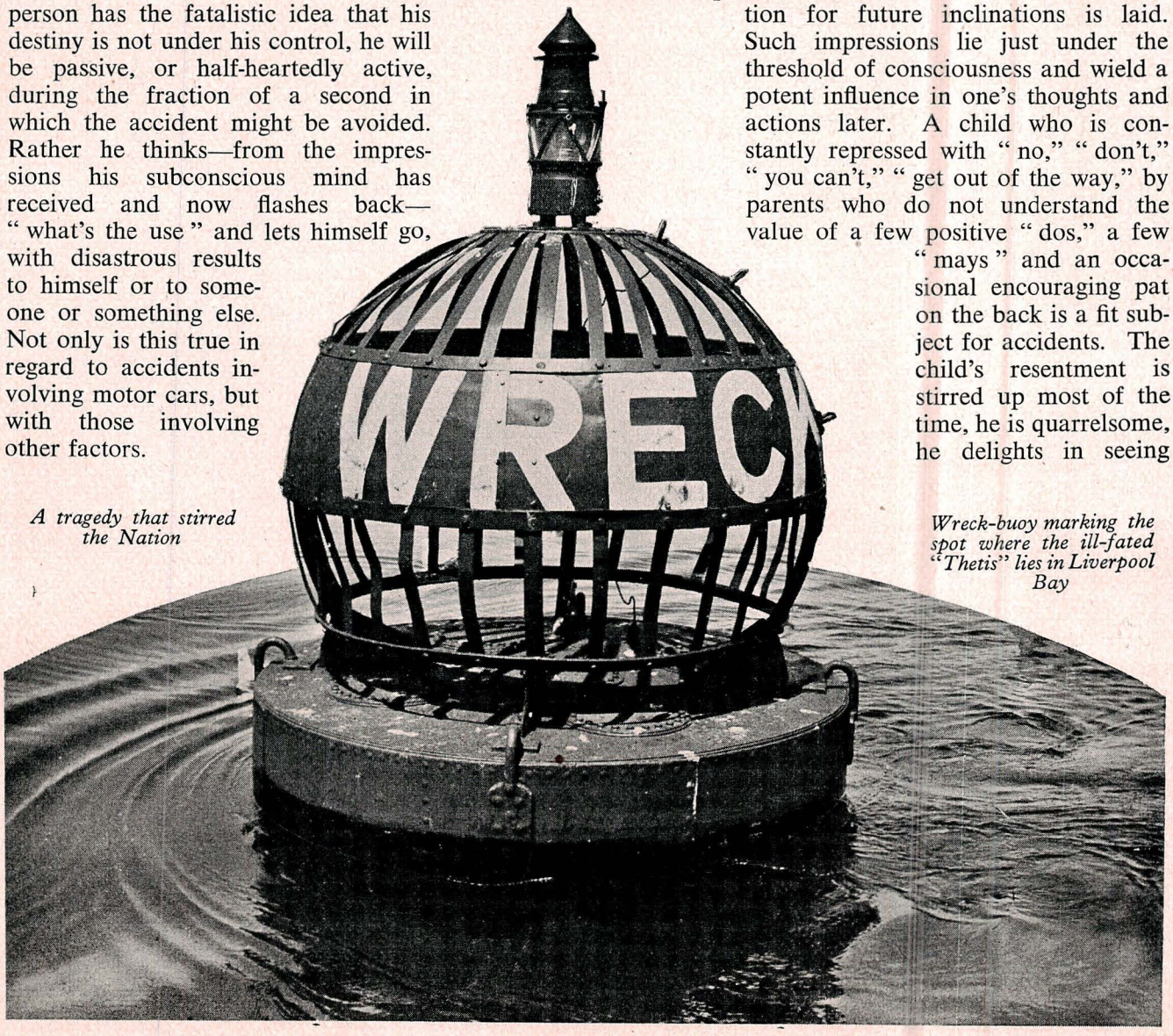
true since the world war. Wars more than anything else spread the doctrine of fatalism. In wartime such a doctrine serves a useful purpose. At other times it has a destructive subconscious influence. When war is on and dangers everywhere abound, it is almost necessary to believe one's destiny is "predetermined and inevitable"; it stiffens the spine and develops a stiff upper lip to accept gamely whatever befalls; but not so in time of peace, when one is driving a motor car, piloting an aeroplane or doing something else under dangerous conditions.

When we impress the subconscious mind with the idea that what is going to happen will happen, rather than with the idea of fighting for safety to our last breath, we are going to have a weak subconscious response *during the fraction of a second when this part of the mind is in control of our destiny: during the time an accident is happening.* And, ten chances to one, the accident will happen when it could be avoided. Furthermore, when a person has the fatalistic idea that his destiny is not under his control, he will be passive, or half-heartedly active, during the fraction of a second in which the accident might be avoided. Rather he thinks—from the impressions his subconscious mind has received and now flashes back—"what's the use" and lets himself go, with disastrous results to himself or to someone or something else. Not only is this true in regard to accidents involving motor cars, but with those involving other factors.

It is natural for any child, or an older person, to want to express himself freely in the direction of his individual, innate tendencies, to yield to a strong, inner urge. If a person is repressed, inwardly he feels his rights are being curtailed. A feeling of resentment is awakened, which is shown by an inclination to want to fight for his rights. If circumstances prevent his acting upon the inclination at the time and it is also suppressed, a subconscious desire to want to injure someone or to smash something, as a means of satisfying his aggrieved nature, is created and remains as a subconscious impression.

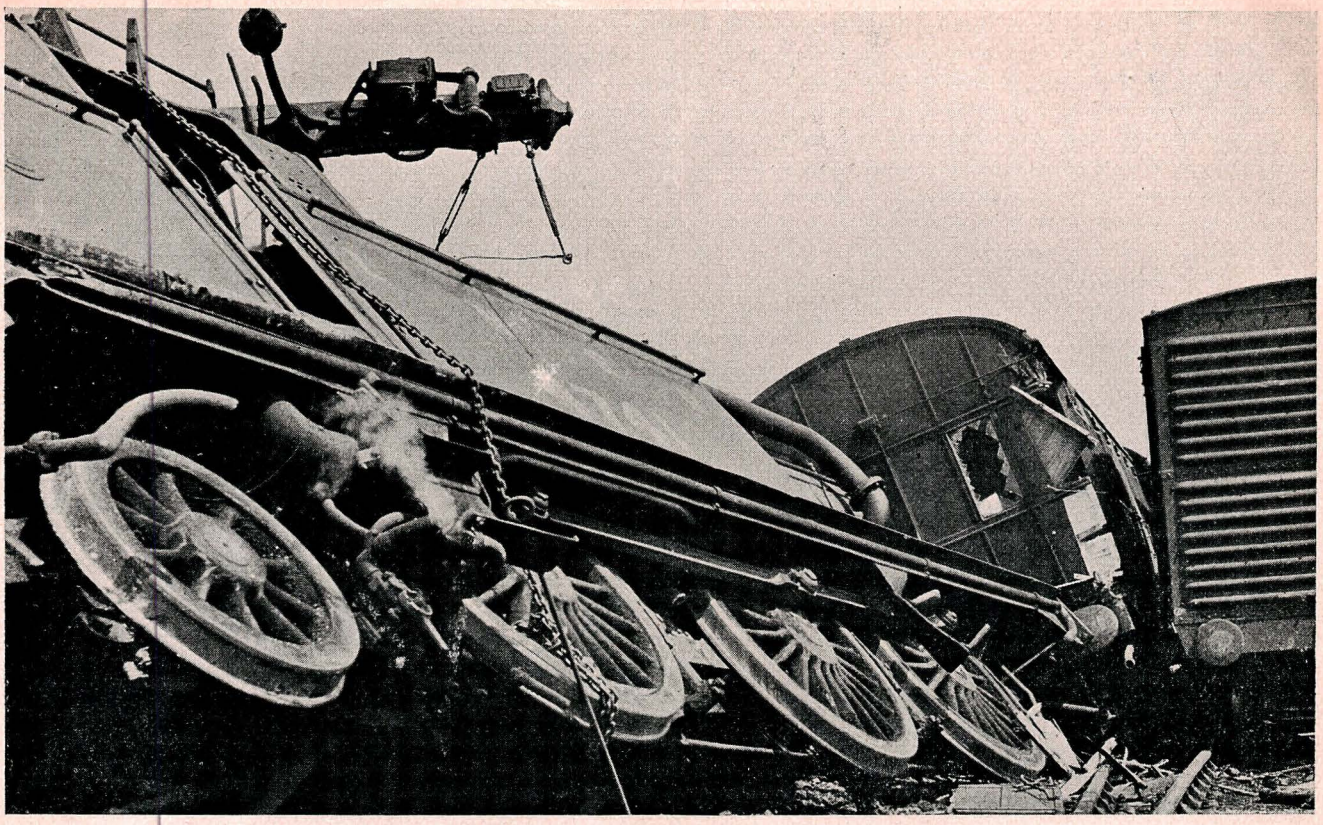
Such an inclination is a perverted outcropping of the urge for self-preservation. This is one of the three urges that are necessary for the preservation of life; without which all life would become extinct. The other urges are for nutrition and for reproduction.

Most repressions come during one's early life. The subconscious mind more readily receives and retains impressions at this time. Here the foundation for future inclinations is laid. Such impressions lie just under the threshold of consciousness and wield a potent influence in one's thoughts and actions later. A child who is constantly repressed with "no," "don't," "you can't," "get out of the way," by parents who do not understand the value of a few positive "dos," a few "mays" and an occasional encouraging pat on the back is a fit subject for accidents. The child's resentment is stirred up most of the time, he is quarrelsome, he delights in seeing



A tragedy that stirred the Nation

Wreck-buoy marking the spot where the ill-fated "Thetis" lies in Liverpool Bay



Accidents on the railway are fortunately extremely rare. When they do occur, often the human element is to blame

other children and animals suffer and appears never to be free from trouble between himself and others, and is frequently involved in accidents. Who hasn't seen such a child or such a man!

Such a type of man comes to my mind. He is pugnacious, although not always outwardly so, and is always trying to "get even" with someone. During the short time I have known this man he has been in two motor car accidents, and has been badly injured—all because he harbours ill-feelings and permits his mind to dwell on what he would like to do to this or that person who has incurred his displeasure.

In time of danger such a person is urged on, with little or no thought of the consequence, because it gives his repressed feelings—repressed in childhood—a certain degree of satisfaction. He makes little or no effort to avoid trouble. Without taking the trouble to reason, he does the thing that gives his feelings the most satisfaction. Why he feels as he does seems not to concern him.

An ambitious person is the one more frequently troubled with repressions. He gets the idea that he is being held down by others. Occasionally this idea gives such a person the feeling that someone is conspiring against him to prevent his accomplishing something worth while. It stirs up a subconscious resentment. He suppresses his feelings; but the desire to fight his oppressor—to do him injury as a means of satisfying his aggrieved feelings—still remains and keeps him in a state of inner turmoil.

To soothe his feelings, his only recourse is to enact in his thoughts the things he would like to do. In doing this he reaches a high emotional state, then thoughtlessly registers this impression at a time when it will leave its deepest mark: "I'd like to smash the whole thing!" Will anyone, after reflecting for a moment upon the full significance of this thought, deny that such a person will be frequently involved in accidents?

What we have arbitrarily termed the "x-complex" is a perverted expression of the urge for self-preservation (from which comes one's fighting spirit). When not influenced by subconscious repressions, this urge makes possible an active, energetic life of constructive tendencies; otherwise, if allowed to develop unchecked, it develops a complex of destructive tendencies. Such a complex is well known to psychologists; but that it is an active factor in accidents is not so well known. It is with this aspect that we are especially concerned.

Accidents happen usually in but a fraction of a second—in too short a period of time for the conscious mind to think and act—and at such a time the subconscious mind is in control. Understanding this, the importance of the "x-complex" will be more readily recognised. What one does at such a time is but a reflection of the way he has impressed

(*Continued on page* 40)



By H. M. WARREN, D.D. Ph.D.

Does Suicide Ever Tempt You?

A Discussion on the Suicide Impulse—and how to Master it Successfully

SIX thousand persons, approximately, are going to take their own lives during the next twelve months in Great Britain alone—so say statistical records.

Many of these potential suicides have been haunted by the fear of self-destruction for years. Others are only vaguely aware of the impulse, but they will kill themselves, every one of them, in one way or another, unless something is done to save them.

There are, of course, relatively few cases in which the mental condition is beyond cure. But it is usually found possible to save persons suffering from such grave disorders as melancholia, or even dementia præcox. All persons who commit suicide are not insane, by any means, and many of those who were mentally deranged might have been cured if they themselves or someone close to them had known where and how to provide the proper stabilising influences.

The underlying cause of most suicides is an inability to cope with disappointing circumstances. The concluding act comes as a result of internal conflict. Any one of numerous contributing factors may bring that inner emotional distress to a sudden climax—culminating in suicide. Frequently the thing that causes matters to come to a head may seem to outsiders to be wholly *insufficient* reason for such finality. Sometimes it may seem almost *trivial.*

A man loses his job. He braces himself—he would have stood that shock, but he comes home and finds that his light and gas have been cut off. He walks out of the house and jumps under a train. His friends are mystified. He could have found another job. In time his financial difficulties would have certainly straightened themselves out.

A writer with a fair name among his contemporaries grows weary in his futile effort to force his creative powers. He picks up a book and sees that his own work has been surpassed by another. He composes an embittered note and takes a drink of poison. The world that knows him is astonished and appalled.

Such cases as these, and indeed nearly every case in which bereaved relatives seek in vain for a plausible explanation, are difficult to understand because the available evidence is superficial. Those facts that are known seldom penetrate into the complicated psychic state of the victim.

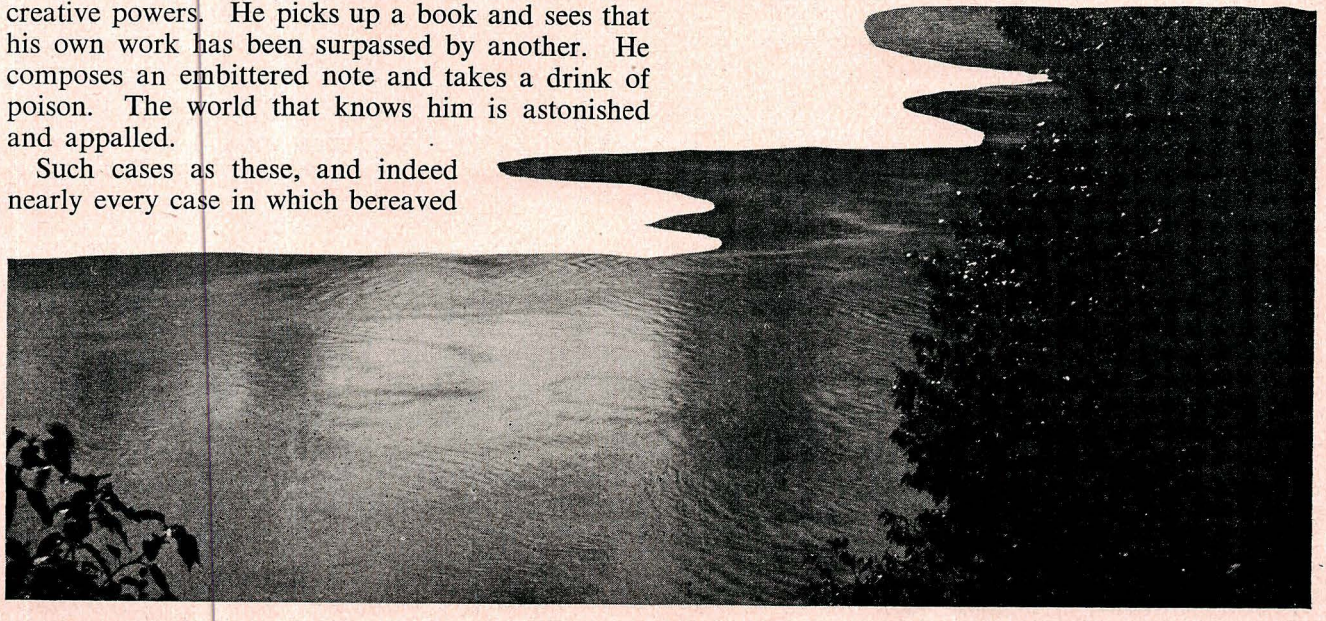
To search for the suicidal impulse at its source, we must go deeper into the motives which animate all human conduct. Every soul that lives on this earth is concerned principally with self. It is not enough that we merely preserve ourselves, that we eat and are secure. We must—every one of us—in one way or another, convince ourselves that we stand out from the herd. We must be distinguished for something—or believe we are, because of the ego that is in us. We must impress those around us, mainly in order to impress ourselves.

The zero hour for many persons comes when all of the little private proofs of superiority are definitely, and to all appearances irretrievably, swept away. Through cumulative circumstances an overwhelming sense of personal inadequacy arises, and blots out every other consideration.

In numerous cases where a suicide is attributed to a nervous breakdown, there is frequently appended this corollary, " brought on by overwork." I do not believe that anyone has ever been killed or ever been driven to kill himself solely by overwork. Hard work, when it is progressing sanely and satisfactorily, produces buoyancy rather than despondency.

But when a man is incompetent at his job, when he is beset by a feeling of frustration, he may easily run himself to death. Yet it is not the overwork that kills him. He's simply out of place, out of adjustment. He's trying to escape.

The suicidal impulse that arises from dire poverty, or from fear of criminal prosecution, or from any other of the more simple causes that do not have



a pathological basis, can be very easily corrected, if the case is discovered and handled in the proper manner. In young women, shame and fear of public censure frequently motivates a desire for self-destruction. These can be saved through the exercise of intelligence, reason, sympathy and discretion.

Persons most susceptible to the suicidal impulse are those with intellectual gifts and mental capabilities that should make them of exceptional value to society. Too often there seems to be lurking in such as these an imp of the perverse, waiting to push them across the border, in a weak moment, when their resistance is low.

I would say that one of the most important things for any person who recognises a suicidal tendency in himself, and who wishes to master it, is to be forewarned and prepared for such a weak moment —to build up in every possible way a strong resistance against the impulse.

Increase, on every occasion, the available wealth of mental resources. One never knows when a casual interest, a hobby, an avocation, will prove to be the saving grace in an hour of need. I once knew a man who, in the midst of a grave nervous breakdown, saved himself—absurd as it may seem —by working crossword puzzles. I know of another man who kept his mind occupied during a dangerous period of mental stress by reading numerous books about music and musicians. He himself was not a musician, but he found there a new field to explore. He found something that was not even remotely related to his own problems and that took his mind off himself completely.

A motor-car salesman once told me that he saved himself from suicide by building a toy theatre for his daughter. He had made up his mind to kill himself. But he had promised to build this toy theatre and he felt that he could not disappoint the child. Eventually, he became so fascinated with what he was doing, with the elaborate lighting system that he had devised and with the stage settings, he found his stability was returning and his hope revived. In time the storm passed and he found that he was after all the captain of his soul and the master of his fate.

Instances of this kind are innumerable. We must all of us, at times, play at little games with ourselves in order not to take the serious things of life too seriously.

" Do not put off until to-morrow anything that can be done to-day " is a maxim that works very well for almost anything under the sun except suicide. Suicide can always be delayed one day more, and in the meantime there is always a good chance that the almost unbearable circumstances may alter themselves. There is always a chance that in the light of a new day the distressing elements in the situation may take on a new and less urgent aspect.

We are living to-day in a complicated civilisation which is far in advance of the mental, spiritual and even physical development of many of us.

We have made our lives intricate with inventions and institutions which we have not yet thoroughly learned how to use and enjoy calmly and rationally. In our frenzy to miss nothing, to grasp at everything, we are rushing through our great experience *without seeing many of the truly valuable and satisfactory things all around us.* We have let ourselves become frantic tourists instead of reasoning travellers.

Many of us want too much. We expect and demand too much. We believe the world owes us happiness merely because we were born. We do not realise that happiness is an *achievement* and not an inheritance. We have lost our sense of values—many of us. In the vastness of our desires, the vanity of our human wishes, we overlook countless small things all around us that would bring contentment.

So many people let themselves become too busy to live, and are often forced to confess to themselves, unexpectedly, that they have reached a state of affairs where there seems to be nothing left for them to do but die.

The mind of the one contemplating suicide works in a way that is usually incomprehensible to the normal person. Often there is a fixed idea that is magnified beyond all reason. The obsession can sometimes be broken by a shock.

A man whose friends knew he contemplated immediate suicide sent an armed policeman to his room. When the officer entered, the man had a pistol to his head. Drawing his own gun, the officer shouted: " Drop that gun or I'll shoot!" Startled, the man obeyed, and through the proper arguments was dissuaded from his purpose. A man on a boat planned to jump into the sea. The boat was wrecked and the man, galvanised into action of another sort, conducted himself in heroic fashion.

A young journalist, whose future, I am convinced, is assured, once told me the following story about himself. After several years of flattering success on provincial papers he went to London with high hopes. Quick and sharp discouragement brought his resistance to a low ebb. One rainy day, soaked to the skin, cold and miserable and sick in heart and body, he leaned over the parapet of a bridge over the river, tempted by the idea of suicide.

By heroic effort he turned away, but still struggling with the thought, he travelled back on the " Underground." A man next to him turned abruptly and asked: " Does this train stop at Maida Vale ? " The newspaper man, though of only a few weeks' acquaintance with London, knew *that* much, anyhow.

"Yes," he said, with an ardour that startled the inquirer, "this train *does* stop at Maida Vale."

So trivial a thing as that—an ability to direct someone when he himself was a comparative stranger in town—served to re-establish his self-assurance at a critical time. He went to his room, changed to dry clothing, and reiterated to himself "I will *not* fail!" He went down to a mission in the East End, where a well-known society woman had spoken the day before about work being done by one of her favourite organisations among the poor and hopeless.

The superintendent of the mission received him eagerly and supplied just what he wanted—one odd fact, out of which he made a story that was accepted and printed. But the most astonishing thing about this whole affair was a request made by the mission superintendent as he was leaving.

"It is our custom," the superintendent said, "to have some well-known or successful person speak to the men here every Thursday night. I wonder if I can count on you to speak for us some night?"

"You certainly can," the young man said, "but not for a long time."

"How long?" asked the superintendent.

"Well," replied the young man, "I'd say about ten years. I'll be well in a position to speak as you want me to by then."

And I'm sure he will.

My experience convinces me that most people feel that suicide is wrong—and that no one ever attempts it without first going through an agonising moral struggle.

I have found that the one thing that is most beneficial to persons contemplating suicide is an opportunity to unburden themselves to an attentive and sympathetic listener. These would-be suicides know all of the arguments against self-destruction. What they want is to be told again and *convinced*.

Some of them, of course, may not be sure that it is sinful for them to kill themselves. But they usually want to discuss that point. They want to know what others think of it.

Some of them feel that their own misery is so acute that they simply cannot take into account the suffering they will cause those they leave behind. And yet I've never known anyone so callous as to overlook that consideration *entirely*.

I've seen many swayed and deeply moved by the thought that their own act would probably exert an evil influence on countless other persons who at that very moment might also be thinking of suicide.

But the question almost invariably asked of me is: "Is it *really* possible for me in my present circumstances to reorganise myself and my life on a basis that will make me, even comparatively, happy?" I always say, "It surely is," and I mean it—for I've seen it proved so often.

'HIDDEN TREASURE'

Develop Your Latent Powers



Lady Neish

LADY Neish, like many other well-known people, is a great admirer of Pelmanism.

"Pelmanism," she says, "teaches you to capitalise your brain-power, and to express your thoughts in an orderly manner. It also brings out of that vast but little appreciated storehouse of your subconscious mind the deeper powers that now lie latent there, only awaiting recognition.

"Hidden Treasure!—All our minds are full of hidden and often undiscovered treasures. Pelmanism will bring them to the surface, bring them into our objective minds and teach us to put them in order and express them to the world.

"I should be sorry to part with my Little Grey Books, the real friends of my brain."

What Pelmanists Say

Here are a few letters from readers who have followed the example of Lady Neish and have taken up Pelmanism.

A Teacher writes: "Since taking your Course I am able to concentrate more fully. Will-Power has been strengthened and I am feeling more Self-Confident than I used to be." (S 36203)

A Lady Student writes: "The Course has changed my outlook altogether. It has given me direction and a plan. Self-Confidence has been developed. My work has definitely been better and happier." (B 35692)

A Clerk writes: "I have received an increase in my salary of 30 per cent., the usual increase being 15 per cent. A friend remarked that I lately appeared to be charged with 'vim.' The above I attribute to Pelmanism." (M 33620)

A Business Man writes: "I have no fears now; they have all disappeared. My rather timid disposition has become a resolved, determined disposition. My capacity for work is far greater than that of a year ago." (G 31329)

A Commercial Traveller writes: "It has increased my selling abilities to such an extent that my sales are more than double what they were. It has filled me with Self-Confidence." (R 15149)

A Typist writes: "Since taking the Course I have been able to do better work. I have become Self-Confident, and have a much better memory. I have received an increase in salary, which is directly due to your method of training." (W 34309)

Pelmanism trains your mind and increases your Efficiency. It strengthens your Will-Power and develops your Personality. It gives you increased Courage, Initiative, Self-Confidence, and Determination. It banishes from your mind harmful and morbid thoughts. It cures Shyness, Timidity, and baseless Fears, and chases away Depression—that curse of modern life. It enables you to cultivate a cheerful and optimistic disposition. It thus enables you to live a much brighter and happier life.

The Pelman System is fully described in an interesting little book entitled **"The Science of Success,"** which will show you how, by means of Pelmanism, you can utilise the "hidden treasure" at present buried in the storehouse of your subconscious mind and develop just those qualities which will enable you to live a fuller and more efficient life. The Course takes up very little time and is extremely interesting.

Write or call to-day to:

PELMAN INSTITUTE
(Established over 40 years)
162, Pelman House, Bloomsbury Street, London, W.C.1,
and by return you will receive a free copy of ***The Science of Success*** and particulars enabling you to enrol for a course of Pelmanism on specially convenient terms.

Readers who can call at the Institute will be welcomed. The Director of Instruction will be pleased to have a talk with them, and no fee will be charged for his advice.

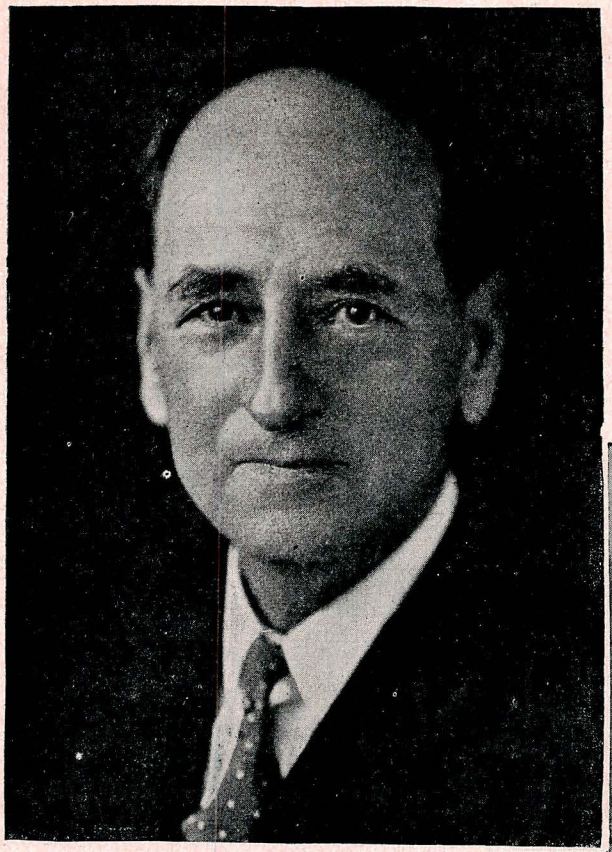
PELMAN (OVERSEAS) INSTITUTES:
PARIS, 176 Boulevard Haussmann. NEW YORK, 271 North Avenue, New Rochelle. MELBOURNE, 396 Flinders Lane. JOHANNESBURG, P.O. Box 4928. DURBAN, Natal Bank Chambers (P.O. Box 1489). DELHI, 10 Alipore Road. CALCUTTA, 102 Clive Street. AMSTERDAM, Damrak 68. JAVA, Malabarweg, Malang.

Thousands Clam

ENORMOUS DEMAND

So astonishing has been the demand for copies of *Realization* following our recent announcement concerning Daniel A. Simmons and Henry Knight Miller having joined forces that our printers have been completely outstripped. Our print order has been doubled and then trebled!

We knew there w booklet. But we Announcement w were swamped *Realization.* Ou utmost to cope wi



Daniel A. Simmons, *Originator of the System*



Henry Knight Miller, *Director of Studies, at work at his desk*

Simple Method Enables Anyone to Banish All Causes of Unhappiness

The world's happiest and most successful people do *not* worry and fret. They do *not* fear the present or the future. They do *not* feel that others are more fortunate, powerful or better than themselves. They are *not* handicapped by sickness. Their minds are *not* turmoils of indecision. Such people have banished *Worry, Fear, Inferiority, Sickness,* and *Indecision*—the five great Thieves of Achievement and Happiness that dwell in the one-fifth part of your mind that you are using even now as you read this page. Just so long as you continue consciously to use only this small part of your mind you are using only 20 per cent. instead of 100 per cent. of the glorious equipment for success and happiness with which you were endowed at birth.

AN AMAZING DISCOVERY

Daniel A. Simmons, noted psychologist, author of notable scientific works and lecturer on psychology, psycho-analysis, mental therapeutics, etc., has prepared a startling booklet called "Realization." It reveals, in plain language, an astonishing discovery made by well-known scientists and heretofore occasionally stumbled upon, more or less by chance, by just ordinary men and women who, through its use, have become geniuses of literature, art, music, invention, government, commerce, etc. It is the discovery of the marvellous powers and *practical* use of the neglected four-fifths of your mind—your Greater Mind. Through the *proper* use of your Greater Mind you can become anything you want to be, have anything you desire, and accomplish anything not in violation of na to accomplish, *not* some time i NOW . . . no matter what ma circumstances against which you

Realization . . . *gives* Happiness
Realization . . . *creates* Success
Realization . . . *ensures* Perfect Health
Realization . . . *defeats* Inferiority
Realization . . . *smashes* Failure

THE PROOF

If you want all that is best in life and post the attached Coupon. you a complete copy of the remark containing over 6000 words, and w anyone can understand and readi and post paid, without the slighte every walk of life in this and fore enabled, by *Realization,* to turn fai and sorrow into success, compa and supreme happiness. They

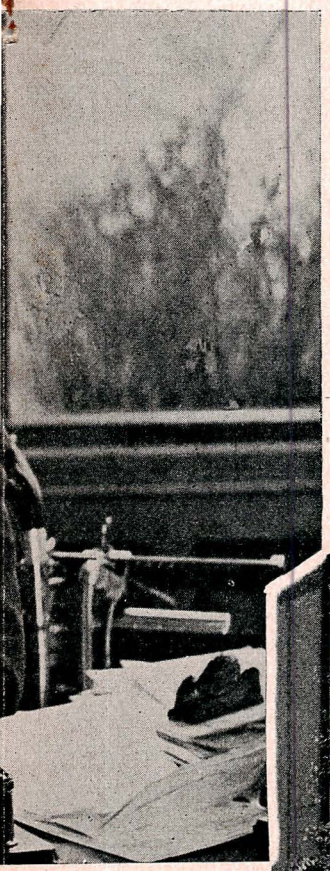
PSYCHOLOGY PUBLISHING CO. LTD.

lour for Realization

FOR AMAZING BOOKLET

ould be an eager response for the never anticipated that the Special ould cause a "landslide." We with thousands of requests for r resources were taxed to the h such an unprecedented demand.

The many readers who are still clamouring for a copy of this remarkable booklet will not be disappointed. Arrangements have been made so that they will receive their copies during the next few days. To those who have not sent in the coupon, we urge them to do so *immediately*, because all requests are being treated in strict rotation.

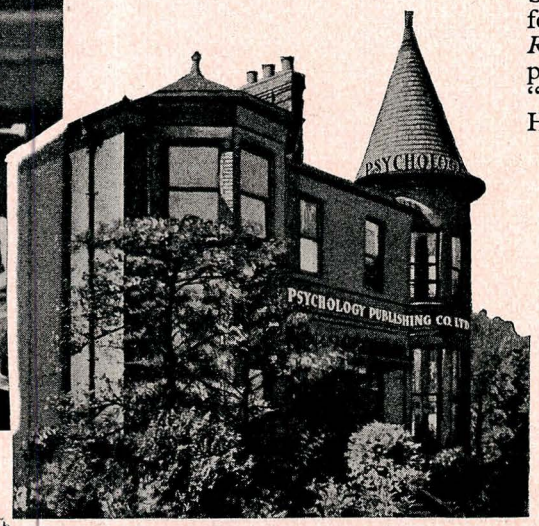


ural law that you wish the vague future, but y be the conditions or re struggling.

Dr. Henry Knight Miller now appointed Director of Studies

The co-operation of Daniel A. Simmons and Dr. Miller in a great effort to extend the orbit of human happiness, has resulted in the appointment of Dr. Miller as Director of Studies. From his desk at "Psychology House," he will personally direct the study of *Realization*. Students will come under his personal tuition. His vast store of knowledge on the art of successful living will be entirely and readily at their disposal. The wonderful, easy, and workable formulas of *Realization* will be doubly valuable and reinforced when used under the direction of this famous psychologist.

Send now—to-day for your copy of *Realization*—or, if possible, call at "Psychology House."



Psychology House . .. *Home of Realization*

PERSONAL SERVICE

The Realization System's creed is "Sincere Personal Service," and its tutors who are carrying its work forward are always ready to render just that kind of service to all students. Every letter a student writes—every lesson he completes—every question he asks—every problem he submits—is handled in a direct and personal way—so that the Course is made to fit the individual needs of each student.

PRIVATE CONSULTATIONS

Every student of the Realization System will be entitled to the Private Consultation Service at "Psychology House." Dr. Miller himself is in attendance, and his skilled advice and wise counsel will be given free to all students. This in itself is an amazing offer—an offer which has never been made before.

Post the Coupon Now —or if possible, call and see Dr. Miller personally

NOW SENT FREE



(If you do not wish to use Coupon please copy on a post card).

PSYCHOLOGY PUBLISHING CO. LTD.
(Dept. PM/R26), Psychology House, Swinton, Manchester

Please send me by return my free copy of "Realization." No Cost. No Obligation. Strict Confidence.

Name .....

Address .....

.....

The Coupon leading you to Realization

IS FREE

for you and yours, fill in It will *promptly* bring to table *Realization* booklet, written in simple language ly apply. It is sent free st obligation. People in eign countries have been lure, loneliness, sickness, nionship, vibrant health have obtained beautiful homes, financial independence, the love of those they hold most dear, and *all* their fondest desires. *Realization* can *easily* and *quickly* do all of these things for you . . . *if* you do not let that Thief of Happiness, *Indecision*, trick you. Don't let it steal from you this golden opportunity. Don't let it drug your mind with harmful doubts and futile excuses for delay. The Coupon can bring you all the joy, the love, the abundance and the happiness afforded by an understanding of your Greater Mind.

(Dept. PM/R26), Psychology House, Swinton, Manchester.

Don't Be Afraid *to be a*

RADICALISM KEEPS THE HUMAN RACE

By Raymond Yates

BILL BROWN—not his real name but that does not make much difference—was the manager of a group of shops. Although the world knew little of Bill, and there was no mention of him in any of the *Who's Whos,* he had attained a success that many men envied. Bill was not an exceptionally brilliant fellow, and he had won his place through painstaking attention to business and plain hard work.

One day the chairman of the company called Bill into his office and asked for his resignation. It was a bad blow to Bill and he asked why the firm had decided against his services.

"Brown," the chairman replied, you are a good faithful man and you are not afraid of hard work, but you have been manager for four years now and you have been living on other men's ideas. I do not know of one original plan that you have contributed to our success. True, you have worked hard along the beaten path, but you have failed to realise that a business must progress and keep pace with modern marketing methods. I am frank in saying that it is because of your lack of originality that we are forced to dispense with your services. The man Smith, who is going to take your place, has a new marketing scheme which I firmly believe will result in larger sales."

"What is this new plan you speak of?" asked Brown. After the chairman had outlined it, Brown explained that he had had the same idea but had thought it was too radical—too new and too different. He was afraid to try it.

The above is an everyday business tragedy. Men who lack the courage to try new ideas and to blaze new business trails in the world of commerce are sooner or later replaced by men who count courage among their personal assets.

Early in 1900 Henry Ford, Thomas, Haynes and several other motor manufacturers were talking in the cabin of a trans-Atlantic liner. They were all bound for the Paris Motor Show. Ford was little known at the time, but Thomas was at the height of his career as the builder of a recognised car. Ford told this man that he had decided to bring out a very cheap car that would be sold at a figure that was unheard of and undreamed of at that time. Thomas ridiculed the idea and said that it would lead to positive ruin.

A few years later Thomas's name was erased from the list of leaders in the trade and Ford was one of the greatest industrial magnates of the world. Ford had a radical idea. It was so radical, in fact, that other men marked him as a business idiot on his way to bankruptcy and ruin.

A CREATIVE FORCE

Radicalism is a creative force. The world needs more of it. We need more radicals in business, science, engineering, religion and politics.

Radicalism is a much abused word to-day. When it is mentioned we usually visualise a bewhiskered gentleman with greasy hat and clothes, who would change the scheme of things by a wave of his hand. He is only one type of radical. We have radicals in every phase of life, and it is indeed fortunate that Nature planted within the minds of some men that restlessness and contempt for the conventional in business, science, religion and politics, which leads to all progress. Radicalism is a fountain head of every forward movement. Without radicalism there would be no progress; the world would be in a rut. We would still be living in caves and using sling shots. Many men are original in their way of thinking, but let their ideas die in their minds. *An idea is worth nothing. An idea without the necessary energy behind it is like a locomotive without fire and fuel.*

In the average case it is not laziness that holds a man back from trying a new idea. It is fear. He is afraid to be radical. He is afraid that the idea may not be sound and that it will carry him down to defeat.

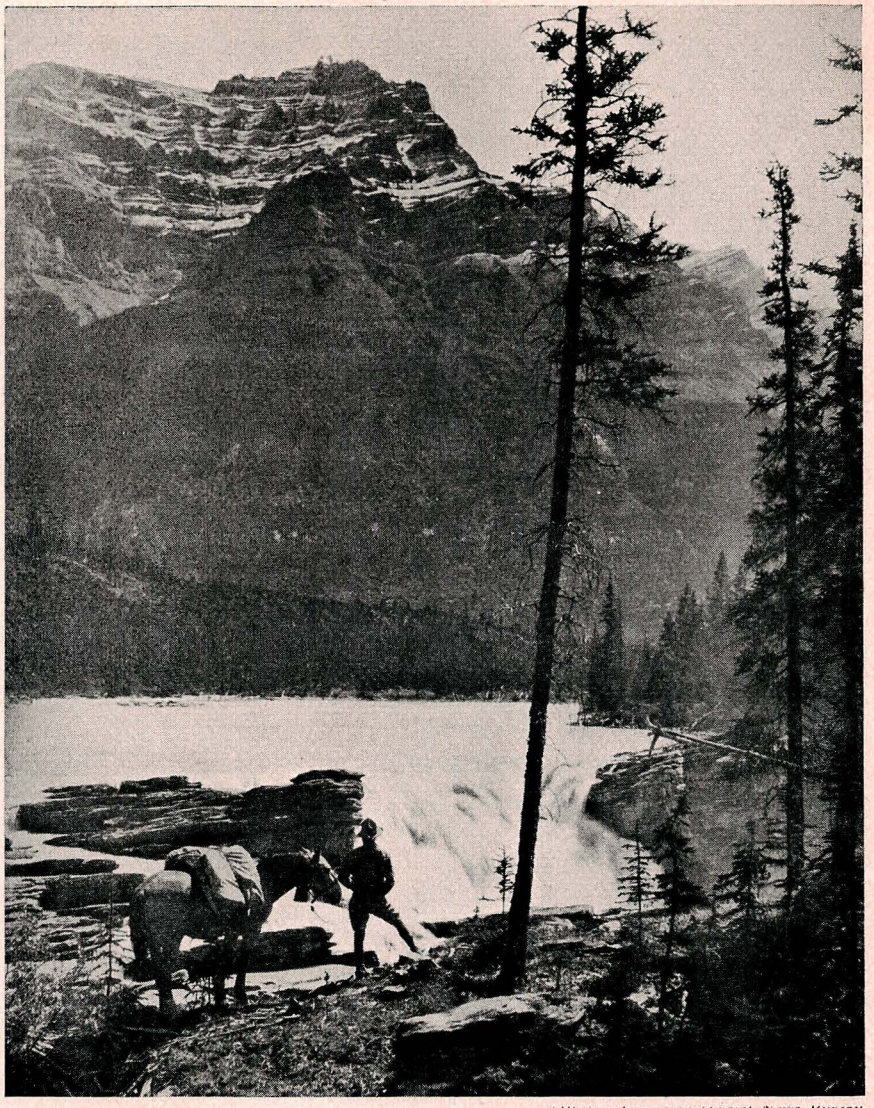
Pioneer

OUT OF RUTS

Radicalism makes the world an interesting place to live in. It is responsible for all that is new and different. Creative radical thought is the most powerful thing in the world. Centuries ago the Chinese stopped thinking radically, and it is not necessary to mention the result.

To be radical requires the courage necessary to face criticism and possible failure. F. W. Woolworth started a chain of sixpenny stores. He was a business daredevil. He had a brand-new idea and he was radical enough to try it, and had courage enough to see it through. He had enough business acumen to know that the beaten path runs in a circle. Radicalism is the stuff of which civilisation is made.

The great scientists told Edison that he was on a goosechase when he started out years ago to develop the electric light. "Light without combustion," they argued, "is impossible." But Edison was a radical thinker if ever there were one. He found it impossible to think in the channels of ordinary men. His mind was always shooting off at a tangent to the conventional. This is true of every great inventor, whether his new ideas are in the field of science, business, commerce, religion or politics.



[Photo: Canadian Official News Bureau.

"... *in the vanguard of civilisation.*"

Courageous Minds

As we thumb the pages of history we note that all the great characters who stand out on the horizon of the past were radicals in thought and action.

Small, immature and unhealthy minds can never understand the viewpoint of a radical person. We find intolerance most deeply planted in those who are not themselves original. It is the radical men and women who put all the newness and freshness into the world. The man with an atrophied imagination and a rubber spinal column is usually opposed to radicalism. To him the world is "going to the dogs." It is those of the invertebrate species who are always throwing obstacles across the tracks of progress.

The mathematics of many successful business schemes can be summed up in this formula:

RADICALISM + FAITH + HARD WORK + COURAGE.

The radical mind always welcomes improvement and progress. The conservative, narrow mind seems to fear it. The writer knows a certain business house that has been established for seventy years. It is known as a very conservative house. Again and again it has been confronted with the opportunity of becoming a leader in its field but the heads of the business say: "No, we have

always done this in this way and we have been successful to a moderate degree and we do not want to change now." Consequently the business is at a standstill. It has not grown for the last thirty years. It never will grow. Indeed, the time will come when it will rot away.

Some years ago a bright young man decided to give ice cream a chocolate covering. He determined to sell ice cream as we sell chocolate bars. The idea was a wild one, but it was practical and it worked. It was so successful that this young man is to-day worth a fortune. If he had said to himself, "This idea is too radical," he would still be a refreshment bar assistant.

Nature is Radical

Nature is radical. She has produced countless thousands of different creatures. In one instant she creates a whale, and then turns about and brings into being a microbe so small that our eyes are powerless to see it. Radicalism versus Conservatism is an age-old battle. Human liberty and freedom have been won by radicalism. A radical is simply a man who dares to think differently. If he does not think differently he must think the way somebody else thinks. A man who thinks as ten million others think seldom gets anywhere. History proves that the thought of the minority is often more powerful than that of the vast majority.

Every scientist known to the world is radical. In fact, there are probably more radicals in science than we have in any other line of human endeavour. Pasteur stood virtually alone in his theory of bacteria. He was scoffed at and ridiculed and even pitied by men of high standing. Pasteur was courageous and not easily discouraged. Like all other great radical men of history, he proved that his thought was sound, and he laid the foundation of the modern science of bacteriology. Pasteur's radical thought has saved the lives of millions.

Dare to be Different !

The man who thinks as his friends think is usually a mental prostitute. We have all met fellows who are always agreeing with their friends. They are usually afraid to voice a different opinion. They take the path of least resistance. It goes without saying that men of this nature never distinguish themselves. They forget that their friends would have more respect for them if they had their own ideas even if they were peculiar. It is difficult to pick out any one particular motor care in a group when it is just the same shade as the others, but one white vehicle among ten thousand blue ones is instantly seen.

The Pyramids of Egypt, the Leaning Tower of Pisa and the skyscrapers of New York stand as monuments to radicalism. They are the creations of daring minds. It would seem that the things that endure are the things that are different. If these wonders of the world should crash to-morrow, the mere memory of it would live for ages.

Radicals are usually leaders of men. A man cannot lead when he has the same ideas as the men he is going to lead. To keep his men following him he must always keep ahead of their thoughts and win them over to his new ideas.

Radicalism keeps the human race out of ruts. It is not a destroying force, but a creative force. The world needs more of it. We need more radicals in business, more radicals in engineering, science, religion and even politics. No thought or human convention is worthy of perpetual endurance.

Check Bit of Civilisation

In a way conservatism is the check bit of civilisation. It is necessary, since it gives radicalism a fertile soil to grow in. Every successful business should have a few conservatives in it. They are like the keel of a boat. Every young man with red blood in his veins wants to be the radical and not the conservative. It would seem that providence favours the radical and that fortune crowns him more often than it crowns the conservative.

Are you afraid to be radical? Are you afraid to do what other great men of history have done? Would you rather have the crowd against you or with you? If they are with you, life runs smoothly. If they are against you, it is because you think differently from the rest. But there is always the possibility of your winning them over to your way of thinking. If you do, fame and fortune will be yours.

If you are a member of a business firm, are you afraid to oppose the directors in a conference? Are you afraid to come out with a new idea because you think the other fellow will oppose it? Nine times out of ten they will oppose it, but that will only strengthen your position. It marks you out as a single man. Jealousy often rules reason. Naturally, the other man will oppose you.

Radicals are in the vanguard of civilisation; their faces always to the rising sun, their thoughts always in the future, never in the past. Don't be afraid to be a radical.

BOOK REVIEWS

"IT'S NICE TO KNOW PEOPLE LIKE YOU." *By H. W. Hepner.* (D. Appleton-Century, 5/-.)

THE title of this book gives a good key to its contents. Professor Hepner, an expert in the art of human relationships, gives excellent guidance on how to get along with one's fellow-beings. Tact, what to talk about, overcoming embarrassing situations, courtesy, receiving and administering criticism, putting people at ease, conversation, are all dealt with concisely and practically.

Many people avoid what could be enjoyable social contacts for fear of making mistakes, of having no conversation, or through a general lack of social grace. From this book they can learn to banish such fears.

But perhaps it is even more important successfully to contact and handle those people met with during working hours: employers, employees, associates, superiors. Very valuable advice is included on these relationships.

Although some may feel that certain of the author's suggestions are rather complicated or difficult of performance, yet everyone can learn something of the art of getting along with others from this book.

"HOW TO OBTAIN HEALTHY HAIR." *By James C. Thomson.* (Thorsons, 1/-.)

A LUXURIOUS head of hair has, through all ages, been considered as an enhancement to the personal appearance of both men and women. For this reason every effort has been made to cultivate a healthy growth.

Despite the changing fashion and the tendency to wear the hair short, women spend much time and care upon their hair. No woman likes her hair to be thin or falling or dull or lifeless. And men are equally, though perhaps not so openly, sensitive about this part of their appearance. Men in particular appear to suffer from disorders of the scalp, especially baldness, which detracts from a smart and youthful appearance.

Now Professor Thomson, who is an authority on natural therapeutics and the author of many other very helpful books, considers that baldness, dandruff and other more serious scalp disorders, can be prevented or cured by treatment in the home which is quite inexpensive. All that is required is the knowledge contained in this little book, together with patience, which only the individual himself can supply.

So here is an extremely valuable little book for those who desire a beautiful head of hair, and more particularly for all who are bald or in danger of becoming so.

"THE TECHNIQUE OF SEX." *By Anthony Havil, B.A.* (The Wales Pub. Co., 4/6.)

THERE is more and more a need for books, understandable by the average man and woman, which present the different aspects of the problem of sexual relationship in the world to-day.

The author has attempted to cover in this small volume what has previously appeared only in encyclopædic form.

The author feels that every man and woman should know the basic facts about sex and their own sex life, and he hopes this book will serve as a foundation of

(*Continued on page* 45)

Profitable Spare-time Jobs—in WRITING

SUCCESS in Story or Article Writing may be won by any man or woman who can write plain English, and who can understand and cater for the interests of ordinary people. The work of unknown writers is used and well paid for by hundreds of publications.

And apart from the financial independence that may be won, writing provides interest and mental stimulation that relieves the monotony of the daily round.

For twenty years the Premier School of Journalism has been proving this. Its pupils all over the world, in many varied walks of life, and in most cases with no previous experience of the kind, have earned hundreds of thousands of pounds during and after the sound, professional training which the School gives by correspondence.

Below are extracts from a few of the hundreds of letters received from past and present pupils during the first six months of 1939.

A SUBURBAN HOUSEWIFE writes: "My earnings from Journalism and Fiction since taking the Course amount to £3250."

A YORKSHIRE SHOPKEEPER WHO IS ONLY HALF-WAY THROUGH THE COURSE writes: "My total acceptances since starting the Course are now £217."

A WOMAN OF SIXTY writes: "My receipts from Feb. 3rd to the 7th of this month (March) were £23—truly wonderful, I consider, both for mid-quarter and for the scrappy way in which my journalism is done."

A LONDON MAN writes: "I was lucky enough to earn my fees during tuition. I had no friends in journalism, not an atom of influence, but within a year of taking the Course I had contributed to scores of newspapers and periodicals. In the last ten years my earnings from writing have far exceded £10,000."

A WIDOW writes: "I am booked up with stuff for about six months ahead, solid! My work has developed along all sorts of funny side lines—radio, publicity, booklets, and editing a magazine for the National Book Council, in addition to the usual journalism. It was your terrifically practical advice that got me through."

A MIDDLE-AGED MAN writes: "My stories have been published in at least 33 markets in this country—*Windsor Magazine, Pearson's Magazine,* the *Argosy* and so on. Then there have been a good many printed abroad in Scandinavia, Germany, Holland, South Africa, the Argentine, Canada and U.S.A. I've never been in touch with the writing world personally (I've only met one Editor and I don't know any authors!)."

SAMPLE LESSON, SUBJECT CHART, and details of tuition by correspondence in **STORY WRITING, ARTICLE WRITING, VERSE WRITING** and **WRITING** for **CHILDREN** will be sent to you on application.

Post in open envelope with ½d. stamp

PREMIER SCHOOL OF JOURNALISM
22 Premier House, Brunswick Sq., London, W.C.1

Please send me your Sample Lesson, Prospectus, etc.

NAME.....
(State whether Mr., Mrs., or Miss)

Address.....
(Block Letters)

.....

Premier School of Journalism

"Our chief want in life is someone who shall make us do what we can. This is the service of a friend."—*Emerson.*

(FOUNDED IN 1919)

IS NUDISM *Nakedness* ?

By G. Hamrick

IT is well for the would-be analytical mind to divest itself of too-biased thinking before it begins its analysis. No matter what the subject, it may be discussed from varied angles. There is more than one side to everything and every thought.

In no wise do I wish to resort to debate on the question of nudism, but rather, as a student of psychology, to dig up some of the reasoning and motives behind it, and bring to light some of its aspects which serve as values to human beings.

Advocates of nudism are aware that the idea itself is not original with twentieth century thinkers. They do not claim to be introducing a new thing. They are holding fast to an old practice which may prove itself good in meeting the needs of personalities.

Now, why should men and women discard their clothing and live together in groups in the open country ? What do they mean by the term *getting back to Nature ?* Do advocates of nudism uphold their theories by means of unsteady props ? It is not well to fling one's head at so flimsy a conclusion.

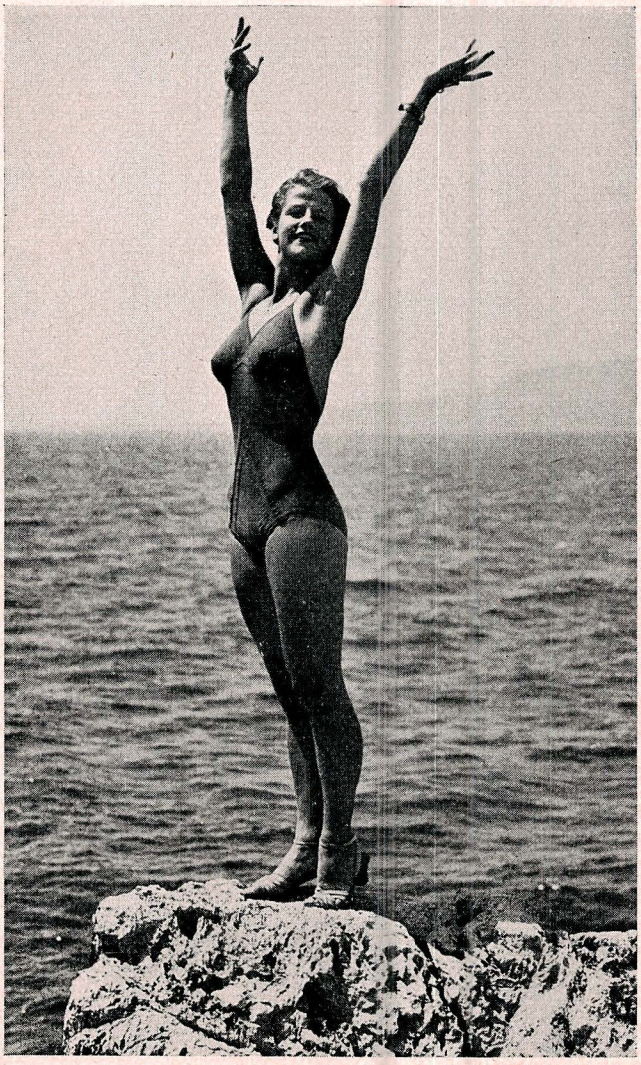
When man divests himself of his garb one of two things invariably happens: Either he reacts to the sight of his body with the feeling that he is naked and ought to be clothed, or he is naturally unconcerned. If a man *feels* naked, he *is* naked. The thought in itself strips him bare and he is self-conscious before the mirror of his own mind. Therein lies the difference between nudism and nakedness.

The nude man is no more, no less, than *body* created by God and *soul* that accepts the worthiness of body. The moment man becomes uneasy without the shelter of his outer garments he is no longer nude, but he is naked. It is his thinking that makes him so, makes him shrink, embarrasses him. *Attitude* separates the terms *nude* and *naked.*

Has To Be Himself

Let us go on with what happens to a man when he leaves off his clothes: He is himself. He has to be. His pompous airs and polished dignities are gone. Unconsciously he lays them aside with his clothes. If he tries his little tricks at strutting and rampanting he succeeds merely in making himself ridiculous. . . . There is nothing, not even Socialism, that puts men on an equal footing like nudism. . . .

Clothes have a tendency to throw highlights on people. Strip some of them bare and you will discover whimpering weaklings. Man's dress suit is his protection, his means of elegance that helps him to impress the world. Take it away from him and he has no approach other than himself. There is nothing left but personality of the *within-ness,* nothing except what he thinks of himself and what



[*A Kodak Snapshot*

She may not be a nudist . . . but she realises the value of the sun and air

he makes other people think of him. It is an excellent starting-point for learning values.

The nudist does not himself revert to the stage of animalism in getting back to Nature. If he does, he is not a nudist. He is a depraved human who drops back to the other side of the animal phase. Getting back to Nature implies the freeing of self from the trappings of present day civilisation. It does not mean abandonment to low tendencies or coarse desires. It implies utter simplicity in living. It means getting closer to the clean earth and its elements. In reality it is an effort at getting back to vitality and God. And in this " getting back " man may find himself a new creature.

Releases Personalities

Nudism has the power of releasing personalities from the bonds of inhibition. It *has* done so. It *is* doing so. But one does not assert that it is the need of every personality. Men and women who go into nudist camps and come away feeling that no benefit has been derived are justified in remaining outside the groups. But no man or woman is justified in questioning or condemning the motives of such groups that feel their activities to be of value to them as members of society.

Nudism has nothing to do with ill-taste, vulgarity, or the commonplace. . . . Minds make of anything the commonplace. . . . Nudism is not a *cult*. A cult has to do with the rites and ceremonies of religion. Nudism is not a religion. It is a mode of living. It does not create sex motives. Rather it eliminates them by divesting the human body of its provocative cloak of mystery.

The soul that is shocked by the body is a defeated soul. . . . Beauty of body has to do with more than graceful line or pleasing proportion. The man and woman who can stand upright, with clear eyes and a song welling up within, is beautiful whether he or she is slim, fat, short, or tall. The human body takes on beauty from within itself . . . that inner self of us all. . . . Therefore, let us tread lightly and softly on the nudist preserves, drawing but one conclusion: There is no place there for the man or woman who is *naked*.

● *Next Month, "Psychology" will publish another side to this question. In "Nudism is Nakedness," Walter W. Hubbard expresses a strong disapproval of the cult—and gives his reasons therefor. Do not miss this article!*

Become a

Doctor of Bio-Psychology

LECTURER - COUNSELLOR - EDUCATOR
METAPHYSICIAN - THERAPIST
through subjective ortho-genetics

BIO-PSYCHOLOGY constitutes a new-born child of the twentieth century, which inherits the phyle-genetic potentials of all history, to which individuals and civilisations of all the past have made their respective contributions through the principles of emergent evolution and growth and by which the ortho-genetic line of progress may be projected to the extent of the powers of man's teleological imagination.

BIO-PSYCHOLOGY is of very practical value to those now rendering, and to those intending to render, professional services of any kind, as well as to those of other vocations and callings which depend upon the patronage of the people ; also to those who would in any manner serve as leaders and director of men and/or of the affairs of men, as well as to those who seek self-development for their own enjoyment.

* * *

TAYLOR SCHOOL OF BIO-PSYCHOLOGY, which is the parent institution of many years standing, offers the **BASIC COURSE** in the science of **BIO-PSYCHOLOGY**, which achieves the degree, **DOCTOR OF BIO-PSYCHOLOGY.** The SCHOOL has expanded throughout the years into departments which offer courses, achieving degrees, to wit :

COURSES IN :	DEGREES :	
Dept. of BIO-PSYCHOLOGY (BASIC)	Doctor of Bio-Psychology	(BP.D.)
Dept. of BIO-PSYCHO-DYNAMIC EDUCATIONS (BASIC)	Doctor of Bio-Psychology or Advanced degree in Education	(BP.D.)
Dept. of BIO-PSYCHO-DYNAMIC SCIENCES	Master of Science and Ortho-Geneticist	(Sc.M.)
	Doctor of Metaphysics in Bio-Psycho-Dynamic Sciences	(Ms.D.)
Dept. of BIO-PSYCHO-DYNAMIC RELIGIONS	Doctor of Divinity in Bio-Psycho-Dynamic Religions	(D.D.)
Dept. of BIO-PSYCHO-DYNAMIC PHILOSOPHIES	Doctor of Philosophy in Bio-Psycho-Dynamic Philosophies	(Ph.D.)

* * *

In addition to the above-named departments, offering courses to adults through **HOME STUDY** there is the PHYLECTIC FOUNDATION which includes the DEPARTMENTS of SCIENTIFIC, RELIGIOUS and PHILOSOPHIC RESEARCH. As a UNIT this ensemble of departments constitutes—

TAYLOR UNIVERSITY OF BIO-PSYCHO-DYNAMIC SCIENCES. One of the fundamental principles upon which these two institutions stand is that the work presented shall ever remain of such high character that it will be a mark of distinction to belong to either student-body or to hold a degree from either institution. Students and graduates all over the civilised world are bringing the science of **BIO-PSYCHOLOGY** into the favourable attention of intelligent men and women by virtue of the results which they achieve through the application of its laws and principles.

For additional information write the REGISTRAR of either Taylor School of Bio-Psychology or Taylor University of Bio-Psycho-Dynamic Sciences, Chattanooga, Tennessee, United States of America. Both of these educational institutions operate on a non-profit-sharing basis under General Welfare State Charters which authorise the conferring of degrees and the issuing of diplomas.

The Discontented Wife

By

Rev. George Needham

M.A.(Camb.), B.A.(Sheffield)

Vicar of St. Philip's Church, Sheffield

One-time Exhibitioner in Moral Science at Trinity College, Cambridge



Rev. George Needham

ARE you a disappointed wife ? Does your husband fail to live up to the ideals you once held ? Or is it that he no longer seems to care ? In short, is your marriage heading for failure ?

One point has been emphasised in psychological procedure which has made all the difference to neurotic human beings. It is this. Whenever you are confronted with a problem, always try to ascertain whether the difficulty is within or without.

As often as not the obstacle to progress is within ourselves, but we do not appreciate this fact until someone points it out to us. Thousands of marriages would have been salvaged if only this method had been adopted.

Let us apply it to the disappointed wife.

The romance has failed. Your husband has not lived up to your dreams. Were your dreams reasonable ? Some girls are brought up on the notion that manliness means strength. No allowance is made for human weakness. Maleness is idealised beyond what is real. Since no man beneath the status of an archangel can possibly fulfil such a standard, those women imbued with romantic ecstasy are bound to be disappointed.

Consider this point. Have you got a father-complex ? Is your male parent your masculine ideal ? If so, everything your husband does will be compared with the character of your father and, I fear, the comparison will be detrimental to your husband. This will not make for conjugal harmony.

It may be that you are one of those women suffering from what is called " the masculine protest." This means that unconsciously you resent being a woman. That is to say, you object to masculine domination. Hence you do all in your power to prove that you are as good as your husband or that you are really superior.

Thus it happens that some women who really love their husbands try not to show it. Love of the male and the consequent tenderness is a sign of weakness and femininity. Hence he must be dealt with harshly in order to cover up these " inferior " feelings.

Some women under the same influence become frigid in the sex life. Here again there is supposed to be a masculine domination. In order to show her objection to submitting to mere man, some wives unconsciously defeat the purposes of Nature and pretend to be superior to the promptings of the flesh. In this way the very intimacies of married life become the rock on which the marital barque is wrecked.

This pose of certain women is not deliberate. The reactions are unconscious, but the effect is not thereby altered. A feeling of inferiority and a burning resentment against such a feeling created an antipathy to everything masculine. The curious feature about this attitude is in its contradiction, since these females desire to be equal with man, if not his superior.

There are some women who have married " beneath themselves " so that they can dominate. I presume that their superiority resides either in education, social position or in wealth. Such a

marriage is doomed to failure. If the man is a good type he will rebel against such a dominance and domestic trouble will arise. If he is a poor specimen of manliness, the wife will be chagrined by the husband she has, although she herself chose him. She will probably admire some other man. Even though the admiration is only at a distance, it will make her very discontented with her own spouse. On him will be vented all her disappointed longings.

A WORD TO WIVES

If your marriage is not all you expected it to be, possibly it may be due to the fact that you are a "disappointed wife," whose dreams were a little too wonderful . . .

Or you may be suffering from the "father-complex" . . . or the "masculine protest."

It may be due to jealousy on your part . . . carping or a too-critical attitude.

But whatever the reason, it is up to you to discover it, for, as the Rev. G. Needham says, "Self-knowledge will save your marriage from catastrophe."

The same unfortunate state of affairs would result from a girl marrying out of pique. Because she has had a tiff with the man she loves she gets herself engaged to another fellow, just to hurt her beloved and be revenged on him. The plan works too well and the couple are separated for life. Eventually she marries the other man, but her heart has never really been given to him.

There are certain human traits which all wives should consider. There would be more wedded bliss if only people knew more about human nature. For instance, a jealous wife is simply advertising to the whole world that she is doubtful about herself. Her suspicions are then projected on to her husband. Think of that the next time you berate your husband for being half an hour late.

To nag a person is really another way of carping at yourself. It is so easy to detect in others our own failures. By being angry with others we ease the conscience we should have about ourselves. A nagging wife will wear out the best of husbands, and real love has been destroyed by this defect. Surely it is much better to face one's problems squarely than to project them on to those we love. The best type of love will assume the beloved's burden, not add to it.

There is another point worth considering. To be disappointed in your husband is a secret way of flattering yourself. It means that he does not come up to your standard. In other words, he is not of your superior class.

This explains why a certain type of man is always in great demand. He makes a very tame husband and is easily controlled. Instead of meeting a mate on level terms, the women who marry such men can always consider themselves the dominant partner. I have known many men of excellent disposition who have been most unhappily married. Rarely self-assertive and always ready to fit in with the suggestions of others, they are rapidly snatched up by the type of female who is determined to be supreme.

It is my firm conviction that most marriages are happy ones. I am just as certain, however, that many could be made much happier. Although in the instances I have given the description has been somewhat extreme, perhaps in a milder way all married couples may find something of their own history or tendencies therein.

Wise people profit by the examples of others. A test of intelligence is our capacity to profit by experience. Do not forget that "it is the little rift within the lute that soon shall make the music mute." If you have noticed within yourself any of the attitudes I have tried to define, deal with them at once. Self-knowledge will save your marriage from catastrophe.

". . . Steel for thy unyielding Soul"

Friend, though thy heart should fail thee, heed it not !
Yield not, yield not though thy last hope is gone.
Out of despair the purest joy is wrought,
Out of defeat the greatest victory won.

The enemies that compass thee about
Are weaponless before the dauntless steel
Of thy unyielding soul ; thy will may flout
The direst hosts that threat thy spirit's weal.

Only thine own despair can give them power.
Nourish it not, and when the hellish hordes
Clamber thy crumbled walls, in that dark hour,
Prone in the dust and menaced by their swords.

Rouse up, one blow the more on front or flank
May send them reeling, broken rank on rank.

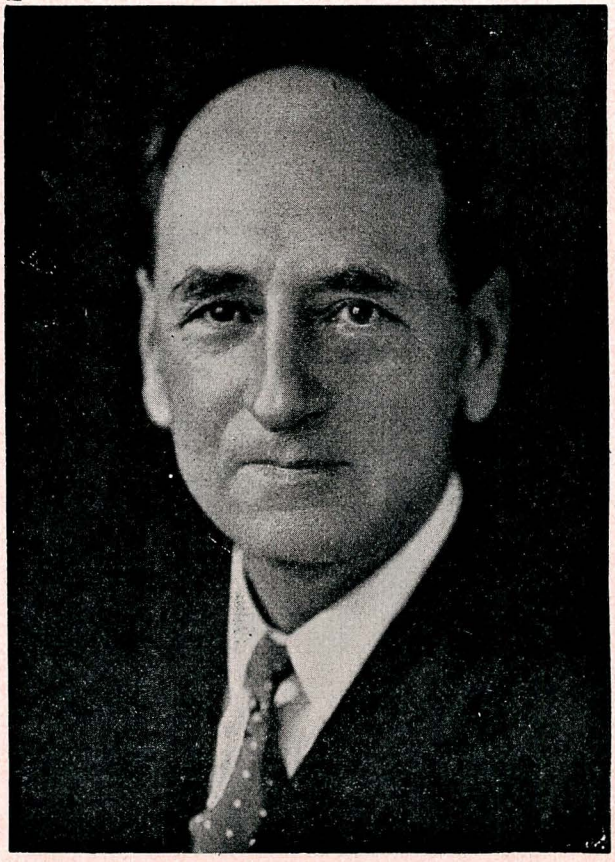
F. TALBOT SMITH

Psychology and Christianity

By DANIEL A. SIMMONS

THE English-speaking people are Christian people. They are not all affiliated with organised Christianity, nor do all of them exemplify the life and teachings of Jesus, but they are all more or less imbued with the spirit of that religion, and are guided, in the main, by its precepts.

It is but natural, therefore, that the great majority of the readers of this magazine should ask: "What is the attitude of Practical Psychology toward Christianity?" The author has been confronted with this question thousands of times in his lecture work, and so have all the other workers in the field. It is the purpose of the present article to answer that question, as best it may be answered without encroaching upon the field rightfully occupied by Religion.



Practical Psychology occupies a very much narrower field than does Christianity. It confines itself exclusively to life and conditions here and now, and aims at nothing else than to bring its students into health, success and happiness by teaching them the truth which shall make them free from sickness, failure and misery. It does not pretend to know anything about individual human destiny before birth nor after death. Many of its individual students feel that they know much about these things, but as a science it has nothing to say about them, deeming it best to leave such problems to the churches.

Those at present responsible for the work of Practical Psychology feel that it never can be, and never should be, organised. If chemistry, or botany, or the science of electricity, had been organised, then creeds and dogmas would have sprung up, and the great men and women who have blessed the race with new ideas and innovations would most likely have been excommunicated, anathematised and discredited, whereby their work would have been undone. Organisation into affiliated societies is well enough in some fields, but it is bad for any branch of science.

So far as this present life is concerned, Practical Psychology is decidedly Christian, in the sense that nearly all of its fundamental holdings are to be found in the recorded work and teachings of Jesus. Its system of thought and life was not built upon His teachings, but rather upon the settled findings of modern science. Nevertheless, after it was fully established and in operation, it was discovered that Jesus had taught and done the same things in a strikingly similar way. Enough of His teachings have already been quoted to make this point apparent without further elaboration here.

Many good people marvelled that while the mid-week meeting in

their church was attended by less than a score of people, some Practical Psychologist, lecturing a few streets away, had his great hall packed to capacity. Of course, there is a reason for this situation. It does not merely chance to be so. What is the reason ?

Christianity, as we know it to-day, is very largely a social, charitable and educational organisation, and a propounder of moral precepts. All of these activities are highly commendable, and contribute largely to the welfare of the race. In addition to them, there is occasional reference to life after death, exhortation to faith, and a promise of future happiness as a reward for righteousness here. But no one seems to know much about the nature of that future reward, and those who profess to know something about it are anything but agreed as to what it is.

In the meantime, the words of Jesus have constantly proclaimed that His followers should do the same works that He did, and that entry into the Kingdom of God would bring not only peace and happiness, but would bring also a solution of material problems by giving the individual whatsoever things he desired. For some reason which the Christianity of to-day does not explain, it is not doing these works, nor are these promises usually fulfilled in the lives of its votaries. This is not the fault of Christianity. It is really the fault of no one. Humanity is just emerging from a grossly materialistic era, in which such strides have been made in science and invention as the world has never seen before. And while we have been thus engrossed with these marvellous and very necessary physical things we have somewhat lost touch with the finer things usually called " spiritual."

Christianity, along with all other religions, has felt the touch of this materialism, and to-day it comes dangerously near having the form of godliness without the power. This is not intended as a harsh criticism, but merely as the statement of a condition which has been evolved naturally, sequentially and irresistibly. Now, however, the hour has struck when it behoves us to get back to our source, and to revive our faith with works.

I feel that eventually the liberating truth now taught by Practical Psychology will go to the hungering and thirsting millions from the pulpits and chancel-rails of Christianity.

Jesus said: " And I, if I be lifted up, will draw all men unto Me." That is the secret of the drawing power of Practical Psychology. It lifts up before a pain-racked, sorrow-burdened and dying humanity the healing, redeeming and life-giving Christ. Through an application of the same immutable laws of mind applied by Jesus it heals sickness and infirmity, and works deliverance from misery and failure. Without making any claim of being religious, it does at least some of the works that the founder of Christianity said the exemplars of His teachings should do ; and wherever its voice is raised the people come by thousands and tens of thousands.

The four Gospels are the greatest treatises on Practical Psychology that were ever written. Science has merely discovered their depth and beauty, and put them into modern language.

Such is the attitude of Practical Psychology toward Christianity. Most assuredly, it is not a hostile attitude. But some of the ministers of Christianity are decidedly hostile to Practical Psychology. They resent its meddlesome intrusion into what they consider their exclusive realm. They resent its popularity and drawing power. They warn their people against it. They brand it as an " ism," a cult, a heresy, a blasphemy. Of course, this hostility is based upon a lack of knowledge of the facts.

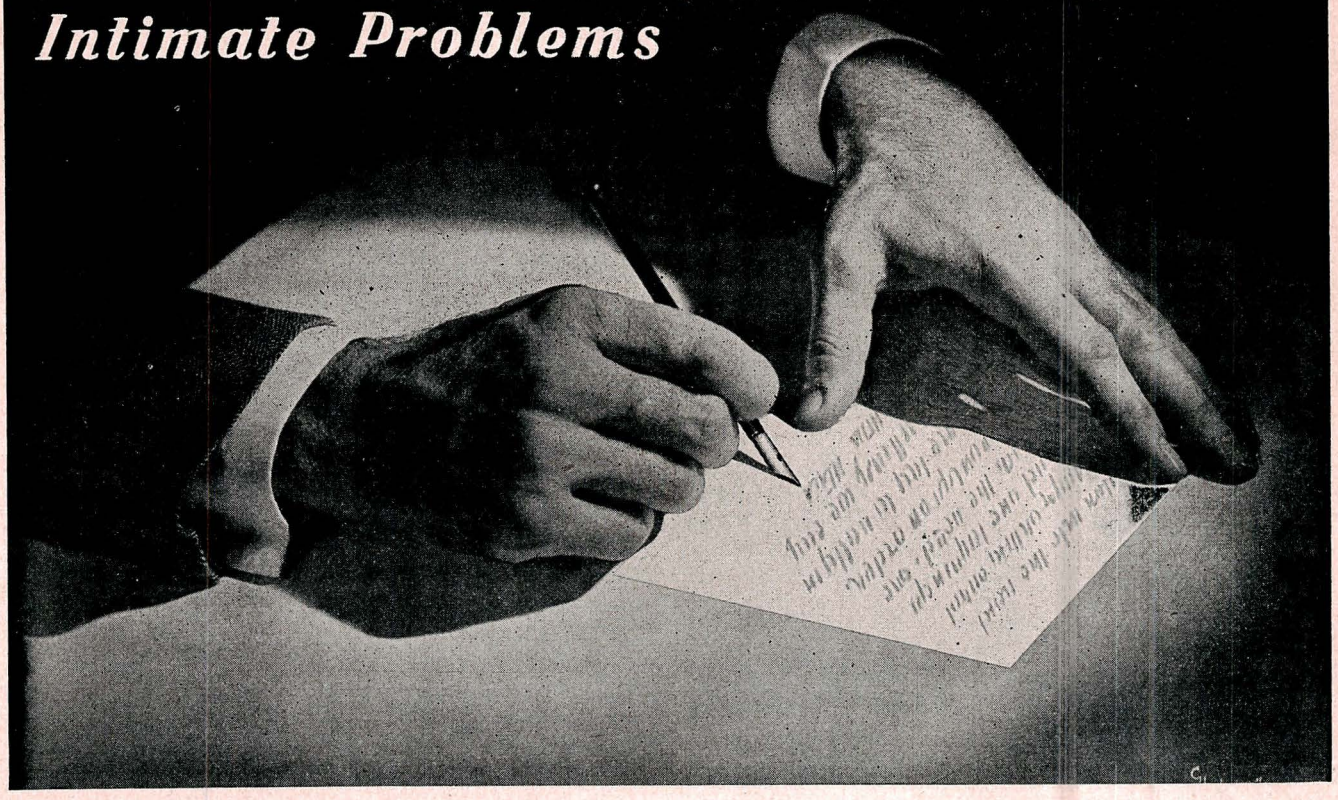
On the other hand, many ministers welcome Practical Psychology, study it, and incorporate its teachings into their sermons. Incidentally, their churches are filled to overflowing. Many of them are calling for special lecture work in their churches, and in a few cases such work has been done. Thus the ancient faith is being gradually revived, and through this revival there will come to the churches a restoration of their primitive glory. The new psychology, wrought out largely by great Christian psychologists, is willing and anxious to help in any way that it can ; but at the present time its trained workers are all too few to cover the great and inviting field now so white unto harvest.

BACK NUMBERS OF "PSYCHOLOGY"

A limited number of copies of "PSYCHOLOGY" is set aside each month for service to our readers. These will be sent on receipt of 7½d. for each copy, as long as the supply lasts.

What Can We Do For You?

Let our Psychologist solve your Intimate Problems



SEND in your problems. They will be dealt with in rotation. But if your problem is urgent or you require a personal reply by private correspondence, please enclose 2/-, which will entitle you to a letter of advice at once.

Owing to the tremendous increase in the number of letters received, this is the only way in which our Specialist can guarantee a reply privately. All letters NOT accompanied by this small fee will receive an answer, under a nom-de-plume or initials, in the pages of the magazine in the usual way.

Questions are answered quite fully, and this means that all readers benefit by the advice given to each individual question. The applicants themselves, if requiring further and more detailed advice, then still have the privilege of writing for a private reply, which they can receive for the fee mentioned above. Send your letters to "Psychologist," Psychology House, Swinton, Manchester. EDITOR.

QUESTION.—A Regular Reader.

I have recently recovered from a nervous breakdown and am suffering from periodical attacks of depression. While in these moods I fear I shall turn against people and say all manner of wrong things about them without any cause.

Will you please explain why I should feel like this, and if possible how I may conquer it, as I have always been friendly and considerate of others?

ANSWER.

Severe illness, especially where it involves a mental or nervous breakdown, results in weakness for some time after the individual has apparently recovered. Time must be allowed for Nature to arrange recuperation and to replace energy and other supplies which have been absorbed in the fight to conquer the complaint.

During this time this weakness may, and often does, result in bouts of depression such as you describe. So closely united are body and mind that a weak state of the former affects the latter, often involving the individual in moods and impulses quite foreign to him when he is well. Your irritability and unkind thoughts are brought on through weakness and weariness of body. You have probably at the moment insufficient energy to cope with the work and duties of the day. In order to carry out your work you are using up more energy than you are making. I should not be at all surprised if you told me you always felt tired, and by midday as if you had completed a full day's work and could do no more.

Now the most important thing is to cease worrying. You are allowing your depression to upset you. But worrying will enhance the condition and will certainly serve no useful purpose. The best thing you can do is to spend your time

and energy in building up your health. The most important thing is to get as much sleep and rest as you can. Retire early, and if you feel really done up, go to bed as soon as you have had your evening meal and a little relaxation. That may be at 9 p.m. But remember sleep and rest is what you need most, for during sleep the body replaces energy used during the day. The air in the room should if possible be cool and moving, so sleep with the windows open. You can rise fairly early in the morning and take your walk, exercise and fresh air before going to work, for, especially in summer, the rays of the early morning sun are far more beneficial than the more direct and stronger rays of midday and afternoon. Deep breathing is beneficial whenever you are in the open, as it invigorates the body and calms the mind, driving away gloom and depression.

During the day rest as frequently as your work will allow, by which I mean five- or ten-minute periods of relaxation taken often. Needless to say, you need additional nourishment through correct food; do not neglect your meals or indulge in fancy foods rather than really wholesome ones.

Attention to these simple rules and the banishment of worry will soon have you strong and cheerful again. When you are feeling well, don't think about the depressing attacks that come on now and again, but concentrate on cheerful, happy, beautiful thoughts. When an attack comes on, you will probably find the best thing is absolute relaxation, and, if possible, sleep. Otherwise try to concentrate on something pleasant and beautiful. The attack will pass as the others have done, and I am sure, as you get stronger, and, especially if you try to follow the general laws of health as indicated by my suggestions above, these attacks will become less frequent until they disappear altogether.

If you are not still under your doctor's care it would be a good idea to tell him of your trouble, as I feel sure he will be able to help you. Why not write me again later and let me know how you are progressing, and if you need more detailed advice I will give it to you.

QUESTION.—W. J. T., of Johannesburg.

I suffer from a severe form of inferiority. This has so far prevented me from any serious love affair, although I have a strong sex instinct. This in turn has led me into various bad habits of which I would cure myself.

I am also ambitious and would like to make my mark in life. But always my inferiority holds me back. You will try to help me, won't you? At the moment I do not find life worth living.

ANSWER.

Your trouble lies in yourself. You want so much out of life, but you do not want to pay for it. By that I mean you are not prepared to make the necessary effort and application to bring you the success and the love which you desire. Further details in your letter, which, owing to lack of space and the nature of the contents, could not be printed, go to prove this.

I have already sent you some definite and practical advice by private correspondence. Since your problem is complicated and would require considerable advice and treatment in order to solve it, I suggested putting you in touch with a reliable psychologist. But your reply is that you cannot afford fees. Yet from your statement of your financial position, you certainly could and would, if your desire to become a normal individual were genuine.

Your sense of inferiority has become fixated on a physical defect. Whether or not this defect exists or is only a fabric of your imagination, I do not know. But quite probably it is a ruse, of course an unconscious one, to make yourself in your own eyes and possibly also in the eyes of others, as different from other men. It is probably the same urge as the one which makes you proclaim yourself an atheist, for to quote your own words: "I am now an atheist, not because I deny the existence of a supreme deity, but partly because I want to attract attention."

The bad habits you mention are not nearly so terrible as you and many others consider them. The best thing you can do is to set a practical goal for yourself—a goal which can be achieved by the aid of your own particular gifts. Make a plan of the steps leading up to your goal, and then apply yourself to achieving the first step. You should also have a hobby which will enable you to fill leisure hours with something constructive.

In this way your physical and mental energies as well as your thoughts will be so occupied that there will be no time for indulgence in bad habits or in self pity. And as you achieve something, however little, your confidence in yourself will grow.

Your present method *may* attract attention, but that is about all. It will not bring success in your work, financial increases, friends or love.

If you want me to help you further, you know where to get into touch with me.

QUESTION.—K. C. M., of Wakefield.

I have turned to Psychology in my desperate fight to overcome the reaction of the shock of my husband's death six months ago. He was nearly burned to death in a road accident, and died after a week in hospital.

I dream continually of him, but he is always unhappy. My nights are broken, so that my nervous condition grows worse. During the day I often suffer periods when perspiration pours from me. Will you help me to overcome my terrible and distressing dreams and to rebuild my life?

(*Continued on page* 46)

You Are Judged by Your English

Why It Is Vital to Success

BUSINESS LEADERS' ADVICE

Striking messages from business leaders are published in "Word Mastery"—the prospectus of the Regent Institute's well-known postal Course in Effective English. These messages, specially contributed, emphasise that a command of English is vital to success. Readers are invited to write to The Regent Institute (Dept. K/358), Palace Gate, London, W.8, for a free copy of "Word Mastery."

There is no greater barrier to progress than defective English. The reason is that without a ready command of words you cannot communicate your thoughts to others. No matter how original your thinking is, if it is faultily or haltingly put into words it makes no impression.

IS YOUR ENGLISH A HANDICAP?

- ¶ **Do you suffer from a weak vocabulary, difficulty in expressing yourself, lack of ideas, inability to influence others?**
- ¶ **Are you a poor conversationalist?**
- ¶ **Do you commit embarrassing errors in speech and writing?**
- ¶ **Are you unable to make your points effectively?**

For these and similar weaknesses the Effective English Course provides a thorough remedy.

Take stock of yourself. Examine yourself honestly and dispassionately. Can you truthfully say that your English is up to standard and that it is helping you to achieve your ambition?

By means of the Effective English Course—a fascinating plan of study designed by the Regent Institute, the well-known correspondence school—you can in your spare time and in your own home gain a mastery of expression and greatly increase your general efficiency.

The main subjects covered by the instruction are:

How to Increase Your Vocabulary.
How to Make Your Letters Interesting.
How to Converse Fluently.
How to Speak in Public.
How to Punctuate Correctly.
Everyday Errors in English.
Words Commonly Misspelt.
Words Frequently Mispronounced.

Post this coupon or write a simple request for the prospectus.

THE REGENT INSTITUTE
(Dept. K/358), Regent House, Palace Gate, London, W.8

Please send me a free copy of your prospectus, "Word Mastery."

Name.....

Address .....

.....

RESIST OR DIE !—(*Continued from page* 16)

from that which has ceased to enchant them two days after arrival. The Alps begin to have a dull sameness each morning. They have no geological hammer, they have no poet's inspiration, they have no artist's vision. What can mountains and sunrises, sunsets and hanging clouds say to them, except, I am the same to-day and to-morrow and for ever the same ? Let's move! There is a way to escape this monotony. Travel is no cure. It is a movement without friction. It is too easy. Ships do not rock much more on the ocean ; travel has become a luxury, no longer an adventure. Funicular railways will take you to the highest peak.

Amidst it all, there is something that disturbs man. He knows he is not made to enjoy a calm sea, or a level plain, or a floating existence. Behind the prison doors of his physical life and his bodily sensations there is his soul endeavouring to break asunder the bars and escape on a higher quest of life. He cannot enjoy permanently a physical, or a mental, or a spiritual goose-step. All this movement away from the soul to the circumference of things is but a testimony of unrest, a flight from that by which he must continue to grow and expand.

There is still left a vast and unexplored field for conquest—different entirely from that which challenged primitive man. This unexplored realm challenges man to resist more vigorously than he has ever been called upon to do in the past. Primitive man conquered by the exercise of his primitive instincts. The modern man, living in a new world, must make his conquest through the annihilation of many of those primitive instincts. We are challenged to create a world in which primitive instinct will find no counterpart. We have successfully changed the physical aspect of the world in which we live. We have re-created it. We have done little in two other worlds which form an essential part of man's completed environment. Men who were not given to physical labour in the past set for themselves other forms of resistance. Our environment to-day is very different because we are looking out upon the world through the eyes of Galileo, Copernicus, Newton, Immanuel Kant. Perhaps some day we shall look through the eyes of Einstein. The outer aspects of the universe are the same, but we see more and see differently because some thinker has projected his thought and interpretation into matter. To what each of these men saw, he added his own mental outlook. That is why the world looks so much enlarged to us.

There is a world, however, still in the making. It is this world which invites us to our greatest and sublimest conquests. It is in this new world in the making where man shall find his greatest leap forward. There is nothing static and final about this new world. It bids man exercise his creative powers as never before. We are discovering that the mental world in which we live is a very plastic one, it is subject to constant change, it offers man an environment which he can contract or expand at will. He is herein challenged to the new day of " Creative Evolution." The fascinating joys and expansion of a Creator are now his. Man has discovered the effect of chemicals upon substances. In the laboratory he has observed what chemists call " Catalysis," or the action of presence. He now knows that the fundamental law of all matter is vibration, but he has not yet experimented with that which has so changed and revealed the world to him—*thought*. I mean, he has not used this instrument in an active conquest of his own world.

In the world of constructive thinking lies a new universe. Get a prejudice in the mind, feed it, read literature which nourishes it, associate with men of like prejudice, and you will find all the facts you desire to correspond with that prejudice, whatsoever that prejudice may be. That is simply the mind working according to the law of its own constitution. The world will always be a reflex upon our own mental states. The sunlight takes on the colour of the medium through which it passes. It cannot know sunlight apart from the influence of the sunlight upon its medium. That medium determines everything. It not only determines our viewpoint about the universe, about God, about anything ; it is all the reality we can know with our present medium. It is certainly a great achievement if a man can live outside of himself now and then, it helps him check up on his own personal equation. After all precautions are taken and rugged honesty is

TO RESIST

is the law of growth. Man must answer it —or die. He must attempt—or for ever fail.

From the tadpole to the towering genius, the law is the same. Nothing that has movement escapes its challenge, and nothing that escapes its challenge ever moves.

Better a man be tortured at the stake of Public Opinion than die the living death of Parasitism. Conquest is the price of growth, and growth is the condition of life.

Evolution is our game ; evolution is the result of the impact of the life force upon the world around. We stamp our image where we will ; the pattern is our pattern · the goal our goal.

Dr. PORTER

achieved, he will create his own world and this creation will be for him his only contact with reality. Jehu had a very different God from Jesus. Both were unquestionably sincere in the report of their respective experience. Yet God said to Jehu, go and kill the enemies of Israel. Cut off their heads, spare none, annihilate the lot of them, have no mercy, slay. God says to Jesus, love all men, especially those that persecute you. Was the God of Jehu real to Jehu ? As real as the God of Jesus was to Jesus. Our reactions to that great and final cause is our own creation. We can create a new world if we wish to. It will be a world brought forth out of the dynamic, creative will of man.

To do this we must make the grand resistance of the ages. Our histories lie to us, our sociologies offer no cure. Historians try to tell us a story of natural progress among men and nations. Sociologists tell us we are the product of the social milieu, that man is a *socius,* not a human being standing on his own feet. It is a dangerous half-truth. Alas, men have both believed it and excused themselves on the grounds of it. It teaches we are the victims of tidal waves of social movements. But, pray, where do these social movements begin ? Where they can only begin—in some one or more human dynamic wills. Individuals have made history. History is biography. Sociology is biography. Literature is biography. Art is biography. Men have always created the kind of world they desired to live in and the mob has come to live in it because someone had first willed such a world. The common sociological method of improving society is quite useless. We do not need sociologists to tell us that divorce is too frequent, that prostitution is a thing to be eradicated. The only way to discuss the social evil is to get at once to the social ideal. We have no need of discussing what is wrong, we must ask what is right. We live in the world that, as a race, we desire to live in, or we think the present state unchangeable, or that we must wait for that mysterious force called evolution to come and push us along. Evolution is our game; evolution is the result of the impact of the life within all organic life upon the world around. We stamp our image where we will ; the pattern is our pattern ; the goal is our goal.

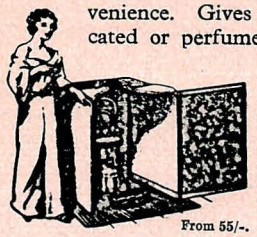
The trouble with our theological and sociological Utopias is that they are always going to be. They are always coming. Times will ripen ; circumstances will converge. The new time is spoken of as a new day to come. But it is never a time, never a day. It may be associated with periods of time, but that is different to saying it is the product of slow growth and time. The true prophet always sees the kingdom at hand, within man, never a contingency. A crisis never brings in a new day or a new world, it simply throws man back upon his own resources, upon those resources which have always existed before the time of expression arrived.

(*Continued overleaf*)

A TURKISH BATH

IN YOUR OWN HOME

The Gem Portable Cabinet is a simple, safe, efficient contrivance for obtaining in the privacy of home all the benefits of public Turkish Baths without risk and inconvenience. Gives delightful hot air, vapour, medicated or perfumed baths at trifling cost.



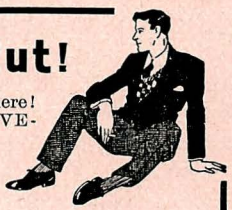
From 55/-.

A Doctor writes:

"Gem Bath has undoubtedly saved my life many times during the last ten years. Send me another Cabinet at once."

The GEM SUPPLIES Co. Ltd.
(Desk P.), 230 Borough High Street
London, S.E.1 *Booklet Post Free.*

Get Out of that Rut!



Make something of your life. Get somewhere! Be someone! "PERSONAL ACHIEVEMENT"—the Master Course by Master Minds—shows how YOU can achieve your greatest ambition, complete happiness, glorious health, and longed-for prosperity. It reveals new facts and theories and many "secrets" of the successful. It trains you to think and to ACT. It helps you to forget the past, face up to the present, and make certain of your future. To many it will prove the turning-point in their career. To others, it will provide the incentive to climb higher and reach their goal. There are ten absorbing lessons, and personal, confidential guidance throughout the Course. Send today for particulars of this great Course entitled "Personal Achievement"—it will be your first real step towards starting something!

SUCCESS MAGAZINE, 5 John Dalton Street, Manchester



£1000

A YEAR AT 35!

This fine income is enjoyed by many trained salesmen with no previous selling experience. Are YOU making your way as you would like? Can you say NOW—with any degree of certainty—exactly what your future prospects are?

If not, it will pay you to read the fascinating book *Making Your Way*, issued free by the National School of Salesmanship. It shows you how to qualify for the finest vocation of modern times—SELLING ; how you can go ahead NOW and "get there" more quickly; how you can make your way by sheer salesmanship.

This book is an inspiration in itself—and it's free. It includes the photographs of several efficiency experts who have compiled the National Course in Modern Salesmanship. Here's the coupon! Send it NOW, and you will have *Making Your Way* by return.

THE NATIONAL SCHOOL OF SALESMANSHIP LTD.
Bridgewater House, Manchester, 1

London Branch Office : **Victoria House (Front Entrance)**
Southampton Row, W.C.1

Phone **CHAncery 8485**

LEARN TO SELL

VALUABLE BOOK FREE

The National School of Salesmanship Ltd., Bridgewater House, Manchester, 1

Please send me my copy of "MAKING YOUR WAY," which shows me how to make my way in life by Salesmanship.

Name.....

Address.....

P.8/9 Date.....

RESIST OR DIE!

(*Continued from previous page*)

The crisis is only useful because it awakens man to resistance and to the exercise of his endowment. It brings him up sharp, it condemns his smug complacency.

In conclusion, the finest form of resistance is creative expression. This form is uncontingent resistance, that is why it is so fruitful in creative expression. It depends upon no times or seasons. The raw material is ever at hand, it is within man. He may choose and create his own world, his own God, his own life. He can make them as beautiful or as ugly as he wishes. What he finds in the universe is his own projection. It is his own echo. It cannot be anything else. Immanuel Kant, the greatest epistemologist that ever walked this earth was driven to this conclusion. Another sees all essence as perception, and this viewpoint has never yet been adequately ruled out of the court of human experience.

All that I have said has a vital influence upon our spiritual life. Here is a world for exploration! Contradictory as it may sound, religion has not helped us very much in the exploration of this territory. Religion has kept bad company, it has lost its true identity in creeds and dogmas. There is no worse enemy to the church than a definite and well-defined theology, with the church controlling theology by traditional authority. Most people embark upon the spiritual life with a stock-in-trade which has cost them nothing. An infallible standard paralyses faith. It has put its fence around venture. It makes God a philosophy. It denies the freedom which it suggests. It serves as a comfortable displacement for action. It rules out vital experience. Theologists have given us nothing. They have simply helped us to define that which we were afraid of. Theology has made us spiritual cowards. Mystics have been the adventurers into the Holy of Holies. Mystics do not write theologies, they write diaries. The mystic is the experimenter. He believes God, the Ultimate Reality, is an active principle to experiment with. He pushes into realms where men may experience that which no human language can express. He ventures into the unexplored and brings back an experience. This experience of the spiritual explorer has a common result. It creates new values for life. It makes him a lover of all men. It gives him not merely a new sociology but a new social expression. He sees the part in the light of the whole. He becomes an impregnator of good. He brings into practical existence a new world of spiritual values. He is in tune with the active principle of creative evolution. He is no longer the sport of time and circumstance; he is the force moulding, shaping, designing every circumstance to his dynamic will.

The goal of resistance is freedom. It is the mechanism of life. It is the means to consciousness and growth. *Resist or die* is written upon every phenomena of Nature and in every human experience.

SUBCONSCIOUS FACTORS IN ACCIDENTS

(*Continued from page* 19)

his subconscious mind or has permitted it to become impressed.

As an illustration, supposing that as a man drives his car along the highway he is "crowded" off the road. Does he not become angry and have the feeling that he would like to run into the other car and smash it? Supposing, further, that this happens repeatedly, arousing each time the same feeling, does not his subconscious mind become strongly impressed with the desire to hit the other car? And does not this desire become more and more pronounced as such occasions are repeated?

But a moment's reflection will convince anyone that, when one has time to think, accidents seldom happen, because one's conscious mind is directing his actions and, consciously, he wants to avoid them. That is why accidents usually happen in but a fraction of a second, which is too short a period of time for one to act consciously. At that time, in the fraction of a second that he is in danger, his subconscious mind holds the reins of his destiny and will direct him in accordance with the way it has previously been impressed. What will be the outcome? Exactly what his thoughts have been. If he has felt that he would like to smash the other car—that is exactly what he may do—and perhaps his own car or himself.

One's subconscious mind directs, acts and motivates life far more than is realised. And when a person hasn't sufficient time to think, he will act as he has impressed his subconscious mind.

This part of our mind is a willing servant. It saves us the necessity of thinking thousands of thoughts and having to direct consciously thousands of acts each day. Otherwise but a small fraction of what we do daily would tire us out and our efficiency be correspondingly decreased. If in our daily acts, in the process of training ourselves, we have constantly impressed the subconscious mind with the right way of doing things it will render constructive assistance. The subconscious mind does not reason that we might be hurt in an accident; all it can do is direct our actions as it has been impressed.

SUPERFLUOUS *HAIR*

● **Removed for ever by ELECTROLYSIS at home**

The Vandré Home Electrolysis Outfit now enables any lady to remove disfiguring hairs by the genuine Electrolysis process in privacy at home, saving pounds. The only known permanent way. Electrolysis removes each hair and root completely, without any discomfort, leaving the skin lovely; it has never failed. Indispensable to modern woman, and so simple a child could use it. Guaranteed. Complete, with full instructions, **£4. 4. 0,** or **10/-** monthly. Trial free. Illustrated particulars free in plain envelope.



★ **Hairs vanish as if by magic.**
★ **Every root gone completely.**
★ **Profile cleared of every blemish.**
★ **Clear, smooth skin revealed.**

VANDRÉ LTD. (Dept. M 6), 613 ARGYLE STREET, GLASGOW

Concluding

"WHY MARRIAGE FAILS"

By
Dr. Wilfred Lay
The Celebrated Psychologist

Is Man *Afraid* To Love?

JUST because there is so much to learn about the marital situation, and so little attention given to learning it, because the institution of marriage has in it the only remedy for almost all the evils in the social life of to-day, it is pre-eminently the virile task to spread the information that it is a possibility and not an empty dream. Deluded by ignorance and false inference, men have regarded marriage as a lottery, whereas rightly regarded it is no more a lottery than any other human activity, and men have been paralysed by ignorance—which is another name for fear.

Can it be supposed for a moment that any woman can be happily married to a man who through ignorance is dominated by fear? Can it be supposed that marriage is anything but an experiment, a trial marriage, for the man that believes that instinct alone is a sufficient guide for him? In his most successful egoistic-social accomplishments, in inventions, in engineering feats, voyages on oceans and flights in air, he has relied little or not at all on instinct alone, and has carefully, and with infinite painstaking, weighed, measured, compared, adjusted. Has he ever put one per cent of his energy into a scientific study of the marital situation? What has deterred him? Only that which deters anyone, namely, fear. Is it virile to be afraid? Of what is he afraid? He is afraid of tampering with his fate, which he considers (logically enough, to be sure) to be closely connected with his love-life and his marriage. Why should he resign to fate the one thing in his life that will make him happy, contented and satisfied, and spend great amounts of energy in reconstructing almost every detail in his egoistic-social environment?

The fear that the erotic side of marriage is like playing with fire, should deter only those who have never learned how to manage fire, which indeed has been man's greatest aid in all non-erotic activities.

Need for Passion

In less figurative language, what I mean to imply is that into the marital situation of the present day not less, but more, passion should enter. I can imagine a man saying to me: "How do you think I can evoke out of my own soul a grand passion for my wife, who is over forty, who is commonplace, has become careless of her personal appearance, who is manifestly less intelligent than I, and less experienced in the world's affairs?"

I can also imagine myself saying to him: "Possibly in your case, at this comparatively late date, this is not to be expected, particularly if your love has been cold these twenty years and you have yourself done nothing specifically to keep up the fire of passion. Your marriage has evidently run down, as indeed everything in the world runs down, if it is not kept up by the proper attention. But is there any reason why it should have run down?"

"Oh, yes," he says, "long ago we developed certain antipathies that are irreconcilable, and, out of self-respect and out of consideration for our children, we agreed to disagree and to mask our disagreements from our children. When the last one is through college and off our hands, we shall have nothing in common, and shall see nothing more of each other."

A man like that has felt no responsibility for the success of his marriage as an erotic creation. I

believe every man should and that it is the most individual and the most virile task imposed upon man. Whatever marriage has been thus allowed to run down has been abandoned, not by the wife, but by the husband. His reply to this is that she has been an impossible woman, as material out of which to create an erotic product, and that he is himself in no way to blame.

The principles of marital existence, due to the light thrown upon them by the recently acquired knowledge of the unconscious, are seen to be more and more simple. I cannot blame a man for not knowing how simple these principles have become, but I can blame him after he has been informed that they are simple, for refusing, or for being afraid to apply them.

If the individual human is the growth of the total and complete fusion of two cells, then the individual social unit is the marriage, or physical and psychical fusion of two incomplete halves. This analogous fusion can be effected only by the husband. In the single-celled organism every atom of the male gamete fuses with every atom of the female. In human mating the only perfect form is where there is the same type of perfectly complete and exclusive fusion. One germ cell can unite with only one other germ cell, and the union is absolutely perfect. In adult human life true union can be only complete union, involving every faculty, every sense, every thought.

Fear of the Erotic

The union that in human marriage is not perfect, inevitably involves a multiplicity of strains and counter strains in the material, partly conscious, but mostly unconscious, causing an internal or psychical conflict in both the life partners. This conflict diminishes and restricts the amount of work that either is capable of doing, and tremendously increases the unnecessary friction in society and is the cause of most if not all of the ills to which society as an organism is subject.

The result of all this misdirection of energy is that egoistic-social activities are honoured and truly erotic ones worshipped at a distance (if indeed they may not be said at the present time to be actually feared more than anything else in the world). The term erotic itself has for some trepid, timorous people a sinister sense. I wish, however, it were possible for me to remove all the fear from the term erotic, particularly from the hearts of husbands.

The fear of the instinct of love comes from the fear that the instinct will become too strong; and thus it happens that the greatest defect in most marriages is that they are loveless or that in them love is on the wane, diminishing as does the sound of a vibrant string struck only once. The happiness of marriage should not be a note or a chord struck only once. The happiness of marriage should be more like that of a string set in motion by a bow, that can increase the amplitude of the vibrations and work up gradually to a fortissimo.

This is the innate contradiction affecting the love impulse, and the persons that are successfully mated are those who have kept the proper balance between the erotic and the egoistic-social impulses, not giving too much preponderance to either the one or the other. To-day it is possible definitely to state that if dissatisfaction, unhappiness and discontent are the dominant factors in any man's or woman's make-up, it is caused by the over-emphasis placed on the egoistic-social factor and the resultant atrophy of the erotic factor.

Conclusion

A final word, to avoid, as far as possible, any misunderstanding on a vital point. A man may have illicit relations with a hundred women and yet never once relax what I have called his erotic tension, which can be relaxed and perfectly relaxed with only one—his wife, whom he has made his wife in every sense. In order to do this, he is biologically required to centre upon her his entire conscious and unconscious love, affection and passion. If he is unable to do this, it is because he thinks he is unable and for no other reason. If he thinks he is unable to love thus greatly it proves only that he has not yet progressed into psychically technical adulthood, and that so long as he thinks not of Love, but of loves that are only like wines from one of which he is to perceive one bouquet, and from another, yet a different bouquet, he is not strictly and technically adult as a fully æsthetic, emotion-feeling man, but is still an auto-erotically minded, erotically anæsthetic boy.

For the vacillating woman who, as demi-mondaine, is dominated only by egoistic-social motives, I have no word of censure. She is not in the least to blame. She has not met the man who could align and unify her, and perfectly monogamise her.

For the ignorant man who has not heard the voice of true all-erotic love, which is as the voice of one calling in the wilderness, I have neither criticism nor blame of any kind. He is behaving as well as he knows how, than which no one can possibly do better. But I am hoping that those who have read these articles may get a different idea, if they need it, about the most vital question of the present day.

MAXIMS OF LIFE

Collect as Precious Pearls the Words of the Wise

Abdel-el-Kader

Nothing can prevent the final salvation of the world. For Science leads to Reverence, and the more a man knows, the higher he must look for the balm to heal his heart.

Knowing is doing.

Definition of Truth: whatever makes us *try*.

How to start learning: forget what you have been taught.

The test of knowledge is whether it feeds or starves the imagination.

Instruction is death, save as inspiration precedes and illumination follows.

The ignorant man chooses books that teach him —the wise chooses books that make him think.

To allow an error to go unchallenged is to participate in it.

Nobody knows so little as the man who knows too much. He alone is ignorant of his ignorance, and the ignorance irretrievable is ignorance of ignorance.

This is education: to feel with others, but to speak, think and act for oneself.

The football game of life proceeds in two halves; the first is waged on the plane of perception; the second on the field of power. Those who fail usually omit the first half.

At the court of Heaven all thieves are acquitted but the one who has robbed us of our faith.

The end of knowing is to feel oneself nothing; the end of feeling is to know oneself everything.

He who has looked once on truth, speaks; he who has looked twice, meditates; he who has looked thrice, works.

Perfection consists in illuminating a life all human with a consciousness all divine.

The one real wisdom is that love is wiser.

Love may be known by how it illumines.

RECENTLY PUBLISHED

THE TECHNIQUE OF SEX

Towards a Better Understanding of Sexual Relationship.

By ANTHONY HAVIL, B.A. 4/6 net, postage 4d.

Written by a young medical man specialising in Obstetrics and Gynæcology, this new illustrated work is a complete guide to every aspect of sex. No other book at a similar price is as all-embracing. The contents cover—Anatomy—Physiology—The Psychology of Sex—The Sex Act—Pregnancy and Labour—Contraception—Abortion—Venereal Diseases—Prostitution—Impotence and Sterility, and is complete with a Summary and Glossary.

"A useful introduction to what men and women should know about their sex life."—T. B. PARTINGTON in *Health and Strength*.

LIFE-LONG LOVE Healthy Sex and Marriage

By RENNIE MACANDREW. 4/6 net, postage 4d.

Read these Opinions

"Pioneering in a field of biased thought."—EDWIN W. HIRSCH, M.D., B.Sc.
"Should prove most helpful . . . a most excellent performance"
PROF. F. A. E. CREW, M.D., D.Sc., Ph.D., of Edinburgh University.
"Its great merit consists in its straightforwardness of expression . . . its scientific simplicity. It should prove a very useful textbook."
New Statesman and Nation.
"Accurate information . . . not only for married persons."
Psychology Magazine.

The Contents include—Bogies—Self Relief—Sexual Fatigue—Sexual Athlete—Orgastic Control—Warmer Wives—Healthy Lovers, etc. etc.

Other Vital Books from our Lists:

WISE WEDLOCK (Birth Control). Over 100,000 sold. This volume is full of sane information. Dr. Norman Haire says: "I consider it to be one of the best, if not the best, of its kind available in English." **6/4**

WOMAN'S CHANGE OF LIFE. An entirely practical book which will prove of inestimable value to every woman. *Modern Woman* says: "Middle-aged women will find much to help them" **5/4**

THE RIDDLE OF SEX. By D. J. TENENBAUM. This work gives answers to all questions concerning sex. It includes a minimum of theory and the maximum of direct physiological information **8/-**

● *The Sale of these books, dealing as they do mainly with the Physical aspect of the subject, is restricted to adults.*

All Prices include Postage. These books can be obtained through your bookseller or direct from

THE WALES PUBLISHING CO.
Dept. 37, 26 CHARING CROSS ROAD, LONDON, W.C.2.
Showroom: **32 St. Martin's Court, London, W.C.2**

Stretch Your SPINE



"Cramped Spinal Nerves are the Unsuspected Cause of Most of Our Ailments."—

Says Well-known Physical Culturis

Much ill-health is caused by unsuspected "faults" in the spine. Malposition of the bones causes pressure on the spinal nerves, and shuts off part of the nervous energy from the body. The portion of the body governed by the nerve or nerves which are being "nipped" will then cease to function correctly, and one or more ailments will quickly develop.

Remarkable improvement in the health of men and women of all ages is being achieved by means of a wonderful appliance, known as the "ROTA" Spinal Appliance, which relieves spinal compression and floods the whole body with new vitality. A free book on Spine Culture, describing the method, will be sent post free on application to:

Two positions for the correct exercising of the spine. The "Rota" Appliance corrects curvature and malposition, putting an end to various states of ill-health caused by nerve impingement in the spinal column.

CHAS. T. TREVOR (Dept. P.M.116), 17 Penford Street, Camberwell, London, ..

"THE FRIEND YOU SEEK IS SEEKING YOU"

through the U.C.C. A genuine, reputable introductory medium established since 1905, and now with a membership of over 10,000 both at home and abroad, all classes, either sex. For full particulars in a plain sealed envelope, write in confidence to:

Mr. Clare, Secretary, U.C.C., 16, P.Y., Cambridge Street, LONDON, S.W.1

J. Louis Orton

begs to intimate to persons desirous of getting into touch with him for professional assistance that his address is "Kingsthorpe," Hawthorn Drive, Willowbank, Denham, Bucks. Tel.: Uxbridge 821.

What's *Your* Slogan?

By N. B. MONTGOMERY

I HAVE personality; I have charm; I am beautiful!"

These words, in a fiction story, caught the the eye of a woman reader some years ago.

I recalled the story vividly when she quoted the words to me. I remembered that the story had impressed me as clever and entertaining. But to her it had been more than that. She had applied it; had turned it to account.

What she told me about the story and its effect on her stimulated me to study the question of personal slogans. Publishing firms, railway companies, organisations of every kind coin and herald their slogans. Why not a slogan for each individual —a *personal slogan,* to sum up the big ambition, to set the goal for the life journey, or for the years or months just ahead?

Have you a little Slogan in your life?

Why not?

You can't hit a bull's-eye unless you *see* it. You can't win your way to what you desire unless you have a sharp picture of it in your mind.

A *Personal Slogan* helps to clarify your vision of what you wish to become, or acquire, or achieve!

My friend told me that when her eyes met that striking line she was in trouble. Life, she thought, held no hope. But in that story she saw a flicker of light. She took her mind off her troubles, and began to think *constructively.* She adopted the words: "I have personality; I have charm; I am beautiful" as her personal slogan.

She knew she had a God-given personality, an intangible something that could be developed; she knew she could make herself charming if she wished to take the trouble. But *there* was the sticking point. Did she wish to take the trouble? Yes, she would make the effort. Anything was preferable to mental lethargy.

The last was the stumbling-block. She was *not* beautiful; she was even plain, but she possessed the style that modifies any number of facial shortcomings. She decided on an internal and an external renovation. She wasted no time getting at it and spared no effort; nothing discouraged her; nothing dampened her enthusiasm. She did not say after a time, "It can't be done," and thus curtail her chances of success. She said, "I can put it over and even surprise myself with the results." And she did that very thing.

To-day that woman is one of the most striking women I know. She is not pretty, she is handsome. She is an inspiring personage, possessed of vast understanding and cheer. She is welcomed everywhere because people just naturally like to have her around. She does not wear a graveyard expression; she exudes sunshine. People meet her, look into her eyes, feel her handclasp, hear her voice and say: "What a wonderful personality."

Inspired by Poet

A girl in her 'teens read these Shakespearean lines:

> "To thine own self be true,
> And it must follow as the night the day,
> Thou canst not then be false to any man."

They impressed her deeply. She jotted them down on the fly-leaf of her notebook, where she could refer to them.

The years passed, and the old book, packed away with forgotten schoolbooks, kept its trust.

There came a crisis in the girl's life. She was thrown upon her own resources. There was no one to make the way clear for her. She was racking her brain for an inspiration when the forgotten lines of the immortal Shakespeare came to her, jumbled and disorganised. She sought out a little old red-backed book, dingy with dust, and opened the cover. There they were. "My slogan!" she exclaimed, and smiled at the seriousness of the words. From that moment the skies cleared, because she began to *find* herself.

She drafted a few brief sentences to supplement her slogan and they read something like this:

> **"Independence of thought and action; absolute confidence in my ability; study and work, *work,* work!"**

She made a great success as an office executive. I asked her one day to give me her recipe for success. She said: "Come, I will show you," and led me to her room. There, hanging near her mirror, were the old lines from Shakespeare that had re-made her life. At the mirror's other side hung a motto—the three points of her dynamic slogan.

"So it works," I said to myself.

And I thought: "Until, one by one, we can find something to fit our own individual cases, that wouldn't be a bad slogan for all of us."

BE A MAN!

STRENGTHEN YOUR VITAL FORCES!

You Can't Hide Weakness!

Are you a victim of SELF-CONSCIOUSNESS, MORBID FEARS, INFERIORITY COMPLEX, WEAK MEMORY, POOR CONCENTRATION, LACK OF SELF-CONTROL, BAD HABITS, THINNESS, FLABBINESS, HEADACHES, DIZZINESS, CONSTIPATION, INDIGESTION, Etc? If so

BRITAIN'S FOREMOST PHYSICAL CULTURE CONSULTANT **can help you.**

Case No. 16793.—Aged 24. Catarrh, Lassitude, Erratic Heart, Poor Circulation, Tiredness, Indigestion, Constipation, Flabbiness, Weak Memory, Phobias, Bad Habits, writes:

Dear Mr. Standwell,

It is a great pleasure to send this report. The bare wording of it cannot show all the benefit of your course. My interest in people and things has improved. Am living with full concentration of mind and body, and I owe to you a casting off of all former sloppy, mental and physical worries. The sound circulation and freedom from chills and feeling of coldness is splendid. I can add to my former reports a continued progress, and see how one can fashion one's life if built on a sound physical basis. I can take part in most activities which I could not do before. In short, I enjoy life in the best sense. I presume I am to continue with your advice, which has taken me out of the rut.

Very faithfully yours.

If you are suffering from any form of nervous disorganisation, no matter what the cause, or how intimate the problem, write to me fully in confidence for a FREE and considered opinion of your case.

Also send for my **FREE** book—

"DO YOU DESIRE HEALTH?"

I am the only Practising Physical Culture Consultant who has specialised for over 30 years in the treatment of Nervous Disorders and Functional Weaknesses of all kinds.

All replies and books sent FREE in plain sealed envelopes

T. W. STANDWELL, Physical Culture Consultant

(Dept. P.Y.), 329 High Holborn, London, W.C.1

Put yourself on the road to Health

Under the terms of his will the late W. H. Baxter, J.P., left the main part of his fortune to provide for the distribution of his writings.

The six booklets (listed below) deal with subjects not usually discussed in most health books.

His rules for living are startling and will appear at first glance unorthodox, yet at the bottom they are sound common sense and facts that cannot be disputed. Many sceptical people have termed Mr. Baxter a "crank," yet offset against this is the fact that over 20,000 glowing testimonials have been received from enthusiastic adherents to his rules. Perfect physical and mental health can be yours, too, if you send for these booklets.

●

1. **PRACTICAL KNOWLEDGE OF OUR CREATOR.**
2. **PRACTICAL KNOWLEDGE FOR MEN.**
3. **PRACTICAL KNOWLEDGE FOR WOMEN.**
4. **PRACTICAL EDUCATION.** Deals in a fearless manner with matters often ignored by teachers.
5. **PRACTICAL ILLUSTRATIONS OF NATURE.**
6. **PRACTICAL POWER EVERYONE SHOULD POSSESS.**

Price **3d.** *each, Post Free*

7. **A PRACTICAL PHILOSOPHY OF LIFE.** All Mr. Baxter's messages are included in this book.

Price **1/-**, *Post Free*

BAXTER PUBLICATIONS

(Dept. 11), 71 Albion Street, Leeds

BOOK REVIEWS

(*Continued from page* 29)

knowledge from which the reader may proceed to further knowledge.

There can be no true knowledge of sex without information based on scientific facts. Much unhappiness, nervous illness, as well as physical suffering is caused through ignorance of facts. It is essential there should be knowledge of all phases of sex, and not just of one or two phases. With this conviction the author has included chapters on Anatomy and Physiology before proceeding to the Psychology of Sex. He concludes the book with information on subjects of vital interest to all. The author is a doctor who is specialising in the study of Obstetrics and Gynæcology. Definitely a book for adults only.

"HOW TO ENJOY ILL HEALTH." *By Cecilia L. Schulz.* (McGraw-Hill, 6/6.)

THE title and gaily illustrated cover of this book prepared me for something out of the ordinary, but the actual contents were even more novel than I expected.

This is a splendid practical book of sickroom conduct from the standpoints of the patient, the nurse and the visitor, written from fifteen years' practical nursing experience.

But the instruction is written in a gay and witty fashion that makes the most delightful reading whether you're interested in the subject or not. Since the writer is American, the idiom is naturally modern American, but in these days of Hollywood everyone of us can understand and appreciate it.

If you're not interested at all in how to be ill and like it, then read this book, because it is so amusing.

The brilliant illustrations by Chichi Lasley add an extra dash of humour and gaiety.

"MOSES AND MONOTHEISM." *By Sigmund Freud.* (Hogarth Press, 8/6.)

THIS is a very interesting book of theory for the earnest student of religion and all those concerned with the more far-reaching fields of psychoanalysis.

By comparing various aspects of legend and history the author comes to the conclusion that Moses was an Egyptian and brought his religious doctrines from thence to the Jewish people. Professor Freud goes on further to surmise that Moses was murdered in the wilderness, but his memory was cherished until his religious monotheistic doctrines finally triumphed. A general theory of monotheism is included.

The book is accredited coming as it does from the "Father of Psycho-Analysis," who is himself a member of the race of whom Moses is the greatest hero. But it is recommended only to those with some previous study and knowledge of Professor Freud's principles and teachings.

"CAN PSYCHOLOGY HELP?" "Needs of To-day" Series. *By Eleanor A. Montgomery, L.R.C.P., L.R.C.S.* (Rich & Cowan, 3/6.)

I RECOMMEND this book because here, in small space and expressed in such way as to give practical help, is a summary of the ways in which psychology can help every man and woman

(*Continued on page* 48)

YOU CAN OBTAIN A DEGREE!

NO matter what your position or prospects, a University Degree is a good thing to have. You can obtain a London University Degree without "going into residence," or attending lectures. It is necessary only to pass three exams. You can do all your reading for these AT HOME AND IN LEISURE HOURS with the experienced help of Wolsey Hall (founded in 1894). Conducted by a staff of 56 Graduate Tutors, Wolsey Hall courses have enabled hundreds of men and women to graduate, thereby increasing their mental abilities, widening their outlook, and raising their status.

● **WRITE FOR FREE PROSPECTUS** (saying if your preference is for B.A., B.Sc., B.Sc.Econ., B.Com., LL.B., or B.D.), to the Director of Studies, Dept. FJ 85,

Wolsey Hall Oxford

PROPRIETORS: DIPLOMA CORRESPONDENCE COLLEGE, LTD.

A Free Lesson in SHORT STORY WRITING

Some of the leading writers of the day have contributed to the Course in Short Story Writing conducted by the Regent Institute. Readers can obtain a free lesson of this fascinating Postal Course by applying to The Regent Institute (Dept. 47F), Palace Gate, London W.8.

The demand for short stories is enormous. Editors find it difficult to get enough suitable stories. Fiction writing is the most delightful of all hobbies, and it is probably the most profitable.

If you have literary aptitude you can be trained to work ideas into plots and make stories of them which editors would be glad to buy.

Write for Your Free Lesson NOW

Accept this valuable offer to-day. Post this coupon or write a simple request for the specimen lesson and the booklet.

THE REGENT INSTITUTE
(Dept. 47F), Palace Gate, London, W.8

Please send me a free lesson of your **Short Story Course,** and a copy of your prospectus, "How to Succeed as a writer."

NAME .....
(Block Letters)

ADDRESS.....

.....

ENGLISH and FOREIGN
BOOKS
Magazines, Pictorials, etc.
★ *Every Description* ★

IMPORTANT to state FULLY and precisely the type of Books, etc., required before particulars can be sent.

Glanworth.

'After answering several adverts. advocating General Fitness, Great Strength, etc., at very high fees, I had no idea your book should prove to be what it really is— **THE BEST VALUE ONE COULD POSSIBLY WISH FOR.** I have mastered your Course, and I can truly say I have derived no end of pleasure in going through the exercises and from the very evident beneficial results of same. Please accept grateful thanks, with all good wishes for future success.—P.M."

P.P.P.C. . . COMPLETELY PHOTO-ILLUSTRATED COURSE with advice and hints essential to your bodily and mental health and superb physical strength. Worth Pounds.

Only 2/6 post paid

P. Y. DANE & CO. (*English & Foreign Booksellers*)
64 STANLEY ST., LIVERPOOL, 1.

NEED A MAN FEEL PREMATURELY AGED?
MEDICAL SCIENCE SAYS "NO!"
Modern research has proved that as long as your "Hormone" Glands and nerves function efficiently, your whole body will be virile and vigorous.
HUTTONS (BRAND) GLAND TABLETS
which contain genuine "Hormone" Glandular Extracts—will definitely rejuvenate and revitalize the whole body, irrespective of your age and condition. They are the sure, safe, speedy remedy for LOSS OF ENERGY and VITALITY, PREMATURE AGEING and GENERAL WEAKNESS.
Price, 100 Tablets, 7/6; 300 Tablets (Full Course), 20/-. Post Free.
EXPLANATORY BOOKLET "THE NEW WAY TO VITALITY"
POST FREE ON APPLICATION TO—
G.A.HUTTON & Co. Ltd. (Dept. P.34)
164-6 Rushey Green, London, S.E.6
OVERSEAS ORDERS PROMPTLY ATTENDED TO.

GET BACK THE
JOY OF LIVING!
VIM VITALITY
VIGOUR VIRILITY
AND THE JOY OF STRENGTH AND FITNESS RENEWED.
VI-VIMS are the Super Gland Invigorators. Act quickly and effectively with either sex at all ages in every case of weakness, nerve exhaustion or general vital decline—from whatever cause arising. Prepared in varying strengths, 1/3, 3/-, 5/- and 12/-. Sample assorted bottles of all strengths, 5/-, or **generous testing sample sent post free** with Booklet "Rejuvenation."
LE BRASSEUR SURGICAL CO. LTD. (Dept. V.D.)
90 WORCESTER ST., BIRMINGHAM.


LONELY?
THEN JOIN THE UNITY.
The only Club of its kind for Friendships. Immediate introductions. Either sex. Pen or personal. Unique, unrivalled and confidential service. Satisfaction guaranteed. Monthly reports, lists, supplements, etc. Send stamped addressed envelope for particulars, photographs, etc., to
THE SECRETARY, The Unity Club, 4 (PY.), Knowsley Road, London, S.W.11.

WHAT CAN WE DO FOR YOU?

(*Continued from page* 37)

ANSWER.

It is only six months since your husband died. The suddenness of his death was a great shock to you. You have been left feeling bruised, broken, lost, bewildered. The nature of his death has haunted you, for you are imaginative, sensitive, especially to the sufferings of those you love.

But you *can* and *will* come through the valley of sorrow. Remember, Time is very kind. But how long it takes you again to find joy in life depends largely upon yourself. You will have to take yourself well in hand, discipline your mind, turning the power of your imagination to the future, instead of continually dwelling upon the past.

It is not wrong or unthinking or hard to bring the light of reason to help you in your struggle. You are in the world, and like each one of us, you are here for a purpose—to go on living and fulfil your work in the world. At present that seems hopeless and almost impossible. Though you know the sun shines, and there is much around that is beautiful, it will all seem dark to you. But cling, if even desperately, to your faith that it will all pass and the pain be eased. Crawl slowly forward, and soon you will see the light of hope and renewed life glimmering before you.

And you have a tremendous impetus to live—your daughter, aged twelve, needs you now, and will need your guidance more in the next few years than she ever did when a baby. She is a trust left you by your husband, and while she is with you, you have not entirely lost him.

Your little girl, too, will miss her father. But childhood's sorrows are light, and no doubt already she laughs and sings. She will not understand your sad face and unhappy ways; and a too long continuance of such an association with you in your present condition may harm her. So decide that you will dedicate the next eight or ten years to her care, until she is able, from your wise guidance, to take charge of her own life.

Whatever your husband suffered, he is now at rest. Whatever else it may mean, I am sure death means for *all*, peace. So try to accept that. Then turn your mind and energies resolutely towards the future. Of course it will be hard at first, but the effort will be rewarded. Fill every minute of the day with something constructive. When thoughts, painful and disturbing, come, as they will do, resolutely switch them over to some other thought to do with your work or your daughter.

I could, of course, give you much more constructive advice and help; but I know you will appreciate that the space to be devoted to any one problem is limited. I can, of course, write to you privately, but I felt that apart from your asking a reply through the magazine, others placed similarly to yourself might derive a measure of help and encouragement from this reply; for we know only too well that many others have had reason to mourn loved ones recently.

QUESTION.—A. C. C., of Keswick.

Can you please supply me with a full list of psychological terms and their respective meanings?

ANSWER.

The best thing I can advise you to do is either to borrow from a library or purchase a copy of *The Human Personality*, by Louis Berg, price 8/6. This book will give you all the terms you are likely to need in your general study. A very interesting book, without a lot of difficult technical matter, it will help you to consolidate your previous study.

QUESTION.—V. H., of Kensington.

I am a domestic worker. I am ambitious and am saving money in order that I may study to improve myself and my position. However, I have for some time been in contact with a girl who is wrapped up in religion. She has preached religion to me to such an extent that now I begin to believe that my desire for improvement is wrong.

Can you tell me if it is wrong to enjoy one's life and to desire to improve and possess nice things?

ANSWER.

Decidedly it is not wrong to be happy. In fact everyone, despite his or her circumstances, should endeavour to be cheerful and thus to radiate happiness to others.

Any religion that teaches to the contrary is a false religion. True religion should give the individual an understanding of life and people, together with faith in the ultimate power of good in the world. It does not mean being blind or ignorant of what is bad or evil, but a spirit of happiness and enjoyment is in itself a power for good and should be cultivated, not only for the individual's own sake, but for the benefit of all whom he contacts.

Despite the picture often drawn of Christ as a man of sorrows; many believe Him to have been full of the joy of living, a cheery, happy comrade and friend. Did He not attend wedding festivals and parties for which He was condemned by His critics? Would the children have flocked to Him so naturally if He had always been gloomy and sad? No, I am sure it was His kindly, smiling countenance, and the fact that He could tell a good story and join in the fun, which attracted, not only children, but adults too.

He, too, believed that the good things of life and of this world have been given

WHAT CAN WE DO FOR YOU?

by God for the benefit, use and enjoyment of His people. You remember the story of the talents? Surely that shows He also believed that each person should use and develop his latent talents. He believed in progress and improvement. He only condemned those who took what they had not earned, or in their efforts for possession crushed down or ill-treated others.

It is unfortunate that you have contacted someone who has such a very narrow and restrictive faith, for there are creeds which are helpful and inspiring.

Your former attitude to life was admirable, and I suggest you cultivate it again, refusing to be influenced by negative beliefs put forward by others. A person who is cheerful and happy is far more likely to succeed than a pessimist; for not only will he have greater opportunities for material progress, but he will attract to himself friends and affection, which are valuable riches.

So continue to search for the truth. Do not shut your eyes to what is evil in the world, but keep them ever alert for what is beautiful and true and good. Cultivate cheerfulness and optimism, and enjoy to the full the little things of life, a clean, cool bed; new clothes; a book; rain; flowers; friends; and even work. And for this reason continue with your efforts to improve your position, for you will achieve greater success and happiness, as well as performing better work, at a job which you like. Read books which will help you towards this end and which will combat depressing influences. Good luck!

QUESTION.—S. J. S., of Selangor.

Can you tell me whether there is a cure or remedy for the cold which I have experienced repeatedly for the last three months. It attacks me in short spells several times during the day and is like a dry cold which blocks the nostrils, often resulting in fits of sneezing, though it affects my health in no other way.

I carry out a few minutes' breathing exercise in the morning which relieves me till about 2 p.m. I also feel better in the open air.

ANSWER.

It rather seems as though you are suffering from catarrh, though so far this is not very severe. Nothing can be more beneficial than fresh air, as you have proved for yourself. So get out in it as frequently as possible. Whenever you are in the open, practise your deep breathing; a series of short, sharp sniffs are better than one long inhalation. Take ten short sniffs until the lungs are filled to capacity, then exhale. This may be repeated rhythmically in time with your walking.

If you can arrange to sleep out of doors, then that too would prove beneficial. At any rate, there should be fresh air in the room where you sleep.

Avoid salt altogether in foods, or at least use in moderation, as too much salt tends to encourage a catarrhal condition. Why not visit a doctor for advice and treatment? Since you have suffered for so short a period you have an excellent chance of curing the complaint, providing it is taken in time. Otherwise it may become a permanent condition.

QUESTION.—"Despondent," of Glasgow.

My problem is one of envy. I have always been ambitious and keen to be something worth while. Yet I seem to have to study twice as long as anyone else to become even average at a subject. In everything I do in life it is the same—I seem to have the unhappy knack of doing something wrong before I get it right.

I have met a great many women to whom study and the getting of degrees seems to be simple. They make me so envious and jealous that I torture myself with thoughts of why they should have been given such fine brains and I such a poor one.

All this has made me very discontented, and I never seem to get any peace out of life. Can you help me to be a little happier, and tell me if I am looking life badly in the face?

ANSWER.

Yes, you are on the right lines when you wonder whether you are looking at life from the wrong angle. Most of your trouble, and probably all of it, is due to this wrong attitude of mind and bad thought habits.

You spend your time and energies in looking at those people who, to outward appearances at least, are successful. In any case, they have the things which you want and haven't got. Instead of trying to find reasons, and perhaps remedies, for your previous failures, you merely look on enviously at what you consider unattainable. It is quite probable that your failure is not lack of ability, but incorrect application of that ability, wrong methods of study, or some such fault which might be remedied.

But even presuming that you had discovered your ambitions quite out of your reach, you have courted disaster and unhappiness and dissatisfaction by your envious outlook. Your own common sense will soon make you appreciate that mental power, thought power, physical energy and precious time is being wasted by you in envying others what you have decided is not obtainable by you. This attitude of mind doesn't bring you anything. In fact, it takes a great deal away from you. Apart from the opportunities which you miss by it, you have proved for yourself that it creates an unhappy, restless mind.

Now, having proved to your own satisfaction that your thought habits are

(*Continued overleaf*)

What Is In Your Horoscope?

Would you like to know without any cost what the stars indicate your future will be; whether you will be successful, prosperous and happy; about business, love, marriage ties, friends, enemies travel sickness, lucky and unlucky periods; what pitfalls to avoid; what opportunities to grasp; new undertakings and other information of untold value to you. Here is your chance to obtain a FREE delineation drawn in conformity with the Roxroy Master Method for Astrological Forecasts.



Professor ROXROY Inventor of the Master Method for Astrological Forecasts.

Send for your free reading immediately. It may reveal startling facts that will bring you happiness and prosperity. Simply write your name and address plainly, state whether Mr. Mrs. or Miss, also give date of birth. No need to send money but if you wish you may enclose 6d. (P.O. or stamps) to cover postal expenses. Don't delay. Write now. Address **ROXROY STUDIOS, Dept. 5338 C, Emmastraat 40-42, The Hague, Holland.** Postage on your letter to Holland is 2½d.

HOW I STOPPED SMOKING

I HAVE a genuine remedy by which I cured myself of the smoking habit. I want to tell you how to stop smoking **easily, permanently, harmlessly.** In 3 days you can be free from the habit. This means money and health to you, in fact you will be a healthier person in every way, free from headaches, dizziness, heart trouble, defective vision, and other disorders due to excessive smoking.

WONDERFUL DISCOVERY



Mr. — says: "I feel ten years younger, a truly wonderful cure. 30 years' habit gone in 3 days."

FREE SEND NO MONEY. Write to-day, and I will send you absolutely free my Book with overwhelming proof of success

Mr. L. E. VENN (60S),
20-21 TOOKS COURT, LONDON, E.C.4

DEAF

HEAR AGAIN!

IF you have difficulty in hearing and your ears distress you, or you are a victim of head noises, or suffer from catarrh, etc., **you need our book,** which describes the **NEW METHOD OF PREVENTING AND CURING EAR TROUBLES. QUICK RELIEF. New-Vita** is a patented appliance which attacks the source of the trouble and aims to remove the root cause of deafness. **Safe—Simple—No humbug, no phones, drums, batteries or wires. Nothing to Wear. Inexpensive.**

FREE Send no money, only your name and address and the book on the EAR will be sent by return POST FREE.

NEU-VITA LTD. (CD 245 Dept.),
24 SOUTHWARK STREET, LONDON, S.E.1

BOOK REVIEWS

(*Continued from page 45*)

to meet life more bravely and effectively. It is at the same time an excellent prologue to further studies on this great science. Specially helpful are the chapters on "How we take life," which is a discussion of the various temperaments and how they may be best adjusted for happy living.

The author writes with the sympathy and understanding born of long experience in solving humanity's problems, for she is the physician to the famous Institute of Medical Psychology, better known as the Tavistock Clinic.

SEX EDUCATION CENTRE
13 Eccleston Street, London, S.W.1
Open Mondays, **7–9** p.m. Consultations, **1/-**.
Library books **2d.** a week; and by post.
Catalogue, **6d.** *Visitors Welcome.*

CLASSIFIED ADVERTISEMENTS

Approved Classified Small Advertisements are accepted at the rate of 2/6 per line. Minimum three lines. All advertisements must be prepaid. Address all communications to: The Advertisement Manager, PSYCHOLOGY Magazine Ltd., 30 Museum Street, London, W.C.1

LITERARY

AUTHORS invited submit MSS. all types (especially Fiction and Poems) to Publishers of 40 years' standing. STOCKWELL LTD., 29 Ludgate Hill, London.

BOOKS ON PSYCHOLOGY AND SEXOLOGY can be purchased for as little as 2/6 monthly. Write a card for information from Technical Department, PHOENIX, Chandos Place, London, W.C.2.

A STUDY OF JEALOUSY. As Differentiated from Envy. By T. M. ANKLES, A.P.D.P.(Lond.). 3s. 6d. net. "A documented study by an Author well grounded in the authorities." The Plan. STOCKWELL LTD., 29 Ludgate Hill, London, E.C.4.

SONG WRITERS

SONG POEMS wanted. Successful composer invites authors submit lyrics. Write "Composer" (A.101), RAYS ADVT. AGENCY, Cecil Court, London, W.C.2

SHORTHAND

SHORTHAND IN ONE WEEK. First lesson of postal course free without obligation, from R. S. DUTTON, 93 Gt. Russell Street, London, W.C.1

PERSONAL

YOGA WORLD FRIENDSHIP CLUB. Join for knowledge, training, advice and friendships. Send stamped addressed envelope for particulars.—THE INSTITUTE OF YOGA, 264 Park Rd., London, N.8.

HOROSCOPE. Two years Prospects, 5s. od. Send date of birth, time, and sex to Miss PAUL, 164 Brixton Road, London, S.W.9.

CONTACT CLUB. Most satisfactory medium for all desiring agreeable pen-friendships. Particulars, stamp, Secretary, 19 (PS.), Ty-Fry Gardens, Rumney, Cardiff.

MISCELLANEOUS

£7 WEEKLY easily earned at home dealing in stamps. No experience required. Unique opportunity with unlimited possibilities.—MARSH, "Prospect Villa," Smedley Lane, Manchester.



OUTSTANDING EARS CORRECTED

ORO, The Universal Ear Shaping Treatment, produces amazing, immediate and permanent results. CONSPICUOUS EARS assume their normal position within a few minutes. No mechanical contrivance. **Oro** is ideal in that each application is INVISIBLE, comfortable and harmless. Praised by Doctors. Hundreds of satisfied users. Write for free booklet and testimonials.
M. TRILETY (R 188), 45 Hatton Garden London, E.C.1.

WHAT CAN WE DO FOR YOU

(*Continued from previous page*)

wrong, then the next thing is to set about changing them. You must replace negative emotions by positive emotions; destructive thoughts by constructive thoughts. This means breaking down old habits of thought and replacing them by entirely new and better habits. Naturally this will be a gradual procedure; you will meet with resistance from the old thought habits which will resent being turned out by the new habits, but in time the resistance will weaken until the undesirable habits have been broken altogether.

So far you have been seeing only the good points and the talents of these people whom you so much envy. If you will look a little more closely, you will see that they, too, have their weaknesses and faults. If you could look into their minds, you might find many of them felt they had missed something in life, despite their apparent success.

In the same way, if you will look with mental eyes that really see, if you will search with set purpose, you will realise that you, too, have gifts and abilities. It is quite probable that you have never discovered some of them and that they are in danger of decay through disuse. It is a good idea to make a list of one's gifts, and then to see in what way they can be turned and developed to help one to secure a measure of success and happiness; not forgetting, of course, that most happiness comes from service—from giving in friendship and other relationships. So give up self pity. Cultivate optimistic, cheerful thoughts. Turn your thoughts away from yourself towards others. This is necessarily but a very faint outline of a suggested change of thought and life, but I may be able to advise you furher by private correspondence.

IF YOU HAVE A PROBLEM FILL IN THE COUPON BELOW and obtain our Expert's Advice

COUPON PSYCHOLOGY AUGUST 1939
"What Can We Do For You?"

Name.....

.....

Address .....

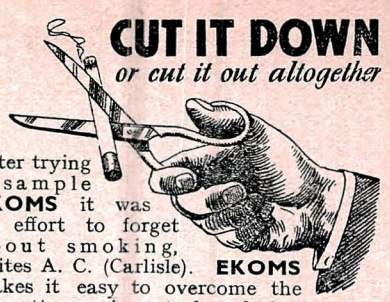
.....

Age.....

Occupation.....

Married or Single? .....

● PIN THIS COUPON TO YOUR LETTER



CUT IT DOWN
or cut it out altogether

After trying a sample **EKOMS** it was no effort to forget about smoking, writes A. C. (Carlisle). **EKOMS** makes it easy to overcome the cigarette craving; to benefit both health and pocket. Absolutely harmless and most effective. No tiresome directions or use of auto-suggestion. Write **NOW** for full particulars enclosing 1½d. stamp. Sample 7½d.
THE LANGHAM CHEMICAL CO. LTD.
DEPT. E51, HYDE HEATH, AMERSHAM, BUCKS

IF MEN WHO
are married are not 100 per cent. fit they are invited to send 1½d. stamp for folder "THE BLAKOE WAY" which will be sent under sealed cover.
It explains how improvements may be easily and scientifically effected.
BLAKOE APPLIANCES LTD. (Dept. S.Y.C.) 337 GRAY'S INN ROAD, W.C.

TO SMOKERS
If you know you are injuring your health by excessive smoking, the tobacco habit may **easily be mastered** in **3 days** by the Woods method. No more stomach or throat trouble, no foul breath, no heart weakness if due to tobacco. **Regain Vigour, Calm Nerves,** clear eyes and superior mental strength. Book on tobacco habit and particulars of the Method **free** on request.
EDWARD J. WOODS LTD.
167 Strand (810TB), London, W.C.2.

LONELY?
Join the Best Club for Introductions to Friends and Partners either sex, all ages and interests. Members in all parts of the British Isles and abroad. Satisfaction and Privacy guaranteed. Monthly Lists, Photos, etc. Send stamp for full particulars to Secretary (Y).
THE GOLDEN CIRCLE CLUB
14a Grosvenor Street, CHELTENHAM

FOR MEN
Enjoy a normal life. Don't lack vitality and strength. Try the famous Rhycol Nerve Nutrient Gland Tablets, containing hormone-creating **glandular** extracts, which **revitalise** and restore manhood safely and surely, as nothing else can. **Money back** if not delighted in 7 days. **3/6** per sealed box. Sent privately. Interesting booklet free.—**NATURE PRODUCTS, 28 (P.C.10), Dean Road, London, N.W.2**

AIDS TO FIGURE DRAWING
STARPRESS STUDIO OF PHOTOGRAPHY
STILLS · FILMS · PICTORIALS
Please enquire on printed notehead or card
STARPRESS (Studio "P")
13 Whitechapel, Liverpool

IN SEPTEMBER ISSUE OF "PSYCHOLOGY"
Which Have the More Troubles —Married or Single?



A NEW LIFE

Within Your Grasp!

RESHAPE YOUR FUTURE

WHAT would you give for a chance to begin life anew—not in a hereafter, but here on earth—with all of the advantages of your past experiences *and* with all of your mistakes behind you?

This is not a fantastic claim, or a bombastic statement—*it is reality!* The body you have today is not the one you were born with—each cell, tissue and fibre of your being has been reborn thousands of times—nature has seen to that—she has given your body many opportunities for growth and health. *But what of the you?* Are you following the same old routine of living of ten, fifteen, or twenty years ago? Can you see nothing in the tomorrow but the same uncertainties, sorrows, and hopes of today? If life is not what you would like it to be, it is because you do not know how to create the change.

Every animate thing lives—there is nothing unique about that—but living intelligently, knowingly, directing the course of your life—avoiding mistakes, converting opportunities into advantages—that is distinctly a human privilege. Let the Rosicrucians (not a religious organization) show you how *you* can accomplish this. For centuries this worldwide organization has taught the wisdom of the sages, those secrets of nature, those little-understood laws of life which when properly used make man *a master of living.*

Let This FREE Book Point The Way

If you are sincere, and willing to make an effort to create a new life for yourself, use the coupon below and write for "The Secret Heritage." This book tells how you may share the wisdom taught for centuries by the Rosicrucians.

SCRIBE: F. T. C.
The Rosicrucians (AMORC),
San Jose, California. U.S.A.

Please send free copy of "The Secret Heritage," and I shall read it as directed.

Name.....

Address.....

City.....

THE ROSICRUCIANS (AMORC)—Not a Religious Organization



I Shook Like a Leaf When They Called My Name

A feeble burst of applause sounded as I sat down. But I wasn't deceived. I had failed. Here was my chance to favourably impress the important officials of the company. And I'd messed it up. Why?

I knew that plan as well as my Director (who had been scheduled to explain it, but had suddenly been called away). But when I rose to my feet I was nervous as a kitten. I groped for the right way to begin. A sea of faces swam before me, and my brain and tongue seemed paralysed. Instead of explaining it in a logical step-by-step way, I began in the middle, contradicted myself several times, and left out the most important part.

There and then I made a resolution. I would get over this habit of stage-fright and self-consciousness, if it was the last thing I did. And if ever again I got an opportunity like this I would be ready for it.

It was by sheer chance that one day about a week later, while glancing through PSYCHOLOGY Magazine I came across an advertisement which I had seen many times before. This advertisement described a remarkably easy home-study method that developed the natural speaking ability of every man. It told about certain principles which eliminated stage-fright, nervousness and timidity.

I started this twenty-minute daily training shortly afterwards. I was elated at the rapid improvement that was evident to me almost right from the start. Very soon I realised that I was no longer thinking of myself when making an extended address or conferring with business superiors: my thoughts were concentrated on my subject. I had developed poise and self-confidence. People began to listen more attentively when I voiced opinions. And when the firm sent me as their delegate and speaker to the annual trade convention, I knew at last that I had wiped out the memory of my previous failure. Also my newly-discovered talent has opened up new social gates. I am called upon to address after-dinner banquets, and am invited to select social affairs through my ability to converse fluently.

To-day promotion in business and social popularity are easily won by the man who can dominate one man or thousands by the sheer power of convincing speech. It is this talent alone that causes one man to rise from obscurity to be Director of a large concern; another from a small unimportant territory to a sales manager's desk; a shy, diffident man to become a much sought-after dinner guest; another from the rank and file of fraternal or political circles to blossom forth as a powerful, dynamic orator and leader.

Yet there is no magic, no mystery, no so-called "natural gifts" about effective speaking. Any man can now conquer timidity, stage-fright, and self-consciousness and become a magnetic, dominating speaker and a brilliant conversationalist. This has been made possible through the perfection of an amazingly simple home training.

WHAT THIS FREE BOOK WILL SHOW YOU

- How to sell more goods.
- How to write better letters.
- How to address business conferences.
- How to enlarge your vocabulary.
- How to speak before your club or lodge.
- How to propose and respond to toasts.
- How to address board meetings.
- How to make after-dinner speeches.
- How to develop self-confidence.
- How to train your memory.
- How to acquire a winning personality.
- How to overcome fear.

Send for this Amazing Book

This new method of training is fully described in an interesting and informative book entitled *How to Work Wonders With Words*. This book will be sent free to those who post the Coupon. It describes a truly remarkable way by which anyone can overcome stage-fright, self-consciousness and bashfulness. It shows how easy it is to become a dominating speaker and brilliant conversationalist by spending only twenty minutes a day in the privacy of your own home. And it reveals the secret of advancement in position and salary, social popularity, personal power, prestige and real success. Send for the book at once. Fill in and post the Coupon—NOW. No cost. No obligation.

PSYCHOLOGY PUBLISHING CO. LTD.
Dept. PM/ES.11
Psychology House, Swinton, Manchester

NOW SENT FREE



If you do not wish to cut Coupon send postcard.

PSYCHOLOGY PUBLISHING CO. LTD.
Dept. PM/ES.11,
Psychology House, Swinton, Manchester

Please send me, FREE and without any obligation, a copy of your inspiring book, *How to Work Wonders With Words.*

Name .....

Address .....

.....

Published by PSYCHOLOGY MAGAZINE LTD., Psychology House, Swinton, Manchester. Printed by MORRISON & GIBB LTD., London and Edinburgh. Sole Agents for Australia and New Zealand: GORDON AND GOTCH (A'SIA) LTD. Sole Agents for South Africa: CENTRAL NEWS AGENCY LTD. Sole Agents for Canada: GORDON & GOTCH LTD.