

Character Reading

The Face is an Open Book
of Emotions



25 Cents

August-September, 1930

Can You See the Difference in These Hands?

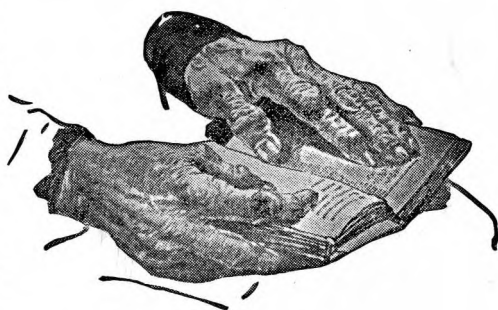


WHEN you look at people's faces, hands, and figures, can you doubt that they are different? A different chemistry is at work in the different types of people.

Different talents!
Different ideas!
Different hopes and ambitions!
Different clothes!
Different voices and manners!
Different ailments!

Why then, should we expect one man to thrive on all the food habits of another man? Whole families are disrupted because someone in the family insists that some other member eat as he or she eats. We have no more right to insist that one person eat another person's type of food than we have to put the musical genius to truck driving, or the sheet metal worker to writing poetry, without a talent for it.

The bony hands to the right have too much calcium in their make-up, for his health and comfort. The soft round hand has not enough in hers to give her strength or long life.



What Chemicals Do YOU Lack?

WHAT DO YOU NEED TO SUPPLY IN YOUR DAILY DIET?

The individual diet for each chemical type is a KEY which unlocks *your* individual door to health. Your face and figure, hair, and skin coloring reveal which chemicals are too abundant, and which chemicals are deficient in you.

YOU ARE ENTITLED TO FIND OUT YOUR TYPE FREE OF CHARGE

How-To-Eat magazine has arranged to give you an analysis of your chemical temperament, with a course in the chemistry of food, and a diet for your individual type. Our new subscribers are entitled to this, for health insurance, with 12 issues of "How-To-Eat" magazine.

LEARN THESE CHEMICAL SECRETS ABOUT YOURSELF

You Can Eat Your Psychology and Success

CARBON FOODS—Excess carbon destroys mental alertness, memory and ambition. Also will. Increases weight.

OXYGEN FOODS—Oxygen makes for activity, health, success.

NITROGEN FOODS—Nitrogen gives poise, cool skin, heavy solid flesh, dark pigments to skin and hair and eyes.

HYDROGEN FOODS—Hydrogen, the vehicle of the blood. Too much causes watery flesh, clumsiness, eczema, sterility.

POTASSIUM FOODS—Potassium heals, balances, gives activity, good looks and versatility.

SODIUM FOODS—Sodium is nature's cleanser, alkalizer. Gives grace, energy and health. Send 25c for list of sodium foods.

CALCIUM FOODS—Calcium builds bones and teeth. Gives firmness and will.

All of these chemical elements have many more functions than space allows for their description. You need them all if you wish to be alive. Sickness is a LACK of some one, two or three of them in their proper proportion.

JUST WHICH CHEMICALS YOU lack can be told from front and side view postal card photos. (Send sample of hair.)

steady work and science, as well as good blood supply.

FLUORIN FOODS—Fluorin is the great protector of the body against certain dread diseases. Gives genius to the brain.

SILICON FOODS—Silicon is the optimistic chemical. Keeps nails and teeth polished, the body lithe and graceful, and prevents tuberculosis.

IODINE FOODS—Iodine protects the brain from body toxins. Leave out iodine from your diet and you are not normal mentally or physically.

MANGANESE FOODS—The hysterical, neurotic patient is not a fraud. She is starved for manganese, the element which coordinates our thoughts.

PHOSPHOROUS FOODS—Phosphorous nourishes brain and nerves. When we are doing mental work we exhaust our phosphorous supply, and fatigue, nervous breakdowns follow.

SULPHUR FOODS—Sulphur gives life, progress, tone to the soul. Too much is dangerous. Learn how to eat the sulphur foods and you gain their benefits. Eat them in the wrong way and you become food poisoned.

IRON FOODS—Iron is the most important chemical in the body. Inorganic iron in drug form irritates heart and kidneys. Organic iron in food feeds them, gives ambition, energy, and vitality.

MAGNESIUM FOODS—Magnesium cools and alkalizes the nervous system, and promotes sleep at night and life in the day time.

CHLORIN FOODS—Chlorin is the cleanser of the body, expelling waste material.

FOOD CHEMISTRY PUB. CO., INC.

Illinois Women's Athletic Club Bldg., Chicago.

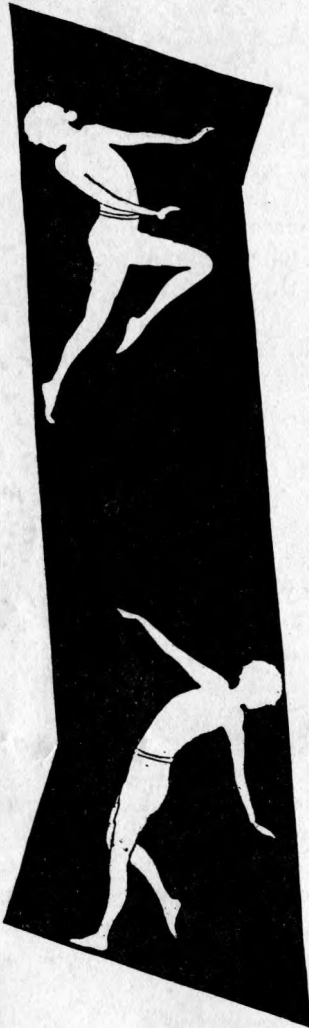
I want to know which chemicals I have in too great abundance, and which I lack. I also wish a diet for my particular chemical temperament. I am enclosing photographs, sample of hair, and the following facts about myself, with \$3.00, which covers a two years' subscription to How to Eat magazine, published bi-monthly.

Name..... Address..... Weight..... Height.....

Question
Answer:

IS LIFE WORTH LIVING?

IT DEPENDS UPON THE LIVER



Intensified Foods Will Prove It To You

Do you know what intensified food is? It is pure, thoroughly alive food, dehydrated (not dried and killed), intensified into hundreds of times its power in weight. The hidden powers of rare and common vegetables are multiplied and saved—stored into gelatine capsules sealed against spoiling and deterioration.

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36 capsules for one dollar.

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The food for glandular disturbances and nervous breakdown. Smooth, certain, powerful. Effective in goitre.

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Do not be bothered with bronchial and catarrhal as well as asthmatic difficulty. Demonstrate that foods—not drugs—will bring a clear head and a clear breathing power.

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Intensified Foods may be used separately or together. Being foods and edible herbs alone, they may be taken with one another or alone. Chemical analysis will prove every one of the little intensified capsules exactly as stated in contents and action.

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A positive food remedy for obesity. The fine astringent properties of this food give to the body those chemicals which balance weight.

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The food remedy for building normal weight.

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Colonic Food

The colon of youth! How can the lazy colon help responding to the powerful cleansing properties in Colonic Food? Not a mere cathartic. Colonic Food cleans because it nourishes. You never lose the chemical properties of Colonic Food from your body, because they are made a part of the system.

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No one who has not suffered realizes the pain and danger from arthritis. Keep those arteries and joints free from hardening processes by the king of Sodium foods,

Shapely joint food, 36 capsules.....\$1.00

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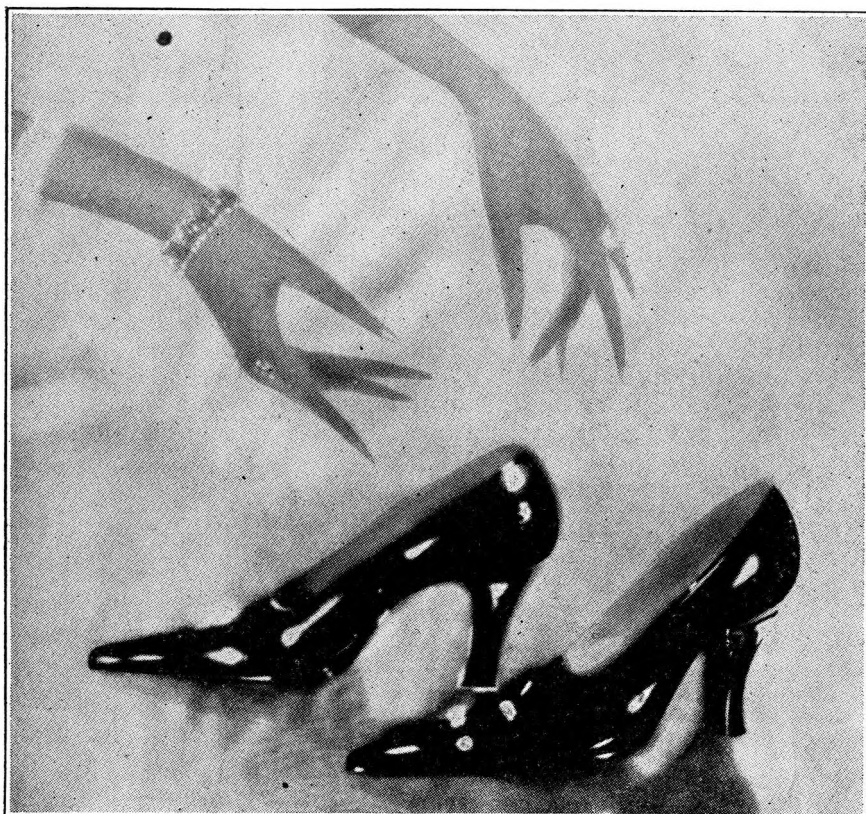
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CHICAGO, ILLINOIS, AUGUST-SEPTEMBER, 1930

Be careful of your clothes!

They Speak!



Certainly the millinery buyers weren't purchasing the sort of hats women didn't buy. It meant the hats on these counters were what women wanted. I watched women on the streets. Yes, they wore these hats. They were all the sort of hats one might see on South State Street, Chicago, or the East Side of New York, where women wear dirty white fox furs and heavy rouge.

But the women in these towns weren't of that sort at all. They were mothers of families, with cares and duties at home. They were young business girls hurrying to work. They were matrons who officiated in club activities, and farmer's wives. Their lives were above reproach.

IT MAY sound ridiculous to you if I begin to chat and say that clothes have as much character as the wearer—that they reveal our hidden inner secrets to the people who pass us casually on the roadway. But it's true.

We all know the proverbial joke of the lady of sixty dressed like sixteen. Why? Because, mentally, she wishes she were sixteen. Everyone who sees her knows that is her wish, and knows she's silly because of it. Her clothes reveal that.

Then there is the little mud colored woman, sallow, unhealthy-looking, who will persist in wearing violent red. Red is a healthy dynamic color. Her desire for vitality makes red a craving with her.

Take the flapper type, which is almost ancient history now. There are the scanty little knees—the too obviously revealed figure . . . tight clothes, as few as possible, and always a jaunty little hat set back on the head, hardly covering her feminine lure—hair, curled and waved about her forehead and cheeks. What is in the flapper's mind? What is it she wants? Men. Everyone who sees her dress knows it.

Last week, I drove through a number of towns. I had a yearning for a new hat, so in every store, in every town, I looked at hats. It was hard for me to find my type of hat, a nice quiet sort of smart lines. All the millinery on display were lacy, be-ribboned, transparent straw-with-flower creations. I began to wonder about the women in these towns.

Wonderment always brings an idea, and after watching these towns, I had my idea about it.

Down in the secret souls of these women, they wanted travel, strange sights . . . strange scenes . . . exhilaration of spirit. They may have wanted a negligee and bought a practical kimona. They may have wondered about night-clubs, but gone to the corner movie for the last five years. Their secret inner souls, in which they never ceased to be women, were wearing feminine lure on their heads. They were starved for things they wanted, and never had. Their bodies were well-fed, plump, comfortable, but starvation in their souls made them crave these hats.

Since clothes tell so much about us—men as well as women (and I will speak of men at another time)—they're worth a little study.

A woman should not select a color to wear because she loves that color. She should select the color which blends with her hair, or her eyes and complexion. She should not dress contrary to her age; she should dress the most becomingly for her age. Our dress reveals our character, at least that part of us we don't want the world to discover. No stout woman should wear gaudy colors, although her lack of alluring curves in her body will always draw her to violent colors. She should dress graciously, and becomingly, in shades of colors best suited to her figure. But this is not a dress article; it's just to warn you what clothes reveal.

Be careful of your clothes! They tell too much.

Psycho Analysis cuts the chains of fear

PSYCHO-ANALYSIS is not tommyrot. That is the statement made by people whose minds can't, or won't grasp inner meanings. They dismiss what they don't understand by a denunciation, attempting to carry their point by force, rather than by any reason for such dismissal.

I have been psycho-analyzed twice. I believe in it. Medical men, who are studious, know the value of such analysis. It is invaluable when used by psychiatrists (physicians who treat the insane).

The first time I was analyzed, I was somewhat confused. Many things were discovered that I couldn't believe had been revealed. I knew myself pretty well, or had thought I did. My health and success have come from that date of analysis.

In criminal psychology, we do not take as fact anything the criminal says. We know in advance he will confuse us any way he can, protect himself and his motives. It is what he does *not* say that reveals. He will make a statement. You remember that statement. A short time later, a contradictory remark (slip of the tongue perhaps) will be made by him. You have him. Between the statement he gives, and the slip he unconsciously makes lies truth. On such truths, the case against him is built, and eventually proven.

In this way, the psycho-analyst examines the individual. You tell him you feel in a certain way. You believe it. Later, you tell him another thing. It is contradictory. Between those two contradictions, he is able to understand the way you do feel, that you do not express. In other words, the psycho-analyst peeps through loop-holes.

It's a good method, particularly in dealing with criminals. Today I talked to a man who had appropriated funds that did not belong to him. Certain of his small thefts had been discovered. He was forced to admit them. But in my own mind, I knew there was considerably more which couldn't be definitely traced.

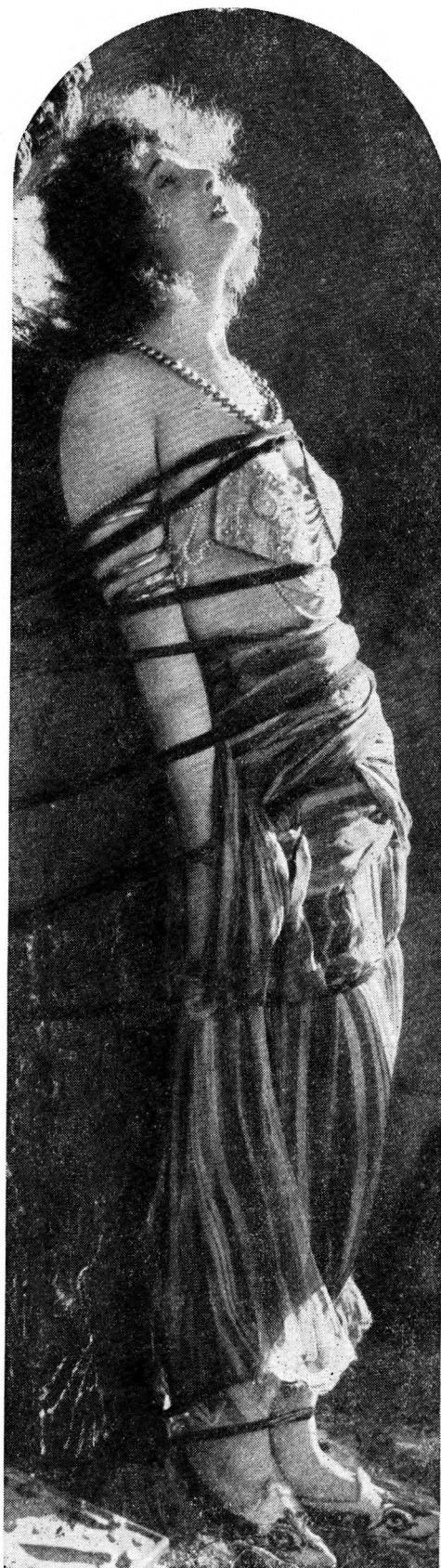
"Why have you been playing the races with this money?" I asked him.

"I have done no such thing!" He replied with all the indignation worthy a respectable person.

I smiled, a slow knowing smile. "What you have done is being thoroughly determined," I replied. "It isn't even necessary for you to admit it yourself. It will be known anyhow."

He grew vehement. "Even if you go to that store," he said, "and recover checks endorsed by me, you can't prove I played the races with them!"

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Take a little tip from the bones of the face

FOR mentality or mind the brain is, by all anatomists and physiologists, the accepted organ. The ancient phrenologists attached too much importance to the cerebral qualities, without taking sufficiently into account the values of the osseous developments of the face and head.

A large, prominently marked skull is of very little practical service to its possessor if the facial bones are small and wanting in height. The bones of the face are to the head what the pillars are to a temple—they support the brain and balance its executive capacities.

The greater the height of the nasal bone, the longer the jaw downward from the ear before it turns to form its angle, and the more prominent the malar or cheek bones, the greater the power possessed by the subject to use a brain endowed with large mental qualities. According to the degree of height and the development of the facial bones, so will the individual be able to direct his abilities.

Bone gives force—executive power; its height denotes intensity, its breadth permanency.

Take the craniums of two men with equal developments of the organs of mentality, each to have the same power to reason and to construct—the one to possess a high bridge to his nose like a Wellington or a Napoleon, a broad chin, deep acute angles to the jaw and prominent cheek-bones. This will be

the executive individual—he who can lead and take others with him.

The other cranium will have the same mental organs, but small *retroussé* nose, narrow receding chin and sloping jaw, with scarcely any angle visible. Knowing his lack of physical strength, this person will substitute cunning for force, and bluff or cheek for attack. The want of breadth in the chin will render him fickle and erratic as regards his actions, and he will thus be lacking in balance. The sloping jaw will prevent him from possessing that determination and grip without which it is impossible to succeed in life. The high nasal bone will, on the contrary, give its possessor the power to attack and overcome obstacles, and the wide angular jaw will assist in rendering the subject strong enough to hang on and persevere after the first efforts have proved unsuccessful.

For perfect balance of character all the facial bones must be in unison, as either an abnormal development or remarkable deficiency of bone will account for the various ways in which the same mental capacities have had different results when possessed by people of opposite types of features but the same phrenological developments of the mental organs.

To balance the brain capacities and render them
(Continued on page 14)

Arrogant people are always lacking

NOW most people in the world are decent law-abiding citizens, going their ways with decorum. But occasionally, we meet those who make us cringe, or feel like challenging them to a fight for their superciliousness. Unpleasant individuals are arrogant individuals. If you are one, you need to read this article. If you're not, these few words will enable you to meet the next one you meet with a canny, fishy eye which puts him in his place.

The person who is arrogant is eager for things he hasn't, so he attributes a great deal of importance to his personal qualities and possessions. But that isn't enough for him. He finds no satisfaction unless he can compel other people to revere those qualities and possessions on which he has set value. He bullies. He is a bully. And all bullies are cowards and sneaks.

Pleasant words! But I feel rather strongly about these arrogant individuals who go about acting so much better than ordinary people of their race, and making nice decent persons unhappy.

What is in back of an arrogant bully? First, he knows his own deficiencies. He will never admit them. But he doesn't want you to know them too. So he will exaggerate another quality he has and stress it for you to such an extent that he blinds you to his lack. He takes the offensive, making you feel inferior. He demands that you acknowledge him as superior.

The age-old prejudice against the "nouveau riche" is just that. People accustomed to wealth, and distributing it wisely, are simple pleasant people. People who have always hungered for wealth, been jealous of their neighbors, and suddenly acquired it—make a display of it, snub those who were once their neighbors and friends, demand that others worship them because of what they've acquired. They're not real and admirable people. The world could do without them.

Men who are arrogant towards their wives, demand that their wives be servile towards them, are arrogantly male, know . . . in themselves . . . that their wives are better persons than they. They must keep their wives from ever suspecting it. So they demand adulation and worship.

The boy who went to college against his companions who didn't, then forgets that he knows them or comes back to boast about it in a snobbish way, is arrogant and inconsequential. If you were to trace his college record, you would find he wasn't greatly respected in his class, and that his studies didn't bring him high marks.

Arrogance picks on weaker individuals—kinder individuals, and nicer individuals. But arrogance is the signboard of the insignificant individual.

So gaze on the next person of that type you meet with a canny eye, and doubt him if you wish.

Wit's end corner

Are you standing at "Wit's End Corner"
Friend with the troubled brow?
Are you thinking of what is before you,
And all you are bearing now?
Does all the world seem against you
And you in the battle alone?
Remember at "Wit's End Corner"
Is just where God's Power is shown.

Are you standing at "Wit's End Corner"
Blinded, with wearing pain,
Feeling you cannot endure it,
You cannot bear the strain?
Bruised thru the constant suffering
Dizzy and dazed and numb?
Remember—at "Wit's End Corner"
Is where God loves to come.

Are you standing at "Wit's End Corner"
Your work before you spread,
All lying, begun, unfinished,
And pressing on heart and head?
Longing for strength to do it,
Stretching out trembling hands?
Remember—at "Wit's End Corner"
The Burden Bearer Stands.

Are you standing at "Wit's End Corner?"
Then you're just in the very spot
To learn of the vast resources
Of Him who faileth not,
No doubt to a brighter pathway
Your footsteps will soon be moved,
For only at "Wit's End Corner"
Is the "God WHO IS ABLE" proved.

Meet the "Animal" in yourself and others

By H. C. DONOVAN

THE legitimate use of all the animal faculties is requisite to the mind as well as to the body. A man engaged in any pursuit which requires the healthy action of most of the animal faculties is naturally contented, and therefore happy, for he is in high spirits; but when no useful object is to be contended for, nothing accomplished, nothing done, his spirits lag, and he is liable to sink into indolence, languor, and other vices. To prevent such a condition he is provided by nature with faculties which impel him to action; the motive power for such action springing from within is productive of vigour of mind and body.

Where men have formed themselves into communities or have been drilled by others so as to shut out the natural working of some of the most important of the animal faculties, viz., Defensive Energy or Combateness, Aggressive Energy or Destructiveness, Acquisitiveness, Independence, and sometimes even Amativeness, the failure and break-up of such bodies of men and women have always been the result. Were man only a social, religious, and an intellectual being, he would soon fall into a lethargic state, and would resemble a sensitive plant. A uniform life of serenity and tranquility would not be long relished. The constant recurrence of the same pleasures would render even a Golden Age tasteless. The famous Republic of the Jesuits in Paraguay was a good intentioned attempt to make men happy and contented, minus some of the animal faculties. It was divided into parishes, over each of which a Jesuit presided—as priest, prophet, and king.

The natives were not suffered to exercise Acquisitiveness, Independence, etc. They labored incessantly for their daily food, which was dealt out to them from an official center. The men were employed simply as machine laborers in agricultural pursuits, the women in such house industries as spinning, etc. Precise hours were allotted for labor, for food, for prayer, and for sleep. They sank into such a listless state of mind as to have no desire for a contentious life, and no regret when disease threatened to deprive them of it. Such was the indifference they felt about what might befall them, that when in 1767 the Spaniards attacked them, though they adored the Jesuits, they made no resistance, and this falsely called Republic was soon abolished. No subject in this community dared keep even an ounce of commodity under pain of twelve lashes, in honor of the twelve Apostles, besides fasting for three days in honor of the Trinity. As with the Jesuits, so with the Communists,

Collectivists, Socialists, etc. In their attempts to form themselves into communities all have failed; and the failure has been due, in all cases, to the ignorance of the constitution of the human mind. When Phrenology is even but a little understood, such good intentioned, but ignorant men, instead of endeavoring to make the world perfect by vainly attempting to suppress the action of some of the natural faculties in those they presume to direct, will, of all things, acknowledge the necessity of themselves leading natural lives and of leaving others to do likewise.

In time, no doubt, Communities will spring up, and, by their own united efforts, show the world how to produce wealth, and how to distribute and exchange it, without inflicting injustice or injury on anyone, because their knowledge of Phrenology will prevent them from repeating the serious errors of past communities; such, for instance, as attempting to interfere with the natural working of the animal, moral and intellectual faculties in others.

It is only recently that a number of people from Australia settled in a district of Paraguay, in order to practically realize their ideas in a communal society. Apart from the unsuitability of the climate, their failure and dispersal was considerably hastened by rules and regulations which had for their object the restriction of one or more of the animal faculties. Not, in the first place, understanding the true nature of man, they collectively agreed to laws which individually they were not prepared to accept, when put to the test of practice.

In some religious communities, the novitiates have to take the vow of poverty before they are accepted into the order. That is, they undertake to suppress in themselves the action of "Acquisitiveness." But such a vow, under the circumstances, is a sham and, of course, a farce. It is only necessary to know that these communities are immensely rich; and, while they play at poverty amongst themselves, they do not hesitate to take a share in the profits derived from the unjust exploitation of the toiling masses, as their counting house books and documents will only too clearly prove.

The animal propensities give rise to the natural wants of man; they are adapted to his various powers, and they are designed to call into activity both his moral and intellectual nature.

The term "Animal," as applied to one class of the mental faculties, is open to the objection that it is apt to convey the idea of something derogatory to human dignity, implying that we are subject to

(Continued on page 14)

The criminal and food

By DR. HUGH WADMAN

DOES it interest you to know that wrong diet can produce a criminal?

This statement alone, without qualification, may be criticized. No healthy person, leading a normal worthy existence, is going to step out in the middle of the night and rob a bank because he ate onions for dinner, when onions don't agree with him.

But, for the person whose health is not perfectly regulated, diet will better him or ruin him. A sick body is a sick mind. Remember some of the times when you have been ill. Remember the distortions of your own mind then. How about fever? Under the conditions of fever, the things that you say and do are natural and right—while extravagant and exaggerated to those about you.

There is an interesting passage in the book, "Diet, the Way to Health," by Dr. R. Swinburne Clymer—

"From all we have said, favorable to diet in the prevention and cure of disease and the maintenance of strength, virility and vitality, it would appear to many as though we claimed it as a panacea for all the ailments flesh is heir to. We disclaim such an assumption, since we know many factors enter into the whole fabric on which normal human life is based.

"The diet may be perfection itself and ideally combined and balanced for an individual, thereby assuring health, strength and efficiency, but if the person for whom it was prepared labors under mental depression, the digestive fluids will be held back, locked up as it were, if not actually poisoned, and correct digestion, proper assimilation, cannot follow this perfectly balanced ration."

In this excerpt, Dr. Clymer first makes the statement that diet may be accepted as the panacea for all ills; then proves diet has limitations. But in the limitation of the dietary effect, he traces the lack of good result to mental depression.

Everything cannot be accomplished in a day. The first dietary treatments for a person mentally depressed may not have results. But bodies are resilient. They clamor for our attention, particularly

for food. When the physical condition has been built up—amazingly, worries and depressions evaporate!

Here is another quotation from Dr. Clymer: "In some cases, hatred may rankle, and this hatred has a poisonous effect upon the digestive juices. These poisons mixed with the food and assimilated, may poison the entire system."

If you don't believe that, resurrect a good hatred you've known, before you've eaten. See how you feel about it. If you get the attack badly enough, your food will taste like sawdust. But if you enjoy your food, try to feel as vindictive after you've eaten a hearty meal—and you'll discover your enemy isn't such a bad person after all.

But in the theory regarding hatred, lies a criminal element. No criminal is one for love. He nurses a hatred against the human structure, laws, distribution of money, or against an individual he wishes to harm. If one were to take such a criminal and force him to eat regulated foods for a certain length of time, his body normalcy would be built to such an extent the grievances in his mind would be dissipated.

Professor Elmer Gates, in an address before the Mothers' Congress, Washington, D. C., in February, 1897, stated: "He had *demonstrated* in his laboratory that evil emotions create chemical products in the blood . . . from which digestive juices are obtained, poisonous in effect, retarding or stopping all cell growth."

Surely, for the peace and happiness of any home, as well as for the individual's best interest, it is necessary to know advantageous facts about diet.

Mother! If you want lovable children who will fill good careers, keep them properly fed.

Husband! If you want a pleasant home without dissensions or worries, ask your wife to study diet articles.

Knowledge, of diet or any other subject, makes you superior to your neighbors. It is only through knowledge we can find our best happiness in our lives!

Treasures of character reading by the great Schopenhauer

NOTHING betrays less knowledge of humanity than to suppose that, if a man has a great many friends, it is a proof of merit and intrinsic value: as though men gave their friendship according to value and merit! as though they were not, rather, just like dogs, which love the person that pats them and gives them bits of meat, and never trouble themselves about anything else! The man who understands how to pat his fellows best, though they be the nastiest brutes—that's the man who has many friends.

It is the converse that is true. Men of great intellectual worth, or, still more, men of genius, can have only very few friends; for their clear eye soon discovers all defects, and their sense of rectitude is always being outraged afresh by the extent and the horror of them. It is only extreme necessity that can compel such men not to betray their feelings, or even to stroke the defects as if they were beautiful additions. Personal love (for we are not speaking of the reverence which is gained by authority) cannot be won by a man of genius, unless the gods have endowed him with an indestructible cheerfulness of temper, a glance that makes the world look beautiful, or unless he has succeeded by degrees in taking men exactly as they are; that is to say, in making a fool of the fools, as is right and proper. On the heights we must expect to be solitary.

* * * * *

We often find that people of great experience are the most frank and cordial in their intercourse with complete strangers, in whom they have no interest whatever. The reason of this is that men of experience know that it is almost impossible for people who stand in any sort of mutual relation to be sincere and open with one another; but that there is always more or less of a strain between them, due to the fact that they are looking after their own interests, whether immediate or remote. They regret the fact, but they know that it is so; hence they leave their own people, rush into the arms of a complete stranger, and in happy confidence open their hearts to him. Thus it is that monks and the like, who have given up the world and are strangers to it, are such good people to turn to for advice.

* * * * *

It is only by practising mutual restraint and self-denial that we can act and talk with other people; and, therefore, if we have to converse at all, it can only be with a feeling of resignation. For if we seek society, it is because we want fresh impressions: these come from without, and are therefore foreign to ourselves. If a man fails to perceive this, and, when he seeks the society of others, is unwilling to practise resignation, and absolutely refuses

to deny himself, nay, demands that others, who are altogether different from himself, shall nevertheless be just what he wants them to be for the moment, according to the degree of education which he has reached, or according to his intellectual powers or his mood—the man, I say, who does this, is in contradiction with himself. For while he wants some one who shall be different from himself, and wants him just because he is different, for the sake of society and fresh influence, he nevertheless demands that this other individual shall precisely resemble the imaginary creature who accords with his mood, and have no thoughts but those which he has himself.

Women are very liable to subjectivity of this kind; but men are not free from it either.

I observed once to Goethe, in complaining of the illusion and vanity of life, that when a friend is with us we do not think the same of him as when he is away. He replied: "Yes! because the absent friend is yourself, and he exists only in your head; whereas the friend who is present has an individuality of his own, and moves according to laws of his own, which cannot always be in accordance with those which you form for yourself."

* * * * *

A good supply of resignation is of the first importance in providing for the journey of life. It is a supply which we shall have to extract from disappointed hopes; and the sooner we do it, the better for the rest of the journey.

* * * * *

A number of porcupines huddled together for warmth on a cold day in winter; but, as they began to prick one another with their quills, they were obliged to disperse. However the cold drove them together again, when just the same thing happened. At last, after many turns of huddling and dispersing, they discovered that they would be best off by remaining at a little distance from one another. In the same way the need of society drives the human porcupines together, only to be mutually repelled by the many prickly and disagreeable qualities of their nature. The moderate distance which they at last discover to be the only tolerable condition of intercourse, is the code of politeness and fine manners; and those who transgress it are roughly told—in the English phrase—to *keep their distance*. By this arrangement the mutual need of warmth is only very moderately satisfied; but then people do not get pricked. A man who has some heat in himself prefers to remain outside, where he will neither prick other people nor get pricked himself.

* * * * *

(Continued on page 21)

The sermon on the "Mounts"

IN NEARLY all hands there are on the palms fleshy pads or elevations called "Mounts." Each of them has its own name and meaning according to its location in the palm.

The following figure shows the location of the Mounts, together with what each stands for:

In some hands all the Mounts are discernible; in others the palm is flat, there is no Mount at all. But, in most individuals, you will find one Mount more conspicuously developed than the others, and in this case you judge the subject to belong to the type of humanity represented by that Mount.

Four of the Mounts, Jupiter, Saturn, Apollo and Mercury, are at the base of correspondingly named fingers.

If the palm is flat, or, if all the Mounts seem equally developed, a finger often indicates the type the subject belongs to.

For instance, if the finger of Jupiter is abnormally long, the other fingers being normal, the subject may safely be classed as a Jupiterian. This is especially true if the finger of Jupiter is crooked in a lateral direction, or also if the other fingers appear to be leaning toward Jupiter. If the conditions just spoken of apply to the finger of Saturn, the subject is a Saturnian; if, to the finger of Apollo, an Apollonian, or, if to the finger of Mercury, a Mercurian.

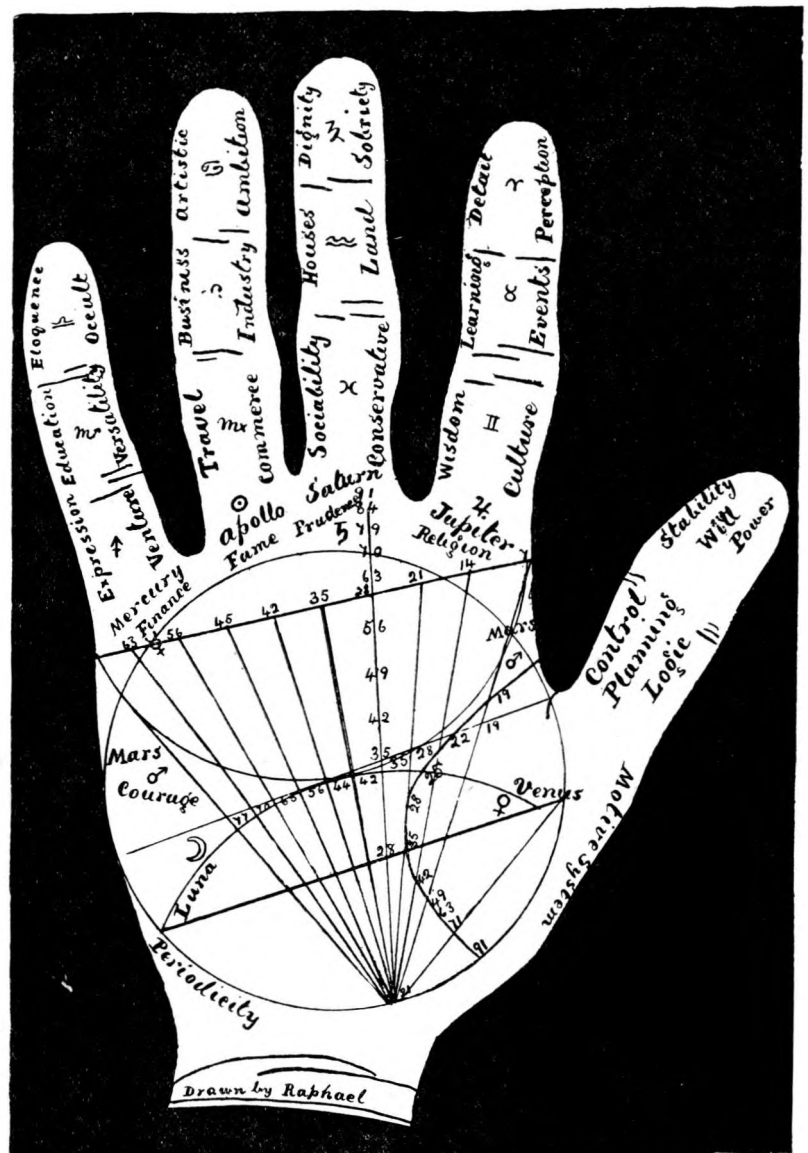
One rarely meets with a pure specimen of any of the seven types. Most subjects are composites, but in nearly every instance, even among composites, there will be found one Mount, or one finger strongly in the lead. In this case the subject must be classified as of that Mount—type, modified by the characteristics of his other predominant Mounts.

I—Jupiterians

A Jupiterian is ambitious. He wants to lead to shine, to be praised. He is loud and blustery, but not quarrelsome. He possesses self-reliance and is not given to seeking advice from others.

He is warm-hearted, sympathetic, generous and despises miserliness. He is courteous and is greatly attracted toward the opposite sex.

Note: Throughout these lessons the personal pronoun is used only in the masculine gender. This is for brevity. In all cases what is said of one sex is intended to be applicable also to the other.



To proceed with the lesson, Jupiterians are fond of display, of pageantry. They revere and are great sticklers for custom and precedent. They are inclined to be religious, and honor is all in all to them. They observe law and order, and although aspiring to rule, they are essentially lovers of peace. Ancient lineage and family traditions count for much with them, but despite their pride and aristocratic leaning they are usually adored by the poor and oppressed, because they are eminently just and always ready to support the downtrodden.

They are predisposed to marry early in life, and their choice is usually one with whom they expect to be able to "show off." Disappointment in this respect is one of their greatest sources of unhappiness.

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How do you begin and end your words?

Richard Stocker gives some interesting clues to human nature in handwriting

THERE are several *general rules*—which are applicable to *all* letters, in a greater or less degree—which it will be well to bear in view at the outset of our study. I refer to the methods of *beginning* and *finishing off* the letters—in short, to their “Commencements” and “Terminals.”

The making of a “tick,” or up-stroke, at the commencement of any of the letters, is said to indicate quickness of temper.

When the letters commence with a *hook*—an inward-curved line—they show desire for acquisition, love of possessions, and usually egoism.

If, before actually forming the letters, a curvilinear and rapidly delineated line is observed, it indicates a powerful sense of humor—love of the ludicrous, buoyancy, and mirthful spirits.

A straight, inflexible stroke which commences the letters shows a love of contest—a quarrelsome, contentious nature.

The *finals* are more important. If curtailed and short, such would indicate a prudent, careful, reticent nature; also, when seen in a “hand” bearing unmistakable evidence of mistrust, they would show, further, excessive calculation, solicitude, and extreme forethought in the character.

Long, extended terminals denote vivid powers of fancy, as well as liberality and generosity. It is not a difficult matter by any means to determine from the length of the final strokes of the characters the degree of extravagance or thrift the writer possesses.

All altruistic personages, among whom one can name the Baroness Burdett-Coutts, John Howard, Mrs. Elizabeth Fry, the Earl of Shaftesbury, the Earl and Lady Aberdeen, and Miss Florence Nightingale, write or wrote in such a manner that the finals are flowing and outstretched to the right. Close-fisted people pen a style in which all the terminals stop short and appear amputated or docked.

Well rounded-off and raised finals bespeak benevolence, also graciousness of manner and courteousness of bearing.

When the terminations of such letters as *d* are thrown back to the left, *over* the rest of the preceding characters or word, they indicate ardour and rapidity of thought and action, and impulsiveness, though sometimes, notwithstanding, *restraint*.

Should the *d*'s final be curved in a backward direction, it would show mental cultivation, strong powers of imagination, etc., whilst, if it were thus carried, and, in addition, *curled* at its finish in a sort of

spiral fashion, it would then denote conceit, presumption, pretension, or vanity, as the accompanying signs would warrant one's determining.

If the *d* (capital or small letter) terminates with an undulating throw-off to the right—not in a *loop*, but a *return stroke*—it indicates a coquettish nature, hence love of admiration and a strong desire for approval.

This particular form of final is also said to show constraint. Much, of course, in a case of this kind, would depend upon the accompanying indications.

Angular and ascendant finals show an impatient temperament; but such as are soft-looking and well-rounded indicate a gentle, calm, contemplative nature, as well as, generally speaking, elegance of tastes and perception of form.

Very round, lifeless-looking, and not properly finished-off terminals denote a lethargic, indolent, or even lazy temperament.

Broken and curved final strokes, that is, those which are formed of a succession of *angles*, indicate a total want of artistic taste, also harshness, severity, and want of both culture and tact.

Dwindling or gladiolated final letters, such as become almost indecipherable, or, rather, *disappear* almost, if not quite altogether, show *finesse* and an impenetrable personality, which will be either subtle, hypocritical, or dissimulating, according to the accompanying characteristics.

People who write in this manner to excess are mistrustful, as a rule, though care should be exercised in order to see that the diminishing letters are not due to undue hurry, worry, or vivacity.

If the terminals to the letters surround or cover the word of which they form a part, they show, broadly speaking, a protective spirit—a somewhat Quixotic nature, perhaps, but a loyal disposition, for all that. This quality, according to the signs with which it is found, may imply mere self-complacence, pretension, or vanity, however, though it is *seldom, if ever*, to be seen without the trait just described. I generally find that this sign appears more in the letters *b, d, f, t, v, w*, and *y* than in any of the others.

Such finals as are formed by a returning curve that is higher than the letter of which it is part, are said, with what truth I know not, to indicate a lack of judgment.

Highly-raised finals, if *angular*, are said to show a satirical, caustic wit; if *curved*, are stated to indicate

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Mental habits of the twelve zodiacal signs

Aries—Executive, enterprising, pioneering, confident, ingenious, scientific, explorative, independent, expedient, precise, progressive or intolerant in religion, aggressive, competitive, dictatorial.

Taurus—Patient, persistent, thorough, steadfast, conservative, retentive, discriminating, determined, argumentative, stubborn, hasty in judgment, materialistic, emotion usually controls thought.

Gemini—Dextrous in manual expression, inventive, literary, versatile, adaptable, self-expressive, democratic, curious, superficial thinkers; if highly evolved, analytical; sometimes scatter-brained, tricky.

Cancer—Versatile, self-sacrificing, receptive, expresses great veneration for ancestry and precedent, thorough, persevering, cautious, reserved, brooding, somewhat negative.

Leo—Commanding, generous, ambitious, self-sacrificing, optimistic, fixed in opinion yet magnanimous, opposed to secrecy, oblivious to enmity, challenging, bold, domineering, autocratic.

Virgo—Ingenious, witty, studious, dextrous, versatile, introspective, scientific, methodical, skeptical, critical, fears disease and poverty, ulterior in motive, indifferent of appearance, self-centered, scheming.

Libra—Persuasive, imitative, judicial, tactful, un-

decided, inclined to be a dilettante, fond of show and approbation, intriguing, jesuitical, materialistic, liable to pout and enjoy feeling abused.

Scorpio—Scientific, altruistic, executive, penetrating, intellectual, prone to investigate the secret forces of Nature, temperamental, anarchistic, sarcastic.

Sagittarius—Jovial, progressive, philosophic, intellectual, eclectic, frank, just, good-tempered, intrepid, punctilious, oratorical, prophetic, curious, altruistic, extremely ambitious, financially inclined.

Capricorn—Powerful, concentrating, laborious, forceful, cautious, economical, conservative, thrifty, scrupulous, trustworthy, detailed thinkers, fatalistic, stubborn, domineering, good friends and bad enemies, brooding, egotistic.

Aquarius—Inventive, intellectual, fond of literature and science, diplomatic, tolerant, reasonable, independent, discreet, optimistic, humanitarian, fixed in opinion, unforeseeing, confused in emergency, superficial.

Pisces—Abstract, intuitive, compassionate, introspective, quick in understanding, executive, philosophic, religious, clairvoyant, versatile, synthetic, loquacious, impractical, procrastinating, fatalistic, lack confidence.

Fatigue

FATIGUE is a word which needs no interpretation. We all know how it feels. We don't always know what to do about it.

To feel completely weary is a signal that the forces are being depleted and a call for a rest sent through the body so that the vital elements may be reorganized.

If effort is continued in spite of body-warning, the resisting forces will be so effectively lowered that the invasion of disease is almost certain.

Nor is that all. When the condition reaches a certain stage, a poison or toxin is the result, and this in turn poisons the blood stream. The consequence is that the digestive juices do not function.

If the ordinary food to which one is accustomed is taken then, no matter how perfectly combined, it will be acted upon by the poisoned digestive juice and assimilated into the blood, doubly poisoning the

system. This may mean a serious illness, or a nervous breakdown.

When you reach that state of being where your body is utterly exhausted, and your mind lags, the usual foods should not be touched. First, lie down for short rest, fifteen minute periods, whenever you can. Drink cool water. Follow this by a light meal, which should be specially prescribed.

Science *knows* the system of the healthy person is balanced between two forces—on the one side, the constructive; on the other, the destructive. These two are constantly fighting for supremacy.

It is such a simple matter to keep our bodies in health. Healthy, we have more companionship and love among people for whom we care. Healthy, we are more energetic in business, and decidedly more successful. Healthy, our creative forces promote ideas which make life more zestful and progressive.

Watch your health, it regulates your existence!

Mannerisms

We judge the characters of people we meet by their outward characteristics, liking them or being antagonized by them according to the way we respond to their physical appearance. "The face of a man gives us a fuller and more interesting information than his tongue . . . as his face is the record of all his thoughts and endeavors."

Then what revealing masks our faces are! If religion or law would not compel a man to lead a better life, the knowledge that he is an open book to his fellows should terrify him into mending his ways! But, offering some small comfort that we are not entirely known to every casual acquaintance, I again quote Mr. Schopenhauer: "The deciphering of a face is certainly a great and difficult art." It is indeed an art, best known to the character analyst, but not entirely unknown to any interested persons who find it educational to study other people.

Further in his Essay, Mr. Schopenhauer states: "In regard to the study of physiognomy in general, it is further to be observed that intellectual capacity is much easier of discernment than moral character. The former naturally takes a much more outward direction, and expresses itself not only in the face and the play of feature, but also in the gait, down even to the very slightest movement. One could, perhaps, discriminate from behind between a blockhead, a fool and a man of genius. The blockhead would be discerned by the torpidity and sluggishness of all his movements: folly sets its mark upon every gesture, and so does intellect and a studious nature. Hence that remark of La Bruyere that there is nothing so slight, so simple or imperceptible but that our way of doing it enters in and betrays us; a fool neither comes nor goes, nor sits down, nor gets up, nor holds his tongue, nor moves about in the same way as an intelligent man."

Mr. Schopenhauer made an exact science of character study. He erred in this respect. Two types of persons existed for him—an ordinary type and a genius type. No average person is entirely ordinary; no genius is entirely extraordinary. In our characters, we have many qualities at war within us. It depends upon us which we develop, and which make such a marked trace upon our physiognomy that we are recognized by others for those qualities.

Mr. Schopenhauer did not stress enough how much bearing and mannerisms betray us to others.

A man walks with a slouch. He is a pessimistic, lackadaisical creature, easily defeated.

A man walks on his toes, his body bent a little forward. That man is reaching out—he is acquisitive, eager for possessions, grasps his opportunities.

A woman walks with feet firmly apart, throwing the weight of her body back on her heels. She is a practical, sensible person, not imaginative, but sturdy.

A woman walks with her feet crossing in front of one another. She is deceitful, secretive, with an attitude of false modesty.

A person walks with one shoulder lifted, head slightly turned to one side. That person fears, looks for danger to approach, and is sensitively shy before people.

Then we learn from Mr. Schopenhauer that, if we would be regarded well by our neighbors and friends, it is advisable to know our characteristics and develop the best in us. If we will be malicious, evil and practising duplicity in our ways, our hypocrisies will gain us little—for even casual observers will be able to discern enough about us to place us in our proper classifications.

What numerology really is

By C. A. NADEN, Boise, Idaho

SOME ask, what is Numerology? This word rather applies to the Higher Laws of Numbers, a treatise of the more symbolical term of the nine digits (1-2-3-4-5-6-7-8-9).

The writer does not claim to be an expert in this profession, more of the student, but the study into the science of numbers will be found very interesting and fascinating to any who are interested in the deeper occult phase of life.

Numerology is in no way a new science, in fact its background antedates the dawn of all creation, so far as the Adam man is concerned, for we (peo-

ple) are generally accepted descendants of the Adam race. Numbers were here in operation before Adam. We refer in part to the records found in the first book of Genesis with reference to the 7 days of creation (cycles)

Prior to the Christian era and later Jewish kingdom period, a study into ancient history and biblical lore, astrology, numbers, palmistry and other methods of similar science were recognized professions. Students of those days, kings, rulers and prophets alike consulted this work with regard to forecasting

(Continued on page 26)

The science of finding your true mate

By ANDREW JACKSON DAVIS

Internal Evidences of True Marriage. Although the science of marriage is beautifully and practically adequate to the reformation of our world, yet it is not to be supposed that many will study it, or be influenced so much by the head in forming conjugal alliances as by the soul's more susceptible inclinations—whose fount is the heart.

Therefore, to provide a way for those who wish to be guided by a less external method, we present a few certain indications that two central temperaments have met; and may harmonize on and yet on, until, by their united progressions, they seize upon one life, one immortality, one heaven!

First: that each finds rest in the other—a settled satisfaction, based in the character of the soul; not influenced by external considerations, nor by personal attractiveness. The handsomest physical is sometimes the garment of a deformed and ill-favored mind. You should ask your heart of its attractions, and listen to their testimony, when your vision is closed upon all externals.

Second: that your attractions toward the soul you unselfishly love, exactly harmonize with your Intuitions or reason-principle. If your judgment's verdict does not coincide with the verdict of your attractions, then hesitate; for there is something wrong! Perhaps the judgment may itself be at fault—wait and see the truth. Wisdom can see only. If Love will but look through Wisdom's eyes, and, looking, sanctions your attractions, you are then certain of a spiritual marriage.

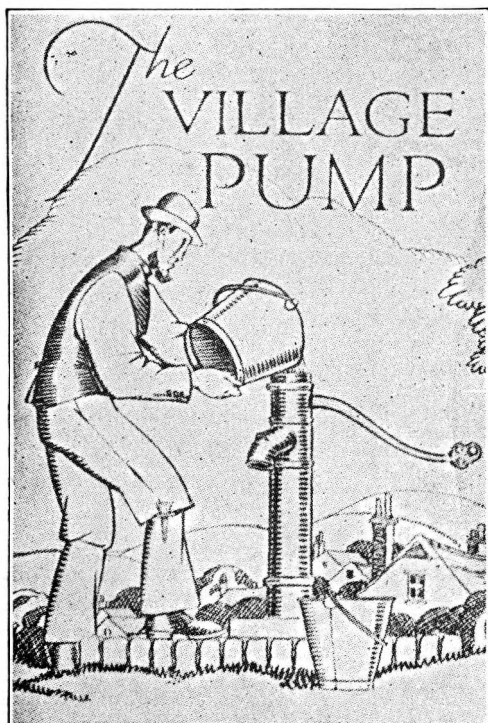
Third: that the Ideal of each is answered in the other; and continues as the twain advance in years and experience, acquiring thereby different ideals, and more enlarged. If each personifies to the other, upon a long, intimate acquaintance, the ideal of conjugal love: this is the most perfect internal evidence. Marriage should never be sought as a legal opportunity to gratify the blood-love attractions. Such are legal modes of committing rapes and adulteries. Any embrace, without mutual love, is a rape; the same under legal sanction as beyond it. No true, abiding happiness can ever be predicated on motives and means so intrinsically wayward and evanescent. Marriage is pure, proper, and chaste, only when it is sought for purposes already suggested—to satisfy and develop the soul's deepest, purest, highest attractions. With such a motive, any degree of marriage will prove a benefit; although merely circumstantial and transient.

But how shall we find, without the science of the temperaments, our true companions? How obtain the spiritual union, from which, by careful mutuality of culture, the Harmonically eternal relation can be elaborated? How shall we lay the foundation of the celestial and heavenly temple? There is a method, which, though not the best, but because of "the hardness of your hearts," may be suggested to true souls.

No one mind, when much developed, wishes to submit to arbitrary laws nor to individual standards of judgment. Hence let us remonstrate, for such, against any practice of consulting external opinion, with a view of obeying it instead of internal light. The laws (or attractions) of the soul are the only spirits capable of deciding the question of true marriage. Consulting persons in this or the other sphere, respecting who are or who are not conjugal companions, except so far as the law is concerned and useful to know, is alike deleterious to social harmony and to the development of pure Reason. Consult evermore the inward spirit; not the outward body; much less the external testimony of individuals. This counsel is especially important to the supercredulous minds among Mormons and modern Spiritualists. Many have allowed themselves to be disturbed unnecessarily, in their marriage relation, by giving conscientious heed to apocryphal communications. There can be nothing external or arbitrary in truth. Each true unmarried man, therefore, wishing to be a reformer, should with all the reason at his command, seek his Ideal wife; and so, also, each true woman her Ideal husband; or, find the adaptations which, through harmonious and mutual culture, will bring out in time from each the other's happy mate! To this Idol of the soul, to this lofty divine end, let each be true. And if two feel, through attractions, that they have found in each other ideal companions but to which convictions the reason is not quite reconciled, let them reside together, without physical intercourse, till they become either confirmed in, or disabused of, their supposed internal convictions and affinities. Where there is true love there is true reverence; and where there is reverence there is no impure downward attraction. Hence there is no risk, among principled men and exalted women, in becoming thus intimately acquainted.

It is said that a person's character is found out during

(Continued on page 30)



In the Days of the Village Pump They Used to Take Drugs for Catarrh, and They Never Cured It That Way!

Deafness and catarrh go hand in hand so often because the chemistry of the body which is unbalanced in one condition is also unbalanced in the other.

There are foods which will not tolerate catarrhal conditions remaining in the body, when taken in the right manner.

Dietary instructions for catarrhal conditions..\$1

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PSYCHO-ANALYSIS CUTS THE CHAINS OF FEAR

(Continued from page 3)

The guilt of the man is apparent. He began by denying my accusation, but when I let it be assumed the extent of his thievery was fully known, he revealed the case as it was.

Psycho-analysts can teach us a great deal. They are never influenced by the way they react personally to the other person. They try to understand what is going on in the other individual's mind, and from that process, they understand the other person's mind—better than the individual himself.

It's an amazing lesson to learn—this lesson of being able to forget ourselves and study other people. But the person who is able to judge character, without prejudice from his own personal feelings, merely through study of the other person, has an invaluable talent at his command. In this way, he can successfully sell; if he is a banker, know to whom to extend credit; if he is an employer, get the right sort of employees in his organization. It will keep him from buying bad oil stocks or watery real estate.

TAKE A LITTLE TIP FROM THE BONES OF THE FACE

(Continued from page 4)

practicable one requires with a broad, wide forehead a chin and jaw to correspond.

A balloon-shaped head is like a balloon rising to the skies with no ballast in the way of bone to keep it down or steady its course.

The chin and jaw are to the brain what a rudder is to a ship. The nasal bone has several degrees of height, and the jaw has several stages of length before it turns at its angle to form the chin. These heights and lengths of bone modulate the executive-ness of the individual, each having a certain power to qualify the propensities of their possessors. There is too little importance attached to the osseous parts of the face. Brain gives comprehension, but bone gives grit; the determination to carry out what the brain plans. Bone gives the force and staying power quite as much by its width as by its length. Bony people have more resistance and stamina than fleshy ones, but this must not be considered to apply to height or size of body nor length of limb, but simply to the bones of the head and face.

MEET THE "ANIMAL" IN YOURSELF AND OTHERS

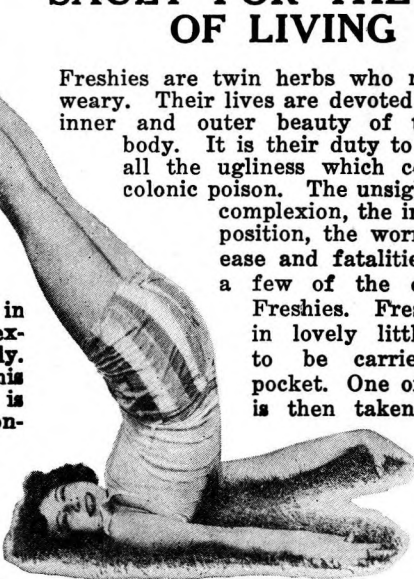
(Continued from page 6)

certain emotions in common with the brutes, who neither feel nor know anything beyond the region of mere gratification. Hence persons of even ordinary refinement are apt to shudder at the term "Animal," on the plea that the desires thus characterized are lowering to true humanity, and that they should be as much as possible repudiated and excommunicated.

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The most unique food in the world. Used both externally and internally. Grown in the garden, this novel complexion food is taken daily for inner toning of the liver and skin glands. It is used externally on the face for its immaculate, thoroughly beautifying action. Not a drug. A vegetable product through and through. Immediately assimilated by the body. Freshly Complexion Food, 4 oz. box\$1.00



Freshies are twin herbs who never grow weary. Their lives are devoted to keeping inner and outer beauty of the human body. It is their duty to take away all the ugliness which comes from colonic poison. The unsightly muddy complexion, the irritable disposition, the worry, the disease and fatalities are only a few of the enemies of Freshies. Freshies come in lovely little capsules to be carried in the pocket. One of the twins is then taken daily for one week, and another the next, thus keeping the positive action

of the herb foods forever.

Freshies for one month.....\$1.00

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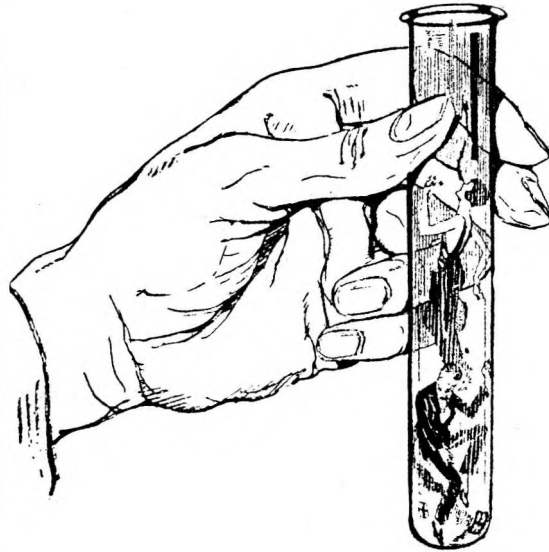
It is because of this notion that the class of faculties referred to has been stigmatized as "lusts of the flesh," which virtue and religion should make all possible effort to modify or even eradicate. This is false philosophy. However superior the true human animal, or however degraded those so-called humans who are but half human, to neither is given an appetite, desire, instinct—in a word, faculty—which is not in itself good, and even indispensable to animal existence.

Thus conjugal love could not exist without amatory principle, nor could Philoprogenitiveness, the child-loving instinct; and so on with all the other truly animal faculties, which thus combine to form the social affections, life's greatest blessings. In the lower creatures these instincts are not sublimed by the associated influences of morality and duty, which include all secondary motive influences, but manifest themselves, nevertheless, in ways that are far from contemptible, even in the inferior animals:—

"The cubless tiger in the jungle raging
Is dread to the shepherd and the flock."

Dreadful from her motherly grief, her motherly courage and determination to recover her children, or to punish the real or supposed despoiler. Human mothers there are who, similarly bereaved, would experience not less violent emotions, and fierce desire for revenge. All the faculties that man shares with the lower creatures are the inlets to many virtues, and are vicious only when they rebel against the modifying and directing influences of morality, reason, and true religion, which demand, not the eradication of these instincts, but their proper control and direction. "Where virtue is they make more virtuous," but where these instincts predominate in man, whether nationally, as they do to an immense extent, or individually in our so-called civilized state of society, they drag some men down to a state of degradation to which none of the lower animals can descend. The lower animals can violate no moral principles, can neither feel nor know beyond their natural and necessary desires; but our economic conditions tend to dehumanize men by the evil effects of idleness and luxury on the one side, and by the injurious results of excessive toil and poverty on the other.

The term "Animal," therefore, must be accepted as a designation of a class of instinctive and natural impulses, of special feelings and desires, which, in one form or another, influence all members of the animal kingdom, and which, in man, should become inlets to many of the highest pleasures. Tenderness to children and the aged, friendship, defensive and aggressive energies, prudent and constructive aptitudes, the desire for food, itself an irresistible incentive to the cultivation



"Those Wonderful, Wonderful Books"

Letter after letter says this about the 12 books—"How to Eat." They contain the altogether original lessons on the chemical types of people—how one person differs from another—how you can read people—how you can know how to heal each type—how you can feed each type.

These books put you in the test tube, and tell which chemicals you lack, which chemicals

you have in too great abundance, and reveal the startling things about you and others which only chemistry can reveal.

YOU CAN HAVE IT!

What is this mysterious force that brings riches, fame and happiness to some? Why are the ways of accomplishment, bodily vitality and romantic adventure so vague and unknown to some and so simple and easily understood by others? The answer is here on this page.

If you are restless, uncertain and slow, if you dream of great things but do not act, if you are ready to act but do not dream (visualize) then glance to the inside front cover. A moment of sober thought right here may mark the turning point in your career.

Nature is giving you an examination. And it is more important than the one you took to secure your position. It is one that, if accurately answered, will never allow you to hear the sentence pronounced—that your's is a hopeless case.

A balance of body chemistry makes one immune to fear, uncertainty and fatigue. People who are either blessed with an inherent balance or have acquired it by common sense practice, think clearly and act at the opportune time. They do not hesitate until it is too late. They are not filled with self pity—a condition of acidosis—and they do not "wish." They take. They could not act otherwise—the same as the unbalanced person cannot help his irritable, shrinking nature.

For those students of life who are late in starting to study the body building principles of food as taught by "How to Eat" magazine, there is still an opportunity. There are now 12 back numbers of this magazine, starting with the first article of the series covering the 16 different kinds of people. The price of these, containing the secrets of acquiring the force of action, is only one-tenth of what the same material sells for in book form. But you must act without hesitation in this case, too! Some of the back issues are nearly exhausted. The issue that covers the Calcium type of person is low in number and when this is gone that same priceless material will never be obtainable from the pen of this same teacher.

Can you afford to begot your mind and run the chance of preventing it from giving you an idea that might make you thousands of dollars? "Different Jobs Need Different Foods" is an article that none should miss if they would welcome an increase in salary. Employers would increase their production beyond belief if they would concentrate on the subject of this article. "Onions and Glands," "Where Is Your Spunk?," "Food and Divorce," and "Your Body Chemistry" are only a few of the hundreds of practical articles that you need for a happier life.

You can be one of the "chosen" ones if you will but choose to look for truth. You can have the power of a quick analytical business mind. Clear thinking and tireless energy can be yours. Both are simply the force of chemistry. You can and should know that combination. To use it is to be sure of yourself. The "Never-had-chance Club" is disbanded forever.

Send \$3.00 to the Circulation Manager, 1000 Health Secrets Magazine, Illinois Women's Athletic Club Building, Chicago, for the 12 back numbers and receive the "Youth Diet" free. You will count time from this day on.

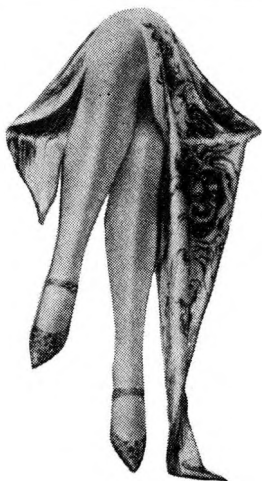
of the food-giving soil, and other remunerative pursuits; all these are the basis of the highest class of enjoyments.

The term "propensity" applied to this class of faculties is not strictly correct, for propensity implies an inclination, or proneness, rather than a necessary instinct implanted by nature for specific purposes. The greater number of the phrenological terms were first devised in the German tongue, and were translated into English by Dr. Spurzheim, whom we may thank for the fact of their not being clothed in classical obscurity, and for their near approach to our native language, and whom we may well forgive

for any inexactness that may be critically discerned.

AMATIVENESS

The term Amativeness, as at present used by some phrenologists, and also by many who vainly attempt to study the human mind without the aid of our science, requires a certain amount of analysis in order to distinguish its true function from the different attributes included in the broad meaning of the term. This word is derived from the Latin verb—I love—and therefore cannot specify as to the nature of the love. The term then will be seen to have too wide an application to convey to the student of Phrenology its true



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import; though it must be admitted,
we are forced by custom to associate
it with sexual love, that is to say, with
the instinct which prompts to the
sexual desire, or that love which is
supposed to induce to marriage.

On close attention to this term it
would seem to include several distinct
faculties of the mind, and even com-
bination of faculties, viz:

First. The faculty in which orig-
inates the erotic desire or passion.

Second. Conjugal or Cohabitive-
ness, the desire to live in union with
one of the opposite sex.

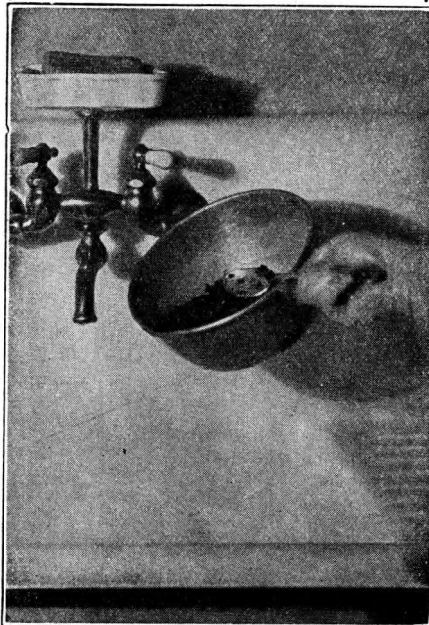
Third. The reproductive desire,
which in all probability may be distinct
both from Amativeness and Cohab-
itiveness.

Now the first definition or attribute
seems to be the best description of that
faculty which Dr. Gall discovered and
has named "Amativeness." The sec-
ond attribute is believed by many
phrenologists to be entirely distinct
from Amativeness as defined by Gall;
and the third instinct, the Reproductive
desire, is, we are inclined to accept, of
itself a distinct mental faculty. We
are much inclined to regard the con-
nubial instinct as the result of a mental
condition produced by the harmonious
combination of many faculties,
amongst which would naturally be,
not only those previously mentioned,
but also that faculty which we call
personal friendship or individual ad-
hesiveness. In support of this analysis
numerous cases must be apparent to
all careful observers where one or the
other of these separate and distinct
faculties has existed in strength, while,
at the same time, there has been a
marked deficiency in the development
of one or other of the supposed asso-
ciated faculties. When such is the
case, there must always be exhibited
in the character of such people an amount
of social eccentricity in accordance
with the departure from normal de-
velopment.

In treating of the faculty now under
consideration it must be considered as
the erotic desire, though we may for
many reasons be compelled to retain
the original term, viz., Amativeness. It
is not desirable here to dwell on the
positive phase of this faculty. We
would refer those who wish to make
further study in this direction to the
works of Drs. Gall and Spurzheim,
Mr. George Combe, and other phreno-
logical writers.

Dr. Gall, especially, devoted much
time and attention to the investigation
of this subject. A portion of his great
work, entitled "The Functions of the
Cerebellum," translated by Mr. Combe,
contains information of the highest
value. This book has long been out of
print; yet copies are often to be ob-
tained, and it is still to be met with in
some public libraries. Besides the
above, there are numerous medical
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science, from which much enlightenment may be obtained as to the abnormal aspect of the faculty in question.

Most of the phrenological writers have dwelt too much on the characteristics of this faculty when much above the normal, showing many plates and drawings from busts, casts, and portraits, including those of Emperors, Kings, Popes, Prelates, Courtiers, Statesmen, Philosophers, Poets, and others known to history as being too much under the influence of large Amativeness. Apart from the low moral organization of these examples, the conditions under which they were, by circumstance, compelled to live were altogether unfavorable to them as regards the controlling influences of their moral faculties. They all lived, physically speaking, idle lives, taking no part in the various forms of physical labor, which would have tended to draw blood away from this animal region of the brain, and to circulate it equally throughout the whole of the cerebral system. As long as physical labor, when applied to the production of wealth, is looked upon as degrading and unworthy of the thoughts and energies of the so-called cultivated classes, idleness, with all its concomitant evils, will ever beset the path of the rich and the so-called noble. These remarks are to warn the student of Phrenology, when estimating the effects on character of large Amativeness in any individual, to fully consider all surrounding circumstances, for unless such be properly taken into account, many errors as to judgment of character, in this respect, will most certainly be made.

A proper development of Amativeness is essential to all. Where it is deficient there will be noticeable an absence of that nobleness of bearing which is so marked a feature in those who possess an evenly balanced mind. In fact, a proper share of Amativeness may be said to be essential to perfection. It imparts as much nobleness to one sex as it does to the other. We all of us know and admire manly-mannered men as we do womanly-mannered women, also manly-voiced men and womanly-voiced women. With other conditions of character equal, the men with a fair share of Amativeness are sure to have a more correct sense of true modesty than those who are deficient in this quality; and the same remark applies with equal force to women, for a proper development of it imparts to both an innate ever-consciousness of sex, which induces to modesty of manner and thought in mixed society. This nobleness of manner, this richness of voice, and this innate sense of modesty may be said, to a great extent, to depend upon Amativeness, as essential attributes of those who have the good fortune to inherit properly proportioned brains; and, in such brains, Amativeness must be as well developed as any other of the mental faculties.

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of what has been written by Phrenologists, in relation to this faculty, has been confined to illustration of human character when the faculty in question has been too largely developed, or in an abnormal condition, due to causes previously stated, or to certain forms of cerebral disease. Phrenological writers have devoted more attention to this phase of the subject than was actually necessary; whilst its opposite condition, with its effects on human character, has been passed over as being of little importance. Yet the study of small Amativeness in relation to character is of as much interest to all phrenological inquirers as large Amativeness. The effects of small Amativeness can explain many of the inconsistencies in some phases of human character hitherto inexplicable.

It will be frequently pointed out, when dealing with the other faculties of the mind, that extremes, either in over development or in under development, are ever productive of eccentricity and consequently of evil. So it is with this faculty, the true nature of which we are endeavoring to explain. Assuming, for instance, that the moral organizations of two persons of the male sex are in an equally weak condition, the one with small Amativeness can be of as much annoyance in society as the other who has it large. We all of us dislike the womanly-mannered man as we do the manly-mannered woman. Effeminacy in men, and masculinity in women, may be said, to a great extent, to be due to an under development of Amativeness.

There can be no doubt that true modesty of manner is more likely to be found with large Amativeness than when this faculty is deficient. Many persons, judged solely by their speech and behavior, are assumed to be Amative, when their unguardedness, or apparent rudeness of conversation, is due to a want of judgment as to the subject to be spoken about when in mixed society, and arises, not from amorous desires and inclinations, but from sheer obtuseness. It is this obtuseness, often due to small Amativeness, that has frequently caused amateur phrenologists to misjudge character, and in some cases, even to cast doubt on the discoveries of Dr. Gall; and this absence of a proper consciousness of sex has often led to much misunderstanding.

In the early days of our science there was an impression amongst those who, though somewhat ignorant of the phrenological theory of mind, yet, at the same time, felt kindly disposed towards the discovery, which led them to imagine that Amativeness was a bad faculty, and consequently the less one had of it the better. Mr. George Combe, and subsequent writers on the subject, have done much to dispel this erroneous idea; though, even to this day, there is still great misconception on the subject. Consequently there is much to be done in order to make any-

one clearly understand that either excess or deficiency in any of the faculties, especially those classed as animal, is equally undesirable.

The character of a man with small Amativeness, in combination with large Self-Esteem, together with small Conscientiousness and Concentrativeness, is excellently portrayed by Tourguéneff in one of his novels. The hero, "Demitri Roudin," whispers into the ear of a young, incautious girl, who no doubt had large Amativeness, a confusing mixture of sentiment and philosophy, which the young lady, so far as Demitri Roudin was concerned, had entirely misunderstood. When at last she offers to run away with him, he gives shambling advice as to her filial duty, whereupon the heroine calls him a contemptible coward, and leaves him in disgust. Such characters as Roudin's, in various forms of modification, are to be met with in all grades of society. They unconsciously mislead and disappoint. They are prone to hang about young women until some one asks their intentions, when they usually say they have no intentions, etc., quite surprised that their friendly feelings towards the family in general, and the lady in particular, should have been so misunderstood, and they slink off to seek fresh fields and pastures new. There is no positive danger in them, but they often cause a great deal of trouble and annoyance.

"Indeed, my lord, you made me believe so," is what a certain young lady is reported to have said to a certain young gentleman who must have had small Amativeness. He was the cause of a great deal of trouble in her family.

As there are unconscientious men with small Amativeness who cause a great deal of social annoyance and trouble, so there are young women exhibiting the same phase of character, only Love of Approbation is often the leading feature with them. They want to please, to attract attention, and by this means sometimes place themselves in compromising situations. Should they unfortunately meet with the bold low-moralled manly man, he mistakes the tricks and efforts to attract attention, arising from excited Love of Approbation, for amatory invitation. Then, of course, newspapers and society are all on the side of the virtuous maiden, who prefers even death to dishonor. Any modest woman with properly developed Amativeness would never mislead by false encouragement; for she naturally has the true amatory conscience, a true sense of modesty, and always a proper sense of reserve; and this is the true friend of "young sensibility."

Some time ago there appeared a number of articles in one of the periodicals on what was termed "The Fast Girl." She was described as being too flippant and familiar with all men, assuming mannish ways and modes of dressing, as being what is called "Loud," calling her male ac-

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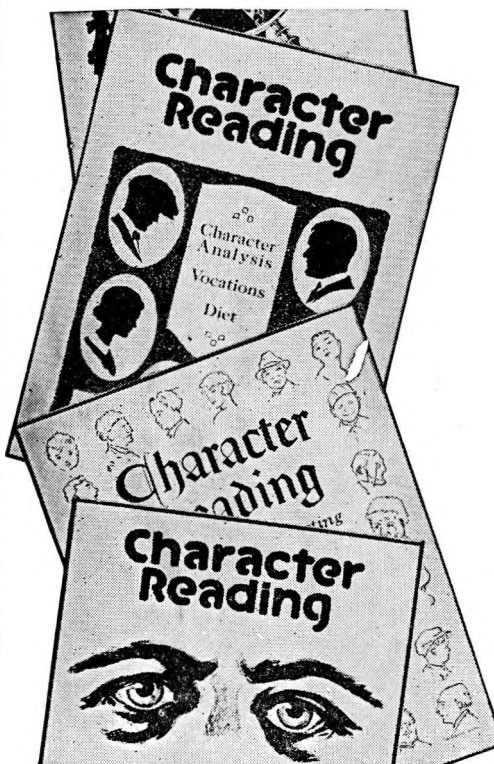
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quaintances by their Christian or surnames only, or even calling them by their nicknames, shortly after her introduction to them; and, in general, as being guilty of throwing off all womanly reserve. This conduct in young women was falsely ascribed to large Amativeness, whereas, it is the woman with a small share of this faculty, and other adverse conditions, such as a want of Caution and Conscientiousness, together with a little too much Love of Approbation, who is prompted to commit unwittingly such innocent indiscretions as these.

Women are occasionally to be met with, who, by a certain gaucherie, lead—or rather mislead—men to presume; or who go far enough to create trouble and jealousy and then express surprise and disgust that they have been so cruelly misunderstood; or, again, who are continually crying "off." Such characters have frequently been described in novels; but the novelists, being ignorant of the true nature of Amativeness, have often made mistakes. They have commenced their work by aptly describing such a female character; but afterwards, in order to finish off their novel in what they think a satisfactory manner, have had to create a new heroine altogether. Such, however, is not only unnatural, but false to Art. The proper finish up to such a character is often the neglected old maid.

Said a barrister to a young lady, who through her own incautious stupidity had found herself a co-respondent in a divorce suit, "Do you think it was a modest and discreet thing of you to do so and so?" The answer was, "I see now that it was not a wise thing to do, but the impropriety of it did not occur to me at the time."

A person well acquainted with Phrenology was asked on one occasion if he thought that a certain young lady was implicated. "No, not at all," was his reply. "Her conduct has, no doubt, been very foolish and incautious, but it was entirely through her own obtuseness—small Amativeness. No innocent young woman with a proper development of Amativeness would have allowed herself to have acted so foolishly."

The religious aspect of this faculty is one upon which a great deal of discussion and enlightenment is needed. There are certain points in it which phrenologists must investigate by the aid of this science.

Although there must appear to the Phrenological thinker much that is unreasonable in the Roman Catholic Church doctrine as to Amativeness, yet it will be seen, after due consideration, that the indulgence of this desire may be under certain conditions, if not sinful, yet immoral—that is, unconscientious. For instance, it would be morally a sin for a single woman, in the present conditions of society, whilst living under the care of, and being de-

pendent upon, either parents or guardians, to incur the risk of causing inconvenience, displeasure, and other forms of mental annoyance to her protectors. It should be considered a sin for a woman who is predisposed to any hereditary disease, or having any physical malformation of a serious nature, to marry a man who is a victim to a similar disease or malformation of a similar description. In the same way it would be a sin on the part of a woman, clearly knowing her family to be suffering from a certain brain disease, to marry a man with the full knowledge that his family history proved similar mental taints to be present.

It ought now to be considered a sin for a woman of pure European descent to incur the risk of motherhood from a Negro, a Malay, a Hindu, etc., because she would be likely to produce a degenerate offspring. It is the confirmed conviction of many that in a vast multitude of cases wrecked happiness, peace, morality, and health of offspring follow from connubial ignorance; that often disease marries disease, folly folly, stupidity stupidity, insanity insanity, malformation malformation—that, in short, much of the evils of a physical and mental nature that are inflicted on society arise from the result of that enforced and popular ignorance in which a great many marriages are formed.

It would seem to be the established opinion that whilst love is acknowledged to be not only blind, but also to cause blindness to the powers whose special office it is to see and know, this blind influence is to be allowed to lead us where it will; that it would be unsentimental, worldly, and shocking to endeavor to place it at all under the guidance of science; not to speak of ordinary reason. But what, let us consider, are the practical results of this doctrine? Does it work well? Are the marriages made under the guidance of this Royal Blindness, Cupid, so very happy and prosperous, for either parents or offspring?

The men of the past and the present who have formed and do form the governing bodies of the great religious communities, hiding their individuality under the name of "The Church," have made and enforced many restrictions with regard to matrimonial unions; but no laws have been made which have for their object the prevention of unhealthy, incongruous and therefore sinful marriages, such as to endeavor to prevent unhappiness or the production of a degenerate offspring. Providing that the parties to be married have fulfilled certain religious obligations, and have promised to comply with others, these leaders of society have ever been ready to perform the religious ceremony which establishes the marriage and blesses the union.

I CHALLENGE

you that I will teach you, by mail, in one lesson, the simplest, shortest method. Not telepathy. You can read one's mind to a dot by only looking in the eyes of partner, chum, sweetheart, etc. Praised by New York, Boston, Montreal Police Chiefs, colleges, Thurston, Blackstone, etc. If fake, let them arrest me. Send in all \$1.00.

A. Honigman Sta. E. P. O. B. 85. Sec. CHA 1
Montreal, Can.

TREASURES OF CHARACTER READING BY THE GREAT SCHOPENHAUER

(Continued from page 8)

Every happiness that a man enjoys, and almost every friendship that he cherishes, rest upon illusion; for, as a rule, with increase of knowledge they are bound to vanish. Nevertheless, here as elsewhere, a man should courageously pursue truth, and never weary of striving to settle accounts with himself and the world. No matter what happens to the right or to the left of him,—be it a chimæra or fancy that makes him happy, let him take heart and go on, with no fear of the desert which widens to his view. Of one thing only must he be quite certain: that under no circumstances will he discover any lack of worth in himself when the veil is raised; the sight of it would be the Gorgon that would kill him. Therefore, if he wants to remain undeceived, let him in his inmost being feel his own worth. For to feel the lack of it is not merely the greatest, but also the only true affliction; all other sufferings of the mind may not only be healed, but may be immediately relieved, by the secure consciousness of worth. The man who is assured of it can sit down quietly under sufferings that would otherwise bring him to despair; and though he has no pleasures, no joys and no friends, he can rest in and on himself; so powerful is the comfort to be derived from a vivid consciousness of this advantage; a comfort to be preferred to every other earthly blessing. Contrarily, nothing in the world can relieve a man who knows his own worthlessness; all that he can do is to conceal it by deceiving people or deafening them with his noise; but neither expedient will serve him very long.

* * *

We must always try to preserve large views. If we are arrested by details we shall get confused, and see things awry. The success or the failure of the moment, and the impression that it makes, should count for nothing.¹

* * *

How difficult it is to learn to understand oneself, and clearly to recognize what it is that one wants before anything else; what it is, therefore, that is most immediately necessary to our happiness; then what comes next; and what takes the third and the fourth place, and so on.

Yet, without this knowledge, our life is planless, like a captain without a compass.

¹Translator's Note.—Schopenhauer, for some reason that is not apparent, wrote this remark in French.



The New Glories of Middle Age

A message of great plenty for those who are past forty, and for those whose vitality, driving force, ideas, and interest in life are on the wane, at any age.

We no longer talk in theory on the return of youth. The discoveries in organotherapy are too definite to hide in obscurity. So powerful are the endocrine secretions that the handling of them in anything but careful ways cannot be tolerated.

When science sees in even a very short treatment, the dull eye change to a sparkling one; when the sermon of the preacher who was losing his congregation changes to powerful speeches; when the walk of the heavy, obese, tired woman changes to a spring gait; when the dull mind of the business man fills with new and forceful plans; when the listless manner of the mental, professional or artistic type, tired beyond all description changes to one of force and productiveness; when men and women, through lack of vital force lose their attractiveness to each other, and gain it; when these things take place properly under scientific organotherapy it is no wonder the world of science can now back up its claims for the restoration of youth and the banishing of an uninteresting middle age.

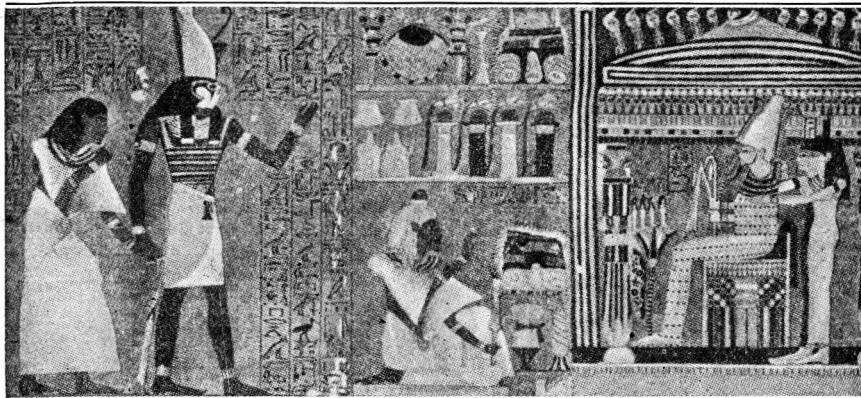
We must thank such men as Theodore H. Larson, M. D., for the most recent discoveries of the properties in organotherapy for men and women, and how they differ from each other. No matter what endocrine is given it has its male or female principle, whether it be thyroid or adrenal. It is this great principle that makes the newer endocrine therapy so sure and so effective.

A preliminary course of free instruction on organotherapy is sent to those ordering a trial of the new treatment. Trial order costs but \$1.00, plus 10 cents in stamps. Bear in mind that this is organic food treatment, and not an inorganic drug.

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ORGANOTHERAPEUTICS

223 Medical and Dental Arts Bldg., Chicago, Ill.



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for liver diseases and liver spots. Youthful liver means a youthful face.

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JOSEPH BANKS

Hammond, Ind.

(Continued from page 9)

The besetting sin of Jupiterians is gluttony. Of course, comparatively few real Jupiterians yield to this temptation, although most of them are epicures, but gluttony is a sting ever present and becomes the fruitful source of indigestion, gout, vertigo and finally apoplexy. A very thick third phalanx of the finger of Jupiter is an infallible sign of gluttony.

II—Saturnians

Wisdom, prudence, foresight, caution, studiousness, sobriety, patience, indefatigable industry and economy are the chief good traits of this type of man.

His unenviable traits are cynicism, skepticism, suspicion, lack of veneration, melancholy, superstition, stinginess, dislike and jealousy of others, and malevolence to the point of gloating over the sufferings he inflicts.

The Saturnian loves solitude. He shuns society, is a profound student, very fond of occult studies, also of mathematics, chemistry and physics. Agriculture and mining are his favorite pursuits.

Being prudent, cautious and conservative he rarely speculates. Real estate investments are preferred by him to gambling in stocks and bonds.

He is cold-blooded and repellent, scarcely even amorous and rarely marries.

He is independent, frets at restraint, cannot brook contradiction, but often allows himself to be led by permission when threats have failed to drive him.

His gloom is largely due to the fact that he is exceedingly bilious, and to this cause are to be attributed nearly all the ailments from which he suffers, those to which he is most subject being nervousness, paralysis (usually of the lower limbs), rheumatism, varicose veins and ear trouble.

It is from this type that most suicides and also many criminals are recruited.

III—Apollonians

Not all Apollonians are artists, although it is customary to suppose them so. It is certain, though, that they all love beauty of form and color, but, according as the upper or middle or lower of the three world's rules, or as the first, second or third phalanx of the finger of Apollo is longest, or as the texture of the skin is fine, medium or coarse, or as any of the other cheironomic conditions heretofore treated of prevails, the Apollonian will be either an artist or a merchant with rare good taste, or a shoddy, loud-mouthed pretender, with a taste for only vulgar beauty and garish colors. The following are characteristics of the Apollonian type:

He loves beauty, enjoys life, is brilliant, versatile, highly intuitive, sees through things quicker than others, adapts himself easily to all conditions, can make himself "all things to all men," has a knack of making much out of little, especially in matters of knowledge; is inventive and able to

clothe old ideas in a new garb, making them appear to be his own; he is repelled by whatever lacks beauty, is fond of fine clothes, is warm in friendship, but very inconstant; attracts hosts of friends, who are anxious to serve him, but soon fall off on account of the neglect to which his inconstancy subjects them; he is very logical and expresses himself easily in clear terms, and is very frank; he is a quick money-maker, but spends just as quickly; he is religious, but not inclined to be fanatical; is quick tempered, but only for the moment, and is not resentful; he is fond of traveling; is honest and readily acknowledges his faults. He is usually unhappy in marriage because he pitches his ideal of a wife too high.

If the finger of Apollo is nearly as long as Saturn, the subject inclines to take great risks in everything. He will stake life, liberty, money, reputation in pursuing his aims.

If Apollo is longer than the finger of Saturn, you have the reckless gambler.

If the finger of Apollo is, in addition, crooked, you have the tricky gambler.

IV—Mercurians

They are the quickest, shrewdest, most active of the seven types. From their ranks are recruited the great orators, scientists, doctors, lawyers, actors, teachers and business men.

If the finger of Mercury is crooked (indicating added shrewdness), and the color of the hand yellow from biliousness, the subject is apt to be a bad Mercurian. It is such as these that constitute liars, swindlers, cheats, stock-jobbers, bank robbers, "get-rich-quick" schemers, pickpockets. But be not too quick to judge harshly. First examine the hands for all signs that tend to confirm this judgment, lest you lay yourself open to an act of injustice.

The general characteristics of the Mercurian type are shrewdness, unerring intuition in judging human nature, tireless energy, great skill in everything, thus making the Mercurian the victor in all sports and games in which dexterity and mental acumen rather than brute force are required; he is graceful, tactful, adroit, diplomatic, crafty, persuasive and especially astute in the use of "figureheads." Whenever you feel that there is a "power behind the throne" look for a Mercurian.

He is fond of the study of sciences, especially mathematics. He is a splendid mimic, but the two things that are pre-eminently his are shrewdness and quickness in judging human nature. For this reason fake clairvoyants, fortune tellers, physics, fake spiritualists, in fact nearly all humbugs will be found to be Mercurians. This does not apply to the genuine ones.

With the first phalanx of Mercury longest, look for the orator, writer, lawyer, teacher, actor.

With the second phalanx longest, look for the physician or scientist.

With the third phalanx longest, you

CHEMICAL YOUTH

What is it?

**YOUR HAIR,
YOUR EYES,
YOUR FACE**

What do they reveal of a lagging youth?

Even the voice betrays that youth is fleeing, when certain mineral salts run low in the body. Diseased conditions around the hair need no expensive course of treatment. Just as soon as the mineral salt which nourishes the hair is supplied the hair takes care of itself, often returning to its normal color, and regaining its original thickness and sheen. The eyes also suffer when their special mineral salts are deficient.

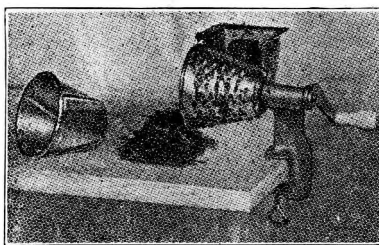
The sagging face too is only a hunger for the natural body salts which are not daily supplied in the food, and which **must** be supplied if the facial muscles as well as all other muscles of the body are to retain their youthful contour and elasticity.

High potency remedies now make it possible for us to secure the body salts which restore youth chemically and naturally. These salts are very small in amount but of great importance in the work they do in the body. The special chemical youth salts are necessary for supple joints, abundant, youthful hair, elastic tone of the skin and facial tissues, as well as the eyes. They are inexpensive, but they are prepared under the highest type of talent in homeopathic laboratories.

Chemical Youth salts 90 cents. Postage 5 cents.

ORGANOTHERAPEUTICS

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Hidden in carrots, turnips, potatoes, cabbages, apples, etc., are mysterious, delightful flavors which we have never known with the average cooking and cutting.

There are few words to describe the thrill everyone who uses this new instrument experiences. For the housewife it turns work into play. For the artist who can only eat artistically prepared foods, it is a great delight. For the man who spurns vegetables and fruits it is a thoroughly new eye-opener. We have yet to find a human

being whose eyes do not become large with surprise and admiration when he sees what the gricer does to food.

Delicate little thread-like curves, or flower-like petal slices are made of the plainest foods put through the gricer. Many colored salads, fantastic desserts, and surprising dishes of all kinds are made by this clever new tool. It grates ice, shreds all foods, slices them, rices potatoes, crums bread, chops uniformly, peels, and does many tricks all its own.

Absolutely no nuts to get lost.

Does not have to be taken apart for cleaning. It is simply delightful and delightfully simple.

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**USE IT IN
YOUR OFFICE,
YOUR HOME,
YOUR ROOM.**

You may start suit against me if you are anything but delighted with the New Gricer and the diets which go with it.

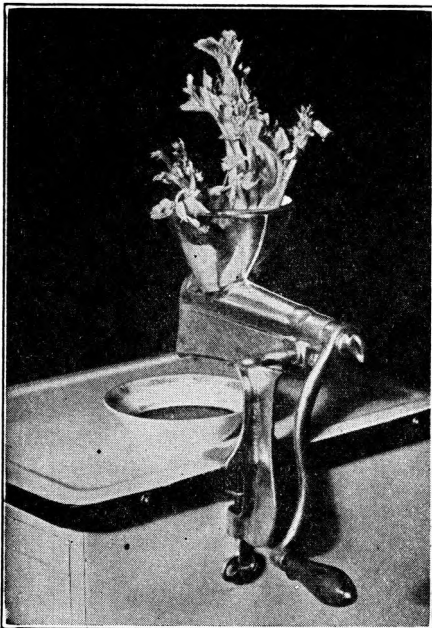
Gricer Diet and Gricing Machine \$5.00 Prepaid.

This machine is made in America and may be had for immediate shipment.

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I. W. A. C. BLDG.

CHICAGO



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The cooling alkalizing sodium is extracted from celery in a delightful drink which immediately soothes nerves, quiets the restless person, sweetens the entire body tissue, and attracts iron. The most wonderful of all drinks for nerve ailments, for hardened joints and arteries, and for removing those digestive troubles which come from a lack of sodium. In both acute and chronic diseases celery juice is little short of miraculous.

The health mine does a very clever thing. It serves the household in two ways. First, it extracts the powerful curative juices for those who are ill. Turnip juice ground through it has quinine begging for power. Then, second, it saves the pulp of the vegetable so that it can be steamed or cooked for the family meal. The green juice of spinach drips out from the front of the health mine, and the shredded spinach from the rear of the mine.

No one dreams of the delicious tastes of raw cabbage juice (raw carrot juice, raw plum juice, raw peach juice, raw green grape juice, raw fresh pineapple juice, etc., until he has tasted it from the Health Mine. Entirely different are these juices when uncooked, preserving their chemical power and Godgiven taste.

The Health Mine is imported at present, but soon will be procured in America. When once in the home, there is no health enthusiast living who would allow it to leave.

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Price for same machine designed in America, \$8.00, F. O. B.

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have the shrewd business man; where-in Mercury differs from the other fingers, the second phalanx usually standing for business, the third for baser desires.

V—Martians

This is the fighting type, whether with the sword, the fist or the intellect.

You will see on the map of the Mounts at the beginning of this lesson, that there are an upper and a lower Mount of Mars as well as a Plain of Mars lying between them.

The lower Mount represents aggression; the upper Mount, resistance; the plain, if developed, sudden temper.

Nearly all hands show some martial development. If there is no such development at all the subject is one who allows himself to be trampled upon; is easily discouraged in the struggle for existence and is unable to make even brilliant qualities available.

The resistance of the upper Mount renders the Martian cool and collected under all circumstances; he retains presence of mind in danger and is never disheartened by defeat. A good upper Mount will enable even a dullard to succeed in life by dint of sheer perseverance.

Nearly all suicides have a deficient upper Mount of Mars.

The lower Mount greatly developed denotes one who loves strife, who "would rather fight than eat."

If, with a well-developed lower Mount there is no accompanying upper Mount, the subject will be a hectoring bully who backs down as soon as his "bluff is called."

These are the general characteristics of the type: bravery, energy, determination, patience in enduring and suffering, brusqueness. Strenuousness is one of his principal traits. He is domineering, yet means well. He is generous, has a host of friends and is equally ready to fight or spend his money for them. He is fond of rough sports, and gives and demands fair play. He is proud and fond of show.

While not criminal by nature, he needs refining influences to keep him from becoming brutal. He is apt to yield to drunkenness and lasciviousness, and if he becomes a murderer he does so in a brutal manner. If he steals, it is not for gain, but to have the wherewithal to gratify his passions.

VI—The Lunarians

This is the coldest, least passionate of the types, but the most imaginative. Lunarians are extremely nervous, restless, fond of change and consequently of travelling, especially on water. They are dreamy, fanciful, idealistic and possess considerable facility of speech which, owing to their strong imagination, is full of quaint turns. They make good linguists, composers, musicians, fiction writers.

They lack self-confidence, are lazy, mentally as well as physically, and are selfish and ungenerous. Fickleness is one of their chief traits. They always

yearn for the unattainable and are melancholy, mystical, superstitious, phlegmatic and sensitive.

They eat much, but are not sensual nor amorous, nor affectionate, and make poor marriage-mates.

When their imagination is excessive Lunarians incline to insanity. The asylums are filled with them, just as the prisons are filled with Saturnians and Mercurians.

With their bad side developed, Lunarians are liars, deceitful, hypocritical, mean, cowardly, insolent and, without being passionate are subject to nymphomania or satyriasis on account of their exuberance of vile imaginings.

VII—Venusians

This is the handsomest, most cheerful, lovable and attractive of the seven types. A good Venusian is sympathetic, soulful, ardent, unselfish, tender, affectionate, generous, constant and full of passion held in check by a magnanimous heart.

He is fond of amusement, dancing and society; is careless, improvident and apt to pursue pleasure to the neglect of his more permanent interests. He is bright, vivacious, effervescent, cares little for riches, less for ambition and loves the beautiful rather than the useful.

He is honest, truthful, forgiving and though often deceived, retains his generosity.

The Mount of Venus is also called the Mount of Melody, for the Venusian loves music, especially of the gay sort.

By a strange irony the Venusian makes a splendid tragic actor, while the sombre Saturnian is good at comedy. In his writings also the Venusian pursues a sad strain.

In a bad development Venusians yield to low appetites, have a vulgar, debased taste, love low, obscene literature and pictures and ribald talk and are conscienceless debauchees.

NOTE.—Each Mount-type must be read in conjunction with the Cheiromantic characteristics contained in the preceding lessons. In this way the student will soon be able to tell the difference between, say, a Jupiterian with long fingers and one with short fingers, one with hard hands and one with hands of an elastic consistency, etc.

(Continued from page 10)

a sense of the ridiculous of a more humorous and less sarcastic nature.

Personally, from the trend of the finals, I always in my own work judge of the *hopefulness*, or the reverse, of the writer.

Thus, with the *up-turned* terminals, one usually finds a cheerful disposition, and with the *down-turned* ones an un-hopeful turn of mind. The faculty of "Hope" will be found to be traceable for its (physical) origin to the liver—

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Right in your own home you can have
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You would never dream how delicious
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muffins, the diabetic bread for reducing,
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Every bite is one of thanks for Maxwell's
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Each week these things can be mailed
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Order once, and you will put in a stand-
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Delicious diabetic muffins—best in the
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Sent in glass jars.

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so says a well-known writer—though
it may be that the state of that organ
is referable to the faculty. However
that may be, with the up-curved ter-
minals you will generally find an active
liver, and with down-turned finals a
torpid or diseased one.

If the final strokes are raised in an
angular fashion, and in such a way as
to fly above the level of the tops of the
rest of the characters, an ardent, en-
thusiastic temperament is always de-
noted.

When the finals ascend in a straight
line, more or less vertically, above the
letters, they show a mystical nature,
much love of the marvellous and won-
derful, and often religious mania.

In-turned finals, such as are formed
with a return curve, more especially
to the capitals, and *e* and *x*, show self-
fishness, or, at any rate, egoism, a
nature that is incapable of forgetting,
much less denying, *self*.

Generally speaking, these inward
hooks are seen in the handwritings of
insignificant persons, or those of medi-
ocre intellect.

If the finals show at their extremi-
ties *very small* hooks, it is said to show
tenacity.

If the finals take a sweeping curl,
and stretch from left to right, finishing
finally with a return downward trend
in the reverse direction, they show a
resistant, independent nature.

This quality will be manifested
either by a pretty petulance, a self-
defensive, defiant spirit, or an uncouth
brusqueness, according to the rest of
the accompanying indications.

Blunt, bludgeon-shaped finals indi-
cate strong will, force of character,
extreme determination, and, occasion-
ally, a quarrelsome, contentious nature.
Such as "fine" away to a tail-like point,
indicate, on the contrary, a want of
resolution.

With what degree of correctness, or
otherwise, I am hardly prepared to say
—as the sign is seldom met with, so
far as I have observed, in English
handwriting—an American writer
states that when the terminals, espe-
cially those which belong to such letters
as *y* or *g*, are thrown off with a long,
extended stroke, that twists itself
either above the letter or around the
loop below it, they denote some per-
sonal abnormal error, some bad habit
—intemperance, excessive smoking,
opium-drugging, and so forth.

If the last letter of a word or syl-
lable should be higher than the rest, it
is said to show frankness, candour, and
sincerity of purpose. For my own
part, I cannot trace the analogy here,
though some graphological experts
may be able to do so. Certainly, one
often *does* see this graphic sign in con-
junction with honesty and straightfor-
wardness. Nevertheless, I should not
look for the indication of such a quali-
fication in the rising of the last letter
of a word, and I do not advise my
readers to do so either.

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Our high concentration goats'
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The Phytolacca Berry with
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vital system. The cerebellum,
the center of magnetic and vital
power is nourished by the oil
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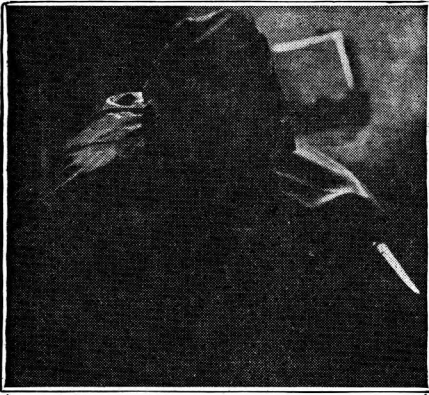
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The sturdy oak tree, with its chemical properties gives us the wonderful pile remedy consisting of nut gall. This ointment treats the distressing condition locally, while the special diet given with the treatment prevents recurrence of the painful condition. Diet lists and pipette tube of nutgall\$1.00

REBUILD THE WALLS OF YOUR HEART

There is a great artist in Nature who can rebuild your heart. Possibly you discharged this artist in the past few years, and your heart has become weakened. But you can call him back. Nature is always holding him out to you in foods and flowers. The Night Blooming Cereus flower is a great artist who can rebuild for you, not only your heart, but other muscular structures in your body. The imported flower, compressed for your convenient use, together with diet lists for food treatment for the heart.

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Give yourself a youthful stomach!

The finest digestive of the present day is found in the vegetable kingdom—in the pepsin melon. It supplies the body with the digestive pepsin so necessary to perfect assimilation of food. This fine pepsin has been powdered and put into tablets for those who lack digestive power. 20 tablets with diet lists\$1.00

He is free from care, who has a healthy liver. The liver is the maker or breaker of our happy outlook on life. The liver needs its own food, and it gives back in benefit to the entire system, every ounce of care spent on it. Send for "The Happy Liver"—a purely vegetable treatment. We send you the herbs themselves, from which the tea is made as you need it. Happy Liver Herbs and liver diet\$1.00

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When the up-strokes of such letters as *b, d, f, h, k, l, p, t, &c.*, are, as a rule, longer than the down-strokes of *f, g, j, p, q, y*, and *z*, it indicates that the writer's mental activity is proportionally greater than his physical. The converse denotes the reverse, viz., that his manual activity exceeds his intellectual.

If the down-strokes of such letters as *g, j, &c.*, are formed in a looped fashion, I generally find that the writer possesses considerable love of home. Whilst when the up-strokes of such letters as *b, f, &c.*, are well looped, they denote, according to my own theories, affection for children, pets, animals, and so on.

When the small *h, k, &c.*, are formed with a long, flowing loop, which attaches them to the rest of the letters, they show sensibility of temperament, likewise loquacity. This graphic sign, I think, is not an absolute one, however. Before passing judgment, reference must be made to the rest of the indications afforded by the handwriting under consideration, in order to render a just and true verdict.

(Continued from page 12)

certain events, whether for a personal nature or of a national affair.

Upon this earth plane there are two outstanding forces, known as the positive and negative influences, the spiritual and material laws which govern all living. It is upon the material plane of these laws man has become a master builder of earthly products through the knowledge he has gained in the use of numbers, however, first he had to be taught of their value, that 2 plus 2 equal 4.

The higher law or the spiritual value of numbers during the intervening centuries has been little taught or investigated into it seems, probably due to the fact that man has found great pleasure in earthly (material) gains and have turned over the other side of their higher laws to what the present world now calls, the mystics.

Thus in giving application and study to more of the earthly material matter, man has lost sight of the higher law, seeking only this source when in trouble upon the physical plane, when

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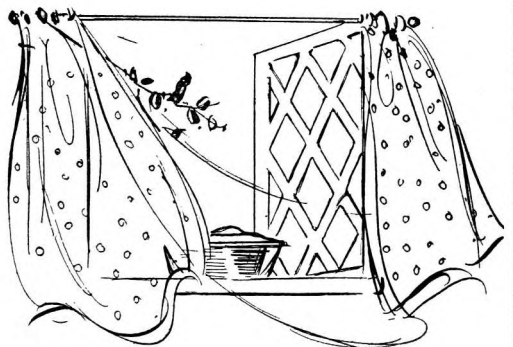
Our "Hall Room" Menus have been prepared for those who live in hotels, for those who are rooming, and for those who are traveling.

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he can not understand himself, or when he is depressed, when he is sick, or when he has made some great mistake in business (material) affairs.

Paul may have well expressed when he uttered those words, "that the natural man receiveth not the things of the spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned." (Cor. 2-14.)

The student who takes up the higher law of numbers and their relationship to all mankind may find an interesting field of research work and one likely to open up an undiscovered knowledge in the present day educational fields.

One author has said, "Numerology is a science, philosophy and religion of life interpreted from the symbol of names, dates and numbers."

Each number will be found has a certain rate of vibration all its own, standing apart from each other, but no one number is greater than another. The language and alphabet characters may change, but numbers have remained the same to all tribes and people alike throughout the universe.

One of the features of Numerology is the fact that its treatise reveals everything in the universe is numbered and named, each having their own rate of vibration, and so is man numbered and named (Rev. 13; 17-18), but, when man is numbered, weighed in the balance and found wanting, he begins to think.

Numerology when properly understood points to the book of the past, present and future through the history written our names and dates of event. We find we are not in time along, (says another author) but in eternity. What we build today we take with us into the future. Our yesterdays, our todays, and our tomorrows, are all one.

Numbers are the "Card Index System" of our destiny. For without them man could accomplish nothing, even upon the material plane, and there are only nine digits or units.

In the study of their higher law we find a deeper meaning in many ways that can be unfolded which tend to bring out the background history in part of man and his place to a certain degree in the universe, for no man came here except to be a workman and gain some valued experience during the cycle of his lifetime upon this planet.

There is an old saying that "figures don't lie." When the student can unfold the higher interpretation of numbers, to some extent at least, according to his or her knowledge of this work, it is quite likely a close resemblance as to the characteristic tendencies of the person or applicant can be brought out by this process of analysis, for no man can conceal his identity once the data is given.

As everything in the universe has a name and number, it is by the study
(Continued on page 30)



THE SECRET of the COLON MOTOR

What a price you pay for constipation!

What a price you pay in good looks and efficiency!

How many years are simply swept away from your life by this insidious sneak thief, working in the dark, silently, surely, and steadily eating away your youth.

What constipation does in business is beyond computation. Firms spend millions on efficient systems, and neglect the cess pool of constipation in their employees as a cause of inefficiency.

Constipation and Divorce

Constipation can make your married partner and your children so irritating that you begin to seek society elsewhere. Divorces start from little irritations multiplied by chronic constipation.

Constipation and Offensive Breath

The eyes, hair, breath, skin coloring and mental outlook are far from being the only things affected by constipation. We all know that constipation is the first step to Bright's Disease. The muddled head, the overworked heart, the rheumatism from toxins, the dull, uninteresting personality, the target for the appendicitis operation—these are only a small result of just plain constipation.

THE NEW SECRET OF THE COLON MOTOR sent in manuscript form.

The first woman who paid for this secret of the colon motor was charged \$4000.00 for it. Then a well known specialist brought it to this country. Many Americans have paid \$1000.00 for this secret after five days in a hospital for observation, where it was found the trouble was merely constipation.

CONSTIPATION CANNOT BE CURED BY DRUGS

We cannot be cured of constipation by drugs any more than we can save a drowning man by giving him more water.

FREEDOM FROM CONSTIPATION IS SECURED BY THE KNOWLEDGE OF A PRINCIPLE—THE COLON MOTOR

Let us send you in manuscript form the Secret of the Colon Motor. You can prepare the motor foods yourself at your own expense, with absolutely no cooking or fussing. When you know the principle you will never be constipated again. Its knowledge will keep you as free from this dread disease twenty years from now as today. Unlike a drug, it does not have to be changed.

The Secret of the Colon Motor (Manuscript).....\$1.00

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Fact 1

Cancer Is Unknown in Certain Countries Where the Soil Is Rich in Certain Minerals

Fact 2

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Manuscript on cancer and cancer types, together with specially compounded anti-cancer food are now ready. No personal interviews given. Manuscript covers subject so thoroughly that those interested may learn their own constitution. Individual diagnosis of cancer belongs only to the reputable physician.

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How to make the wonderful walnut shell hair dye. How to gain the most potent of all face creams from certain combinations of cottage cheese. How to

use the potato to obtain not only an invisible face powder, but one for concealing defects. How to take the magic beautifying powers from the cucumber for lotions and creams. How to make a high powdered almond beauty clay. How to make an oxygen cold cream for safe bleaching of the skin. How to make stimulating effervescent bath salts. How to make a real fig syrup for constipation. How to make the wonderful nutritional enema.

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Opportunities in Postal Service

From Putnam's "300 Opportunities"

Carrying the mail was picturesque in days of galloping post-riders, lurching stage coaches; it is dramatic today with speeding trucks, trains, steamers, airplanes. Once a letter traveled weeks from frontier to frontier; now it is delivered from San Francisco to New York in few hours.

People appreciate spectacular side of mail delivery; system as a whole they take for granted, seldom stopping to think of enormous mass complicated detail involved in moving mail from one place to another. In New York alone, 16 million pieces of ordinary mail are received, delivered, dispatched every day; 156,000 pieces of registered mail; 75,000 insured and C. O. D. parcel post packages; 620,000 pounds of newspapers, periodicals to be weighed, dispatched. There are "dead" letters in which \$100 is found daily; "dead" parcels to be sold at auction; 350,000 pieces of misdirected mail to be handled each day; owners to be found for 400 parcels; street addresses to be located for mail which lack them; money orders to be issued, paid; postage to be sold, amounting to \$197,000 a day; millions of dollars belonging to postal-savings depositors to be cared for.

All persons who enter postal service must take civil service examinations. Headquarters for Civil Service Commission are in Boston, New York, Philadelphia, Washington, Atlanta, Cincinnati, Chicago, St. Paul, St. Louis, New Orleans, Seattle, San Francisco, Denver. There are boards of examiners stationed in about four thousand other cities, towns. Applicant must be U. S. citizen, pass certain physical, age qualifications. Examinations are held usually in February for offices employing more than 20 carriers, in August for those employing less than 20; but special examinations are often called. Position must be taken in city in which examination was passed, but applicant may take examinations in as many cities as he chooses.

a. DELIVERY.

(1) MW Rural letter carrier.

\$1800 a year, for 24 mile route, plus \$30 a year for each additional mile, when delivering with horse and buggy; on long routes where he must have automobile to get around, \$2450-2600 a year, according to length of route. He furnishes automobile. May be appointed only to route or post office which serves him with mail; later may be transferred to *postal clerk*, *letter carrier* in first or second class post office, or to *railway mail clerk*. Must be between ages of 18 and 50 at date of examination.

(2) MW Substitute carrier.

Fills in for absent *letter carrier*, delivers "special deliveries," collects mail

from letter-boxes. Must often serve in this capacity three to four years before getting steady job as *letter carrier*. Sixty cents an hour, not less than two hours a day.

INSCRIPTION ON MAIN POST-OFFICE BUILDING, NEW YORK CITY

Neither snow nor rain, nor heat, nor gloom of night, stays these couriers from the swift completion of their appointed rounds.

(3) M Letter carrier.

Recognition as everybody's friend, healthy out-door life, may make up for weary tramp over same route every day. It should mean much to anyone planning to be *letter carrier*, for in this branch of postal service there is little chance for promotion; after three or four years he might secure transfer to position of *postal clerk*, but this is rare; on other hand, he can become *rural letter carrier* any time he wants to. He may not be transferred from one office to another as *letter carrier* unless health demands it. Must be bonded for \$1000, furnish own uniform, cap, badge. Besides well known duty of delivering mail, he must sometimes collect, face mail he collects, route mail, post route book, make up undelivered mail, receipt, record register letters. At time of appointment he must be between 18 and 45 years of age (unless honorably discharged from military or naval service), at least five feet four inches tall, at least 125 pounds in weight. Selected from list of eligibles by *postmaster*; appointed by *Postmaster-General*. \$1700 a year, starting salary, advanced \$100 each year until \$2100 is reached.

(4) M Special delivery messenger.

Usually boy over thirteen or *substitute letter carrier* not otherwise employed. Advisable to possess bicycle. Paid by piece.

b. CLERICAL.

(5) MW Substitute clerk.

Works part-time for six to nine months before securing permanent appointment. Sixty cents an hour, not less than two hours a day. For appointment, to *postal clerk* requirements of age, height, weight, are same as for *letter carrier*; women do not have to be of specific height or weight, but must be either unmarried or divorced.

(6) MW Postal clerk.

In line for many supervisory positions: may become *accountant*, *cashier* (See BUSINESS), if trained for that work; or may be transferred to *rural letter carrier* if he desires. Courteous, tactful *postal clerks*, patient, cheerful, get prize assignments at windows, dealing direct with public; others remain in vast regions beyond, sorting, dispatching mail. *Postal clerks* are usually worked on three shifts. Starting salary, \$1700 a year, with regular advances up to \$2100; for special positions, \$2200-\$2300 a year. Following are listed five different types of *postal clerk*.

(7) M Distributor.

Highly trained *postal clerk* swift at sorting mail. Hard work handling heavy sacks.

dresses. It is said that four out of every

(8) M Forwarder.

(9) M Directing and forwarding clerk.

(10) M Hard reader.

Expert at deciphering illegible ad-100 *postal clerks* are *hard readers* busy unraveling careless writers' scribbles.

(11) M Money order clerk.

Under grave responsibility handling money, but has advantage of no night work. Must take special examination.

(12) M Railway mail clerk.

Good job for man who likes to travel, see the country. Works on fast mail trains, receiving, handling, distributing mail, so it may more quickly reach its destination. Must be not younger than 18, not older than 35 on day of examination; weigh not less than 130; be at least five feet, five inches tall; without marked physical defects, such as crippled arm,

leg, foot, hand, etc. (Ex-Service men do not have to meet age, height, weight qualifications). May be promoted to *Post Office inspector*, *assistant superintendent of mails*, *superintendent of mails*. \$1900 a year to start; increases of \$100 or \$150 a year until highest salary of \$2600 is reached; travel allowance of \$3 a day or less. Must be bonded for \$1000. Newly appointed *railway mail clerk* is not sent far away; he is appointed to run within own state or route that has terminal in own state.

c. SUPERVISORY.

(13) M Foreman.

Directs group of *distributors*, *forwarders*, etc., \$2500-\$2700 a year.

(14) M Station examiner.

\$2400-\$3000 a year.

(15) M Assistant superintendent of money order.

\$4100 a year.

(16) M Superintendent of money order.

\$4300 a year.

(17) M Assistant superintendent of registry.

\$2800-\$4100 a year.

(18) M Superintendent of registry.

\$4300.

(19) M Assistant superintendent of mails.

\$2600-\$4100.

(20) M Superintendent of mails.

\$2400-\$4700.

(21) M Assistant superintendent of delivery.

\$2800-\$4100.

(22) M Superintendent of delivery.

\$4700.

(23) M Assistant postmaster.

\$2600-\$4900.

(24) MW Postmaster, postmistress.

Title that means much in any town, giving one dignity, prestige. Must live in section where he wants to secure position; must be not younger than 21, if male; women may be *postmistresses* as young as 18, if state provides that as legal age; must have good business head to arrange schedule for delivery, collection of mails, keep *clerks*, *letter carriers* efficient. *Postmasters* are divided into four classes according to gross receipts of office; there is no opportunity for promotion from one class to another, unless post office business grows in volume into that class. See (25), (26), (27), (28).

(25) MW Postmaster, fourth class.

Handles mail in small town. Often keeps retail store as well, whose trade is greatly helped by presence of post office. Must take examination in arithmetic, accounts, penmanship, letter writing, address copying, \$500 a year minimum. Appointed by *Postmaster-General*.

(26) MW Postmaster, third class.

His territory is a little larger than that of *fourth class postmaster*. Must be not younger than 21, not older than 65 at time of examination; pass tests on business training, accounts, arithmetic, penmanship, letter writing, \$1100-\$2300 a year. Appointed by *President*, *Senate*.

(27) M Postmaster, second class.

Potentate over good-sized post office. Age limits, 25-65 years at time of appointment. Need take no written tests at time of application, but is rated on education, training, information, business experience, \$2400-\$3100 a year. Appointed by *President*, *Senate*.

(28) M Postmaster, first class.

Has charge of care, distribution of mail, employment of *clerks*, *letter carriers* in one of largest post offices. Appointed by *President*, *Senate*. Need take no examination, but business experience, training, education counts. Not younger than 30, older than 65. \$3200 a year up.

d. U. S. POST OFFICE DEPARTMENT.

(29) M Traveling inspector.

Sent out from Washington to examine local offices, their accounts, railway mail service; or to investigate mail depreciations, losses, criminal violations of postal laws; or to investigate conditions for es-

(Continued on page 30)



WHICH ARE YOU?

Scientists say that the chemical elements composing man's physical being can be purchased in a pharmacy shop for sixty cents. Even at that price the purchase would be a nonsensical waste of money!

These same scientists admit, however, that the **REAL** part of **MAN** is neither chemical nor visible matter. It is a priceless gift from God, and a power beyond human duplication.

YOUR INFINITE MIND A CREATIVE POWER

The Invisible part of man that makes him "a living Soul" is a part of the Creative power of God's Consciousness. It is **UNLIMITED** in its **CAPABILITIES** when properly released from its sleeping dormancy. You are either a mass of matter, enslaved by the conditions around you, or a **MAJESTIC MIND, MASTERFUL** and **DOMINATING** your **WHOLE LIFE**.

YOU CAN CONTROL the fate of **YOUR CAREER**, the destiny of your course in life, and the outcome of your desires and ambitions. You can use this infinite power in bringing into realization your fondest dreams. The Rosicrucians for ages have been the most successful demonstrators of the marvelous miracles of the power of Infinite Mind.

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secret of Nature and of man's mind have been preserved since the days of Egypt's great power—and how you, in the privacy of your home, may use these simple laws to overthrow obstacles in life, widen your circle of personal power and command a realization of your desires. Use the coupon below and get your copy of the book at once, if you are really sincere in your desire.

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OPPORTUNITIES IN POSTAL SERVICE

(Continued from page 28)

establishing rural delivery routes. Up to \$5200 a year.

(30) M Director, division of postal savings.

\$5200 a year.

(31) M Superintendent, division of foreign mails.

\$4000 a year.

(32) M Superintendent, division of money orders.

\$4200 a year.

(33) M General superintendent division of railway mail service.

\$5200 a year.

(34) M Superintendent, division of dead letters and dead parcel post.

\$3600 a year.

(35) M Fourth assistant postmaster-general.

Has charge of appointments to local offices, bonds and commissions, mail depreciations, city delivery, rural delivery. Appointed by President, Senate; usually changes with administration. \$7500 a year.

(36) M Third assistant postmaster-general.

Supervises contracts for postage stamps, official envelopes; directs postal finance, postal stamp supplies, mail classifications, registered mails, redemption of stamped paper, files, mails, records. Appointed like (35). \$7500 a year.

(37) M Second assistant postmaster-general.

Has charge of mail transportation, including railway adjustment, contracts for star and steamboat routes, inspection, mail equipment, railway mail service, foreign mail service. Appointed like (35). \$7500 a year.

(38) M First assistant postmaster-general.

Supervises division of service that deals with salaries and allowances, dead letters, correspondence, supplies (mainly stationery, money orders). Appointed like (35). \$7500 a year.

WHAT NUMEROLOGY REALLY IS

(Continued from page 27)

of these nine digits and their positions found in the name that to an outline degree a forecast can be brought out which in the case of a man, woman or child, towns, phrases, etc., the inner hidden talents or, personalities, likes and dislikes may be found, also certain cycle of years when adjustments will take place are all just a simple mathematical law.

It is in the study of your numbers that the Numerologist gets a picture of your innerself for numbers reveals that little diploma or kit of tools you brought with you when you came to this earth which is wrapped up in the symbols of your given name your mother or parent gave you at that time, and no mistake, for this in one way is a book of life. All you ever was or have been is possible to read 'n part under this method of analysis.

You are just what you are and nothing more, if you are working in harmony with the lesson you came here to learn, you are happy and successful, if you are taking the path of least re-

sistance you may find inharmony influences or stumbling blocks in your pathway.

The lesson you came to learn while a sojourner here, was assigned you by God's recording angels, called the stars and planets. The date of your birth record cannot be changed, the stars have set this event. The virtue of these numbers found in the dates, should be given paramount consideration. One may change their name by marriage, signature, adoption or through the influence of a god father and obtain a different rate of vibration upon the material plane, but not so can you alter your lesson path.

The spiritual law governs over the natural law, but it is when man attempts to match his wits against the elements, that he becomes confused. Mother nature is a good old soul and has much goods for all when mankind will adjust himself to her ways. Mother earth is the custodian of all material things, and man may be the recipient if he likes, but Mother earth must have harmony throughout her kingdom for man can not change her ways. Only when man ceases in effort to become a master of the universe in a material sense and seek into the higher realm for his guidance, is he apt to improve his local conditions in home, school, society and nation.

Numerology offers an avenue for the blending of home and domestic life in the affairs of men, but owing to the incomplete records usually kept today, the authentic knowledge of childrens names and birth dates are sometimes confusing, especially if the name has been adjusted later. A letter changed, or a name given by another from that the mother or parent gave, changes your rate of vibration as an individual and records an influence for progress or retrogration as the case may be.

We firmly believe and feel we are not alone in this statement, that the proper blending of companionship will eventually eliminate much of the misunderstanding and unsettled conditions observed in a general way throughout the world up to the present time.

Our government encourages the farmer for raising a higher type of an animal and finds it profitable. Someday, when mankind gets through playing with his little tin soldiers, his toy gun boats, when the older mind comes to himself that it is not wise to teach the youth militarism, and turn his thoughts towards that higher realization of truth, someday not far distant, organizations, societies and those interested in the development of peace upon earth, will encourage some method whereby the dates and names of birth of all children can be made a more permanent record, and thus obtain an opportunity for those who would mate in peace and harmony inviting the day when "Thy kingdom will come and Thy will be done on earth as in heaven."

THE SCIENCE OF FINDING YOUR TRUE MATE

(Continued from page 13)

one winter's acquaintance. Perhaps the unscientific, yet reformatory, classes will apply this method in selecting mates in marriage. After such daily familiarity with each other's habits, they will either acknowledge themselves truly married, before intelligent witnesses, or separate, upon the principle of attraction, to continue the work of discovery. A few months are sufficient to settle the question of congenial temperament, of habits and attractions in general, or the reverse. Physical intercourse is the least of all the attractions and endearments of spiritual marriage. Therefore, it is easy for simple-minded, progressive souls to determine the plane of their marriage by analyzing the motives which actuate them toward this relation.

Fourth: that by detaching your attractions from all the world, and renouncing all your interests in merely outward advantages, you feel irresistibly drawn to the soul of your beloved. Are you, as a woman, attached to him without a thought of self? Would you live in joy or in sorrow for his sake? Are you, as a man, attached to her without a thought of sexuality? Would you work for her inward development in all things? If so, you are married; if not, you are divorced.

But true attraction is distinguishable from the fictitious by the character of its inauguration: whether it comes through the impulse, or the reason, or both. If the first, reason may pronounce against it; if the second, the impulses may pronounce against it; if the latter, then harmony.

The most reliable internal evidence of true attraction is, an equilibrium of reciprocation. No soul can truly love either down or up the scale—but only on a corresponding plane of development. The magnetic tie is formed by the interpenetration of parallel spiritual currents. Hence, as the effect of an immutable law, I affirm that, although the "central temperaments" of two individuals agree perfectly, yet no persons can truly and purely marry upon opposite, i. e., upon (inferior and superior) planes of disposition and growth. That is to say, an intellectualist can not conjugate with a sensualist, nor a nutritive with a spiritual temperament; but both male and female, invariably, should experience in general corresponding motives, which will surely bring reciprocation, and blend their external interests on the same unbroken plane of attraction.

Therefore, the absence of reciprocation, subsequent to a proper acquaintance between parties, is an evidence that the attraction is either downward or upward, and not parallel and intrinsic, as it should be, and is, in true marriage. Yet I have seen instances

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where love was experienced only on one side, with the semblance of internal reality. Sometimes such "unrequited affection" leads to partial, or complete, insanity: sometimes, to desperation and suicide. The majority of suicides are occasioned by some description of conjugal misdirection. We wonder at the fancy which leads men to join the army. But "disappointment in love" is the predominating reason why thousands of men, young and talented, abandon themselves to the perils and penalties of war. And there are, silently drooping into despair, many female natures—the early victims of love, without the protective tenderness of a just reciprocation. All such unhappiness the blessed law of Harmonial marriage is capable of removing.

Upon due investigation, I affirm, that unreciprocated affection, after a sufficient acquaintance, is evidence either that the two are not on the same plane of development, or else, that the love of the lover is not intrinsic and real, although, so far as it goes, it may be as pure as an angel's breath. Example: Once a young man called upon me, and said: "Mr. Davis, I come, as a last resort, to you for assistance. I have been fortunate or unfortunate enough to conceive an attachment for a young lady, which she does not cheerfully reciprocate. I have tried every earthly method, and, having failed, I come to you for direction."

I told him that love can not be compelled; that he would certainly regret a marriage with one whose soul could not return his interest. But he would not listen to dispassionate counsel. "It is a case of life or death"—he exclaimed—"I must have this young lady, as a wife, or die—for, without her, life would be but a curse." All appearance was that his attachment sprung from intrinsic attraction. But, in fact, he was wild in love only subsequent to the discovery that he could not obtain her consent. This opposition excited his ambition as well as admiration; and his love of conquest was even more strong than his conjugal. I watched his course in relation to her. He gained her hand, in four weeks: not her heart. She married him to escape the weariness of importunities. But he soon discovered that it was not a "case of life and death." He soon abandoned her, procured a divorce, and has loved several since—equally, he thinks, with the first: that is to say, he had not yet experienced the true monogamic attraction. Out of fifty instances, of unreciprocated love, I find the absence of the intrinsic affinity.



THE MAGNETIC EYE

(Newly translated)

"Had I then possessed the magnetic eye I could have convinced this heiress whose influence was so vastly important."

Another also said:

"After I mastered the magnetic eye Monsieur B offered me the loan of a substantial sum, where before he had refused even when I begged him, for the increase of my business."

The magnetic eye and voice are the goods with which great things are accomplished in business and personal life. It can be developed with ease. Not hypnotism. Foreign secrets of personal power, translated and put into manuscript form, by Jules Moret.

Price \$1.00 for manuscript. For sale by

ZONAH MAYFIELD

Box 647
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I CHALLENGE

you that I will teach you, by mail, in one lesson, the simplest, shortest method all for \$1.00. No telepathy. You can read one's mind to a dot, by only looking in the eyes of partner, chum, sweetheart, etc. Praised by New York, Boston, Montreal Police Chiefs; colleges, Thurston; Blackstone, etc. If fake, let them arrest me.

A. HONIGMAN, Dept. CH5
Sta. E, P. O. Box 85 Montreal, Canada

NUMEROLOGIST

Thoroughly Experienced

I can tell you your heart's desire, destiny, natural qualifications, past experience, what lesson you have come to learn as well as whom you should marry and the vocation you are best fitted for, with forecast for several years hence. Complete typewritten Numeroscope \$10.00. General analysis \$5.00. Send full baptismal name with any changes in signature (printed) and birth date. Ask any questions.

Jessie Lassack, Box 426, Albany, N. Y.

Catarrh, Etc.

Only your blood containing fruit acid can dissolve any mucus or "paste" in your system.

Mucus-Making Foods

In its passage through the body mucus is secreted in various organs, causing disease. The effects or symptoms are then named variously according to location, but the source of the trouble is the same—fermentation, chiefly from butter, cheese, cream, fat, oil, salt, etc., in excess.

100 Names for 1 Disease

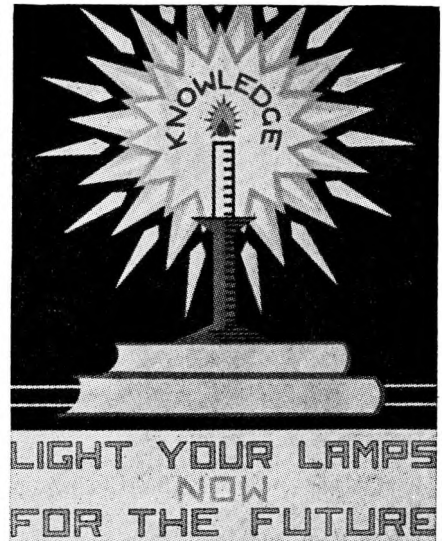
Mucus causes catarrh of the eyes (conjunctivitis), of the nose (rhinitis), of the ears (otitis, deafness), of the bronchial tubes (bronchitis, asthma), of the lungs (tuberculosis), of the stomach (gastritis), of the appendix (appendicitis), of gall bladder (gall stones), of gums (pyorrhea), etc.

Eat for Efficiency



Juice from grapefruit, without sugar, also tomato juice, berries, some oranges, apples, etc., when used as freely as water, combined with suitable brain-and-nerve foods, laxative vegetables, prepare your blood to dissolve mucus, and remove acidity.

A clerk wrote: "No mucus, voice stronger, head clear as a bell, gained 20 lbs., now earn 4 times as much." Educational booklet 10 cents. **BRINKLEY SCHOOL OF EATING**, Dept. 62T, 131 W. 72nd St., New York. ©



I CAN SEE FOR YOU

When I take your letter I can see and feel your problems, and find the way out for you. Your vibrations are registered as accurately as though you were in the room.

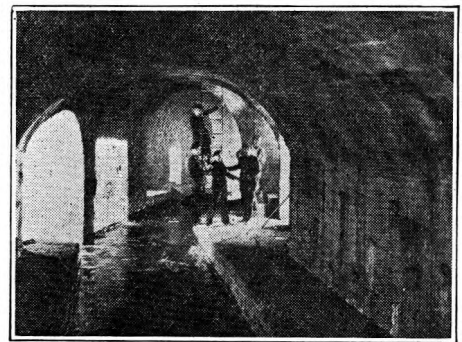
Write and ask me three questions about your problems, and I will tell you what I see. Enclose \$1.00 bill.

Eleen Yona Kerl

2515½ N. Clark St., CHICAGO

WHY LIVE LIKE SEWER RATS UNDER GROUND?

THIS IS WHAT YOU DO WHEN YOU FAIL TO BREATHE PROPERLY



There are Millions of Friends waiting for you in the air

Little though they are, the force they can bring you is tremendous. The Hindoo calls these life forces Prana. Others call them "entities." But whatever they are called, they are present in the oxygen.

Oxygen types of people are always on the winning side. Oxygen simply attracts prosperity, perhaps because so many more of the little air friends are taken in by deep breathing.

Give Yourself a Wonderful Treat Every Morning of Your Life

The Breathing Cocktails have the power to make you all over.

They tell you how to breathe for Beauty. How to breathe for the efficiency of the glands. How to breathe for Financial Success. How to breathe for perfect elimination. How to breathe for good nature. How to breathe for second sight. How to have a sweet breath.

Complete set for \$1.00

HEALTH INFORMATION BUREAU

365 W. Madison St.

CHICAGO

Did you know that in 100 pounds of spinach there are 92 pounds of water?

The balance is precious mineral salts. These mineral salts do mighty things to that body of yours. Without those mineral salts in such vegetables and fruits a man might just as well prepare himself for the hospital or the grave.

MINERAL SALTS SHOULD NOT BE DISTURBED BY EXCESS HEAT

When vegetables and fruits are boiled the mighty chemicals contained therein are changed in form and efficiency.

MODERN DEHYDRATION AT A LOW TEMPERATURE PRESERVES THESE PRECIOUS CHEMICALS, AND GIVES THEM TO YOU IN POWDER FORM SO THAT WITHOUT COOKING, IN YOUR OWN KITCHENETTE, HOTEL ROOM, OR HOME YOU CAN HAVE THEM FOR INSTANT USE IN THEIR ORIGINAL CHEMICAL POWER.

No big utensils, no cutting knives, no soiling of the hands as in preparing other vegetables and fruits. No long time of peeling, stewing and ruining of taste.

THE KITCHENETTE FOODS ARE HERE TO STAY

Available at all times of the year. Ready for instant use. No storage space needed. No heavy express charges for useless water as in canned goods. No fear of poor grade vegetables. Choicest fruits, vegetables and even chicken delivered to your door.

KITCHENETTE SOUPS

Contain the powerful minerals of the body. Just mix a small spoonful in water or milk, and a high powered soup loaded with body chemicals unobtainable in the restaurants is yours.

POWDERED SPINACH. Dehydrated for soups, vegetable dressings, flavorings and tonic for acidity and catarrh. 4 oz.\$1.35

CELERY, the sodium food. Finely powdered. For soups, for alkaline drink for arthritis and catarrh. For seasoning, and for delicious drink. 4 oz.\$1.00

GARLIC. Powdered garlic for tonic and seasoning. Delicious. 4 oz.\$0.80

SAUERKRAUT. Finely powdered. A wonderful reducing drink and cleanser of the system. 4 oz. \$1.00

CHICKEN. Absolutely pure dehydrated, powdered chicken, for delicious soups, gravies and salads.

RASPBERRIES, Black and Red. Invaluable as iron tonic, nerve relaxers and very rich in powerful sodium. 4 oz.\$1.00

MUSHROOM. Finely powdered, for soups, delicious iodine containing drink, and for making meat substitutes with vegetables. 4 oz.\$1.35

VEGETABLE SOUP. All vegetables finely powdered for soup and for tonic. 4 oz.\$1.00

BETROOTS. These are the minerals supreme for anemia, falling hair, and general debility. Very high in iron, potassium, calcium, sodium and fluorin. 4 oz. ...\$1.00

ORANGE AND LEMON. Nothing but pure orange powder or lemon

powder. Absolutely nothing added. Dehydrated at low temperature. For wonderful orangeade, magnesium drinks, alkalizing drinks. Either orange or lemon.

4 oz.\$1.00

ONION. Finely powdered. For soup, powerful tonic for vitality, for throat affections and cleansing of the system. Very delicious.

4 oz.\$0.75

PARSLEY. A wonderful nerve and blood food. Powdered for seasoning and tonic drink. 4 oz. \$1.00

LOGANBERRIES. This delightful fruit powdered and available for instant use for iron tonic, delicious drinks, gelatines and for high medicinal qualities in fevers.

4 oz.\$0.85

WHOLE FRUITS AND VEGETABLES

Think for a moment of the long, long tables of people one pound of dehydrated spinach would feed. It will supply a family for many months. Buy it dehydrated and keep it fresh for twenty years.

WHOLE LEAF SPINACH. Absolutely pure and deliciously green. Original taste and minerals untouched. 1 lb. \$4.00

SLICED ONIONS. Just add water to these, and in a few minutes, a pan of onions are before you, without tears, without soiling of hands. All the medicinal values maintained, and Oh, the flavor. 1 lb.\$2.00

GREEN BEANS. Think of the enormous baskets of beans contained in a single pound of dehydrated beans. Their lovely flavor and medicine maintained without strings attached to them, and without time and long preparation work. 1 lb.\$3.75

SOUP VEGETABLES. 1 lb. of all of the soup vegetables

dehydrated will supply a family for a long, long time, and will never spoil. Yet they are chemically alive and never robbed of their valuable minerals. 1 lb.\$3.00

WHOLE BLACK RASPBERRIES, RED RASPBERRIES, OR LOGANBERRIES. These incomparable fruits are ready for use simply by the addition of water. They are not adulterated in any way, and the diabetic need fear no added sugar. Their precious quality can be seen when water is added. It will prove to you that nothing but the finest berries and vegetables grown are used in this new dehydrating process. 1 lb.\$2.60

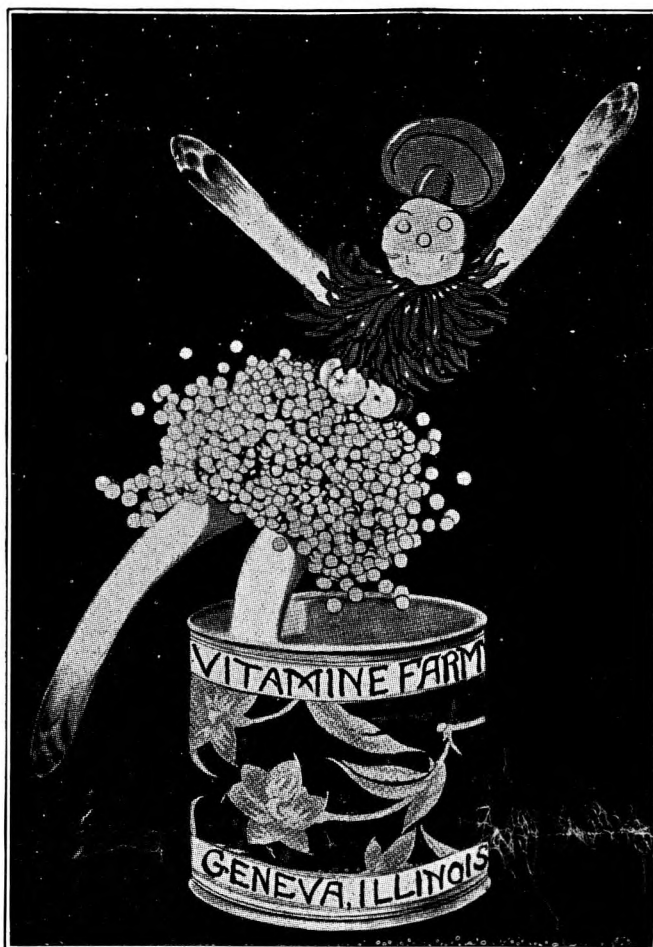
Stock Up Your Pantry for Winter. You Will Have In It the Most Powerful Medicines In the World.

KITCHENETTE FOODS CO.

WRIGLEY BLDG., CHICAGO

WE SIMPLY GIVE YOU A PART OF YOURSELF

Note—Capsules being foods, never interfere with each other, all may be taken together if desired



It very often happens that the smallest things are the greatest in power. The twelve mineral elements of the body for instance, are present in only very small amounts, yet each one of them is a great General managing the bulk of the body. When one of these minerals is low, all of the others sometimes suffer. When one is completely gone, life continues probably on some other planet, but not here on earth.

When Phosphorus, Silicon and Calcium are low for instance, we call the person tubercular. When Fluorin is low we find infections, poor endurance, erratic personalities, bone disease, premature age.

When Potassium is low we lack "come-back" pep, enthusiasm, and healing power. We have little elasticity of body or mind. We are constipated, sometimes morbid, and also, when we lack Phosphorus and Potassium, pain is greatly exaggerated.

When Sodium and Chlorin are low, we are catarrhal, suffer with stiff joints, deafness, acidity, and many distressing diseases. We need sodium and chlorin for alkalinity, spontaneity, cleansing of the cells. Sodium also keeps us from stiffening processes in bones and arteries by keeping calcium in solution.

The nervous fearful person needs Iodine, Phosphorus, Manganese, Magnesium, and often Sulphur. All elements are needed, however, by the nervous, low in vitality. They need with the above elements, Calcium and Silicon to give greater endurance, as well as Sodium and Potassium to give muscular development and nourishment.

Anemic people need Iron, Iodine, Phosphorus and Calcium. Diabetics are hungry for Sodium. Those with falling hair need Silicon, Fluorin and Sulphur, as well as Potassium.

These few facts are only a few of the truths regarding the twelve master chemicals of the body. We all need all of these minerals, but some of them are given to great advantage in groups, or alone.

Sickness comes from both wrong thinking and wrong eating. The God-given elements are put in the earth to aid our bodies to become more divine instruments. When we lack one of the 16 chemical elements which make this body, we are rejecting God given power, and we fall ill, or pass out of this physical frame. We are nervous, tired, forgetful perhaps at first. Then other things follow, with grave consequences.

Read of what the twelve minerals do for you. How they regulate your thought, give you new purpose, change your appearance. Most of us who work mentally are deficient in these elements. They are small, but how powerful, you will only know when you make them a part of your body. Let them aid you in your mental healing, so that you can quickly become the person you want to be.

THOSE TWELVE MINERAL SALTS WHICH KEEP YOU ALIVE WHEN YOU LIVE

CALCIUM—The executive, strong, enduring chemical, which gives us will, long life and red blood. 30 Capsules.....\$1.00

SILICON—The joy maker, the optimist, speed artist, hair growing chemical which brightens eyesight and complexion, and immunizes against tuberculosis. 30 Capsules.....\$1.00

FLUORIN—The youth preserver, the protector against infections, bone disease, and fear. 30 Capsules.....\$1.00

POTASSIUM—The healer, pain reliever, enthusiast, athlete, and the preventive of constipation and growth. 30 Capsules.....\$1.00

SODIUM—The alkalinizer, the digestive chemical, the good nature and clear brain chemical which prevents catarrh, deafness, hardening processes, moodiness, and enables the body to take up iron. 30 Capsules.....\$1.00

IRON—The master chemical which keeps the life force in harmony in the body, gives warmth, magnetism, mental endurance, and creative ability, success, ambition, and vitality. 30 Capsules.....\$1.00

SULPHUR—The beautifier, the inspirer, the maker of glossy hair, which makes it difficult for disease to enter the body, which promotes bile secretions, throwing out bodily impurities, and which enables the liver to take up the 16 chemical elements. 30 Capsules.....\$1.00

Every one of these chemicals is derived from foods, and foods alone. Drugless medicines of great power are they. They are absolutely pure, absolutely clean, and everyone is grown under our supervision. No preservatives or adulterants of any kind are added. The foods are dehydrated, powdered and put into dainty capsules so that no matter where you are you may have your twelve life-giving chemicals.

Each order is prepared individually, and fresh, at the time of the order. No wholesale stocks to deteriorate. Order your foods five days in advance of your needs, allowing us time to prepare your individual order. Our foods are prepared with loving care. The vibration of 100% wishes for your health is put into every little capsule.

"You love every one of these capsules, don't you," said a visitor to the Vitamine Farm. "The whole place reflects it."

Those desiring to visit the farm should write for appointment. Office and gardens are on separate roads.

THE VITAMINE FARM, GENEVA, ILLINOIS

Business Office: 1009 North State St., Chicago, Ill.

THE FACE OF THE SPHINX HOLDS A SECRET OF YOUR LIFE



"Of Earth and Air Man is Made"

The Incomplete Face of the Sphinx is a symbol of man's deficiencies. Man's relation with the whole universe makes it imperative for perfect health that he have in his body the twelve mineral salts. He is able to absorb from his mother, before birth, the nine mineral salts which are related to those periods of the year in which he was in gestation. But his deficiencies arise from a lack of those salts belonging to the periods of his year in which he was unable to obtain the salts from his mother.

THE great German scientist Virchow demonstrated that the cells of the body select their own materials, and that nothing foreign to themselves can be forced upon them except to produce injury.

A hungry child crying for food is not fed by drugs or poison, but the cells of the body are in just the position of the hungry child calling for his own kind of food, when we are taken with what is known as "disease." Virchow defines disease as "a lack of some constituent part of the blood at the part affected."

The hungry cell must be fed of the foods of which it is made. The twelve salts found in the ashes of the body—all essential to the proper growth and development of every part of the body are:

PHOSPHATES	{ of Lime, Calcareo phosphorica. of Iron, Ferrum phosphoricum. of Potash, Kali phosphoricum. of Soda, Natrum phosphoricum. of Magnesia, Magnesia phosphoricum.
CHLORIDES	{ of Potash, Kali muriaticum. of Soda, Natrum muriaticum.
SULPHATES	{ of Lime, Calcareo sulphurica. of Soda, Natrum sulphurica. of Potash, Kali sulphurica.
FLUORIDE and PURE SILICA	{ of Lime, Calcareo fluorica. Silicea.

Have You Ever Felt a Lack of Power?

The minute quantity of these elements in our blood regulates our health and strength. The small glass of fresh blueberry juice which we drink might contain hundreds of times more nourishment for our particular difficulty than a ton of white bread. Nature works everywhere with immense numbers of infinitely small atoms of great power. The smallest image our eye can see is produced by millions of waves of light. A granule of salt which we can scarcely taste, contains millions of groups of atoms which no human eye can discern.

The wonderful work of Dr. George W. Carey in the relation of these mineral salts to the time of our birth has made it possible for us all to secure the powerful atoms which our own individual cells lack. Later work has shown that we lack the mineral elements related to the entire year, which were not given by the mother in the period before birth. A person under the sign of Aries, for instance needs the mineral cell salts belonging to Aries, Taurus, Gemini, and Cancer. He needs therefore, Kali Phosphoricum, for Aries, Natrum Sulphurica for Taurus, Kali Muriaticum for Gemini, and Calcareo Fluorica for Cancer. By supplying these salts he secures the parts of the universe and its power, of which he is part, but in which he is deficient.

- If you were born under Taurus, you need the salts for Taurus, Gemini, Cancer, and Leo.
- If you were born under Gemini, you need the salts for Gemini, Cancer, Leo and Virgo.
- If you were born under Cancer, you need the salts for Cancer, Leo, Virgo, and Libra.
- If you were born under Leo, you need the salts for Leo, Virgo, Libra, and Scorpio.
- If you were born under Virgo, you need the salts for Virgo, Libra, Scorpio, and Sagittarius.
- If you were born under Libra, you need the salts for Libra, Scorpio, Sagittarius, and Capricorn.
- If you were born under Scorpio, you need the salts for Scorpio, Sagittarius, Capricorn, and Aquarius.
- If you were born under Sagittarius, you need the salts for Sagittarius, Capricorn, Aquarius, and Pisces.
- If you were born under Capricorn, you need the salts for Capricorn, Aquarius, Pisces, and Aries.
- If you were born under Aquarius, you need the salts for Aquarius, Pisces, Aries, and Taurus.
- If you were born under Pisces, you need the salts for Pisces, Aries, Taurus, and Gemini.

We can supply these planetary foods for you in your own individual grouping. The salts are sent in four containers held in one single container, for ease of finding and taking.

You have only to prove your relation to the great universe by your improvement in well being, when you are supplied with the elements which belong to you. The salts are prepared with the greatest care. If you cannot figure out the sign under which you were born, just tell us your birthday, and we will send you the four bottles of salts, 100 in each bottle, belonging to your time of birth. Four bottles in individual cases. \$2.00 Prepaid

HEALING MAGAZINE, - - - - Batavia, Illinois