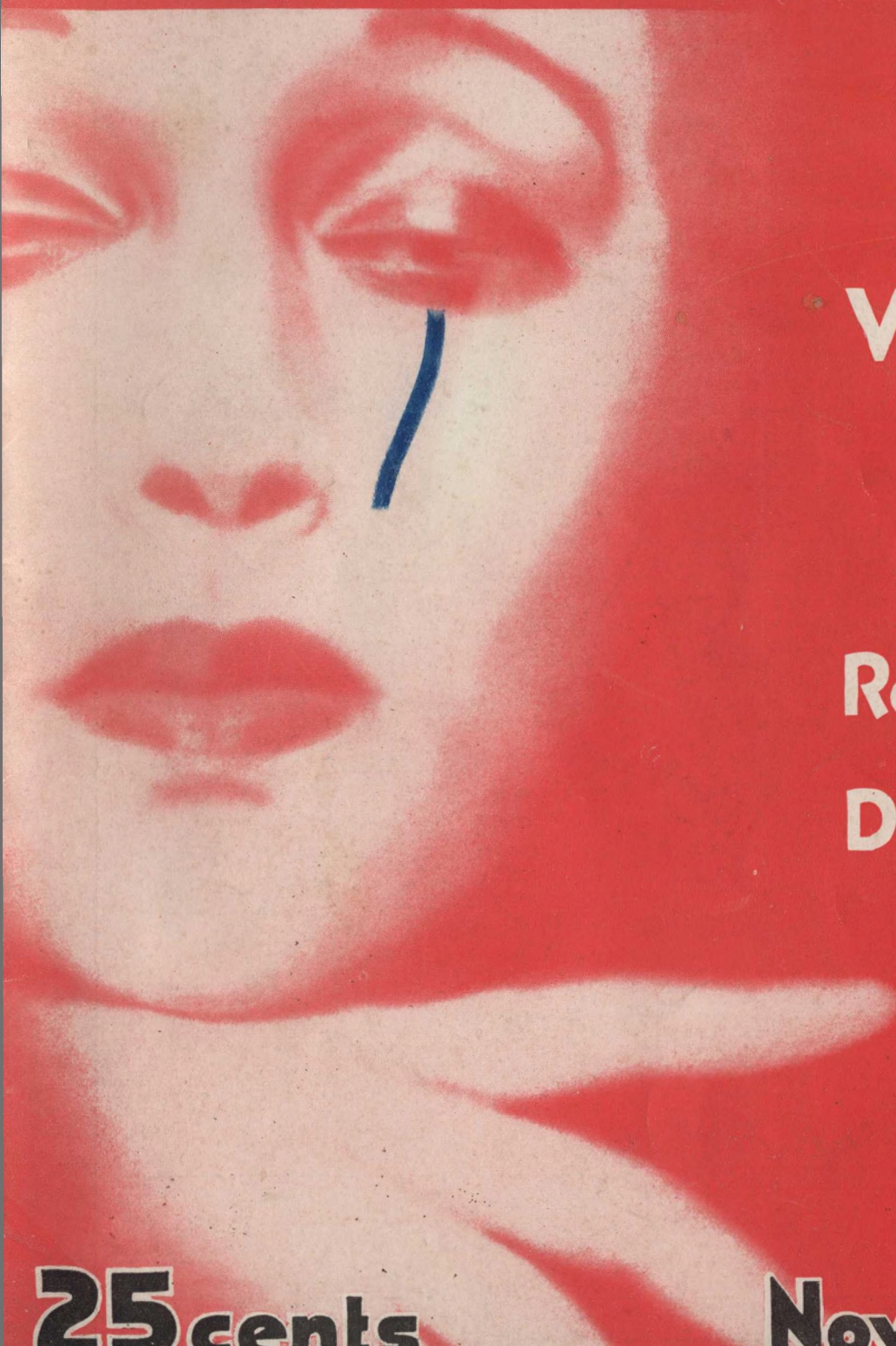


# Character Reading



Who is  
the  
Next  
Man?

Read about  
the  
Death Lily

25 cents

Nov. Dec. 1930



# Can You See the Difference in These Hands?

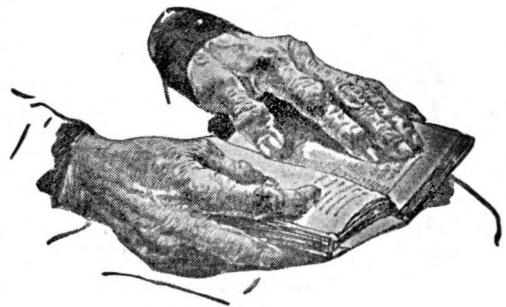


WHEN you look at people's faces, hands, and figures, can you doubt that they are different? A different chemistry is at work in the different types of people.

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

1000 Health Secrets 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 1000 Health Secrets 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**—Fluorine 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**—Chlorine is the cleanser of the body, expelling waste material.

FOOD CHEMISTRY PUBLISH'NG CO., INC.  
Illinois Women's Athletic Club Bldg., Chicago.

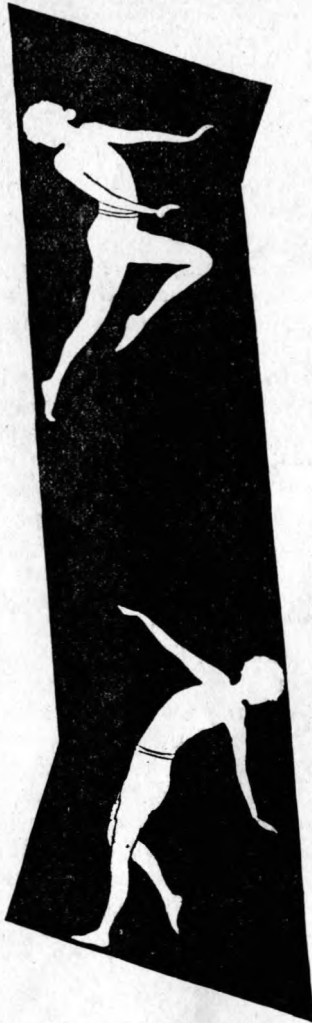
I want to know which chemicals I have in too great abundance, and which I lack. I also wish a diet for my particular chemical temperament. I am enclosing photographs, sample of hair, and the following facts about myself, with \$3.00, which covers a two years' subscription to 1000 Health Secrets magazine, 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.

**Intensified Shapely Liver Food** eliminates toxins from liver, kidneys and intestinal tract. This wonderful food medicine is delicious. You will like it either in or out of the capsule. Taste the tang of the autumn berries concentrated in them.

36 capsules for one dollar.

#### Shapely Nerve Food

Did you know that the shape of the nerve itself is changed in nerve disease? Drugs will not restore that shape, but foods will. Shapely Nerve Food irons out the wrinkled disposition, by giving the nerve its own food. Reward, a full night's sleep and a full day of power.

36 capsules .....\$1.00

#### Hemoglobin Food

Your entire outlook on life depends on your hemoglobin. A shortage of hemoglobin makes the whole world look anemic and fearful, just because you are anemic and fearful. Hemoglobin Food can add millions of new red cells to your blood in less than two weeks.

36 capsules .....\$1.00

#### Endocrine Food

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

35 capsules .....\$1.00

#### Anti-Mucus Food

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.

36 capsules Anti-mucus food.....\$1.00

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.

#### Shapely Figure Food No. 1

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

36 capsules .....\$1.00

#### Shapely Figure Food No. 2

The food remedy for building normal weight.

36 capsules .....\$1.00

#### 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.

36 capsules .....\$1.00

#### Shapely Joint Food

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

### Intensified Food Products

111 E. PEARSON ST.

CHICAGO

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CHICAGO, ILLINOIS, NOVEMBER-DECEMBER, 1930





P. J. W., Chicago, Ill.—Advertising writing is your best field for money and mental happiness. Your hobbies should be the study of metaphysics and psychology. The best time to begin your independent career is in the year 1940. The year 1931 should cause you to decide your life work, and make plans for a thorough college education. You could succeed also in medicine.

*Dear Miss Walsh—  
I shall be waiting  
for your reply—will believe*

B. R. L., Menominee, Mich.—Your writing, name and birthdate indicate the life of the successful artist. Though portrait painting is possible for you, there is a bigger opportunity in special branches of commercial art. The study of historical art and culture as a hobby will satisfy your longings for a more reflective life. An opportunity to make mural paintings should come to you in the year 1932.



H. C. G., Chicago.—Pointed ears, mirthful eyes, and keen imagination, with good analytical ability. Don't doubt your hunches. Those merry eyes may laugh, but they are also secretive. You have marked ability to become a detective of a very high type. 1934 is a money year for you. Prepare for it.



H. H., New York, N. Y.—Dramatics and dancing are your best vocations. During 1931 there will be a change of occupation for you, and a career abroad. In 1932 there should be an opportunity for you to establish a large school where your methods of work can be transmitted to others.

*Station WMAQ  
Chicago, Illinois*

*Dear Mrs. Walsh—  
Having y  
radio talk, I am*

G. T., Detroit, Mich.—Though your musical talent, and your sense of humor will always make you popular in the social world, your best career is in business. You have the ability to stick to one line of work until it is finished, and you can do this with great success in building a business of your own, in such fields as dry goods, dress shops, and gift shops.



E. O., Chicago.—Many a news story will be run off the presses because of your talent in this line, which should be developed by actual work. You have a talent for color combining, and in time you can successfully build an engraving business of your own.

## Find Your Right Place in Life

### A Free Service to Readers of Character Reading Magazine

This department is conducted by Edna Purdy Walsh who has probably made more vocational analyses than any living person today, through magazines, radio, and newspapers. She reads you by your body chemistry, your face and head, your handwriting, your name, and your birthdate. You may hear some of her work through radio station WMAQ on Tuesdays, Thursdays and Saturdays.

You may have a free analysis of yourself also, through these columns if you will send the filled out questionnaire below, with a photograph. If you cannot send a picture of yourself, send twenty lines of your handwriting written in ink, with the information asked below.

To know your right place in life is of the greatest importance. You can waste the most precious years of your life floundering around trying this and that work. Remember that our universities spend fortunes studying the individual pig and the individual type of tomato, but little has been spent on that most important expression of life—YOU. Consider yourself of sufficient worth to find out *today*, where you belong in life. When you are in your right place you help the whole world. When in your wrong place you hinder yourself and others. Your very faults if analyzed may mean your greatest success. You may be a failure as a file clerk and a great success as a president. There is no such thing as failure. It only seems that there is when you are trying to do the other person's work.

### Questionnaire for Analysis

Name at birth.....  
Present signature .....

Address .....

Birthdate and year.....

Present occupation .....

Height..... Weight.....

Length of index finger.....

Color of eyes..... Complexion.....

Send Sample of Hair. Past studies.....

Past work .....

What income must you make.....

Nationality .....

Have you any physical defects.....

What is your chief recreation.....

Do your palms perspire when you meet others socially or in business.....

Are you alternately over-stimulated and depressed, mentally .....

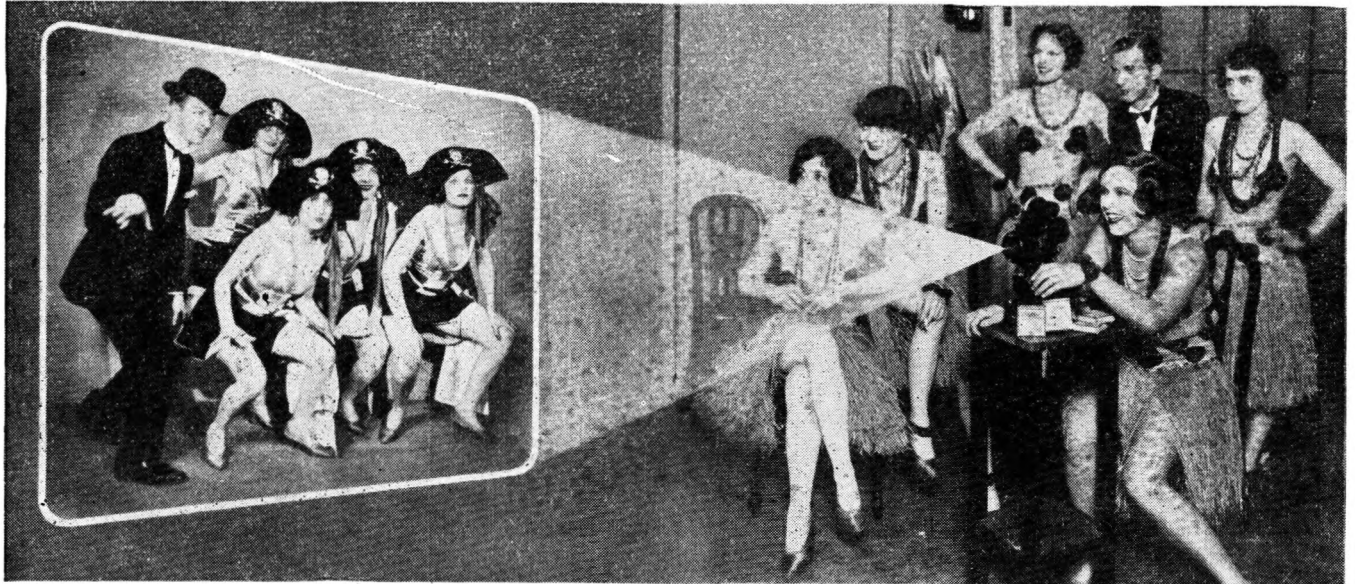
Simply enclose this filled out questionnaire with photograph if possible, 20 lines of handwriting in ink, and a stamp for necessary correspondence.

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# See yourself as others see you

## Study Character Reading



THE most interesting picture in the panorama of life is the face; at last, when death summons us hence, in the supreme moment, the glassy eyes roll about their orbs and receive their last benediction from the human face. More picturesque than the Alps; more beautiful than the landscape; grander than art. Here in this palace heaven is enthroned and satan is housed; where the angels smile and the devil rages.

In the countenance each mental faculty has its citadel; each physical sense its seat; each vital function its pole. Phrenology is a noble science, physiognomy is true, physiology exact; but in the face we have the key to each and the compendium of all.

To read faces is as necessary as to read books. Its language should be embraced in the education of every young man and woman. Faciology is the greatest of the natural philosophies, because true and the most practical. More people can mark their downfall in social and business life from ignorance of this subject than from any other cause. The face is the most used and most misused; the most observed and least studied.

Why should we believe the botanist, geologist, evolutionist, naturalist, and not the faciology? His claims are as honest, better established and more easily verified. The phrenologist, without the aid of the countenance, would be impotent; the physician could hardly locate a disease. We read the laws of temperament more clearly from the face than the whole body; here we judge the quality of the brain; the shape of the face indicates the shape of the skull; the face registers all the conditions of the constitution—health and disease.

The character of an individual should be observed and studied in a more comprehensive sense, than a

mere glance of the eye, the expression of the mouth, the delineation of the nose, the peculiar formation of the chin, the capacity of the forehead, the form of the cranium, the shape of the body; but we should note the poise of the head, the attitude and bearing of the body, the movements of the arms and legs, the walk, the laugh, the language, the voice, the clothes, observe the man all in all; everything from hair to toes reveal something of the person; all that one does is the outward expression of the inner man; it is the straws that indicate the direction of the wind more than big things; the leaves and branches truly represent the real character of the tree, so too the details, the little things and actions, work as a cipher to unravel man's entire character. "A man is judged by his fruits."

"Each faculty, sentiment and propensity of the human mind has its natural language—is capable of being translated into action, the most impressive dialect known to man, and the one most readily and universally understood," says Mr. Wells in his work on "New Physiognomy."

When opportunity permits, without intrusion or impertinence, observe two or more young society belles in animated conversation, perhaps "after the ball is over" study closely their facial expression, how each gesture corresponds to the prevailing thought; how the word suits the action and the action the word. When hatred takes possession of the mind, how the brows net and scowl; when joy and pleasure is in the thought, how the face becomes wreathed with smiles; how sympathy softens the expression and makes tender the eye; when anger comes, how the eyes snap and the foot stamps. How each emotion of their minds and mental

(Continued on page 12)





# *It may not be Love it may only be Carbon*

*Carbon is the cushion in the makeup of men and women which makes much joy—but beware of too much.*

**L**OVE is a matter of chemistry.

This is true at least when people are drawn to each other through physical attraction only.

When a lean man with large prominent bones loves a small boned, tapering fingered, short legged girl, all curves and ruffles of flesh, he is only a victim of chemistry.

The love he feels toward her will never be fully gratified, and yet he will not leave her, because there will always be a physical chemistry at work holding these two, when none of their interests are common, and in the years to come there will be a wider and wider breach between them mentally and spiritually.

Nature plays tricks on us all in matters of love, unless we are wise as to her chemical powers.

And here is the story in back of the large boned lean man and the small boned, short, stout girl. He is built on the principle of the square or the angle. She is built on the principle of the circle. He has large prominent bones, which means that he has more than the average amount of calcium in his make-up. She has small bones, and much flesh, meaning that she has insufficient calcium, but has an over-abundance of soft flesh, which is gained through carbon—the cake element in our lives. Like the earth and the rock of calcium, he has the stubborn stolid habits of that rock. Like the pretty pink frosted cake, she has the mental habits of a piece of angel food. He likes the foods which contain calcium, such as milk, cottage cheese, figs, etc. She likes the foods which contain carbon, such as ice

cream, cake, bread, pie, potatoes, and candy. Their character, their abilities, their likes and dislikes, their clothes, and even their understanding is regulated by these chemicals which are abundant in their make-up.

Further and further apart they grow after marriage. He becomes leaner, more and more stubborn, hard working, direct, blunt, tactless, and he lives a long, long life. After a while, the rocky element becomes so abundant in him that he limps along on a cane, with stiff legs, but he lives—and lives—and lives.

She becomes softer, more and more rounded, less and less interested in work, more and more babyish, fonder and fonder of baby talk at fifty (if she lives that long) more and more interested in cakes, pies, and potatoes until her soft flesh crowds out her heart and in the midst of weight she starves to death. Too much carbon in the body is just like too much carbon in the furnace. A cold furnace, but all filled up with coal.

Why does nature draw these two together?

There is a very definite reason. If calcium had no strong affinity for carbon, that soft carbon girl with little bones might marry another soft carbon fat man, and their children would have no teeth or bones.

But nature uses us, giving all of the elements of our bodies a strong affinity for other elements of different character in others.

There is such a powerful affinity between certain elements in nature and in people, that a person in whom one chemical is abundant can entirely dominate the mind of another in whom an element exists in affinity.



# The death lily

BY LON BENNETT

IT HAS happened five times now—five times that flames have leaped out of the darkness and a man has died. On two of those occasions a woman has held the limp body in her arms, sobbing and moaning as the eyes glazed and the muscles became heavily inert. But no bullet has ever touched her. "The Death Lily" they call her in Gangland.

To those who live quietly, far away from the haunts of crime, this may sound like melodrama. To those, however, who know the facts, it is hard, cold reality. If you have won the confidence of a member of the underworld he will tell you that "The Death Lily" is no myth.

She rides through the streets, or frequents the cabarets of one of our fairly large cities, well known to the police, but she is no police character, for her name has never appeared on the blotter of any station. Her name has never been linked, directly, with crime. I have seen her once, in the backroom of a speakeasy. Dark-haired, dark-eyed she sat at a table, nonchalantly smoking a cigarette. The only woman there at that moment, she instantly had my attention.

But I would have given her a second glance anywhere, for hers was an arresting personality. Those large, luminous eyes drew mine like a magnet. Her lips were nearly as striking as her eyes—very full, very red, very sensuous—signals of terrific passion waiting to be unleashed—an invitation to love.

She flicked the ashes from her cigarette with tapering, well-manicured fingers. She was sitting sidewise at the table, and her position revealed the same slenderness of torso and limb. She knew the latest style in clothes and wore them in a way that did justice to her figure.

Somehow I knew that this girl—she was hardly twenty-three—was "The Death Lily." The whispered words of my friend were not necessary to advise me of the fact.

He had to warn me, though. Evidently my gaze was too intent to please the girl's companion. The quick nudge of my companion made me aware of this. I observed a man, a bit too broad of shoulder, with muscles that bulged his well-tailored suit, glaring at us with sullen eyes. His head was square, and his cheek bones high and broad. "Cut it," whispered the waiter. "Look somewhere else."

And I did so promptly, before the jealousy smouldering in the young gorilla's eyes flared into action.

Sitting at a table out of earshot of the young couple such was our setting for the five tragedies that a reporter told me with the brevity of a tabloid newspaper.

In one particular these five stories were identical—"The Death Lily" had had five lovers in succession and each had been shot down. That in itself was peculiar enough, but there were even more mystifying factors.

Gangland does not kill merely for the pleasure of taking life. There is a very definite reason for every assassination, however sordid that reason may be. And in the case of "The Death Lily's" lovers, no motive could be found. Men all implicated in the liquor traffic and in the ways of Gangland—yes. But circumstances connected with these killings seemed to prove that none was an act of gang warfare, that some very personal motive was involved. Yet none of these men was known to have had any private enemies. What then was the cause?

Jealousy? Jealousy that another had won "The Death Lily's" love? Yes, a possible motive there. Quite easy, indeed, to prove, if the facts would permit. But Sherlock Holmes himself would be baffled in this instance. "The Death Lily" while she loved any one man was "straight." She never responded to any other man's gaze. She was her man's woman, loving passionately, even ferociously. Death, that was another matter. Her mate removed, she seemed to feel justified in finding another. And perhaps for this attitude she was not to be criticised.

Perhaps some man loved her secretly, and thus removed each of her mates? Hardly possible. No one rejected suitor was conspicuously impetuous in his wooing during the period of the deaths of these men. Surely a man so violent as to kill would be as violent in his love making.

Is there any solution to these mysteries? Do the bare outlines of the facts of the five murders offer any clue? That is for you to decide. Your guess may be as good as the next—perhaps better.

Case A.—R—F— is in a cabaret with friends. He excuses himself for a moment to go out to his car, which is parked on a side street. He does not return. He is found dead on the sidewalk, a bullet through his heart, the keys of his limousine clutched tight'y in his hand. The newspapers report, "Another gang murder."

Case B.—P—L— accompanied by "The Death Lily," is sitting in a speakeasy. A note is delivered to him. The two exchange a few earnest words and depart together. Three shots are heard. The inmates rush to the street, and find "The Death Lily" on her knees, supporting her companion's head. "Quick, get a doctor," she cries. But he is already dead. Newspapers report, "Another gang murder."

Case C.—L—G— leaves the police station at eight o'clock at night, to discuss getting bail for a friend under arrest. He is found dead the next morning on his own threshold, apparently shot about nine o'clock the night before. The press still reports, "Another gang murder."

Case D.—M—G— is "The Death Lily's" next favorite. Some one in a gaming house ventures to joke

(Continued on page 12)





# Telling fortunes with foods

*Your foods are cards stacked for or against your success in life. Your food makes your character.*

BY EDNA PURDY WALSH

I can tell the length of a person's life by the foods that he eats. This is so because certain foods eaten habitually form certain kinds of bodies.

A woman or man who eats the whole of the wheat will live longer than the eater of fancy pastry.

There is a very definite reason for this. I will tell you later what each one of you can do best in life, too.

when I explain why the people who eat the whole wheat live longer than others.

The new science of chemical dietetics makes it possible for me to tell what kind of people you, individually, love. It explains those sudden attractions we have for some people, and sudden aversions for others.

These new discoveries explain the foods that each one should eat for his best success in life. What is one man's meat is another man's poison. And it has been discovered, too, that the things one woman eats for reducing will make another woman fat.

I will prove these things to you if you will simply send me a snap shot of yourself, telling me your weight, height, length of index finger, and a sample of your hair, and general description of your complexion. Tell me whether your shoulders are broader than your hips, or if your hips are broader than your shoulders.

If your hips are broader than your shoulders then you love pastry and biscuits, mashed potatoes and gravy. I know this because certain types of bodies are made by certain kinds of foods. And certain types of bodies succeed best in certain kinds of work.

If your hips are broader than your shoulders you are married or will marry a man with large bones. I know this because you will have a strong affinity for such a man. The carbon that you take up in your own body will have a chemical affinity for the calcium your husband takes up, making his large bones.

(Continued on page 12)

**I**F YOU will send me your picture—just a little snap shot—I will tell you your character, your best work, and your destiny. I can tell you, too, the foods that you eat—just from your photograph.

All of us have seen how different we are from others. How one woman will want to eat such different things—so very different from the foods that we ourselves want. Women who marry more than once find that one husband is totally different from another in his eating habits. And every member of the family has strong preference for certain foods.

When you ask how I can tell your future and your real health by the foods that you eat I want to explain one of the most surprising discoveries of the world in dietetics.

For years I have been watching people eat. I have studied their blood in the laboratory. I have found that certain types of people like certain kinds of food. And I have found that when people have habits of eating certain kinds of food that their characters are formed in certain ways. And the most surprising thing about this new discovery in dietetics is that a man's best work is found by his eating habits. By changing the eating habits of people we can change their whole lives.

I can tell the irritable husband when I watch him eating in a restaurant. I can foretell the divorce of a red-haired girl when I see her eating her whipped cream desserts in an atmospheric cafe.



# *If you are misunderstood you may be a genius*

**T**HE person who touches my heart the most is the genius who does not yet realize that he is a genius.

He or she is misunderstood by his family.

Such people are extremely sensitive, too. They have the capacity to suffer more than those around them realize. Not finding themselves understood they often retire within themselves, and become less and less able to cope with the material world.

Whatever they do seems to get them "in wrong."

I have followed such lives closely. Sometimes it is a young man. His father may be a reliable, trustworthy carpenter, respected in the town, and naturally that father wants his son to take up his business. He is a failure. The young man may be a natural aviator and an inventor in special fields. He may be a natural musician or artist.

The father is disgusted with his failure. The mother is sad. The sisters and brothers "kid" him. The neighbors call him a "no account."

Finally to escape the ridicule of his family he marries. His wife wants him to have a regular position, and to bring home a regular check every Saturday night. She divorces him. He is miserable. Very often the genius simply drifts away from home, and in drifting becomes poorer than ever, and still further away in most cases, from his real place in life.

In story books, the genius can find himself through some kind millionaire. But in real life, the genius needs more sympathy than any other type of person. There are so many kind people in the world who are able to sympathize with physical suffering. They will weep with meaning over a dog, or a hungry family, but have little sympathy for pure mental suffering, which is keener than they can possibly realize unless they themselves have suffered with a genius that is not recognized.

Numerology discovers the genius when he is a baby. I can find the genius by simple arithmetic long before the family causes him to suffer by their misunderstanding. I can prevent his tragic life story by the simplest of numbers. Numerology tells by the name, which brands each person with his character and his talent, just what

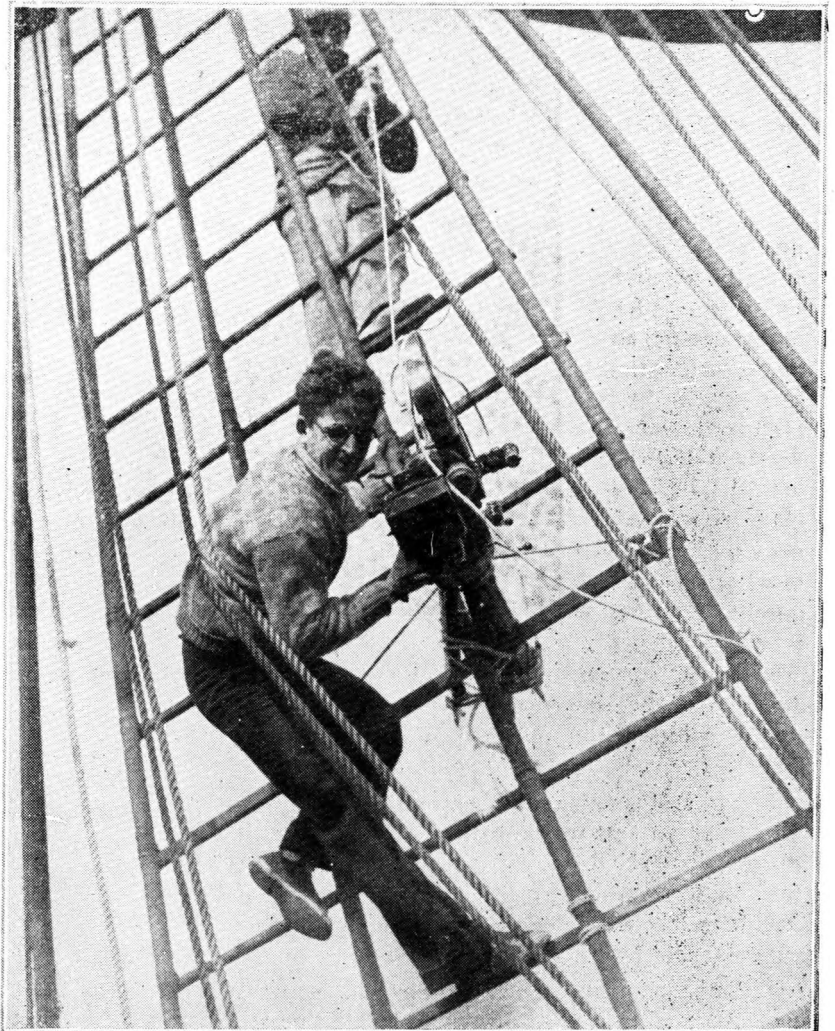
kind of genius the person will have, so that it can be developed at an early age, and bring happiness to all.

Just take for instance one of those more strapping types of genius. All genius types are not young men and women with great big eyes and big foreheads with starving bodies.

Some genius types of people are strong and robust. Their parents may have an idea that their best vocation is pile driving.

A few years ago a very big man came to my office. I thought he was a prize fighter or a plain clothes man of some sort, from his appearance alone. Once in the office he told me his life story. And since this is confidential I cannot give the details. But he was *miserable*, and had been miserable all his life. Because of his

*(Continued on page 16)*



*This Man Was Thought a "Nut" by His Family for Years. Today His Success in Taking Dare-Devil Pictures Makes His Old Friends Look Foolish*

# Colors tell us what to think and feel

*Numerology gives surprising light on colors one should wear for bringing about proposals, and other states of mind*

**M**OST of us never dream how important to our success and love in life are the colors that we wear.

Numerology brings out the secret keys to colors, and how they have a language, and speak to people more than we do with words.

Certain colors can be worn by certain numbers in people to bring about certain effects.

For instance, if a number THREE girl wears a certain shade of orange in her dress, her admirer will propose to her.

Orange has a vowel vibration of THREE, and it is in harmony with the real inner self of the number THREE girl. Since the number THREE is a symbol of joy and happiness, the admirer sees in the orange color an intensified satisfaction with her. He may love her dearly it is true, in BLUE, but his thoughts might travel more to the purely spiritual or mental planes

in his visit that evening. And if she wore RED, his thoughts might be concentrated only on her physical charms so that the proposal of marriage might be forgotten.

The girl of another number would wear blue or red with great success in the matter of a proposal, if blue or red were HER colors. But the number THREE girl can work wonders with this lovely color, and can bring about certain happy effects in her friends and acquaintances by the proper wearing of it.

There are many effects colors in general have upon men, when worn by women, but the great key to bringing about certain results lies in finding one's own colors.

Some shades of green worn by certain women have the tendency of making a man worry about money in connection with her.

Dark blue causes admiration, as do many shades of purple.

Purple gives of course a regal atmosphere to some types of people, but too much of it is a depressant to most men.

Purple is associated with royalty, in history, because it was so hard to secure in dyes. And it is said also that

a certain French king had a room completely furnished in purple. When he wanted to take away all the fighting spirit, and all the aggression of any person who called on him he had his servant show that person to this purple room, and after a half hour in that room all the animation and fight were gone, and he was a fit person to listen only to that king, and to sign whatever that



king wanted him to sign.

So too much of any good color can be as bad as too little.

Color is a marvelous language, and we should each know our best colors through numerology.

When I told one woman of forty-five to wear a certain shade of pale yellow and green, which harmonized with her complexion and also with her name, she told me that she was proposed to by a man five years her senior, and that after three months they were married happily, and have built together a very substantial business.

Yellow and light green are the symbols of spring and youth, when worn by some people.



# Sympathetic people

## —how to know them

**D**O NOT expect sympathy and understanding from the gorilla. That part of the brain and make-up which develop sympathy has not yet been manufactured in him. His flat, receding forehead tells the story. In human beings, too, the too flat, receding forehead flat and contracted where the head curves off, usually about one inch in back of the hair line, denotes the unsympathetic person.

The large, full upper forehead of the universally loved star, Greta Garbo, indicates her quick sympathy and genuine kindness.

By many Phrenologists this faculty has been wrongly called Benevolence, and was supposed to be associated in some way with generosity; but we deem the proper term to be Sympathy. Sympathy is feeling as others feel, having a sensation or a sentiment, merely because another person has the same or something very similar.

The larger a person's sympathy is, the sooner is he acted upon by first appearances; the more liable is he to become angry, and, in short, to be and feel towards others as they appear and act towards him. Perhaps the term *co-feelingness* would convey the meaning better than the word Sympathy; but to co-feel with a sufferer is to sympathize with him.

Large sympathy, together with good Veneration, is essential to the agreeable and pleasant manner that some doctors have the natural power of displaying when attending sick persons. Others have the character of being rough and curt; and, at one time, this brusque manner was supposed to accompany great medical skill. But, seeing as we do, that this faculty of Sympathy is in no way connected with either perception or reflection—that is to say, is not intellectual in its operation—brusque manners can in no way be indicative of cleverness; so that, other conditions being equal the soothing, pleasant-mannered doctor is ever more likely to succeed in gaining the confidence of his patients than his brusque, ill-mannered, unsympathetic confrere, who on this account labors under every disadvantage when in



*Greta Garbo's Large Upper Forehead Shows Deep Sympathy and Understanding*

attendance on those requiring his medical skill.

Some doctors, who are not naturally sympathetic, are apt to adopt certain stereotyped compassionate expressions when interviewing their patients; such for instance, as "Well, how are we today?" "Dear me?" "Ah, yes, it must be very painful," etc.; but this artificial sympathy never has the same effect on the minds of the patients as the genuine, true, natural, spontaneous sympathy which exhibits itself in so many ways, not alone in words, but in manner and modes not easily explained.

As a rule, the power of sympathy is stronger in women than in men, but, for all that, great mistakes are often made through the assumption that any woman is by nature befitted to become a nurse, or that a woman who naturally dislikes attending on invalids must therefore be bad in other respects. Both assumptions are unphrenological.

This disregard or ignorance of innate mental aptitude has caused many young women to adopt nursing as a profession, when it would have been to their and other people's advantage had they devoted their time to some other calling. Women, with small Sympathy, though they may be good in many other respects, are not only unfitted for the profession of doctoring or nursing, but actually dislike all forms of attendance on invalids; and, when circumstances compel them to assist at the bedside of sick relations or friends, they do it either from a sense of duty, submission to the inevitable, a desire to render themselves of importance, interested motives, or love of praise. Such women, where it is possible, are better away from a sick room altogether.

The unsympathetic have often a disquieting effect on invalids, not due to positive defects, but to a negative defect: simply lack of sympathy.

A woman with large sympathy can, for the time being, and without any effort on her part, unconsciously become the suffering one. So much is her Sympathy

*(Continued on page 16)*

# *You just know he doesn't lay bricks*



**D** ID you ever notice the similarity in the make-up of people, and the work that they do?

The brick worker has angular, hard lines, and few soft cushions to his make-up, while the baker of pastry has the soft rounded curves of the nice little Parker house rolls he so proudly turns out of his oven.

The gentleman pictured here is obviously not a miner, bricklayer or farmer. Note the soft, rounded eyes and eyebrows, and the predominance of curved lines. The vital system is strong in his make-up, and to take chocolate eclairs away from his diet is like sending him to jail. If we were fortunate enough to take the hand of this well known actor, we would see one of the most interesting signs in the science of hand reading. This is known as The Drop of Water in the finger tips.

This gives him, even if he were blind, an extremely sensitive quality of distinguishing fabrics, qualities, etc., in clothing. He knows when he sees a woman's dress whether it cost her \$100.00 or \$15.00. He has an intuitive sense of color, style, and beauty. He can't analyze why he knows these things. They are all in those little Drops of Water in the finger tips. The woman who marries a man of this type must be ultra smart and beautiful to hold his interest for two weeks, unless of course she interests him from the culinary art she might possess.

"The sense of touch resides at the extremity of the fingers, on the side of their palmar face," says Henri Rem, noted French palmist. "In this place the palmar skin offers a range of slight eminences which may be observed by the naked eye, and which are arranged in concentric lines. It is in these eminences, known as papillae that the specifically tactile nerve filaments end; and it is owing to them that we can feel and recognize the form, size and various qualities of things. Idiots have no outstanding finger tips, and hence no sensitive papillae.

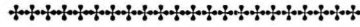
The "drop of water" is the protuberance found at the finger tips, in which dwells an exquisite sense of touch, and naturally, the more sensitive papillae it has, the more the action of its papillae makes itself felt. The "drop of water" indicates sensuality, love of beauty, and at times, egotism; and bestows on artists who create in the plastic and dress arts the gift of execution and manual skill.



# *Are you ready to handle money?*

**D**ID you ever see a wealthy man who took a wadded bill out of his pocket? No. The man who knows how to handle money handles the bills themselves with respect. He folds them neatly in a book. Every act connected with money shows that he respects money. He puts himself in tune with money. He gets into the spirit of money, and makes it *come* to him.

Take for example the radio. When you want to tune in to a certain station, you handle the dial carefully. You do not bang it around with a hatchet. But the poor man handles money in just about this way. He wads it up very often and plunges it into his pocket. He does not care enough to *care* for that money properly, and he puts himself out of key with it.



# *Handwriting shows that we are "good" and "bad" together*

*The noted graphologist, Robert Saudek, contributes a most valuable lesson for those who would know the human being*

**I**T is clear that graphology can only be carried on by those who are conscious of the fundamentals of characterology.

It is first necessary to make clear to oneself that not a single "feature" may be observed in any individual in its entirety, unadulterated, unrelieved, unmodified, so to say, in "pure culture."

No one is absolutely avaricious, absolutely generous, absolutely truthful, absolutely mendacious, absolutely faithful, absolutely unreliable, absolutely idealistic, absolutely materialistic, etc.

In every individual, in the highest as well as in the lowest, impulses as well as restraining elements are actively at work; in every human being the two "poles" of the same character feature are in some way represented. In the idealist there is, to express it very roughly, 95 per cent altruism, but still 5 per cent egoism. As soon as an absolutely good or absolutely bad man is represented on the stage or in a novel, we immediately feel lack of talent or lack of truth on the part of the author, and lose interest in the incidents related by him. All great artists of all times have felt working actively within themselves the two poles of human original properties, and would have been deprived of all creative power had the counter-pole been suppressed in their sensitive faculty.

Dostoevsky could have described no criminal if there had not been within him the germ of criminality, and if the stronger propensity of the counter-pole, the pole of non-criminality, were not sufficiently pronounced to establish within him the distance from the criminal, and by means of this, his dual polarity, to enable him to conceive and create the character. Only in books by masculine women do genuinely conceived male characters appear, and only authors of female sensibility are capable of producing genuine female creations.

A graphological analysis will thus never enumerate features, but only in the first instance contrast certain features, and in its further course connect them more harmoniously, until finally it creates the whole portrait of the personality, in which, in the counteraction of impulses and restraints, in living individual rhythmic and tactic course, ever subject to slight variations, the two forces are balanced. A graphological analysis which, for instance, were to state: "The writer of this letter is at all times a truthful man, always inspired by ideal aspirations, and the writer of that letter is a man who never utters a true word," would be amateurish rubbish.

For characterology still another factor must be taken into consideration, not only the quantitative difference just indicated, but also the qualitative.

Although we are well aware that none of us is absolutely truthful, we yet feel that some one is thoroughly truthful, although we may catch him at some slight lie, and some other is mendacious, although we are not in a position to reproach him with any definite lie. This intuitive distinction is not due to the fact that we regard so-called conventional or social lies as permissible (for these are here in no way concerned), but to a primary instinct that there are such things as internal veracity and internal mendacity.

Everybody is after all endowed with some slight talent for psychology, if by talent for psychology, finding instinctive expression, we understand nothing but a sympathetic comprehension of "human, all too human" impulses. The man who would expect an absolute lack of vanity from a statesman would be a fool. If he were to attain the age of Methuselah, he would have to die without ever having encountered a statesman free from vanity. We entertain no soaring aspirations of

*(Continued on page 18)*

# Two walks

Last week I walked a certain street  
And met such gloomy folk,  
I made great haste to pass them by,  
And neither smiled nor spoke.

The giant elms drooped sullenly,  
The very sun was dim;  
I met a friend, and said "I hope  
I've seen the last of him!"

Today I walked that very street,  
And loved the folks I met,  
If business had not made me leave  
I would be talking yet.

Of course, you've solved the mystery,  
'Tis very plain to see:  
The day I met the gloomy folks  
The gloom was inside me.

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and the mind can help the body," say others.  
The cocktails combine foods and psychology—the only true way to feed the human being, who is both body and soul.

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35 East Van Buren Street  
CHICAGO

(Continued from page 3)

operation produces a corresponding expression on the physiognomies. How different and distinguishable is the natural language of hate from pride; mirth from vanity; dignity from bashfulness; love from friendship; deceit from candidness; innocence from guilt. The gesture, laugh, smile, the lustre of the eye, all facial expression indicates the passing thoughts. One may know the gist of their conversation, hear the eloquence of their minds, the discourse of their thoughts, just by listening through their eyes to the inaudible dialogue, when versed in the language of psychological expression.

(Continued from page 5)

with him about it one night, pointing out the fate of his predecessors. A dispute follows, but there is no physical violence. A week later M—G— is shot from behind as he is about to follow "The Death Lily" into his automobile. The newspapers report, "Another gang murder mystery." They know the sinister coincidence of "The Death Lily" but say nothing about it.

Case E.—A shot is fired from an alley through the barred window of a speak-easy, and strikes E—W— through the lungs. He has a rendezvous with "The Death Lily." He dies two hours later in a hospital, without making a statement. And the baffled newspapers report, "Another mysterious murder."

Glasses clinked, feet scuffed and chairs scraped, but voices were not loud. A quiet lot, these people of the underworld in their moments of relaxation, or were they relaxed?

Suddenly my friend, the reporter, indicated by a nod that I look. I turned to see "The Death Lily" and her companion vanish through the street door. The last impression I had of her was that of a lithe figure, gliding, voluptuous.

"Does he know?" I asked.

"Sure," the reporter answered.

"He must be a fool," I exclaimed.

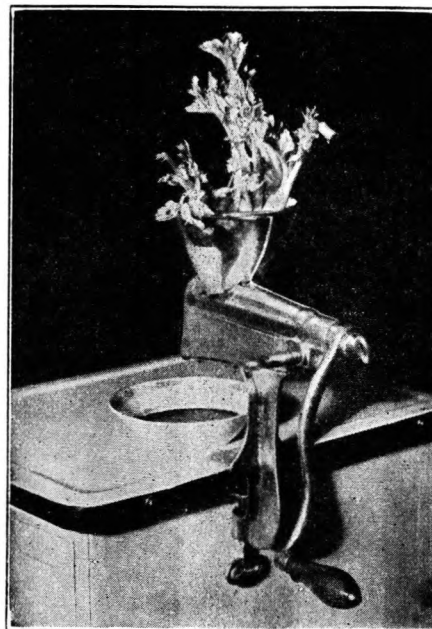
The reporter shrugged his shoulders. "Oh, I don't know," he said. "Maybe it's the uncertainty that makes her so fascinating."

I wonder. But that's another mystery.

(Continued from page 6)

The new science of dietetics recognizes that each woman and each man is different! It takes into consideration every member of the family. It explains why there are so many quarrels over the breakfast table when one child will eat his cereal and another child will not. It explains why the dark, stout man wants his meat and potatoes and ignores his salads and vegetables.

It explains why certain large-boned men eat regularly for their supper, a glass of milk, cottage cheese, prunes, and whole wheat bread. This is because men with large bones have more calcium in their bodies than the average person, and they are attracted to all foods which con-



### This is the Health Mine

It mines the minerals from foods. The choice, juicy iron is extracted from spinach in a glorious green-colored wine. For acidity, anemic headache.

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 God-given 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.

Price, F.O.B. \$10.00

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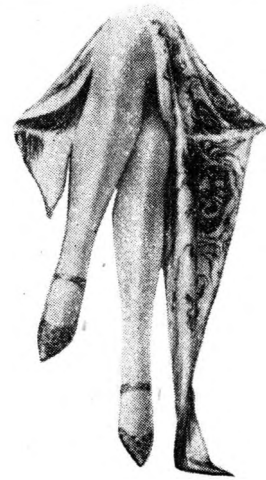
tain calcium. They like whole wheat bread because this kind of bread has not been deprived of its calcium. Now calcium is the chemical in us that makes will power, firmness, long life, and endurance. Such men and women are hard, regular workers. And is it strange that we find such men doing brick laying, mining, stone masonry? When you stop to think of this, there is nothing strange in telling fortunes with foods. The bricks and stones of earth are made of calcium, or lime. And there is an affinity for working with these things, when there is a great deal of calcium in the body. Such men and women are in character like the chemical element that they have in abundance. Just think of the rock. It is firm, unchanging, and long lived. So is the calcium man with large angular bones. He does not look stout and so called "healthy" so many insurance men turn him down. But like all long lived men, who are always calcium men, he fools them all, and outlives all other types by many years.

I have so many many things to tell you about your type. Maybe you are a beautiful, red-haired, oval-faced girl. You love the out of doors, but you love city luxury too. You love expensive neckwear, atmospheric restaurants, and lovely pastel colors. Your complexion changes with your emotions. Your hands have a velvety texture. Your figure is beautiful, and the stationery you select is elegant in its simplicity and good quality.

When I see your picture I know that you make a wonderful sweetheart on certain days. I know that you like foods such as radishes, turnips, cabbage, and eggs. This is because these foods contain sulphur, and you already have a great abundance of sulphur in your own make-up. This gives you a strong attraction or a chemical affinity for certain foods. It makes you love certain people. But did you ever see a volcano? A volcano is made of sulphur. Some days the volcano is quiet, peaceful, and picturesque, as you are. Then on other days, without warning or reason, that volcano begins to seethe. There is too much sulphur at work. And this is just what happens to you. When your sweetheart or husband comes home at night he remembers how adorable you were the evening before. And he expects to find you the same. But he doesn't. You are a nervous, irritable martyr. One minute you want the window open—then you want it closed. You think of something your sweetheart did last week, that you couldn't forget. You are going to make him pay for that, this evening.

All this is too much sulphur. In just a half hour, if I could give you great tall glasses of grapefruit juice or orange juice, you would be your same beautiful self again—peaceful, reflective, understanding, and thoroughly charming to the opposite sex.

The reason that grapefruit is your ideal food when irritable is that it contains magnesium. And magnesium in food form cools the fevered nerves that have



## Keep the Suppleness of Youth in Your Joints!

When you find it hard to step up on a street car—

When you find that you do not care to move about with the spring of youth—

When you are fatigued and irritable—

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You need it if you are fat because fat people are hungry for mineral elements.

You need it if you are lean, to balance your body chemistry.

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*The New Diet is not a fast, for you are already hungry.*

The Replenishing Diet feeds you in great abundance those mineral elements which regulate the shape of your body, the trend of your thoughts, the metal of your will, the state of your health, and the length of your life.

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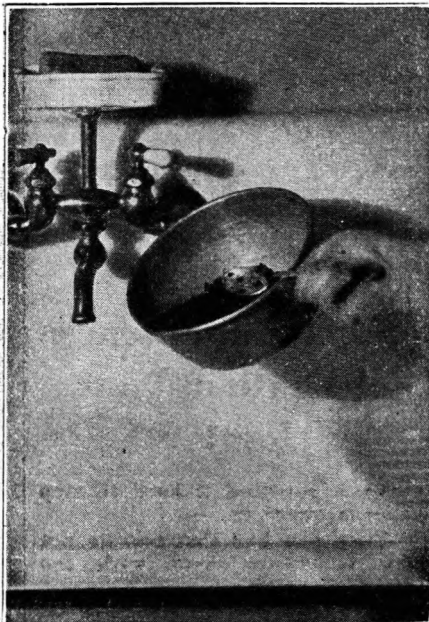
Talk no more of Fasting. The Replenishing Diet will make your days full of mental and physical interest, and your nights peaceful, with dreamless sleep.

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### THE KITCHEN SINK

Down into its throat which does not need it, go precious minerals. Precious vitality, priceless power, and immunity against sickness are deliberately thrown away into its dark recesses.

The throats which need these precious minerals are YOUR throats, YOUR children, YOUR loved ones, YOUR own throat. Save these diamonds and jewels in the foods you buy. Regard the vitamin, the chemical element, the mineral in your food as your most valued possession. If you do not already, wait until you get sick, and see the enormous loss you heap upon yourself and others.

### THE NEW VITAMINE CHART feeds YOU and not the sink.

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The New Vitamine kitchen chart is the most complete "hanging book" on the market. Instantly it gives you the food values of all foods. It tells you just how much of calcium, phosphorus or iron, etc., is in the food you are preparing. It is a complete quantitative chemical chart, the only one to be procured today.

It tells you also, the particular vitamin in the food you are preparing. Then it goes further and tells you the ideal food combinations.

It gives ideal menus for each member of the family, each day in the week.

And still this chart goes on to describe the members of your family, and the foods they should eat if they belong to certain pronounced chemical temperaments.

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become too heated by sulphur in excess.

You are just like a test tube. When we put materials into a test tube we get certain definite results with certain chemicals. You are made of certain chemical elements which cost around \$3.00 in the open market today. But the difference in arrangement of these chemicals in your body can make you a pauper or a millionaire.

Some people cannot eat cooked eggs. Other people thrive on them. Some people who need the wonderful elements found in whole wheat do not realize why they are sick and anemic. They lack the iron and the potassium found in the whole of the wheat.

When we lack potassium we have no enthusiasm in life. Potassium is like the rubber ball. It keeps us bouncing back, and recovering quickly after hard work, shock or strain.

When we lack silicon, we are melancholy. We find silicon in the whole of the wheat. It makes the lovely, shiny hard coating on the outside of grains, and it also keeps our hair in perfect condition. Even the finger nails show it by their dullness when we are hungry for silicon. Such people are blue. They cannot stand up. When we think that silicon is the chemical which keeps stalks of grains, celery, lettuce, etc., standing up firmly in the ground, it is strange that we ourselves suffer from a "caving in" of our courage when this element is not supplied in our foods such as the whole of the wheat? When silicon is taken out of our grains and breakfast foods, the joy and spontaneity are taken out of our lives. Girls who have plenty of silicon in their make-up are the most graceful of dancers. Everything in life is joy to them. They laugh off all their troubles. They attract love and plenty of it. But women who lack silicon are gloomy, nervous, and blue. They lose their attraction for the opposite sex, and they have to supply transformations for their hair, and polish for their finger nails—store teeth for their own, and glands for their youth. Silicon is the chemical of youth. Keep it supplied in your food, in the whole of the wheat, in the steel cut oat, and in the fresh vegetables like celery, cucumbers, and lettuce.

The girl without calcium will have no will power. I do not have to hear her talk or see her work to tell this. Just show me how her fingers bend back over their palms, and I can tell that she has no will, no endurance, and no business success ahead of her.

There are sixteen chemical elements in your body, and I can tell you just how you feel when you are hungry for any one of them. I can tell by your photograph, which shows me your constitution, just what you need for your own health. Your own individual diet means money to you. If you try to eat the other man's food you will never be your own strong, successful self.

You are as different probably from some other member of your family as



## DO YOU STILL RUN ON YOUR TOES?

If you find yourself not running on your toes when you try to catch a street car, or wish to hurry for another reason, then watch out!

Arthritis—that relentless enemy of youth—steals slowly upon human beings. Sometimes it simply stiffens all joints. Sometimes it enlarges them painfully. Sometimes the same hardening process affects the arteries and paralysis is the result.

But Arthritis can be conquered. But by only one means—CHEMISTRY. It required years to bring about the chemical change which stiffens. It sometimes requires months to bring about a youthful condition again. CHEMISTRY is the only agent. Drugs, baths, etc., are of no avail. A shortage of one, and sometimes two, chemical elements will so allow the calcium to harden in joints and arteries as to bring about arthritis. Supply the proper minerals and the proper water for youthful arteries, and you need never fear arthritis.

Pleasing Diet for Arthritis.....\$1.00

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Contains the properties, uses, and diseases which respond to all herbs. Contains the influence of certain planets on certain herbs. Directions on how to compound herbs for your own use or for financial uses should you care to go into the worth-while work of helping others.

You will want these translations with their reliable sources, and you will also want the herbs themselves, which will be sent on your own order after our thorough instructions.

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### Free List of Iodine Foods with Iodine Order

If you will remember these two facts alone, about health, you will know a very great deal indeed:

Your doctor will tell you IODINE in drug form is exceedingly dangerous. Your physician alone should prescribe it. Yet when one lacks iodine in organic food form he is not only prematurely old and tired, but there is great occasional prostration, and craving for ice about the head and neck, a tendency to grasp at the throat, numbness of arms, palpitation on climbing stairs, a restlessness making it hard to sit still or to keep the hands still, a pale, dry, alternately hot and cold skin, a relaxed bulky abdomen, alternately slow and rapid pulse, alternate hunger and repulsion to food, fear and dread of others' opinions amounting to mania, childishness, awkwardness, alternate silence and talking spells, gnashing of teeth and many other symptoms.

We cannot be fully normal without this chemical supplied in our glandular system.

Iodine supplied in drug form is exceedingly dangerous. The body is an organic substance, and only organic iodine in food form should be taken, just as Nature gives it to us.

The richest of all iodine foods is IODINE SEA LETTUCE—the true THYROID food—delightful in taste, and right from Nature's laboratory, the Ocean.

A small leaf of iodine sea lettuce taken every day will prevent goitre, and clear up those trying symptoms when the beginning lack of iodine is felt by the body.

Natural IODINE in food form is a great beautifier of the complexion as well as a perpetual, poised energy builder.

### WHEN YOU LACK IODINE You Are Not Really Yourself

One may now have ORGANIC IODINE in the original leaf form.—A three months' supply costs \$1.00.

#### SILICON OATS

It is difficult for those in small cities to get steel cut oats which contain SILICON. Rolled oats do not contain this great youth preserver. Steel cut oats are delightful. God's original chemical elements remain and the taste is decidedly fresh and different.

If you wish to make work your play, and to feel young, happy and graceful, to retain your teeth, to brighten your eyesight, send for a two months' supply of Silicon Oats, \$1.00.

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night from day. You may be doing mental work, in which case you need a great abundance of phosphorus, sodium, and iron in your diet. Another member of your family may be a pile driver. He will need carbon, potassium, calcium, and nitrogen in his diet. He uses up these foods more quickly by his out of door work, while you, with your indoor work, use up phosphorus, iron, and sodium more quickly, and hence these must be supplied, in order to keep you in perfect health.

Every element of your body is a thrilling novel. I want to tell you about each one. I want to tell you first what you yourself should eat for your best success. I want to tell you how to make yourself attractive to men and women too, by your knowledge of diet. I want to tell you chemical secrets about yourself which will charm and hold you to such an extent that you will see new beauties in every food you eat. You will know what every food will do for you, and why it is so important to gain the whole of the wheat whenever you eat bread or cereals. The whole wheat is the only food we know of, except the raw yolk of the egg, which contains every one of the sixteen chemicals of your own body. If you run short of any one of these chemicals you are not successful or well. Let me tell you by a snap shot or photograph of yourself, about your character, your best vocation, and your best diet for your individual type. Let me tell you the foods you should eat. I want to tell you what is in every food on your table, and just what that food will do for *you*—not what it will do for all other types, but for *YOU*. I will send you a complete individual diet, with a character analysis and vocational chart. I will send you absolutely free a list of all foods and the chemical elements which are contained in those foods.

I will tell you later in my talks about the athletic type of potassium lover, and his many interests in life. I want to tell you how to hold this type of man. Because of his chemistry he can be held tightly in certain ways, but lost quickly with other tactics. I want to tell you how to hold forever, the large boned calcium man. I want to tell you how to appeal to his strong protective sense, and how to completely outwit his severe, hard stubbornness by cute little helpless ways. I want to tell you how to soothe the irritable, critical, original and freedom loving sodium type of man or girl by feeding them the foods which contain sodium.

In my next talk I will tell you about how certain men of what is known as the oxygen type, will always become interested in the sodium girl. Then there are other chemical marriages and love affairs which always end disastrously. To follow these talks will enable you to understand all your friends—to help them to gain a better understanding of foods, and to amuse them by your uncanny knowledge of character and their right work in life.

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CHICAGO

(Continued from page 7)

strong body his family had decided his vocation as one requiring much physical strength. They financed him, prayed over him, and all of his own family, consisting of four children and wife were in despair, because of his unhappiness.

I was called away from the interview for a moment.

When I came back this enormous, husky piano mover type of man was stooping over some of my books on the lower shelves. He did not hear me come in. I listened and tiptoed softly to a place behind the door.

Friends you could never guess what he was doing.

He was singing these words:

"How gentle God's commands  
How kind his precepts are—"

With the gentlest, sweetest sounds in the world, he was expressing his real genius. He was a great, great singer.

When I took his name and his birth-date I saw immediately that he was the creative genius—the number *ONE*. These people are so physically forceful in their bodies that their inner self is seldom understood. We cannot judge people by their outer selves entirely. The inner, hidden meanings of numbers in their lives reveal more than all the clothes, and outer features they can possibly show.

"Why didn't you become a singing Evangelist?" I asked him.

This big man closed his eyes. He said nothing. I waited, and waited and waited.

After a few moments he opened them, and turned his face away. Two tears rolled down his cheek which he tried to brush off quickly. He had said more than words could possibly reveal.

"You can study at nights for your degree" I told him.

This he did. And today, as you are traveling about the country you may hear a wonderful singing voice inspiring the tired people in the smaller towns about the country. That voice may be preaching too, and then leading the whole audience afterward in a song. This may be the voice of that genius who found himself at the age of forty, and though he suffered keenly before he found himself, he is making thousands happy now, and is happy himself, just through a searching for his own numbers and what they meant in his life.

(Continued from page 9)

exercised that she can witness many sights, and fill many offices which would repel and even sicken an unsympathetic woman, and yet experience no revulsion of feeling.

The naturally sympathetic woman does not become so from a process of reasoning, or from conscientious principles, and her sympathy does not spring from what is falsely called, "self-denial;" for in acting in obedience to the stronger motive, it cannot be said that she has denied herself anything in disregarding the pleasures of the weaker motive. Such a per-

son is naturally sympathetic. To be so is to her natural; and therefore easy.

The same argument applies to the woman who is not naturally gifted with strong Sympathy. She is not unsympathetic either from a process of reasoning, from what is called "selfishness," or from a lack of Conscientiousness; she is simply indifferent to the sufferings of others because the brain is deficient in the faculty of Sympathy.

The fond parent who would unmercifully thrash an erring child, may have Conscientiousness properly developed; but the organ of Sympathy is almost certain to be considerably under par. Those who are incapable of feeling as a child feels are not fitted to correct children. The Spartan father is a man with small Sympathy, whatever his other virtues may be.

This want of sympathy is very often displayed by some few of our judges and our comfortably-off magistrates, who pass severe sentences upon half-starved men and women for stealing food, or attempting to get food by indirect means. They are unable to sympathize with hunger, as they have never suffered hunger; they are unable to co-feel with a feeling they have never experienced. The sensation of repletion they would, no doubt, be able to sympathize with, but hunger, no.

It has been said before that the faculty of Sympathy influences us to feel that which we see others feel.

It is only by Imitation that we do a thing in the manner or style which others do it. When we talk for a while to a deaf person, we continue to speak loudly to the next person we converse with, though we know, intellectually, there is no occasion to do so. This probably results from the unconscious action of Sympathy. By sympathy we enter into the concern of others; we are moved as they are moved; and the sympathetic can never be indifferent spectators to any form of suffering inflicted on fellow-creatures, or, in fact, upon any form of animal life.

The practical jokers are usually persons with small Sympathy. They greatly enjoy the humorous sides of the jokes; the pain and discomfort that they have caused others seldom affect them—certainly not at the time, for they are so thoroughly occupied in enjoying the success of their joke. Perhaps, after their laughter is satisfied, the feeling of sympathy may affect their minds and prompt them to apologize: their faculty of Sympathy being small, it therefore takes a long time to come into action.

The so-called sportsman whose pleasure is to stand at some favored corner in a preserve and blaze away for hours together at game driven past him, inflicting death and torture on inoffensive animals as a pastime, be such a person ever so high or low in the social scale, reveals an inferior type of character, and especially small Sympathy.

There is a phase of character in some  
(Continued on page 18)



# Confessions of a great hand reader

A few years ago I had left my papers and goose-quills on a magnificent summer's afternoon, and had betaken myself to a garden-party in one of our prettiest suburbs. As has often been the case, my arrival was the signal for a chorus, "Here's the Cheiromant, let's get our fortunes told." In vain I remonstrated that I was out for a holiday, in vain I pleaded ill-health, ill-temper, and ill-manners; the torrent of silvery persuasion still flowed on, till at last I said:—

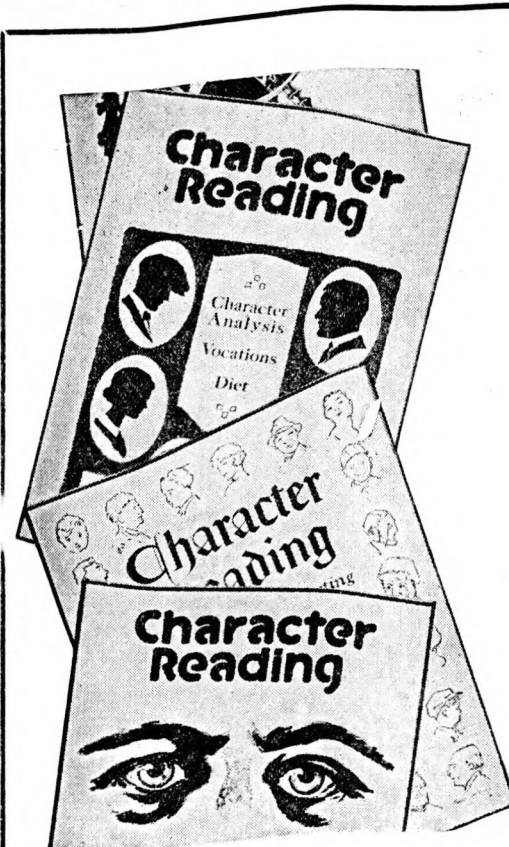
"Listen to me; if it will amuse you, I will read *one* pair of hands for you, but they must be those of a complete stranger, and no one must ask me to repeat the experiment." Half a-dozen pairs of hands were put forward, and from among them I chose those belonging to a childish face and a mass of sunny hair, which I had certainly never seen before. I said to her—"If you like, I'll read your hands for the amusement of all these people, *but*, before I begin, if there is anything in your life that you have the least objection to the whole world knowing, say so at once, and I'll read some one else's."

"Oh dear no!" replied she; "my life has been utterly uneventful, go on." I looked at her hands, then at her,—still the laughing, childish face, and the calm, untroubled eyes,—and said:—

"How dare you tempt Providence like this out of pure bravado? *You know* perfectly well that there are events in your life which you *don't* want every one to know, and yet disbelieving [at present] in a science of which, [knowing nothing of it,] you are not in a position to give an opinion, you hold out your life's history for the amusement of a garden-party crowd. If you still insist, I will tell you your life *here and now*, but I should suggest that we should take a turn round the lawn, and *then* you will come back and tell these people that everything I have told you is absolutely correct."

She thought for a moment, and said: "There is nothing I am ashamed of; but in case you are making some horrible mistake, I'll hear my hands read in private." So we walked round the lawn.

"Well," said I, "you look about nineteen, and as if you had never had a trouble in your life, but you have had the most terrible time of it I have ever seen written on a hand so young as yours. You have been married twice, and this, of all things, strikes me in your hand, that you married your second husband when your first husband was alive. Your first marriage was an affair of pique, an impulse of your foolish head, and was a miserable one; your second was an affair of heart, a love-match, but it was extremely bad for you from a commer-



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cial, material point of view. Even now, whilst you walk here with a smile on your lips and a racquet in your hand, you are undergoing some mental agony: let me congratulate you on being the most astounding—actress, shall I say?—that I have ever come across."

She was silent for a moment, and then said: "What I am going to tell you no one but my maid, who is in Chicago now, has ever known, and I tell it to you as a reward for speaking so boldly in the face of the magnificent lie I told you just now. I am an American, and came here with some people today, and don't know a soul in the place; I am twenty-three [though I don't look it]. At eighteen I quarrelled with my people, and in a fit of rage married, simply to get rid of them. My husband turned out a scoundrel and knocked me about, to speak plainly, and after a year we were divorced. When I was twenty I fell in love for the first time, and married a man whom I simply worshipped. We were as happy as possible, but after a few months he was struck with a fever that gradually wasted him away, and he died two years ago, leaving me simply a pauper, for during his illness his business in Chicago left him. I came over here with some friends. What you say about my present state of mind is quite true, for I saw my first husband yesterday at the Academy, and have been in a state of terror ever since. Now, if you please, we will go back and lie to the other people about what you have been telling me.

The lady left for Yokohama a few months later, and sent me her permission to publish this incident.

*Pimis.*

(Continued from page 16)

way connected with this faculty which needs investigating by Phrenologists; that is, the extreme sympathy that some people feel toward the lower animals, horses and dogs in particular, yet exhibiting no such tender feeling towards their own fellow-creatures who need sympathy and help, as for instance, half-starved women and children.

Not long ago, a man was summoned for keeping a dog without a license. His defense was that he saw the dog injured by a cart-wheel and took it home and nursed it. Substantial marks of sympathy flowed to this man from all parts of the kingdom; so much so, that the magistrate considered the man had been amply rewarded, and either returned subscriptions or passed them on to the poor box.

In Reading jail a warder was dismissed for giving a sweet biscuit to a child who was in prison on remand, and who was unable to eat the prison food. Beyond the fact that a question was asked about it in Parliament, we never heard that the public—the well-to-do public—had rewarded him in any way.

The influence of this organ in reference to self-government, inasmuch as it restrains us from inflicting physical pain and mental distress on others, or invites us to do anything to cause pleasure to others, requires to be further dwelt upon by Phrenologists. The idea that sympathy or pity proceeds from a process of reasoning on one's liability to suffer the ills and accidents that befall others, is erroneous, for this assigns an intellectual process to a non-intellectual, though natural feeling; and can by no means be admitted as a reasonable account of the feeling of Sympathy.

(Continued from page 11)

this nature. But although we consider a statesman free from vanity as impossible as a white blackbird (because, to give one reason in lieu of many, without the stimulus of the satisfaction of personal success he would have found it impossible to make his numerous speeches, which after years of party work have gained him his position as a statesman), yet we shall be justified in considering the degree of vanity in every statesman as one of the main characteristics of his proficiency. For his vanity is his weakest side, and that most likely to yield to temptation. It is of no importance if his vanity is sustained by demagogic successes or by court flattery, if the applause of mass meetings or the long row of orders on the lapel of his coat gives rise to the greater sentiment of gratification within him, for in both cases the cause entrusted to him suffers from the too human element of his vanity. But it is of significance if his vanity in the conscious fostering of his oratorical talent finds its satisfaction in the appreciation of a few elect or only in the applause of the multitude, if he strives for a clear conception of his ideas or only for the

(Continued on page 19)

# Fanatics and skeptics

## The philosopher, Andrew Jackson Davis, studies these types

The ecclesiastical skeptic. The world's sufferings are attributable to priesthood. He sees no good thing in Nazareth. Man is manacled enough already; for Heaven's sake do not add ordained priests to his other burdensome clogs! Religion is a consummate imposition. Who would kiss the knife just lifted to slay him? Who would embrace the pope or priest that burned John Huss and Michael Servetus? Is man his own enemy? Away with the clergy! Liars, lusters, laggards—all depart, die, decay out of mind—go beneath the Alps! Under the sea! Away, ye miscreants, ye inquisitors, ye scribes, and serpents of darkness! Begone! throughout the everlasting years. Our skeptic is mad—but his anger is like the banditti's icy-sharp steel, not gleaming and blazing with fervent heat. He has a religious chill, and the fanatic a fever; but between these oppositional patients, there walks the inspired ecclesiastical enthusiast—a calm, religious-minded person, doing good and teaching truths for their own sakes—in paths that are peaceful, and in ways that are pleasant the ways and paths of Wisdom.

Swedenborg comes before me as an ecclesiastical Enthusiast; but there was in him nothing of either the skeptic or fanatic. Hence, the profound reverence felt by his spirit for every shred of ancient wisdom. A better Age had been (thus he thought and wrote), and he believed in the possibility of regaining it. "Paradise Lost" was one of his "thoughts," around which he marshalled in far-reaching parade all his scholastic lore and transcendent inspirations. "The golden age," to come, or the return of humanity to its Eden-sanctuaries of "Divine Love and Wisdom," was his next thought; for which, as a true mother labors for her dependent darlings, so did this Master summon all his religious reverence and erudition. Swedenborg's thoughts upon "charity," and upon "conjugal love," are among the most luminous and congenial of his excessively repetitious propositions. Infinite littleness he carried into everything—the transpiring items and fleeting incidents of his per-

(Continued on page 20)



momentary effect of a gesture, if his words are eloquent or only brilliant, if he performs an oratorical trumpet solo or a violin recital.

We know that no one has become a multi-millionaire by charity. But those among us whom no experience of life can deprive of their belief in white black-birds will nevertheless look up astonished when in the writing of some plutocratic banker we discover as regularly recurring symptoms significant, outstanding, clearly formed groups of words. If the discoverers happen to be atheists, maybe they will recover their lost faith, for, Lo, God has created a man who has amassed great wealth in business and yet has nothing to hide.

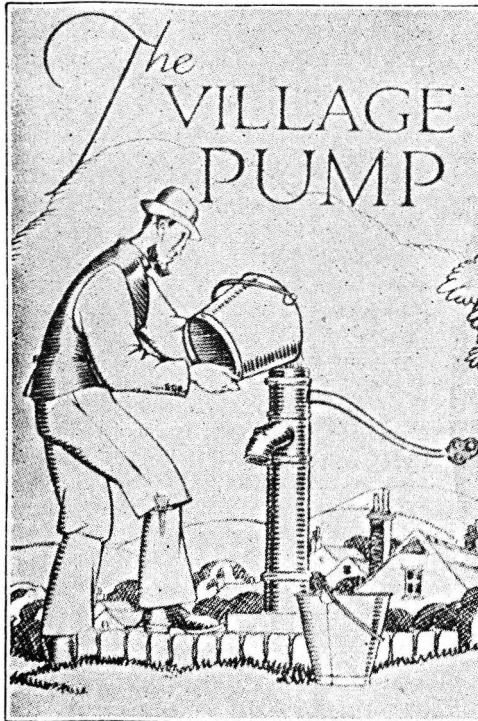
But to speak seriously, significant formation of words, constant legible grouping of words in the writing of a millionaire, must naturally be differently appreciated than in that of a schoolmaster who, during his whole life, has taken pains to write distinctly, who for years has not been relieved of the trouble of writing by the service of half-a-dozen secretaries, and whose life offers little opportunity of doing anything that at all cost must be hidden, but which is a source of unearned profit.

Features in contrast to the usual features attending any special profession will always serve to put us quickly on the track of individual divergence, to indicate the internal contrast in the mind of the writer. Let us take another feature in writing which would cause astonishment in a social class where we could not possibly expect it.

Let us assume that in the handwriting of a jockey we were to discover original and aesthetically formed characters. It is far from probable that such a miracle should happen, and we quote it only as a striking example for the purpose of illustration. Naturally, confronted with such a phenomenon we should at first lay aside our code of rules and seek to penetrate this astonishing phenomenon, which we should summarize in the question: What fate, what circumstances of life have induced a man of intellectual culture to become a professional jockey, having found nothing else in life which might have offered an opportunity of satisfying his intellectual interests?

The case assumes a quite different coloring when in addition to the seven simultaneous features, corresponding to one another psychologically and logically, an eighth is observed which is contradictory to the collective impression furnished by these seven features.

Let us examine from this point of view the writing of Oscar Wilde. All the seven above-quoted features are applicable to it. It is well-rounded, pleasing, agile, simple, even, clear and slightly ascending. But there is something more in addition to all this. It is also *pasty*. And this pastiness is an internal contradiction to the other features which in no way contradict each other. We feel at once that the key to the solution of the whole personality is contained in this internal contradiction. We shall postulate



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HEALING MAGAZINE  
Batavia, Illinois

this one feature, contradictory to the others, as *Counter-Dominant*, and from it, as a starting-point, and from no other quarter, endeavor to advance step by step.

Taking the seven other features collectively, we must make clear to ourselves what they signify. A slightly ascending, agile writing is a sign of intellectual mobility; rounded, pleasing forms testify to unusually good taste and a power of expression aesthetically refined to the highest degree. The distinctness and significance of the groups of words and lines reveal to us a personality by no means reluctant to stand by his own ideas and capable of consequent reasoning. We observe reflected self-confidence in the assertion of original ideas, and in addition an unusual degree of rounding off which arouses the impression of effeminate softness. But this softness would not necessarily assume such proportions if it were not for the eighth feature, the pasty style, which constitutes an extraordinarily significant addition. We know already what it signifies: pronounced sensuality goes here hand in hand with the above-mentioned features. Thus, here the counter-dominant supplies the key to the whole character.

(Continued from page 18)

sonal inward experience—with which egotistical particulars no other human mind can justly and naturally sympathize. The effect of Swedenborg's infinite catalogue of private spiritual "items," is exhibited by reflection upon large numbers of his followers. Many of the receivers of the "Doctrines of the New Jerusalem," are intelligently filled with superabounding charity for every mind on a different plane of spiritual experience, which difference by them is termed "falsity," or error in "doctrine;" and they hold in polite and self-satisfied reservation a mountain-weight of pity for other's blindness and materiality, and they have, withal, much pride of intellect; so that, under the instantial effect of a belief in the items of Swedenborg's "Memorable Relations," and in the specialties of his dreary dreams of evil omens and infernal correspondences, the disciples become friends of marvelousness and refined spectators, but no actual workers, in the great struggles between Truth and Error, Liberty and Slavery, Science and Stupidity, Progress and Conservatism. They merely believe and crystallize about the palatial "thoughts" of their religious chieftain. He is the veritable messenger of God, clad in courtly costume, endowed with supernatural insight into sayings, sacred and paradoxical, and imperiously authoritative in all spiritual things.

The true statesman is an enthusiast. And he, too, is mankind's true friend. He sees that the streams of national power ought to flow, and should flow, immediately, from the highest fountain of all legitimate authority, The People. The minds that laid the (supposed) solid basis of the American empire, in their preamble, said: "We, the people of the United States, in order to form a more perfect union, establish justice, insure domestic tranquility, provide for the common defence, promote the general welfare, and secure the blessings of liberty to ourselves and our posterity, do ordain and establish this Constitution for the United States of America." Here are public spirit and private enthusiasm. The Vestals guarded the fires of the gods never more faithfully. Pax, the goddess of peace, never presided in her Vespasian temple, holding the Horn of Plenty, with more unfaltering sense of right, than did each true statesman of the world. Literature is good to refine the moral sentiment, and law is good when created by the people for the people, and the statesman is good to study this law and set it in operation. He is no monarchist. Nations are capable of carrying heavy burdens, even their own enormous governments long after their usefulness has expired, but the statesman is no agent for additional legislation. He will co-operate with every person to substitute good and

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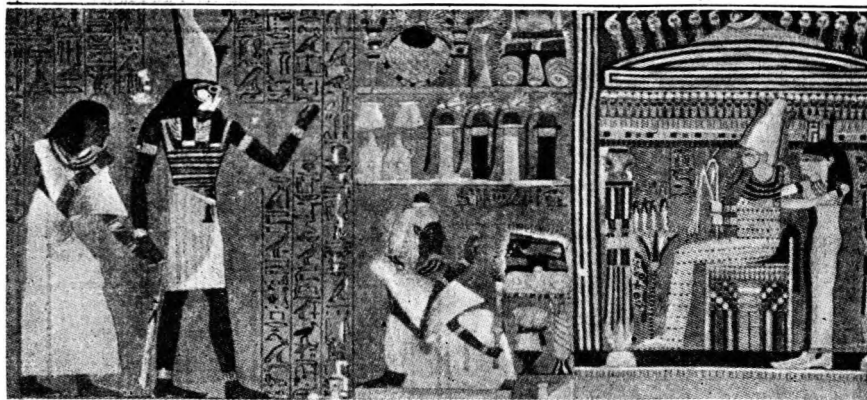
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just laws for evil and cruel ones, and work faithfully to elevate the private power of persons to the end of self-government, but he aids not at all in any combination of enactments that could possibly cripple the liberties of the least in the commonwealth. A nation's oppressions are many—government, war, slavery, degradation, ignorance, vice, crime. But the true statesman concentrates his every talent upon the work of amelioration, prevention, personal liberty and unbounded happiness.

The legislative fanatic is quite another development. He would have laws enacted and enforced on every human movement. "Without law," he says, "all is anarchy." How loyal he is! Law's majesty is God's divinity. Legal machinery is his consolation. Man is never fit for freedom. Forceful laws forcibly administered. He is a Nero, a despot, a believer in monarchy. The best system of model government is that of the absolute kings. The so-called thirty "Tyrants of Greece" were too moderate. He oppresses the masses with laws, masters, conquerors—with legalized murderers, termed armies, and generals, Pharaoh, Moses, Joshua, Alexander, Xerxes, Caesar, Caligula, Napoleon, Frederick the Great—and thus weighs down the world with governments heavy as ignorance and selfishness. The law-fanatic is a fever patient. He needs prompt attention, because from such comes

The legislative skeptic! A cold, cheerless, surly character—opposed to jury-boxes, ballot-boxes, seats of government, and to every legal interference with individual inclinations. Not that he has great faith in God and man, but that he reads in history of the cut-throat conduct of every man in power. Every law-maker is to him a latitudinarian in the "noble art of war"—a self-aggrandizing highwayman—a swimmer in the blood of innocent millions. He is down on all law, lawyers, judges, courts, governments. "Get out of my sunshine!" is the dictatorial order of his existence. But let us take one more illustration:

The ecclesiastical enthusiast is mankind's true friend. He believes in a ministry, in missionaries, in teachers of high truths. He is himself a minister. But he would have mankind march along its pathway unburdened with priests. George Fox was a religious enthusiast, but no fanatic. Thus, also, was Ann Lee of the Shakers, and William Ellery Channing of the Unitarian School. How calm in the bosom of truth! Deep as the flow of the mighty sea! The sublime-loving mind never tires with the ceaselessness and grandeur of the ocean; so does the Spirit contemplate, with ever-renewing enthusiasm, the divine river of life that took its rise from the natural ecclesiastical. The soul may be weighed



down with a false theology, and loaded with an expensive and imbecile priesthood to teach it; somewhat like a ship that carries so much machinery, and such enormous stacks of fuel to work it, that no room is left for freight or passengers. A mechanical religion is enough to maim and crush any person; yet, every human soul will have, must have, some sort of religion and theology. Our enthusiast knows that "God is a guest of every human bosom." With beads of this knowledge, bubbling up from his consciousness like diamonds out of the sea, he lives and works, and makes the world better.

## More about "old" souls

The nature of man is four-fold: physical, mental, moral or emotional, and spiritual. Each side of his complex nature has to be perfectly evolved by training in the school of life—life in form; so that at least after many lives, growing with each life wiser by the experience gained, wiser in knowledge, greater in love, more powerful in will, you get what we may term an advanced soul; old, that is to say, in point of time and experience, having a tremendous past behind it. These are our elder brothers, the Christ having been developed within the man; in other words, God made manifest in the flesh. For the spirit is the life and not the form, the essential nature and not the aspects that nature takes on in the ordinary life of man. The spirit is the underlying principle from which all came forth; the body, emotions and mind are but the outer vehicles through which that consciousness (which is the consciousness of God) is playing. The deeper problems of the inner life will however remain unintelligible if we cling to the modern view that the one life we are now living is the only life we have lived, or will live, on earth. None can be philosophers that hold such a limited opinion. For the most rational and sane view of human evolution postulates that the spirit of man could not be brought to the flowering within the brief limits of one life period bounded only by the cradle and the grave.

Those who really believe in the Christ's teachings know that the great Teacher was giving a literal command which he expected to be obeyed, and not talking mere platitudes when he said: "Be ye therefore perfect even as your Father in heaven is perfect." This command would not have been given by the great Master if he had considered it impossible of fulfillment; for any reasonable being knows that this command could not possibly be carried out by the ordinary person in one life, even if that

## Eating New Brain and Nerves

### Have You All the "Nerve" You Wish You Had?

Can you accomplish the things you dream of?

Do not blame yourself if you cannot do the things you picture to yourself. Do not blame yourself if you cannot remember as well as formerly. Do not condemn your brain and nerves for not responding as they did in early youth. You are hungry for the nerve and brain material, Lecithin.

A British physician who toured here last year went to visit the divorce courts. To his surprise he did not find them full of young people who had apparently gone astray. He found them full of sick people, and women of middle age and over. When he came out he said to his companions "those women have become uninteresting to their husbands because they are starving for nerve and brain materials. They are hungry for Lecithin."

Lecithin is the nerve oil found in the brain and spinal cord. It is also found in certain foods, but it is destroyed when these foods are cooked.

Mental work, emotion, and worry exhaust lecithin from the system. People in public life, meeting many, and giving interviews, also lose lecithin at a rapid rate. The people who fill the sanitariums for mental and nervous breakdowns have spent more lecithin than they have taken in. Exhausted vitality is exhausted lecithin. The magnetic fluid has run dry, and they are filled with dread, fear, and a certainty of inferiority.

The National Formulary of the United States Pharmacopoeia, a book which has become too heavy to handle, nevertheless, devotes many pages to the need of lecithin.

Creative work of a mental as well as of a physical order is impossible without lecithin and its phosphorus. Brain children and physical children alike are moulded through the presence of this vital substance. The lecithin from the few foods

which contain it is immediately absorbed by the system, leaving no trace, so great is the need of the brain and nervous system for this new-cell oil.

Suffering of all kinds, from rickets to the depths of morbid imagination results from lack of lecithin.

People who lack lecithin are not only extremely "touchy" but often violently irritable. They are often simply nervous and unable to concentrate. Mistakes in work, fear of meeting others, fear of advancing one's interests, fear of every imaginable thing assails them.

Even a little exertion exhausts them. The light has gone out of their lives as the brain and nerve system call for their phosphorus nerve oil. The inspiration and reason of life are static. All things seem simply "stale" to them, or highly irritating.

The pitiful conditions in many families and the heartless remarks referring to the ailing member of the family reflect the great need of proper feeding of the nerve foods. One doctor reports case after case where the partner will refer to his wife or husband as only a "flat tire." And the cruelty of this remark is always felt by him when he sees that the other is sick and hungry for right phosphorus containing foods. But the doctor is unable to convince either of them of the necessity of eating properly. Yet the same people will willingly fill their automobile with its proper fuel.

Tired, exhausted, nervous, and run-down people are always in need of nerve-oil.

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| Vitellin .....                   | 15.8 | Phosphoglyceric acid ..... | 1.2 |
| Water .....                      | 51.8 | Cerebrin .....             | 0.3 |
| Nuclein .....                    | 1.5  | Salts .....                | 1.0 |
| Palmitin, stearin and olein..... | 20.3 |                            |     |

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# ICE MAIDENS

The artist who conceived this picture was portraying the countless number of women as well as men, who go through life without youthful enthusiasm. Not only are their mental outlooks frigid, because of ill health, but their personality suffers from timidity which is often mistaken for coldness, and melancholia from a lack of glandular balance.

Dr. Lorand of Carlsbad shows the close intimacy between the glandular system and youth, enthusiasm and affection.

The art of securing youth is a great one and it pays heavy dividends.

All real life is active, happy, buoyant. The woman or man who is frozen to an old attitude of ill health, no matter what his age, is not really living.

The valuable book, "Old Age Deferred," is for both young and old in years. It is for the frigid wife, the lonely blue mother, the discouraged husband, the middle aged, and the people over seventy as well.

It is simply out of date to sit down and grow old, and Dr. Arnold Lorand of Carlsbad, who has written the most important youth book of the age, can prove it to you.

A book so valuable to both young and older people that it has been translated into ten different languages, is Dr. Lorand's book, "OLD AGE DEFERRED."

He gives in his very first chapter the Symptoms of Old Age in Young Persons.

When you read it you will feel like the former president of the B. and O. Railroad, who bought twenty-five copies to give to his friends.

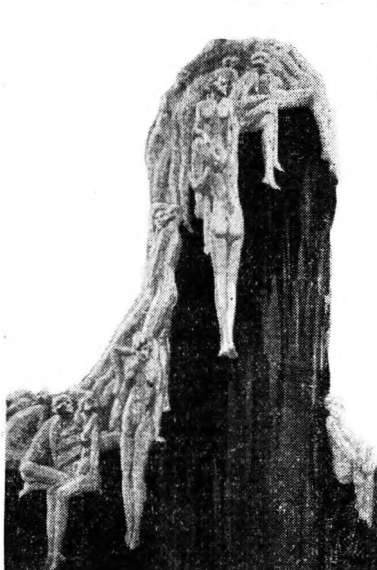
## CONTENTS

You owe it to yourself and your family to read this table of contents carefully, thoughtfully and thoroughly.

- |  |  |
|--|--|
| Premature Old Looks: Prevention and Treatment.                         | 29. Cold Feet—Their Cause and Treatment.   |
| <b>CHAPTERS</b>  | 30. Benefits of Sunlight.  |
| 1. Symptoms of Old Age in Young Persons.                               | 31. Open Air and Breathing Exercises.  |
| 2. Agencies Governing External Appearance.                             | 32. Living in Ill-ventilated Quarters.   |
| 3. Immunity Against Infections and Intoxications—The Origin of Fever.  | 33. Artificial Heating. Steam Heat.  |
| 4. The Nervous System of Mentality.                                    | 34. Food Hygiene.  |
| 5. Sexual Glands and Longevity.  | 35. Protein Food, Meat, Fish, Eggs, etc.   |
| 6. Heredity of Longevity.  | 36. Carbohydrates and Fats.  |
| 7. Determining Probable Duration of Life.                              | 37. Vegetarian Diet.   |
| 8. Causation of Old Age.   | 38. Dangers of Too Abundant Meat Diet.   |
| 9. Prevention of Premature Old Age and the Treatment of Old Age.       | 39. Milk Diet and Old Age.   |
| 10. Elimination of Toxic Products.                                     | 40. Blood as Food Containing Iron.   |
| 11. Destruction of Poisons Through the Thyroid and Parathyroid Glands. | 41. How to Obtain an Appetite. Mastication.  |
| 12. Hygiene of the Thyroid Gland.                                      | 42. Uses of Small Doses of Alcohol.  |
| 13. Destruction of Toxic Products by Liver.                            | 43. Causes and Prevention of Alcohol Habit.  |
| 14. Hygiene of the Liver.  | 44. Tea, Coffee, Cocoa, Tobacco.   |
| 15. Destruction by the Adrenals.                                       | 45. Sleep, and Its Importance.   |
| 16. Arteriosclerosis.  | 46. Sleepiness and Insomnia.   |
| 17. Elimination Through Intestines.                                    | 47. Prevention of Insomnia.  |
| 18. Habitual Constipation.   | 48. Treatment of sleepiness and Insomnia.  |
| 19. Hygiene of the Intestines.   | 49. Hygiene of Sexual Glands—Dangers of Sexual Overactivity and Abstinence.                              |
| 20. Cause and Prevention of Appendicitis.                              | 50. Married Life Importance.   |
| 21. Elimination Through the Kidneys.                                   | 51. Emotions and Worry.  |
| 22. Prevention of Renal Disease.                                       | 52. Religion as Means of Prolonging Life.  |
| 23. Elimination Through the Skin.                                      | 53. Disease as a Self-defense of Nature.   |
| 24. Hygiene of the Skin—Air Baths.                                     | 54. Advice to Brain Workers.   |
| 25. Rational Clothing.   | 55. Prevention of Premature Old Age and Treatment of Old Age, Through Drugs, Arsenic, Iron, and Iodides. |
| 26. Improved Hygiene of Skin and Kidneys Through Bathing—Foot Baths.   | 56. Animal Extracts.   |
| 27. Hygiene by Means of Perspiration.                                  | 57. Hints on Youthful Appearance.  |
| 28. Exercise, Gymnastics — Massage — Walking.                          | 58. "Twelve Commandments" for Preservation of Youth, and Attainment of Old Age.                          |

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life were extended to a hundred years or longer.

Some day we shall realize that in the spiritual world, just as in the mental and material, we must pay for all we possess, and that nothing can be gained without exertion, understanding and perseverance.

The life of sacrifice, service and surrender is a life of great peace, cheerfulness and consent; a full life instead of an empty one, calm with the very peace of God. For the personality, or selfishness, has been overcome. There is no ambition for self, giving rise to envy and a train of unhappy thoughts to mar happiness; no rush for wealth to cause dissatisfaction and unrest; no passion of desire or anger surging through the mental and emotional nature, disturbing the inner calm; no conflict of wills, nor the opposition that one encounters in seeking to grasp power and dominion for self.

To be happy in the true sense of the word one must have overcome the grasping and personal side of the nature. To taste the continual joy of giving means the sharing with the great All-Father of the spirit of sacrifice; for the soul that is grown old in wisdom, love and power; that would love all and sacrifice itself for all, has become an elder brother, one of the world's saviours.

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# The commandments according to phrenology

BY DONOVAN

**I**N ORDER to understand these Commandments it is necessary to remember the phrenological meaning of the term Faculty, as given in a previous chapter.

A mental faculty is the work of Nature, not of art. It is an ordination, an internal law or commandment, written in material and organic characters on the tablet of the mind; it is inerasable, ineffaceable, an integral part of the being on whom it is bestowed. A faculty may also be termed an intuition, but, for the purpose of this chapter, command is the better word.

The commandments received by man are more numerous than those given to any other of the animal kingdom, man being in consequence, lifted far above the most intelligent of the lower orders of creation; yet all the faculties possessed by the lower forms of animal life are to be found in man. Taken in their phrenological order, namely, Animal, Moral, and Intellectual, these commands may be expressed:

**AMATIVENESS** (which at present includes the erotic and reproductive desires)—Thou shalt gratify legitimately this natural desire.

**CONJUGALITY**.—Thou shalt select a companion from one of the opposite sex.

**PHILOPROGENITIVENESS**.—Thou shalt love, nurture, clasp, fondle and protect thy offspring, and love all helpless children.

**GENEROSITY**.—Thou shalt give to others.

**CONCENTRATIVENESS**.—Thou shalt attach thyself to place, pursuit, habit, and custom.

**ADHESIVENESS, OR PERSONAL FRIENDSHIP**.—Thou shalt form individual friendship.

**OUTER ADHESIVENESS, SOCIAL, OR COMMUNAL FRIENDSHIP**.—Thou shalt love to be associated with a group or community of thy fellow men.

**COMMUNICATIVENESS**.—Thou shalt communicate, talk, and converse with others, in order to entertain and instruct one another.

**INDEPENDENCE**.—Thou shalt preserve thy independence.

**COMBATIVENESS**.—Thou shalt exert defensive energy in the preservation of thyself, thy rights, and all that depends on thee.

**DESTRUCTIVENESS**.—Thou shalt exercise aggressive force in all things, and may even destroy life.

**SECRETIVENESS**.—Thou shalt practice concealment of thy designs, desires, thoughts, and feelings, when prudence demands, and when right ends cannot otherwise be legitimately effected.

**ACQUISITIVENESS**.—Thou shalt acquire and accumulate, *i. e.*, shalt gather such articles as are needful for sustenance, comfort, and enjoyment.

**CONSTRUCTIVENESS**.—Thou shalt build, make, or construct, dwellings, clothes, and such implements as may be useful and needful.

**ALIMENTIVENESS**.—Thou shalt eat and drink such things as are requisite and agreeable for sustenance.

**VITALITY**.—Thou shalt love thy existence, and take all means to preserve thy life.

There are commandments to which obedience is indispensable for the preservation of the human race. An individual man or woman may refrain from obeying some of them; but were all men and women to disobey any particular one continually, the race would ultimately become extinct. Abstinence, therefore, may be in some cases, a necessity; but it is not a virtue.

The moral commandments have relation to the foregoing, and are designed to prevent any violation of the moral and social laws in the performance of the animal commands. The moral intuitions have also another effect, namely, to allow the intellect time to consider the best means of effecting the object for which the first named commandments, or faculties, were given.

The moral or controlling commandments may be thus expressed:

**SELF ESTEEM**.—Thou shalt respect and duly regard thyself.

**LOVE OF APPROBATION**.—Thou shalt seek the good opinions of thy neighbors, in order to gain their admiration and applause, and thereby refrain from needlessly offending them.

**CAUTION**.—Thou shalt avoid all things dangerous to thyself and others.

**VENERATION**.—Thou shalt reverence all natural law, the works of man in the past and present, thy elders in age and experience, and thy mental superiors.

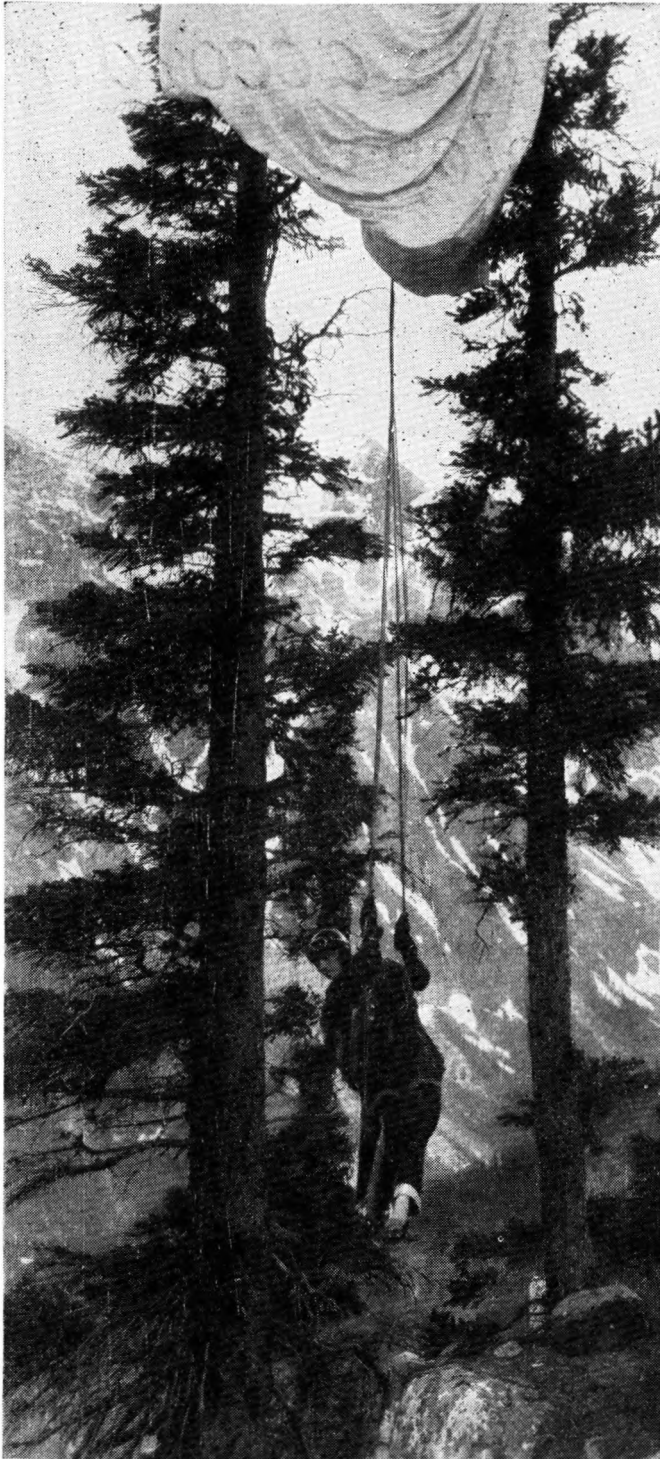
**FIRMNESS**.—Thou shalt be steadfast in adhering to that which is right, and avoiding that which is wrong, and in the performance of thy duties to thy brother man.

**CONSCIENTIOUSNESS**.—Thou shalt in all things consider the questions of justice, truth, and duty, in relation to thyself and others, and never willingly violate these principles.

**HOPE**.—Thou shalt hope in the reward of goodness, truth, industry, and continue to practice them, with the full assurance that they will, in some form and at some time meet their reward—in like manner as evil is invariably productive of evil.

**FAITH**.—Thou shalt have belief in all Nature's laws, in thy fellow man, in his narrations, his promises, and in the occurrence of events; in the existence

(Continued on page 30)



## *Dangerous?*

Not a bit more than it is for YOU, right where you are, if you do not know your right vocation in life, and if you do not know YOURSELF, and your qualities.

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**NUMEROLOGIST**

Know how to overcome failure. To shape your life more desirably. To learn your true vocation and the right person to marry. Send day, month and year of your birth and full name your mother gave you. Forecast one year for \$2.00.

**JEANNE RAYE**

Jewell Studios

INGLEWOOD

CALIFORNIA

**SEA VEGETABLES****HAVE YOU TASTED THEM?**

Sea Vegetables are the new table salt with the minerals needed by the body for balance and youth.

Sea Vegetable Salt contains organic iodine, organic iron and nitrogen, as well as the precious sodium. Added to this wonderful vegetable salt which takes the place on your table of regular salt, are the invaluable nerve tonic minerals of celery.

Sea Vegetable Salt is a high powered food. When you use it you are sure of speed, pep and health. 1 lb., \$1.00.

**CHARLES STREETER**

Round Lake, Illinois

**WHY NOT FEED YOUR EYES?**

In a little remote town in the Middle West there is a great eye specialist who has made spectacular cures of cataract. He has made the eyes of people over. Some of his skill is in surgery, but the greatest secret he possesses is chemistry. He knows the chemical salts needed by the eye. He knows that the cataract comes when there is a shortage of sodium. He instructs his patients in diet. People come to him from far and near to his little town, and though the name of this town was hardly known before, the skill of this specialist has made it what it is today.

Your eyes, too, may need proper food. You can feed your eyes. The delicate crystalline lens needs silicon, sodium and fluorin as well as other elements. When your body is hungry for these elements your eyes suffer. Supply these elements and watch the difference in the magnetism, the keen sight, and the attractiveness of your eyes. In our laboratory we have compounded an eye food that has the particular elements needed by the eye. Send for a trial order for \$1.00.

**CHARLES STREETER**

Round Lake, Illinois

**CHEMICAL YOUTH***What is it?***YOUR HAIR,  
YOUR EYES,  
YOUR FACE****What do they reveal of a  
lagging youth?**

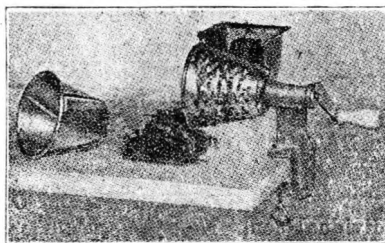
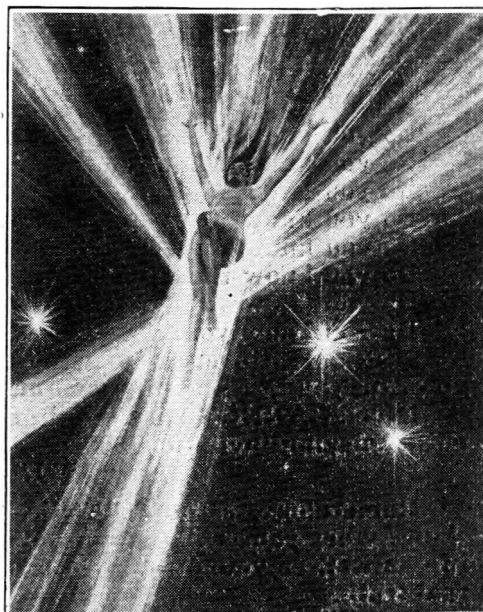
Even the voice betrays that youth is fleeing, when certain mineral salts run low in the body. Diseased conditions around the hair need no expensive course of treatment. Just as soon as the mineral salt which nourishes the hair is supplied the hair takes care of itself, often returning to its normal color, 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**

223 Medical &amp; Dental Arts Bldg., Chicago

**LIKE EATING ROSE  
PETALS!**

You can't begin to know the taste of food until you put it through the new gricer.

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, crumbs 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.

**FOLLOW THE GRICER  
DIET FOR ONE WEEK****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.

**1000 HEALTH SECRETS**

I. W. A. C. BLDG.

CHICAGO

# Secrets About YOU

Do you know what people think of you?

Do you know what you really are?

Do you know that all important thing—where your MONEY will come from?

Do you know why you are here?

Do you know where you belong in life?

Do you know those who love you?

Do you know your friends?

Do you know your wisest investments and **your most fortunate periods** for investments?

Just look at every one of the above questions. Can you answer each one of them? If you can, you are a happy man or woman, and a very prosperous person.

If you **CANNOT** answer all of the above questions, **NUMEROLOGY** extends to you a most amazing invitation.

## What Is Numerology?

Numerology is the **SCIENCE** of **YOU** in numbers. With fearless truth Numerology shows what you really **are**, what you really **want** to be, and reveals your **future** path in life as well as your past. No matter what you or your friends **say**, your numbers tell the real truth.

The Bible tells of the wonderful science of numbers, and the Book of Revelations tells of the past history done in numerology by symbols. In ancient days, the Egyptians, the Hebrews, the Chinese and the Chaldeans knew numbers and their hidden secret meanings. Then that greatest of mathematicians, the Greek Pythagoras discovered our present system of numerology. He found that everything in life was **VIBRATION**. He found that sound creates form. He found that there was no place in life to go to escape the law of **VIBRATION**. If this is so, our names, our whole personalities, our talents, and even our time of birth are also **VIBRATION**. And Pythagoras made it possible for all people to read each other's "vibration," so that we might know ourselves and others as we really are. So that we might know our real vocation, and our real love—our real purpose in life—our real happiness. Remember that our only real troubles in life or in work come from not **KNOWING** ourselves and others.

Now with the aid of Numerology we can really **KNOW** happiness, financial independence, and health through the wonderful new book, "Your Destiny Is in Your Name," by Edna Purdy Walsh and D'Casserley, the mental engineer, who has solved the financial difficulties of men and aided them in those intimate problems which can be told only to a consultant of their own sex.

*Every Day of Your Life Can Be Charted  
Every Event of Each Month Can Be Met With Open Eyes  
Every Year of Your Life Can Be Seen Ahead  
by the Science of Numerology*

Friend, wherever you are, and wherever you are going, forget once and for always that you are doing the world good by not being prosperous. Forget the old fashioned idea that it is necessary to suffer and be unhappy. **KNOW** that there is a **PATH** to follow to **REAL, GENUINE, LASTING PROSPERITY**. The other person's path is not your path.

*The Only Way You Are Like Me Is That You Are Entirely Different!*

Success is a matter for each individual soul. No success scheme works for all, any more than any radio station can be heard on any wave length.

*A Personal, Exhaustive Analysis Is the Richest  
Investment You Can Possibly Make in Your Life*

This sometimes requires hours of work, but every hour put into your analysis means years of success for **YOU**. An exhaustive personal analysis reveals your inner self, your right work, your inner desires, your right friends, your right mate. This analysis includes a forecast of your life for the next five years, in business and personal life.

If you will fill out the questionnaire below she will write you a detailed personal, exhaustive analysis. The price of this analysis is \$10.00. For a limited time you may have both the book, **Your Destiny is in Your NAME**, with the strictly personal analysis for \$11.00, thus saving on the combination. Fill out the questionnaire below, sending in your remittance with the desired combination.

-----  
EDNA PURDY WALSH, Illinois Women's Athletic Club, Chicago.

I enclose \$10.00 for which I wish a personally written, detailed analysis of myself and vocations, with a forecast for the next five years.

Name at birth..... Present Signature .....

Hour of birth..... Date of birth, month and year.....

Nick Names .....

Past studies .....

Past vocations .....





## 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.

## THIS FREE PRIVATE BOOK TELLS HOW

Come, lay your bias, doubt and hesitancy aside! Learn the truth of your possibilities as soon as you free the inner self from its prison. Out of the grateful hearts of hundreds of thousands in many lands have been set aside funds to pay for the printing and mailing of a strange message of Hope and Help. The book is called "THE LIGHT OF EGYPT," and it tells how the

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.

## REMEMBER

There is but one true, universal Rosicrucian Brotherhood, and it does not offer you secret books or private teachings at enormous prices. It gives its great help to those who help carry the banner of AMORC to victory in every land.

*(Perpetuating the Original Fraternity)*

## FREE BOOK COUPON

Librarian J. H. R.  
Rosicrucian Order  
San Jose, Calif.

Please send me, without obligation of any kind, a FREE copy of "THE LIGHT OF EGYPT," and oblige:

Name .....

Address .....



## 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.

Send for "The New Glories of Middle Age," with order.

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

(Continued from page 25)

of things not contrary to reason, though beyond the scope of present observation and experiment.

**SYMPATHY.**—Thou shalt co-feel with thy fellow men, in order to share with them their pleasures and pains. This commandment extends secondarily to all things capable of feeling, or evincing pleasure or pain, ill-being or well-being.

**IDEALITY.**—Thou shalt imagine and idealise on present things, in order to improve and perfect. Thou shalt paint mental pictures of past and future scenes and places, so that thy mind shall not be confined only to thy present sphere of observation.

**IMITATION.**—Thou shalt take advantage of the acts and deeds of thy fellow men. Thou shalt copy or imitate things and actions when it is good so to do.

It will be seen that none of the commandments of Nature to man forbid the exercise of any of the desires of his animal nature, all of which are not only good, but imperative; for to refrain from obeying them is to incur a penalty proportionate to the injury done to thyself and to society; such penalty being sometimes of the most painful kind, sometimes even death.

We come now to what may be termed the intellectual commandments. These have relation to wants arising in our animal nature, such as the wants of conjugal and friendly society, or the good and various subjects to which our animal nature bids us give attention.

The intellectual commandments have also relation to the intuitions of morality and equity, which like the animal intuitions, have in themselves, no knowledge, no perception of external things, no reflective capacity, being merely blind instincts or impulses.

The intellectual commandments run thus:—

**INDIVIDUALITY.**—Thou shalt perceive and remember objects; and thou shalt perceive and cognise the different attributes of these objects, such as:—

1. "Form," Shape, or Outline.
2. "Size," Dimension, or Magnitude.
3. "Weight," or Gravity.
4. "Color," or the mode of reflecting light.
5. "Order," Consecutiveness, or Regularity.
6. "Number," or Quantity.
7. "Eventuality"—Action, Motion, or Mobility.
8. "Locality"—Place, situation, or position, in relation to other things.
9. "Time."—Duration of movement or sound, and interval between such movements and sounds.
10. "Tune," Tone, or quality of vibration of all material things.
11. "Language"—speech or mode of expression. Verbal resource.



12. "Comparison."—Thou shalt compare and seek to find resemblance between one thing and another, either from observation or reflection.
13. "Causality."—Thou shalt endeavor to find cause for all things both by observation and reflection.
14. "Congruity."—Thou shalt be agreeably affected in the fitness of things, so that the incongruous shall stimulate the rest of the brain to action, in order to improve and make things agreeable to thyself and to others.
15. "Intuition."—Thou shalt seek to know thy fellow man in all his mental and bodily emotions, from facial indications, manner, mode of speech.
16. "The Prophetic Faculty."—Thou shalt judge from present causes their probable effects in the future.

*Question.* Are there any other laws and commandments relating to human action and conduct?

*Answer.* There are certainly others under investigation and yet to be discovered; but they are nevertheless in

operation, producing their designed results.

*Q.* How many faculties or natural intuitions have been here enumerated?

*A.* About forty-two, but there are yet more to be discovered.

*Q.* Are there any bad faculties or primary evil intuitions in the human mind?

*A.* None; all are direct from nature, and are therefore good.

*Q.* In what, then, does evil exist?

*A.* Evil results, in the first place, from the over-indulgence or non-indulgence of any of the animal impulses, without the sanction of the moral and intellectual laws.

*Q.* To what cause is such over-indulgence or non-indulgence to be attributed?

*A.* To the manner in which the offender is mentally constituted, to his organization, acted upon by external influences—in a word, to incitement and excitement, due principally to bad economic conditions.

*Q.* Are the present conditions favorable or unfavorable to human character?

*A.* Unfavorable.

*Q.* Why?

*A.* Because the present conditions tend to divide society into two classes—the rich and the poor, the affluent and the necessitous.

*Q.* Then are the present economic conditions favorable to the one and unfavorable to the other?

*A.* They are unfavorable to both.

## 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

## 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. ©

## Youth in a Nutshell

You are just like an automobile with burned out bearings when you haven't sufficient lubrication. And what a noise the old car makes when the bearings burn out!

And without manganese and sodium you are irritable, sick, and suffer with nerves and poor memory.

The valuable pecan nut and other nuts like the walnut are rich in manganese, sodium, and lubricating qualities, with the valuable life giving phosphorus which nourishes the nervous system.

Every family who wishes to make each meal a delight, a powerful tonic, and a builder of real power will want the new nut machine which grinds the youth producing walnut and pecan in a jiffy, for sprinkling on salads, desserts, and in sandwiches.

Price, \$7.50.



JOS. KELLOGG  
KENOSHA, WIS.



**Fact 1**  
Cancer Is Unknown in Certain Countries Where the Soil Is Rich in Certain Minerals

**Fact 2**  
Cancer Does Not Come to Certain Types of People for the Reason That Certain Elements Are Abundant in Their Make-up

Learn these simple facts. Just which elements must one have in abundance for cancer immunity. Just which types of people are immune to cancer through their chemical make-up.

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.

Manuscript .....\$1.00  
Anti-Cancer Food .....\$1.00

**Food Chemistry Publishers, Inc.**  
Illinois Women's Athletic Club Bldg.  
CHICAGO, ILL.

## An Hour With a Health and Beauty Chemist

You will learn secrets not obtainable in drug literature. The new health and beauty chemist takes his secrets from fruits and vegetables, in order to gain greater power and assimilation for them.

The secrets contained in the new manuscript "An Hour With a Health and Beauty Chemist" tell you the following things:

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.

Send \$1.00 for "An Hour With a Health and Beauty Chemist."

## ADVANCED CHEMICAL SUPPLIES

101 E. Chicago Ave.

CHICAGO, ILL.



## VANITY FARE

**THE** Perfumes on This Shelf Cost Eight Thousand Dollars!

And the smallest bottle on the Shelf is the Rarest and most costly in its contents.

The Perfumes are only Chemicals. And so are You—But how valuable, powerful, and wonderful are the chemicals which make your Hair, your Finger Nails, your Complexion, Brain, Eyes, and even the muscles, bones and ligaments which enable you to walk!

### Your Hair Is Chemistry

Four little chemicals are the principal elements at work which make beautiful hair, and youthful hair. If you are a man or a woman, and have not a luxuriant growth of beautiful hair, then you are hungry for one of these four chemicals. Just a small amount of them taken daily will change your chemistry so that you—yourself—your own body metabolism, can manufacture better hair.

The New Hair Food is called "VANITY FARE."

Fill out the questionnaire below, sending \$1.00 for trial of Vanity Fare with diet for luxuriant hair.

Name .....

Address .....

Age..... Color of Hair.....

State of Hair.....

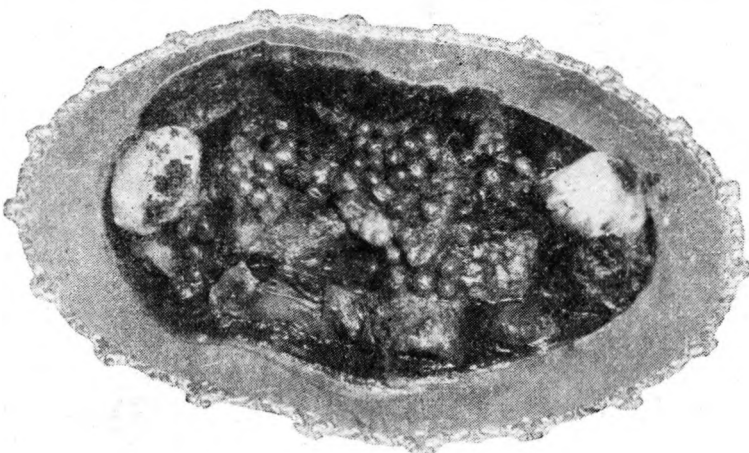
### Intensified Food Products

111 E. Pearson St.

CHICAGO

# Foods for Men

*Compiled by a man who knows the problems of men*



Men in their daily life use mental faculties which rob them of vital strength. They wonder why they are exhausted—too exhausted to follow even an interesting hobby, at night, or even too tired to show the genuine affection in their homes which they feel. This situation has caused much unhappiness in marriage, and enormous misunderstanding which leads to divorce or stagnation.

Jos. Kellog, the dietitian for men, knows how to supply the foods which replace the vitality after the daily brain work and office grind. Let him mail you the diet which can be quickly and simply prepared, and which contains the elements which replace vitality in the chemistry of men.

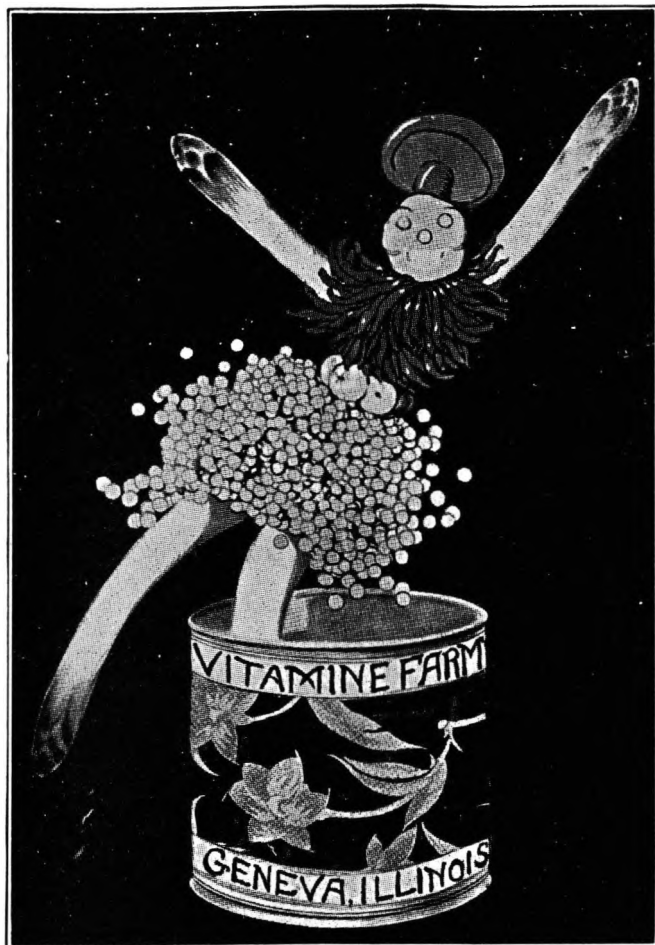
Diet lists include directions, and the most appetizing of combinations of foods. Price \$1.

**JOS. KELLOG, KENOSHA, WIS.**



# 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 alkalizer, 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 SACRED BOOK OF YOUR LIFE



The Divine Knowledge  
of All Life Is Contained  
in the Sacred Book of  
Your Life

## THE TAROT

Older than books, the tarot has been preserved through the ages as the sacred book of revelations. Its astounding depths have never been solved in full. Its mysteries have never been explained.

**All We Know About the Sacred Tarot is That it Divines the Life of the One Who Reads Its Cards.**

The Tarot was used by the ancients before the epoch of the preparation of the Zodiac. Given to man in the form of hieroglyphics, the Tarot is today as then, the sacred book of life and mystery. When translated, the Tarot means The Royal Path of Life in the Egyptian language.

A famous philosopher was asked what he would do if he were sent to prison for life. He answered "I should not mind, if I could take the Tarot with me, for the Tarot contains everything in life. It speaks, gives hope, cautions, and is the silent partner of man which sees the path ahead."

The Tarot consists of 78 cards. 22 of these cards are the hieroglyphic trump cards. The remainder of the cards are the suit of Wands, corresponding to Diamonds; Cups, corresponding to Hearts; Swords, corresponding to Spades, and Pentacles, corresponding to Clubs.

Until just recently, the student of the Tarot had to spend a lifetime in gleaning its meanings. The hundreds of rare books necessary to its translation were prohibitive in price. The cards themselves could not be purchased in this country except at a very large figure. A new method combining all of the ancient meanings with the cards has been translated and is being offered at the popular price of \$1.75 for the first time in the history of the world.

You may well feel the respect and reverence for the Tarot that all great students have felt when handling these mystic cards. Never allow it to leave your possession when once secured.

The translated meanings and cards will be sent you for \$1.75.

**ZONAH MAYFIELD**

Box 637

MILWAUKEE, WISCONSIN